

साधारण रसवर्ग

Dr Jyoti Gavali

According to Rasa Ratna Samucchaya:

कम्पिल्लापरो गौरीपाषाणो नवसादरः । कपदो वह्निजारश्च गिरिसिन्दूरहिङ्गुलौ । ।
मृदारश्रुङ्ग इति अष्टौ साधारणरसाः स्मृताः ॥

(र.स ३/१२०)

- | | |
|---|-----------------------------------|
| 1) Kampillak | 5) Agnijar |
| 2) Gauripashan(As_2O_3) | 6)Girisindur |
| 3) Navasadar (NH_4Cl) | 7)Hingula(HgS) |
| 4) Kaparda (CaCO_3) | 8) Mruddarshringa(PbO) |

Kampillak

Latin Name: Mallotus Phillippinesis

Family : Euphorbiaceae

Hindi: Kabila

Eng: Kamila (Kamala Tree)

Synonyms: Raktachurnak, Raktanga

Rechan, Rochan

Karkash, Chandra

इष्टिकाचूर्णसंकाशश्चन्द्रिकाढ्योऽतिरेचनः । सौराष्ट्रदेशे चोत्पन्नः स हि कम्पिल्लकः स्मृतः ॥
(र.स ३/१२२)

MORPHOLOGY:

Fruits are round and covered with red hair like structures.
These hair like structures are collected dried n used.

1. Kampillak



1. Kampillak = Kapila=
soft fur on the fruit of Mallotus Philippinesis



Grahya Swarup:

- Brick powder is used as adulterant for kampillak.
- When kampillak churna is put in water, it floats on water whereas brick powder settles down.
- If it is rubbed on white paper it gives yellow line.
- If it is sprinkled over fire it gives crackling appearance.

Properties :

Rasa: Katu

Guna: Laghu, Ruksha, Tikshna

Vipaka: Katu

Veerya: Ushna

Karma: Kapha Pita shamak

Matra: 1 Masha (1-2 gm)

Anupan : Ushna Jala

Shodhan

- Kampillak being fruit skin powder, it is very light in nature.
- It is put in water, all the impurities settle down n it floats on water.
- Floating particles are collected, dried n preserved.

Chemical Components:

Rolletrin and isorolletrin

Indications:

पित्तव्रणाध्मानविबन्धहारी श्लेष्मोदरार्तिकृमिगुल्महारी। मूलामशोफज्वरशूलहारी
कम्पिल्लको रेच्यगदापहारी॥ र.स (३/१२३)

Rechan dose: 3-6 Masha

Formulations:

- Krimighatini gutika
- Tripaladya ghrita
- Patoladi churna

Bindughrita

Gagangarbhavati

Mahakalkarasa

Gauripashan

Hindi: Shankhiya

Eng: Arsenious oxide (As_2O_3)

Synonyms:

1. आखुपाषाण
2. मल्लक
3. शङ्खमूष
4. सोमल
5. हतचूर्णक
6. फेनाश्म

Classification

रर.स ३ भेदः

1. स्फटिकाभ – श्वेतवर्ण – उत्तम
2. शङ्खाभ – पाण्डुवर्ण – मध्यम
3. हरिद्राभ – पीतवर्ण – अधम

आ.प्र २ भेदः श्वेत – कृत्रिम – white arsenic

पीत – खनिज – yellow arsenic

Both are poisonous

यो. र. व रसतरङ्गिणी – २ भेद

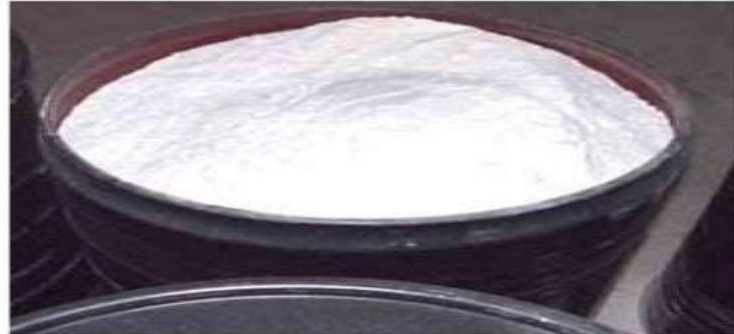
श्वेत व रक्त

१. तालवद् ग्राहयेत्सत्त्वं शुद्धं शुभं प्रयोजयेत् । रर.स ३/१२६

२. गौरीपाषाणकः शुद्धो मात्रया परिशीलितः । कफवातामयहरो बल्यो वृष्यो रसायनः ॥

श्वासं शीतज्वरं पाण्डुं प्लीहवृद्धिं फिरङ्गकम् । श्लीपदं सन्धिवातं च तथा कुष्ठानि नाशयेत् ॥ (रसामृतम्)

