Agnikumara Rasa- A Herbo-Mineral Formulation Review
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ABSTRACT
Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one’s life, right thinking, diet, lifestyle and the use of herbs. Human is in perfect health when the tridosha(VPK), digestive fire (digestion, assimilation and metabolism) all the body tissues and components (dhatus) all the excretory functions (the physiological functions of urination and defecation) are in perfect order with a pleasantly disposed and contented mind, senses and spirit. But in presentera, due to robotic behaviour of human results in illness or altered digestion leads to manifestation of ama.

Aykurveda has numerous formulations to combat ama. Agnikumara rasa is one such formulations which includes shuddhaparada, shuddhagandhaka, shuddhavatsanabha, shuddhagandhaka, shuddhatankana, maricha, shankhabhasma, vatatikabhasma and jambeera rasa as bhavana dravya. The main aim of this article is to review pharmacological properties and to discuss probable mode of action of agnikumara rasa.

INTRODUCTION
There are abounding references of agnikumara rasa are available in classics. In that, 31 references are found in BBR and 50 references are found in rasa yoga sagara. Most of these agnikumara rasa are indicated in ama condition. Mechanical lifestyle of human beings results in many diseases related to GIT which results in formation of ama. Agnikumar rasa is one such formulation which combat/ acts on ama. Yogaratnakara’sagnikumara rasa1 is a herbo-mineral preparation and is khalvirasayana containing kajjali and other ingredients.

MATERIALS AND METHODS:

Table 1: list of ingredients of agnikumara rasa

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Scientific name</th>
<th>Family</th>
<th>Part used</th>
<th>Quantity (in parts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sh.parada</td>
<td>Hydragium</td>
<td>-----</td>
<td>-----</td>
<td>1p</td>
</tr>
<tr>
<td>Sh. gandhaka</td>
<td>Sulphur</td>
<td>-----</td>
<td>-----</td>
<td>1p</td>
</tr>
<tr>
<td>Sh.vatsanabha</td>
<td>Aconitum ferox</td>
<td>Ranunculaceae</td>
<td>root</td>
<td>1p</td>
</tr>
<tr>
<td>Sh.tankanana</td>
<td>Borax</td>
<td>-----</td>
<td>-----</td>
<td>1p</td>
</tr>
<tr>
<td>Maricha</td>
<td>Piper nigrum</td>
<td>Piperaceae</td>
<td>fruit</td>
<td>8p</td>
</tr>
<tr>
<td>Shankhabhasma</td>
<td>Turbinellapyrum</td>
<td>Turbinellidae</td>
<td>-----</td>
<td>2p</td>
</tr>
<tr>
<td>Kapardabhasma</td>
<td>Cypreamoneta</td>
<td>Cypraeidae</td>
<td>-----</td>
<td>2p</td>
</tr>
<tr>
<td>Jambeera</td>
<td>Citrus limen</td>
<td>Rutaceae</td>
<td>fruit</td>
<td>q.s</td>
</tr>
</tbody>
</table>

Method of preparation:

- Extraction of parada from hingula by urdwapatana yantra2.
- Shodhana of vatsanabha by gomutratapana for 3 days3.
- Shodhana of gandhaka in dolayaantra by subjecting it to kurma puta by bhudhara yantra method4.
- Shodhana of tankana by bharjana til it becomes supushpita and nastaneera5.
- Shodhana of shankha by amla dravya by swedana in dola yantra for 1 prahara. Shodhitashankha is enclosed in sharavasamputa and subjected to gaja puta to get shankha bhasma6.
- Shodhana of varata by amla dravya by swedana in dola yantra for 1 yama. Shoditavarata is enclosed in sharavasamputa and subjected to gaja puta to get varata bhasma7.

The ingredients sh.parada, sh.gandhaka, sh.vatsanabha, sh.tankanana will be taken in 1p each, maricha 8p, shankhabhasma and varatabhasma will be taken in 2p each. All these are mixed well to get homogenous mixture.
Then bhavana with jambeeraswarasa carried out for 7 days.
Dwignujamatra of vati will be prepared and stored in an air tight container.

