

## REVIEW ON RAJARASAYANA- A GUDA KALPANA

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### ABSTRACT

Avaleha are semisolid forms of medicaments, predominately used for internal administration. Avaleha, in broad sense include Rasakriya, Phanita, Avaleha, Khanda, Modaka, Ghana, Guda pakas all of them were having common pharmaceutical procedure with slight differentiate specifications in each. These medicaments are prepared by evaporating the moisture of aqueous solutions [Swarasa, Kwatha, Hima, Phanta] and by adding some other sweet substance like Guda (jaggery), sharkara (sugar), sita (sugar candy) adjuvants until semisolid form is achieved. Rajarasayana is one of the Gudakalpana explained by Acharya Vangasena in the treatment of Pinasaroga. In this article an attempt has made to review ingredients, method of preparation, siddhi lakshana, and storage of guda paka kalpana.

**KEYWORDS:** Guda kalpana, Madhu (Honey), Pinasa, Avaleha

### INTRODUCTION

Rajarasayana<sup>1</sup> is an unique Guda kalpana containing Haritaki kashaya, Dashamoola kashaya, chitraka kashaya, Amalaki swarasa, Guduchi swarasa as main ingredients. Twak, Ela, Patra, Shunti, Maricha, pippali, yavakshara as a prakshepka dravya. Guda, Honey as a sweetening agent. Acharya Vangasena has quoted this formulation while explaining chikitsa of Pinasa. Pinasa is one of the Nasaroga explained in classics; symptoms are the vitiated kapha blocks the nasal passage, continuous discharge of fluid

from nose, loss of smell perception, loss of taste perception, dryness of nose.

#### Method of preparation:

Kashaya of chitraka, Guduchi swarasa, Amalaki swarasa, Guda, Dashamoola kashaya, Haritaki kashaya are taken in a wide mouthed vessel. This mixture is heated on mandagni till attains Guda paka siddhi lakshana. When the preparation becomes cool Honey and fine powders of Ela, Twak, Patra, Maricha, Shunti, Pippali, Yavakshara are added and mixed well.

### INGREDIENTS

SL.NO	NAME OF THE DRUG	QUANTITY	BOTANICAL NAME	PART USED
1.	Chitraka kashaya	50 part	<i>Plumbago zeylenica</i>	Root
2.	Guduchi swarasa	50part	<i>Tinospora cardifolia</i>	Leaves
3.	Amalaki swarasa	50part	<i>Phyllanthus emblica</i>	Fruit
4.	Haritaki kashaya	32part	<i>Terminalia chebula</i>	Fruit rind
5.	Dashamoola kashaya	32part	<i>Agel marmeols</i>	Root bark /stem

	includes			bark	
	• Bilwa				
	• Agnimantha			<i>Premna integrifolia</i>	Root bark /stem bark
	• Shyonaka			<i>Oroxylum indicum</i>	Root bark /stem bark
	• Patala			<i>Stereospermum suveolens</i>	Root bark /stem bark
	• Gambhari			<i>Gmelina arborea</i>	Root bark /stem bark
	• Gokshura			<i>Tribulus terrestris</i>	Whole plant
	• Brahathi			<i>Solanum nigrum</i>	Whole plant
	• Kantakari			<i>Solanum indicum</i>	Whole plant
	• Shalaparani			<i>Desmodium gangeticum</i>	Whole plant
• Prishnaparni	<i>Uraria picta</i>	Whole plant			
6.	Guda (jaggery)	50part	-		
7.	Madhu	8part	-		
8.	Twak	1part	<i>Cinnamom zeylenica</i>	Bark	
9.	Patra	1part	<i>Cinnamom tamala</i>	leaves	
10.	Ela	1part	<i>Elleteria cardamom</i>	Fruit	
11.	Maricha	1part	<i>Piper nigrum</i>	Fruit	
12.	Shunti	1part	<i>Zingiber officinale</i>	Rhizome	
13.	Pippali	1part	<i>Piper longum</i>	Fruit	
14.	Yavakshara	1/4 <sup>th</sup> part	-		

