

HARAGAURI RASA - A LITERATURE REVIEW

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ABSTRACT

Kupipakwa Rasayana is used as therapeutic agents in Ayurveda, Indian system of Medicine. It is the unique medicine due to method of its preparation. *Kupipakwa Rasayana*'s are prepared in the specially designed device called as *Valuka Yantra. Parada* (Mercury) and *Gandhaka* (Sulphur) are the principal ingredients in this medicine along with other metals and minerals. Due to the properties like significance in minute drug dosage, rapid efficacy & palatability, *Kupipakwa Rasayana* becomes the superior one. *Haragauri Rasa* is one of the *Kupipakwa Rasayana*. *Shuddha Parada* (purified mercury) and *Shuddha Gandhaka* (purified sulphur) are the main contents of all the *Kupipakwa rasayna*'s. *Haragauri Rasa* is specifically useful in *Vatavyadhi* as mentioned in traditional medicine, but it is not used in day to day life by *Vaidya*'s and not even available commercially. So the current study is undertaken to illuminate the importance of pharmacological action and preparation of *Haragauri Rasa*.

Keywords: *Ayurveda, Kupipakwa Rasayana, Haragauri Rasa, Vatavyadhi*

INTRODUCTION

Ayurveda is the very ancient system of medicine for the management of disorders. The main aim of *Ayurveda* is to prevent the disease from occurring and if it occurs then to cure it.^[1] The way of *Ayurvedic* management has been developed with time to time. *Rasashastra* is a very ancient manuscript and it is the result of more than thousand years of research. The initiations of *Rasashastra* are well known from Vedic period. After thorough review it is found that Mercury (*Parada*) is a metallic drug which possesses all the qualities of curing the diseases rapidly and significantly in smaller dosage with longer stability. *Parad* is very valuable in *Dhatu vada* as well as in *Deha*

vada.^[2] In traditional system of medicine, the use of *Rasashastra* and *Rasaushadhi* are the revolutionary development. Basically, *Rasashastra* deals with metallic and herbo-mineral preparations with various *kalpanas* including *Kupipakwa Rasayana*. *Kupipakwa Rasayana* are well known to be potent because of specific pharmaceutical process, excellent clinical result, long lasting potency and safety even on prolonged use.^[3] *Haragauri Rasa* is one of the *Kupipakwa Rasayana* containing purified mercury (*Shuddha Parada*), purified sulfur (*Shuddha Gandhaka*), purified *Navasagar* and *Dhatu Patra Swarasa* (*Dhatu metel*). *Haragauri Rasa* is having

mainly *Vatahara* property and is thought to be an effective drug in combating *Vedana* i.e. pain. *Haragauri Rasa* is a broad spectrum drug but not much popular because of having many *pathabhedas*. So there is a

need to review all *pathabhedas* of *Haragauri Rasa*. Therefore this topic is selected for article. References are available for different methods of formulation of *Haragauri Rasa* in different classics.

Table 1: Properties of contents of *Haragauri rasa*:

Sr.no.	Contents	Properties
1.	<i>Parada</i>	<i>Rasayana</i> (Rejuvenation), <i>Yogavahi</i> (Bioenhancer), <i>Balya</i> (powerful), <i>Vajikarana</i> (Aphrodisiac), <i>Vatarogahar</i> , <i>Sarvarogahar</i> and <i>Tridoshaghna</i> . ^[4]
2.	<i>Gandhaka</i>	<i>Agnidipana</i> (Apetiser), <i>Pachana</i> (Digestive), <i>Rasayana</i> , <i>Kaphavatahara</i> , <i>Amadosha</i> . ^[5]
3.	<i>Navasagara</i>	<i>Tridoshaghna</i> , <i>Pachan</i> , <i>Jataragnidipana</i> , <i>Hrudroga</i> , <i>Gulma</i> , <i>Shwitra</i> . ^[6]
4.	<i>Dhattur patra swarasa</i>	<i>Vedanasthapana</i> , <i>Shoola Prashamana</i> , <i>Aamavatahara</i> . <i>Dhattura</i> leaves are useful to treat pain. The paste of roasted leaves is applied over the area to relive pain. <i>Dhatura</i> seeds and leaves are used as antiasthmatic, antispasmodic, hypnotic and narcotic. ^[7]

In this way current study is carried out to light on the importance of pharmacological efficacy of “*Haragauri Rasa*” from various *Ayurvedic* texts.

REVIEW OF LITERATURE

In various literature like *Rasakamadhenu*, *Acharya Chudamani* has mentioned *Haragauri Rasa* in *Vatavyadhi Chikitsa*.^[8] *Rasasanketkalika*, *Rasavaidya Chamunda* has mentioned two *pathas* of *Haragauri Rasa* in *Chaturthollhas*.^[9] According to *Aushadhi baad*, *Haragauri Rasa* is useful in *Ardhangavata*, *Ardita*, *Karnanada*.^[10] *Rasa Parijat grantha* also mentioned two methods of preparation of *Haragauri Rasa*

and accordingly *Matra*, *rogadhikar* and *anupan* is mentioned.^[11]

OBJECTIVES: To study the pharmacological action of *Haragauri Rasa*., and to study the various methods of preparation of *Haragauri Rasa*.

MATERIAL & METHODS: *Rasagrantha* – *Rasakamdhenu* - *uttarardha*, *Rasasanket kalika*. *Aushadhi baad*., *Ayurvedic Samhita*'s. Related research papers and articles from *Ayurvedic* journals and internet media.

OBSERVATION

Methods of preparations of *Haragauri rasa*:

Table 2: According to *Rasakamdhenu*^[8]

Sr.no.	Contents	Proportion
1	<i>Shuddha Parada (Hg)</i>	3 parts
2	<i>Shuddha Gandhaka (S)</i>	1 part
3	<i>Shuddha Navasagara (NH₄CL)</i>	1 part
4	<i>Dhattura Patra Swarasa</i>	as <i>Bhavana Dravya</i>

Agnikaal-16 yama (1yama = 3 hours), *Kramagni*: *manda-madhya-teevragni*

Table 3: According to *Rasasanketkalika*^[9]

Sr.no.	Contents	Proportion
1.	<i>Shuddha parada (Hg)</i>	3 parts
2.	<i>Shuddha Gandhak (s)</i>	1/3 rd parts
3.	<i>Shuddha Navasagara (NH₄CL)</i>	1/10 th parts
4.	<i>Dhattura Patra Swarasa</i>	As <i>bhavana dravya</i>

Agnikaal – 16 yama, *Anupan*: *Ghrut* + *Sharkara*, *Sevan kaal*: 1 *Maas*

Table 4

Sr.no.	Contents	Proportion
1.	<i>Shuddha parada (Hg)</i>	1 part
2.	<i>Shuddha Gandhak (s)</i>	1 part
3.	<i>Sarpakshi (Sarpagandha) Swarasa</i>	As bhavana dravya

Anupan: Ghrut + Sharkara, Sevan kaal: 1 Maas

Table 5: According to *Aushadhi Baad*^[10]

Sr.no.	Contents	Proportion
1.	<i>Shuddha parada (Hg)</i>	6 parts
2.	<i>Shuddha Gandhak (s)</i>	6 parts
3.	<i>Shuddha Veera</i>	6 parts
4.	<i>Shuddha Malla</i>	6 parts
5.	<i>Shuddha Hartal</i>	6 parts
6.	<i>Shuddha Turati</i>	6 parts

Agnikaal – 32 Prahara

Table 6: According to *Rasa parijat grantha* (Path (I))

Sr.no.	Contents	Proportion
1.	<i>Shuddha parada (Hg)</i>	1 part
2.	<i>Shuddha Abhrak</i>	1 part
3.	<i>Shuddha suvarna</i>	1 part
4.	<i>Shuddha rajat</i>	1 part
5.	<i>Shuddha vanga</i>	1 part
6.	<i>Shuddha swarnamakshik</i>	1 part
7.	<i>Shuddha naag</i>	1 part
8.	<i>Shuddha tamra</i>	1 part
9.	<i>Shuddha kanta</i>	1 part
10.	<i>Talimkhana churna</i>	3 parts
11.	<i>Kapikacchu churna</i>	3 parts
12.	<i>Ahifen churna</i>	3 parts
13.	<i>Godugdh, Shalmali swaras, talmuli swaras (kali musali)</i>	As bhavana dravya

Aushadh matra: 6 ratti, Rogadhikar: prameha har, Kam vardhak., Anupan: sharkara, ghrut, godugdh.

Table 7: Path (Ii) –

Sr.no.	Contents	Proportion
1.	<i>Shuddha parada (Hg)</i>	1 part
2.	<i>Shuddha Gandhak (s)</i>	1 part
3.	<i>Trikatu churna</i>	1 part
4.	<i>Panchlavan</i>	1 part
5.	<i>Trikshar</i>	1 part
6.	<i>Bijpur swarasa, ajgandha swarasa, kakmachi swaras</i>	As bhavana dravya

Aushadh matra: 6 ratti, Anupan: Aardrak swaras, Rogadhikar: Mandagni, Vatarog.

Pharmacological action of *Haragauri rasa*:

1. *Dhatukshayjanya vyadhi*^[8]
2. *Pathya and guna of Haragauri ras*^[9]

Table 8:

PATHYA	GUNA
<i>Madhur dravya, Godugdha</i>	<i>Vali roga nashak (Khalitya)</i>
<i>Shali anna, Sita, jangal mans</i>	<i>Palit rog nashak (Palitya)</i>
<i>Godhum, mash, kadali phal</i>	<i>Vajravat drudhtwa</i>
<i>Panas, kharjur, draksha</i>	<i>SHANDHOAPI PURUSHAYATE</i>
Narikel	<i>SHREEDHIMEDHARVIBHUSHIT</i>
	<i>JARAMRUTYUHAR</i>

3. *Pramehaghna* (diabetes), *Vataroga* (nervous system disorders), *vajikaran* (aphrodisiac), *mandagni* (indigestion).^[11] There is a one dissertation on *Haragauri Rasa* done by PG Scholar Remya R.G. student of Alvas Ayurved Medial College, Moodbidri, Udupi, Karnataka under the heading of “Comparative pharmaceutico-analytical study of *Haragauri Rasa* prepared by conventional and vertical muffle furnace method.” Study concluded that vertical muffle furnace is more convenient to prepare *Haragauri Rasa* but the yield is more in classical method. Handling of the procedure, cost, comfort and SOP are good in vertical muffle furnace. And by comparative analytical study, *Haragauri Rasa* prepared by classical method shows good analytical results compared to vertical muffle furnace method.

DISCUSSION

Due to the western lifestyle and climatic changes there is a rapid increase in the patients suffering from *Vatavyadhi* (nervous system disorders). There are almost 80 *vatavyadhi's* mentioned in *samhita* by *acharya Charaka*.^[12] *Vata dosha* is the life, it is the strength, it is the sustainer of the body, it holds the body and life together. *Vata dosha* is said to regulate all the activities on cellular level in the body (i.e. Vayustantra Yantra dharah).^[13] *Vata* is all invasive and *vata* is the controller of everything in the universe. Hence it is necessary to maintain its balance in our body. Being its *rogadhikar Haragauri rasa* recon-

struct the equilibrium of *vata dosha* and helps us to achieve the purpose of *ayurveda*.

Rasasanket kalika is the only *Rasagrantha* which has mentioned detailed description of *pathya* and *guna* of *Haragauri rasa*. *Madhur rasatmak dravyas* are primarily mentioned as a *pathya* during consumption of *Haragauri Rasa*. They may act as catalyst in *Dhatukshay janya vyadhi's* like *Rajayakshma*, *Prameh*, *Vata vyadhi* etc. which are *rogadhikara's* of *Haragauri rasa*. According to *acharya Vagbhata* ultimate *karma* of *Madhur rasa* is “*DHATUNAM PRABALAM BALAM*”.^[14] Hence, the above list of *pathya dravyas* mentioned in table holds maximum *madhur dravya* in it.

CONCLUSION

From the above study conclusion is that, *Haragauri rasa* is a *Kupipakwa rasayana* which is mentioned in traditional medicine. It is most useful in various disorders like *prameha*, *mandagni* etc along with its properties like, significant efficacy, small dosage, safety, palatability and long consistency. But now there is a need to use this formulation practically for management of disorders. For this, pharmacological, analytical, toxicological, animal trials and clinical studies should be conducted to standardize the therapeutic dose and usage of *Haragauri rasa*.

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