

## MRUTASANJIVANI RASA- AN AYURVEDIC HERBO-MINERAL DRUG REVIEW

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### ABSTRACT

The main aim of this review article is to discuss the therapeutic uses of Mrutasanjivani Rasa. The authentic subject material has been reviewed from Ayurvedic literature. This review is mainly focused on different aspects of herbo mineral Ayurvedic formulation Mrutasanjivani rasa. In Ayurvedic classics it is mentioned in the management of Amavata / Rhomatoid Arthritis. It is one of the kharaliya rasayana to treat the chronic cases of Amavata. Here an attempt has been made to address therapeutic uses of Mrutasanjivani rasa and its constituent drugs. Mrutasanjivani Rasa which is indicated in Amavata contains Shuddha Hingula, Shuddha Vatsanabha, Shuddha Tankana, and shuddha Jayapala in a specified ratios and Ardraka Swarasa, Shatavari swarasa, and Arka Dugdha as mardana dravyas.

**KEYWORDS:** Mrutasanjivani Rasa, Amavata, Jwara.

### INTRODUCTION

Mrutasanjivani rasa contains 3 words; Mruta - The Dead, Sanjivani – Nector Rasa – Mercurial preparation. Mrutasanjivani rasa - Mercurial Preparation which is acts like nectar to the Dead/ Diseased person is called as Mrutasanjivani Rasa. 12 verities of Mrutasanjivani rasa are mentioned in Ayurvedic classics among them most familier one which is described in Bhruhat Nighantu Ratnakara has been taken here author explains that just like the raising sun removes the darkness, in the same way Mrutasanjivani Rasa subsides Amavata. Mrutasanjivani rasa <sup>1</sup> an Ayurvedic herbomineral khalviya rasayana is indicated in Vatavyadhi, Urusthamba, Amavata, Grahani, Arsha, and 8 types of Jwara. It contains 2 mineral drugs and 2 herbal drugs viz Hingula (Cinnabar), Tankana (Borax), Vatsanabha (*Aconitum ferox*), Jayapala (*Croton tiglium*), and mardhana dravyas like

Ardraka swarasa, Arka Dugdha, and Shatavari swarasa.

#### Table showing list of drugs with Quantity

Ingredients	Botanical name	Proportion
Shu. Hingula	Cinnabar	4 parts
Shu. Vatsanabha	<i>Aconitum ferox</i>	2 parts
Shu. Tankana	<i>Borax</i>	2 parts
Shu. Jayapala	<i>Croton Tiglium</i>	2 parts
Ardraka swarasa	<i>Zinziber officinale</i>	Quantity Sufficient
Arka Dugdha	<i>Calotropis procera</i>	Quantity Sufficient
Shatavari swarasa	<i>Asparagus racemosus</i>	Quantity Sufficient

#### STANDARD OPERATIVE PROCEDURE:

At first Shuddha Hingula is taken in a clean khalwayantra to it add fine powders of Shuddha Vatsanabha, and do Mardana till it turns into a homogenous mixture, further add

Shuddha Tankana and continue Mardana and add Shuddha Jayapala and Mardana till a homogenous mixture is attained.

Mardana with Ardraka swarasa, Arka dugdha and Shatavari swarasa is given for Dwiyaama (6 hours) each.

Later obtained drug is collected and stored in airtight container as Mrutasanjivani rasa.

### **QUALITIES OF INGREDIENTS**

#### **Shuddha Hingula<sup>2</sup>**

Rasa – Tiktha, kashaya, katu.

Doshagnata – Tridosahara.

Indications – Jwara, Ati Rasayana, Deepana, Vrushya, Sarva rogaghna, kamala, pleeha, kushta, Amavata, and Vishanashaka.

#### **Shuddha Vatsanabha<sup>3</sup>**

Rasa – Madhura.

Guna – Laghu, ruksha, teekshna, Vyavayi, Vikasi.

Veerya – ushna

Vipaka – katu

Karma – vatakaphahara, jwarahara, jangama vishahara, madakari, kushtagna.

Indication – Jwara, Madhumeha, Kusta, Madhumeha, swasa, Kasa, Amavata, Shotha, Plihodara, Agnimandya, Vata rogas, Pandu, Timira, Bhagandara, Arshas, Vrana.

#### **Shuddha Tankana<sup>4</sup>**

Rasa – katu

Guna – ushna, ruksha, teekshna, sara.

Doshagnata – vatakaphahara

Indication – kapha vishleshaka, hrudhya, kasa shwasahara, sthavara vishanashaka, Agnideepaka.

#### **Shuddha Jayapala<sup>5</sup>**

Rasa - Tikta, Katu

Guna - Guru, ruksha, tikshana

Veerya – Ushna

Doshagnata - Kaphapittashamaka

Karma - Lekhana, vidahi, sphotajanana, krimighna, shothahara, vishaghna, virechana, kustaghna, kaphaghna.

Indication: charmaroga, kusta, krimi, jalodara, sarpavisha, kasa.

#### **Bhavana Dravyas:**

#### **Ardraka Swarasa<sup>6</sup>**

Rasa :- Katu

Guna:- Laghu, Snigdha, Guru, Ruksha, Teekshna.

Veerya:- Ushna.

Vipaka:- Madhura.

Doshagnata: Vatakaphashamaka.

Indication: Amavata, Sandhishotha, Shaitya, Avasada, Shotha, Vatavyadhi, Katishoola, Aruchi, Hrillasa, Chardi, Agnimandya, Ajeerna,

#### **Shatavari<sup>7</sup> :-**

Rasa – Madhura, Tikta

Guna – Guru, Snigdha.

Virya – Seeta

Vipaka – Madhura

Karma – Vatapittahara, Rasayana, Vrushya, Stanya janana.

Ind – Stanyakshaya, Arthava kshaya, Raktapitta, Arsha, Atisara, Grahani, Kshaya, Gulma

#### **Arka Dugdha<sup>8</sup>**

Rasa – Katu, Tikta

Guna – Laghu ruksha, Tikshna

Virya – Usna

Vipaka – katu

Karma – Vatahara, Rechana, Vishagna, Deepana.

Indication: – Shopha, Vrana, Kustha, Arsha, Krimi, Kandu, Pliharoga, Medhoroga, Visharoga, Visarpa, Udhara, Gulma, Graha roga.

**Matra:** 1 Ratti, Two Times a day

**Indication:** Amavata, Vatavyadhi, Urusthamba, Pakshagata, Grahani, Arsha, Jwara.

### **DISCUSSION**

Different formulations in the name of Mrutasanjivani Rasa are available with varying ingredients and indications, but majority of them are mentioned under Jwara Chikitsa. Hingula is the best drug having the Deepana, Sarvadoshahara, Agni Vardhaka and Ati rasayana which increases immunity against pathogens so it is working better in Amavata, Jwara and Grahani. Vatsanabha is also a wonderful drug to reduce pyrexia by inducing sweat so its role is very important in this formulation. Tankana is Agnikara,

Kaphanissaraka, Jataragni Deepana due to its kshariya guna it desolves the kapha, and Ama hence it works better in Amavata and Vatavyadhis. Jayapala due to its Vatakaphahara, Recana, properties so it removes the Ama from the body and reduces the Sotha in Amavata. it works better in Arsha and Grahani.

### **CONCLUSION**

Mrutasanjivani Rasa is a herbomineral Khalvi rasayana with a unique combination of Jwaragna, Agnideepaka, Rasayana and Vatakaphahara drugs. Majority of the drugs explained in this formulation are Katu Tikta Rasa, Usna veerya and Katu Vipaka these are helpful to remove the Kapha dosha accumulation ie treating the Avarana of Ama in Amavata, Jwara and Pakshagata. Because of all these reasons Mrutasanjivani Rasa here is explained as one of the Khalvi Rasayana in treating Amavata, Vatavyadhis, Urusthamba, Grahani, Arsha, and Jwara.

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