**2. Gauripashan = Somal =
Aresinious oxide**



Sodhana

- ▣ पूर्वपूर्वगुणैः श्रेष्ठः कारवल्लीफलेक्षिपेत्।
स्वेदयेद्धण्डिकामध्येशुद्धोभवतिमूषकः।
[R.R.S]
- ▣ Swedana amidst karavellaphala.
- ▣ Media-Water, Karavellaswarasa [2 yama],
Meghanadarasa[1 day], Ajadugdha[1 day / 2
yama] , Godugdha, Tankana jala[1 yama]



Marana vidhi

Shud Gauripashan(10g) + Lajavanthi kalka -> sharava samputa -> marana using 1kg of upala when dried

Other methods

- Snihi ksheera bhavana & marana using snuhi bhasma.
- Arka ksheera bhavan and marana using arka bhasma.
- Mixed with harithala and bhavana in kumari swarasa nad nakachikni swarasa 14 times and marana usind ashwatha vriksha bhasma.

Guna :

- Snigdha, rasabandhkar, visha saman (rasaratnasamucchay)
- Acc to rasatarangini, snigdha tridoshaghna, vrusshikvishanashak
- Shawasaroga nashak after using for 1 month
- Shlipada jwara, vishamjwara, rajyakshma, agnimandya hriddourbalya
- Useful in Atisara which occurs immediately after having meal

Matra:

1/120 – 1/30 ratti (1-4mg)

Fatal dose is 1 ratti (120mg)

Shankhiya Vishaprabhav Shaman upaya:

- Godugdha + goghrita+ sharkara sevan
- Tilachurna+sharkara+Navneet
- Karvellak swarasa

Formulations:

- Sameerpannag rasa
- Suchikabharanrasa
- Mallasindur
- Wadvanalrasa
- Mallavati
- Shankhavishodaya rasa

Navasadar

- Eng Ammonium chloride (NH_4Cl)

Synonyms:

- Ishtikalavan
- Chullikalavan
- Navasaar
- Kittasaar
- Narasaar
- Nrusaar

Herbal + Mineral



Shodhan:

- 100gm Navsagar+300ml Jala mix it and then by using clean cloth collect n dry it.
- रसेन्द्रजारणं लोहद्रावणं जठराग्निकृत । गुल्मप्लीहास्यशोषघ्नं
भुक्तमांसादिजारणम् ।।विडाख्यञ्च त्रिदोषघ्नं चुल्लिकालवणं मतम् ।।(२०२०
संमु० ३/१२९)

Guna:

- Parada Jaran
- Shankhadrava rasa nirman
- Bhukta mamsa pachanartha
- Mukhashosha nashak
- Vruschikvishanashak

- Shivtrakushtahar
- Deepan pachan, jatharagnipradipak

Matra:

2-8 ratti (250-1gm)

Formulations:

- Shwetaparpati
- Rajavallabhrasa
- Vriscchikdanshahar lepa
- Shankhadravak rasa

Kapardika

Sanskrit: Varatika

Eng: Cowries or marine shell

Calcium Carbonate CaCO_3

Synonyms:

- Varata, varati, varatak
- Char, charachar
- Balkridanak
- Kaparda, kapardika



Classification:

- Rasa ratna samucchya

2 Bheda:

- Varatika: pitabh
- Varat: shleshmapitavardhak

Varatika is further classifies:

1. $1 \frac{1}{2}$ Nishk = 6 Masha = Uttama
2. 1 Nishk = 4 masha = Madhyam
3. $\frac{3}{4}$ Nishk = 3 Masha = Adham
4. गर्धनिष्कभरा श्रेष्ठा निष्कभारा च मध्यमा । पादोननिष्कभारा च कनिष्ठा परिकीर्तिता ॥ (र०र० समु० ३/१३१)
5. २. पीताभा ग्रन्थिका पृष्ठे दीर्घवृन्ता वराटिका । रसवैद्यैर्विनिदिष्टा सा चराचरसंज्ञिका ॥ (र०र० समु० ३/१३०)

सार्धनिष्कभरा श्रेष्ठा निष्कभारा च मध्यमा ।
पादोननिष्कभारा च कनिष्ठा परिकीर्तिता ॥RRS 3/130

- As per Rasavagbhata the cowries
 - which have knots on the overse side &
 - with an oval shape and
 - with yellowish color are good.
 - should weigh not less than 1 ½ *Niska* (3.5gm).

Shodhana

वराटाः काञ्जिके स्विन्ना यामाच्छुद्धिमवाप्नुयुः ॥ RRS

- Varatika is boiled in *Kanji* (sour gruel) for 1 *yama* (3hrs).

दोलयन्त्रे तु यामैकं काञ्जिकेन वराटिका ।
स्विन्ना प्रच्छालिता चोष्णवारिणा शुद्धिमाप्नुयात् ॥ RT

12/87

- Varatika are subjected to svedana in Dolayantra for one yama & washed with warm water to Purify them.

- दोलयन्त्रे तु यामैकं कलत्थक्वथिताम्भसा ।
- स्विन्ना वराटिका शिघ्रं शुद्धिमायात्युन्नतमाम् ॥ RT 12/88
- Varatika can be purified by subjecting it to svedana in the decoction of horse-gram.

Marana

वराटिका विशोधिता त्वलातकानले स्थिता ।
यदा भवेत्तु फुल्लिता मृता तदाशनोचिता ॥ RT 12/94

अंगाराग्नौ स्थिता ध्माता सम्यक् प्रोत्फुल्लिता यदा ।
स्वांगशिता मृदा तां तु पिष्ट्वा सम्यक् प्रयोजयेत् ॥

-AP2/300

- Purified Varatika kept in an earthen plate on burning coal and heated till they are swollen.

Marana (cont.)

वराटिकांस्तु विमलान् शरावे स्थापयेत् भिषक् ।
शरावेन्नपरैणाथ सम्यगाच्छदयेत्ततः ॥
संधिलेपं ततः कृत्वा शोषयेदातपे पुनः ।
करीषाग्नौ पचेत्कामं यत्नतस्तु भिषग्वरः ॥
स्वाम्गशीतं समुद्धृत्य खल्वे संचूर्णयेत्ततः ।
शरदिन्दुनिभं भस्म सर्वयोगेषु योजयेत् ॥ RT 12/91-93

- Purified Varatika keep in sharava.
- sealed with mud smeared cloth.
- Set is then subjected to incineration with cow-dung cakes.
- On cooling down cowries are taken from earthen plates, ground to fine powder & taken for use.

Properties

परिणामादिशूलघ्नी ग्रहणीक्षयनाशिनी ।
कटूष्णा दीपनी वृष्या नेत्र्या वातकफापहा ।
रसेन्द्रजारणे प्रोक्ता विडद्रव्येषु शस्यते ॥ RRS 3/133

- Katu rasa, Usna guna
- Alleviates Vata & Kapha
- Kindles digestive fire, useful in peptic ulcer, sprue , pthiasis, & good for eyes.
- Also useful in Jarana procedure of Hg.
- & is considered as the best material among the sedimented ones (Vida dravya)

Dose & Usage

- Dose- 200mg
- Varatika bhasma along with samudra phena churna is put into ears to get rid of pus in the ears (CSOM).
- added with Trikatu & used to alleviate loss of appetite.
- In cough, it is taken with Vasa (adhatoda vasica).
- It alleviates pain in abdomen caused by acid peptic disorders when given with Trikatu & lemon juice.

- This is mixed with mruddarashruna & dusted to cleanse & heal cracks, wounds.
- Varatika cures Sprue within seven days if given along with Shankha bhasma & Trikatu.
- It clears haemorrhagic diseases if given along with Rasa sindura & udumbara. – (RT12/97-107)

Formulations

- Agnikumar rasa
- Pravalpanchamruta rasa
- Rajamrugank rasa
- Grahanikapat rasa
- Ratnagarbhapottali rasa
- Loknath rasa
- Yogeshwara rasa
- Pleehashardul rasa
- Pradarantak loha