**TABLE SHOWING PROPERTIES OF INDIVIDUAL DRUG:**

Sl no	Name of the drug	Properties	Effects
1.	Bilwa <sup>2</sup>	Rasa :kashaya,tiktha Guna :laghu,Ruksha Veerya :ushna Vipaka :katu Doshagnatha :kaphavatashamaka	Anti-inflammatory, Analgesic,
2.	Agnimantha <sup>3</sup>	Rasa :tiktha,katu,kashaya, madhura Guna :ruksha ,laghu Veerya :Ushna Vipaka :Katu Doshagnatha:kaphavatashamaka	Anti-inflammatory
3.	Shyonaka <sup>4</sup>	Rasa :madhura ,Tiktha,Kashaya Guna :Laghu,Ruksha Veerya :Ushna Vipaka :katu	Anti-inflammatory, Anti-fungal

		Doshagnatha: kaphavata shamaka	
4.	Patala <sup>5</sup>	Rasa :tiktha,kashaya Guna :Laghu,Ruksha Veerya :Sheeta Vipaka :katu Doshagnatha:Tridosahara	Anti-inflammatory, Appetiser, Expectorant,
5.	Gambhari <sup>6</sup>	Rasa :tiktha,Kashaya,Madhura Guna :guru Veerya :Ushna Vipaka :Katu Doshagnatha:Tridoshashamaka	Stomachic, Anthelmintic, Anti- inflammatory
6.	Brahathi <sup>7</sup>	Rasa :Katu,Tiktha Guna :Laghu,Ruksha, Veerya :ushna Vipaka :katu Doshagnatha: kaphavatashamaka	Anthelmintic, Anti-inflammatory
7.	Kantakari <sup>8</sup>	Rasa :Katu,Tiktha Guna :Laaghu,Ruksha,Sara Veerya :Ushna Vipaka :katu Doshagnatha:kaphavatashamaka	Anthelmintic, Anti-inflammatory, Anti-fungal, Analgesic, Anti-pyretic
8.	Gokshura <sup>9</sup>	Rasa :Madhura Guna :Guru,Snigdha Veerya :sheeta Vipaka :Madhura Doshagnatha: Vatapittashamaka	Appetiser, Digestive, Expectorant, Anti-inflammatory
9.	Shalaparni <sup>10</sup>	Rasa :madhura ,Titka Guna :Guru,Snigdha Veerya :ushna Vipaka :Madhura Doshagnatha:Tridoshashamaka	Anti-inflammatory, Anti-fungal, Analgesic, Anti-pyretic
10.	Prishnaparni <sup>11</sup>	Rasa :madhura ,Tiktha Guna:Laghu,Snigdha Veerya :Ushna Vipaka :madhura Doshagnatha : Tridoshashamaka	Anti-viral, Anti-microbial
11.	Chitraka <sup>12</sup>	Rasa:katu Guna :laghu,ruksha,tikshna Veerya :ushna Vipaka: katu Doshagnata:kaphavatashamaka	Anti-bacterial, Anti-oxidant, Anti- viral, Anti-fungal
12.	Guduchi <sup>13</sup>	Rasa :tiktha Guna :guru,snigdha Veerya :ushna Vipaka :madhura Doshagnatha : Tridoshashamaka	Anti-bacterial, Antimicrobial, Antipyretic, Anti-inflammatory, Anti- allergic, Analgesic, Immunostimulant, Anti-oxidant

13.	Amalaki <sup>14</sup>	Rasa: amlapradhanalavanavarjithashadr asa Guna :ruksha,laghu Veerya :sheeta Vipaka :madhura Doshagnatha :Madhura	Anti-oxidant, Immuno modulatory, Anti-inflammatory, Antibacterial, Anti- microbial
14.	Haritaki <sup>15</sup>	Kashaya,tikta,madhura,katu,amla Guna : laghu,ruksha Veerya :ushna Vipaka :madhura Prabhava : Tridoshashamaka	Anti-Inflammatory, Carminative, Digestive, Antiseptic, Stomachic
15.	Pippali <sup>16</sup>	Rasa :katu Guna :laghu ,ruksha Veerya :ushna Vipaka :katu Doshagnata : kaphavatashamaka	Anti-bacterial, Anti-inflammatory, Immunostimulatory
16.	Maricha <sup>17</sup>	Rasa : katu Guna : laghu,teekshna,ruksha Veerya:ushna Vipaka : katu Doshagnata : kaphavatashamaka	Anthelmintic, Carminative, Digestive, Rubefacient, Stimulant, Stomachic
17.	Shunti <sup>18</sup>	Rasa: katu Guna :laghu,snigdha Veerya :ushna Vipaka :madhura Doshagnata :vatakapha-shamaka	Acrid, Thermogenic, Carminative, Laxative, Digestive,
18.	Twak <sup>19</sup>	Rasa : katu,tikta,madhura, Veerya :ushna Guna :laghu,ruksha, tikshna Vipaka :katu	Anti-bacterial, Anti-microbial, Anti- Inflammatory, Anti-oxidant
19.	Ela <sup>20</sup>	Rasa : katu,madhura Guna :laghu Veerya : sheeta Vipaka: madhura Doshagnata: tridoshashamaka	Aromatic, Cooling, Stimulant, Carminative, Digestive, Stomachic
20.	Patra <sup>21</sup>	Rasa : tikta,katu,madhura Guna :laghu,teekshna Veerya :ushna Vipaka :katu Doshagnatha :kaphavatashamaka	Anti-diabetic, Anti-bacterial, Anti- oxidant, Anti-microbial
21.	Yavakshara	Rasa :katu Guna :ushna Doshagnatha :kaphavatashamanas	Anti-bacterial, Stimulant
22.	Madhu <sup>22</sup>	Rasa : madhura,kashaya Guna : guru,ruksha	Appetiser, Cardiac Tonic, Immuno Booster.

