

Dwibhuja Rasa - A Herbo-Mineral Formulation Review

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ABSTRACT

Ayurveda is the most ancient medical science which deals with the potent medicines with the use of herbals, minerals and herbominerals. *Dwibhuja Rasa* is one of the most potent Ayurvedic formulations which come under the herbomineral combination, it contains *hingula* and *jayapala* as main ingredients and indicated in *navajwara*. As it is a *rasaushadhi* it is more potent than the other *jwarahara kashtoushadhis* and assimilation in the body is much faster even though the dose is very less. In classics *jwara* is considered as the king of all other diseases and it can be occurred as an independent as well as a symptoms of various other diseases. no man is spared from *jwara* once in a lifetime. Because of the Pharmacological activities of each ingredient it can act on the *jwara* from its early stages. The present study aims to review the pharmacological properties and discuss the probable mode of action of *Dwibhuja rasa*.

KEYWORDS: *Dwibhuja rasa, rasaushadhi, jwara*

INTRODUCTION

*Dwibhujarasa*¹ –dwibhuja means two arms. In this formulation have two main ingredients like our two hands, the *hingula* and *jayapala* are able to destroy the king of all the diseases. Only one reference of *Dwibhujarasa* is found in *rasayogasagaram* which is a HERBOMINERAL formulation will be reviewed. It comes under the *khalviya rasayana kalpana* in *rasashastra* and it contains one part of *hingula* and two parts of *jayapala* as main ingredients. *Hingula* is having *tikta rasa, ushna guna, ushna veerya, having deepana, rasayana, vrishya, kanti-bala-budhhi vardhaka, Balya, Medha-agni vardhaka, vajikarana, hridayotsadakara*. It is *sarva doshaghna* and *kapha-pitta hara*.

jayapala is a *Tikshna virechana* drug. The *jayapala* is having properties such as *ushna, teekshna, sookshma, vyavayi* and *vikasi guna, Prithvi* and *Jala mahabhoota* predominance and *adhobhagaharana prabhava*². *Jambeera swarasa* is used for the *Bhavana* of the final product. The *Deepana, Rochaka, vaktra shodhini, amadoshaghna* activities of *jambeera* will enrich the final product. Here In this preparation

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hingula shodhana is done by *ardraka swarasa* and its *jwaraghna, agnimandyahara* properties will add on the attributes of *hingula* and thus in the formulation *jayapala shodhana* is done by subjecting it to *godugdha swedana* in *dolayantra* for one *yama*. The procedure must be repeated three times.

dwibhujarasa alleviates the aggravated *Doshas* and stimulates the *Agni* (power of digestion). As a result of this, *Jwara* subsides, the body becomes light and there is appetite. the main cause of all the diseases is *mandagni*. As *Acharya Vagbhata* mentions *sarve rogo api mandaagnau*.

The word *Virechana* is defined as the therapy which eliminates *doshas* through *adhobhaga* i.e. from lower GI tract. *Dwibhujarasa* is one such formulation containing *shuddha hingula, shudha jayapala, and Jambeera swarasa*, the *shuddha hingula* and *shudha jayapala* are the drugs of choice for the *jwara* and as these are the *rasoushadi* and *upavishadravya* its potency and the fastest actions against *jwara* is appreciable.

METHOD OF PREPARATION³List of ingredients of *Dwibhuja rasa*

Ingredients	Scientific name	Family	Quantity
Hingula	Cinnabar	-----	1part
Jayapala	Croton tiglium	Euphorbiaceae	2 parts
Jambeera swarasa	Citrus Acida Or Medica	Rutaceae	Q.s

Shodhana of *hingula* is done by *bhavana* with *ardraka swarasa* for seven days⁴. *Jayapala Shodhana* is done by subjecting it to *godugdha swedana* in *dolayantra* for one *yama*. The procedure must be repeated three times⁵. Above mentioned quantity of *Shuddha hingula* and *Shuddha jayapala* are taken in a *Khalvayantra* and triturated until a homogeneous mixture is obtained. This mixture is subjected to *mardhana* with *jambeera swarasa* to prepare pills of 1 *gunja pramana*.

INGREDIENTS IN DETAILS***Shuddha hingula*⁶****Rasa** - Tiktha, Kashaya, Katu**Doshagnata** - Tridosahara**Indications** - *Jwara*, *Ati Rasayana*, *Deepana*, *Vrushya*, *Sarvarogaghna Kamala*, *pleeha*, *Kushta*, *Amavata*, and *Vishanashaaka****Shudha jayapala*⁷****Rasa** - tikta, katu**Guna** - guru, ruksha, tikshna**Vipaka** - ushna**Doshagnata** - kaphapittashamaka**Karma** - lekha, krimighna, shothahara, vishagna, virechana, kushtaghna, kaphagna***Jambeera*⁸****Guna** – Guru**Rasa** – Amla**Vipaka** – Amla**Veerya** – Ushna**Dosha Ghanta** – Vatasleshmahara, Pittavardhaka**Karma** – Deepana, Rochaka, vaktrashodhini, amadoshaghna**Rogagnata** – shula, kasa, chardhi, trishna, amadoshjit, chardhi***Ardraka*⁹****Properties** - Rasa Katu Guna Guru, Ruksha, Tikshna**Virya** - Ushna**Vipāka** - Madhura**Karma Vata** - kapha hara, Dīpana, Bhedan**Indications** - Sula, Amavata, Adhmana, Atisāra, Ślipada, Kāsa, Śvāsa, Hrdroga, Sopha, Arśas, Hikka,*Vibandha*, *Raktapitta*, *Pandu*, *Vrana*, *Jvara*. *Kuṣṭha*, *Agnimandya*, etc.**Indication¹⁰***nava jwara***Dose¹¹***1ratti***Anupana¹²***Uchita Anupana [According to the disease].*

As it contains double parts of jayapala If drastic virechana is happening to stop virechana, *ushnodaka* should be taken.

DISCUSSION AND CONCLUSION

The significance of hingula as a jwaraghna dravya is Almost 145 Rasa yogas have been mentioned in Jwaraadhikara among which 75% of yogas contain Hingula as ingredient. In Rasatantrasara and Sidha-prayogasangraha, 40 Rasa yogas has been mentioned in Jwara and Hingula can be seen in majority of Yogas. This indicates that Hingula is the major component in Jwarahara formulation.

The significance of jayapala as a jwaraghna dravya-The formulation which contains jayapala as an ingredient in many formulations and indicated in jwara.

As dwibhuja rasa is a rasaushadhi , it has no particular taste, and it is easily administrable because of its fineness. Administration of Dwibhujarasa even in small quantity with suitable anupana can subside the fever without any further development. Due to easy availability of ingredients, It can be prepared easily . In fever instant action is required to control so this medicine is very fast in action and it will work on the jwara due to all the doshas because of the vatakaphaghna properties of the jambeera swarasa and tridoshaghna properties of hingula and the jayapala plays an important role in the shamana of pitta.

Agni is said to be the base (mool) of life. (Cha.Chi.15/4.)[2]Hence, if the Agni of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in ill health and disease, especially in jwara weakness of Agni plays an important role to produce the disease this yoga corrects the agnimandya first and enters into the sookshma srotas and clears the srotorodhas

Due to the vaktra shodhana properties of the jambeera and the Deepana Rochana properties of jambeera and ardraka the patient feels freshness in the mouth and appetite for diet and drinks. He becomes capable of appreciating the taste of the food to be taken.

Jayapala has *ushna*, *teekshna guna* and *virechana* property. The expressed seed oil possesses drastic purgative property. Crotonic acid is one of the chemical constituents of *Jayapala* which crystallizes as needles from hot water. Hence, this formulation should be taken along with *sheetajala* and drastic purgation will be occurred but in *jwara* condition cold water is contraindicated hence we can prevent drastic purgation with *Dwibhujarasa*. *Virechana karma* is beneficial for *Pitta*, *Samana* and *apana vata*. This *karma* pacifies the vitiated *agni* by removing excess of *pitta* from *amashaya* and also from all over the body. *Adraka swarasa* possesses *Ushna veerya*, *kaphavatashamaka*, *vatanulomaka* and *bhedana* property which increases the properties of *hingula*. Almost all ingredients possess *Katu rasa*, *Ushna teekshna sara guna*, *katu vipaka* and *vatanulomana karma*. All these properties attribute the *jwarahara* action of *Dwibhujarasarasa*.

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