

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 present era, due to robotic behaviour of human results in illness or altered digestion leads to manifestation of ama.

Ayurveda 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.

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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 being results in many diseases related to GIT which results in formation of ama. Agnikumara rasa is one such formulation which combat/ acts on ama. Yogaratanakara's agnikumara 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

Ingredients	Scientific name	Family	Part used	Quantity(in parts)
Sh.parada	Hydragium	-----	-----	1p
Sh. gandhdaka	Sulphur	-----	-----	1p
Sh.vatsanabha	Aconitum ferox	Ranunculaceae	root	1p
Sh.tankana	Borax	-----	-----	1p
Maricha	Piper nigrum	Piperaceae	fruit	8p
Shankhabhasma	Turbinellapyrum	Turbinellidae	-----	2p
Kapardabhasma	Cypreamoneta	Cypreaeidae	-----	2p
Jambeera	Citrus limen	Rutaceae	fruit	q.s

Method of preparation:

- Extraction of parada from hingula by urdwapatana yantra².
- Shodhana of vatsanabha by gomutrastapana for 3 days³.
- Shodhana of gandhaka in dolayantra by subjecting it to kurma puta by bhudhara yantra method⁴.
- Shodhana of tankana by bharjana till 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.tankana 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.

Dwigunjamatra of vati will be prepared and stored in an air tight container.

Properties:

Table 2: list of rasapanchaka

Ingredients	Rasa	Guna	Veerya	Vipaka	Karma
Sh.parada ⁸	Shadrasa	Sara,snidgha, guru	ushna	madhura	yogavahi
Sh.gandhaka ⁹	Madhura	Laghu,ushna, teekshna	ushna	madhura	deepana, grahi
Sh.vatsanabha ¹⁰	Katu, tikta, Kashaya	Sara	ushna	madhura	deepana, pachana, agnikaraka, amonmochana
Sh.tankana ¹¹	Kshareeya	Ruksha,teekshna,guru	ushna	-----	agnikara, lekhana, rechana
Maricha ¹²	Katu, tikta	Laghu, rukhsa, teekshna	ushna	katu	deepana, ruchya, chedana
Shankha bhasma ¹³	Kashaya, katu, kshareeya	Laghu, sheeta	sheeta	-----	agnideepaka, lekhana
varata bhasma ¹⁴	Katu, tikta	Guru, ushna	ushna	-----	deepana, vrushya
Jambeera ¹⁵	Amla	Laghu	ushna	amla	deepana, pachana, ruchya

Indication:

Vistabdajeerana
Visuchika
Kapharoga

Dose:

2 gunja

DISCUSSION:

In this reference, agnikumara rasa is indicated in visuchika.

The symptoms of visuchika are atisara, vamathu, pipasa, shoola, bhrama, vetsana, jrumba, daha, hrudayaruja, shirasoola.

Ingredients in agnikumara rasa mainly have deepana, pachana and agnivardanadravyas.

Kajjali here acts as yogavahi. Gandhaka has laghu, ushna, teekshaguna acts on amadosha, amajeerna. Here vetsana is due to ama formation, gandhaka is amapachaka hence it counteracts the vestana.

Vatsanabha is a toxic drug but when used after shodhana acts as vyavayi, vikasi, kledashoshakara, 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 uttamadeepana, pachanadravya and amlapittanashaka, dahashamaka. There by it acts on pipasa, daha.

Kapardikabhasma is ushna and deepaka does action of vatanulomana and thus used in grahani disease. Shoola is due to vatavitiation(hrudayaruja, shirashoola). Kapardabhasma is vatanulomaka hence acts on shoola.

Vamathu, jrumba, bhrama are the lakshanas of ama formation. These lakshanas 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 agnimandyajanyavikara's is the correction of agni. It is clear from the literature that agnikumara rasa has been used in agnimandyajanyavikaras as the ingredients of this formulation contains katu, tikta, kshareeya rasa, laghu, ushna, teekshnaguna, deepaka, pachaka and agnivardaka, lekhana etc properties. Thus, it has broad spectrum activity in the management of agnimandyajanyavikaras.

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