	Virya :sheeta Vipaka :katu Doshagnata : tridosahara	
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**TABLE 02: SHOWING SIDDHI LAKSHANAS ACC TO DIFFERENT AUTHORS :**

Author	Siddhi lakshana
Charaka <sup>23</sup>	• Tantumam (thread appearances)
	• Patitenasheeryatvam (non spreading when put in water)
Vagbhata <sup>24</sup>	• Tantumam (thread appearances)
	• Apsumajjanam (sink in water)
	• Na Saranam (non spreading)
Sharangadhara <sup>25</sup>	• Tantumam (stringes)
	• Sthiratvam (firm)
	• Peeditemudra (finger prints)
	• Gandhavarasodbhava (odour, colour, taste )
Chakradatta <sup>26</sup>	• DarviPralepa (stick to laddle)
	• Tantulibhavet (threads)
	• Kshipto Na Plavate (non spreading)
	• Kshiptastunischala (motile)
	• Patitastu Na Sheeryatae (non spreading)
	• Sukhamarda (soft to roll)
	• Sukhasparsha (soft to touch)
	• PiditeBhajate Mudra (finger prints)
	• Gandha varna rasanvita (odour, colour, taste )
Govinda das sen <sup>27</sup>	• Sukhamarda (soft to roll)
	• Khara sparsha (hard to touch)
	• Peedito bhajate mudra (finger prints)

**Preservation and Storage:**

The Lehya should be kept in glass or porcelain jars. Glass does not react with other materials and will not be decomposed by most acids. With this property it makes appropriate for storage of these lehya preparations. It is good in refracting light and separates the colors of the spectrum, because of this property one can see inside of the bottle. A Glass bottle doesn't deteriorate, corrode, fade and it is considered one of the safest packaging materials.

**DISCUSSION**

The sweetening agents mentioned in these preparations plays an important role.

According to dosha involved in the disease the sweetening agent has been mentioned like, for pittaja vikaras, most of the time the preparation contains sharkara (sugar), sita (sugar candy), so also in vata and kapha dosha predominance, Guda used as a sweetening agent. As the preparation Rajarasayana contains Guda (jaggery) has the properties like ruchikaram, pathyam, agnideepanam, mutralam and mala sudhikaram, hrudayahitham, swadhishtam, pushtikaram, rasayanam, laghu, snigdham, vrushyam, prameha-haram, tridosaharam, pandu, santapa and vatapittaharam<sup>28</sup>. Avaleha and guda paka kalpana are similar

only the difference is the sweetening agent .In Guda paka the name itself suggest that it contains guda, where as in Avaleha it may be Guda, Sharkara, or Sita. The drugs present in this formulation have the properties like anti-bacterial, anti-microbial, anti-inflammatory, digestive, carminative, immune modulatory properties. It is necessary to conduct controlled clinical studies so that more clinical data in support of effectiveness of medicine can be collected.

### CONCLUSION

Rajarasayana is one of the Guda kalpana explained by Acharya Vangasena in the management of Pinasa. Even though ingredients are easily available and easy to prepare, this formulation is not available in market, and so therapeutic effect can be explored by conducting various experimental and clinical trials.

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