Properties:

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sh.parada</td>
<td>Shadrasa</td>
<td>Sara, midha, guru</td>
<td>usha</td>
<td>madhura</td>
<td>yogavahi</td>
</tr>
<tr>
<td>Sh.gandhaka</td>
<td>Madhura</td>
<td>Laghu, usha, teeksha</td>
<td>usha</td>
<td>madhura</td>
<td>deepana, grahi</td>
</tr>
<tr>
<td>Sh.vatsanabha</td>
<td>Katu, tikta, Kashaya</td>
<td>Sara</td>
<td>usha</td>
<td>madhura</td>
<td>deepana, pachana, agnikaraka, amonmochana</td>
</tr>
<tr>
<td>Sh.tankana</td>
<td>Kshareeya</td>
<td>Ruksa, teeksha, guru</td>
<td>usha</td>
<td>-------</td>
<td>agnikara, lekhana, rechana</td>
</tr>
<tr>
<td>Maricha</td>
<td>Katu, tikta</td>
<td>Laghu, rukhsa, teeksha</td>
<td>usha</td>
<td>katu</td>
<td>deepana, ruchya, chedana</td>
</tr>
<tr>
<td>Shankha bhasma</td>
<td>Kashaya, katu, kshareeya</td>
<td>Laghu, sheeta</td>
<td>sheeta</td>
<td>-------</td>
<td>agnineepaka, lekhana</td>
</tr>
<tr>
<td>Varata bhasma</td>
<td>Katu, tikta</td>
<td>Guru, usha</td>
<td>usha</td>
<td>-------</td>
<td>deepana, vrushya</td>
</tr>
<tr>
<td>Jambeera</td>
<td>Amla</td>
<td>Laghu</td>
<td>usha</td>
<td>amla</td>
<td>deepana, pachana, ruchya</td>
</tr>
</tbody>
</table>

Table 2: list of rasapanchaka

Indication:
Vistabdajeerana
Visuchika
Kapharoga

Dose:
2 gunja

DISCUSSION:
In this reference, agnikurama rasa is indicated in visuchika.

The symptoms of visuchika are atisara, vamathu, pipasa, shooloa, bhrama, vatsana, jrumba, daha, hrudayamarja, shirasoola.

Ingredients in agnikurama rasa mainly have deepana, pachana and agnivaradanadrayas.

Kajali here acts as yogavahi. Gandhaka has laghu, usha, teekshagna acts on amadosha, amajeerma. Here vatsana is due to ama formation, gandhaka is amapachaka hence it counteracts the vasthana.

Vatsanabha is a toxic drug but when used after shodhana acts as vyayavi, viksa, kedoshakaraka, amapachaka and grahi hence helps in atisara.

Tankana is having kshareeya, agnikaraguna helps in lekhana of kapha, kleda and is amapachaka.

Maricha possesses katu, tikta rasa does pachana of ama and is ruchya hence acts onaruchi.

Shankhabhasma is having laghu, sheetaguna and it is uttama deepanna, pachanhavya and amalpatanashaka, dahashamaka. There by it acts on pipasa, daha.

Kapardikabhasma is usha and deepaka does action of vatanulomana and thus used in grahanī disease. Shoola is due to vatavitiation(hrudayamarja, shrishashoolla). Kapardabhasma is vatanulomaka hence acts on shool.

Vamathu, jrumba, bhrama are the lakshanhas of ama formation. These lakshanhas are counteracts by gandhaka, vatsanabha, tankana, maricha, shankhabhasma and jambeera as it is deepanapachana and ruchya.

CONCLUSION:
The main cause of disease is ama i.e, indigestion. The line of treatment for agnimandayajanyavikara’s is the correction of agni. It is clear from the literature that agnikurama rasa has been used in agnimandayajanyavikaras as the ingredients of this formulation contains katu, tikta, kshareeya rasa, laghu, usha, teekshagna, deepaka, pachaka and agnivaradaka, lekhana etc properties. Thus, it has broad spectrum activity in the management of agnimandayajanyavikaras.

REFERENCES:


