

Review of Unmada Gajakesari Rasa w.s.r to Brihat Rasaraja Sundara

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ABSTRACT

Unmada Gajakesari Rasa¹ is a classical ayurvedic herbo-mineral formulation, traditionally acclaimed for its efficacy in managing mental disorders such as Unmada, Apasmara and jwara. It integrates key ingredients like parada, Gandhaka, Manahshila and dhatura bija which are processed with Vacha kwatha and Brahmi swarasa through Bhavana method for enhancing their bioavailability and therapeutic potential. This formulation is particularly significant in addressing the increasing prevalence of mental health disorders in the modern era. Characterised by stress, anxiety, depression and cognitive impairments. Its mode of action aligns with the principles of Ayurveda, targeting the Tridosha imbalance, specifically pacifying Vata and Kapha doshas which are primary Contributors to neuropsychiatric conditions. Modern studies correlate the therapeutic potential of "Unmada Gajakesari Rasa" with neuroprotective, anxiolytic and anticonvulsant properties aligning it with interventions for conditions like schizophrenia, epilepsy and mood disorders. It's holistic approach addresses both somatic and psychological dimensions.

KEYWORDS: *Unmada Gajakesari Rasa, Unmada, Rasoushadhi, Manasaroga, Manovikara, Schizophrenia, Epilepsy, mood disorders, cognitive impairment, herbo-mineral formulation, Mental health, Ayurveda.*

INTRODUCTION

Ayurveda is the ancient system of holistic medicine emphasising on the balance of body, mind and spirit to achieve optimal health and well being. Rasashastra and Bhashajya Kalpana is a vital branch of Ayurveda focusing on the preparation and processing of medicines using herbs, minerals and metals. UGKR is a Kharaleeya Rasayana having potent herbo mineral ingredients known for its potent effects in managing Unmada, Apasmara and jwara. This formulation holds great importance due to its ability to restore Satva and balance Tridosha which are crucial in maintaining mental health. An attempt is made here to review the ingredients and understand its clinical utility which has been compiled below.

Materials and methods:

Nirukti

The phrase "Unmada Gajakesari Rasa" consists of words derived from Sanskrit. Here's a breakdown of the meanings

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1. Unmada

- Literally means "madness" or "intense passion."
- It can also signify a state of being overwhelmed by emotions, love or ecstasy.

2. Gajakesari

- A compound word:
- Gaja-Elephant - Strength, stability
- Kesari-Lion- Courage, Clarity, focus

Together, "Gajakesari" signifies a powerful and majestic combination, symbolising unparalleled strength and dominance. like the combined attributes of a lion and an elephant.

In an astrological context, it refers rare and auspicious yoga (planetary combination) believed to bring success and grandeur.

Overall Meaning:

"Unmada Gajakesari Rasa" suggests as a remedy that provides the strength and stability to ground the mind and the courage to overcome fear and mental

disturbances. For the present work literature related to UGKR has been compiled from Brihad Rasaraja Sundara and reviewed. Research works and articles regarding concerned topic are also reviewed

Formulation Review:

UGKR is one of the Kharaleeya preparation. It has parāda, Gandbaka, Manahshila, dhatura bija as main ingredients. It is mainly indicated in Unmada, Apasmāsa, Bhutonmada and Chaturtaka jwara.

Ingredients

Sl. No	Ingredients	Quantity
1	Parada	1 part
2	Gandhaka	1 part
3	Manashila	1 part
4	Dhatura beeja	3 parts
5	Vacha kwatha	Quantity sufficient
6	Brahmi swarasa	Quantity sufficient

1. Parada: Mercury (Hg - Hydrargyrum)²

Rasa- Shadrasa

Guna- Snigdha, Sara & guru

Virya Ushna.

Vipaka- Madhura.

Doshagnata- Tridoshagna

Karma- Yogavahi, Rasayana, Vrishya, Balya, Vayastambhana, Pustikarak, Deepana, Agnivardhaka, Deha and Loha siddhikara, Ropana, Krimighna.

Vyadhi Prabhava- Vata roga, Vali, Palithya, Jara roga. Sarva Akshi roga. Krimi, Kusta, Sarva roga.

2. Gandhaka- Sulphur(S)

Rasa- Madhura³, Katu, tikta, kashaya⁴

Guna- Ushna. Sara. Snigdha.

Virya Ushna

Vipaka- Katu

Karma - Deepana, pachana, vishahara, jantughna

Dosha Prabhava - kapha-vata hara, pitta vardhaka

Vyadhi Prabhava- Kandu, visarpa. krimi, kushta, keshya, pleeha. Rasayana

3. Manahshila- Arsenic disulphide (As₂S₂)⁵

Rasa- Katu, tikta

Guna- Sara, snigdha, ushna.

Virya ushna

Vipaka- Katu

Doshagnata- kapha vata hara

Karma- Varnakara, vishagna, Bhootopadravanāshini, Kanduhara, Agnideepaka, Kamakara

4. Dhatura - Datura metel⁶

Rasa Tikta, katu

Guna- laghu, Ruksha

Virya- Ushna

Vipaka- Katu.

Doshagnata-kapha vata hara

Karma- Jantughna, Vedanasthapana. Twagdosahara, Madaka, Hriday uttejaka, Shulaprashmana, Swedavardhaka.

Rogagnata - Shotha, Vedana, Arsha, Vatavikara, Hridmandata Nadi mandajta, Amlapitta, Parinamashula. Pittashmari, shwasa, Vrikkashula, Ashmari, shaiyyamutra. Rajakriccha, yuka.

Prabhava Madaka

5. Vacha - Acorus calamus⁷

Rasa katu, tikta

Guna laghu, teekshna,

Virya - Ushna

Vipaka -Katu,

Doshagnata Kapha vata hara.

Karma -Kantya, medhya. Sangnyasthapana, vedanasthapana. Akshepa hara, Vamaka. Deepana, Anulomana

Rogagnata - UNMADA, APASMARA, jihvajadadwa, Sandhiroda, Amavata, Pakshaghata, Apatantraka, Agnimandhya, Arsha, Ajeerna, Aruchi, Swarabheda, Medoroga, Kushtatara, Kasa

Prabhava - Medhya

6. Brahmi - Bacopa monneri⁸

Rasa Tikta. Kashaya.

Guna Laghu.

Virya - Sheeta

Vipaka -- Madhura.

Doshagnata- kapha pitta hara.

Karma - Shothahara, Medhya, Akshepahara, Vishagna, Deepana, Pachana, Anulomana, Amapachana, VedanaSthapana

Rogagnata-UNMADA, APASMARA, prameha, kushta, pandu, Shotha, Kasa

Table Showing pharmacological properties of individual ingredients

Sl. No	Dravya	Rasa	Guna	Virya	Vipaka	Doshagnata
1	Parada	Shadrasa	Snigdha, Sara, guru	Ushna	Madhura	Tridoshagna
2	Gandhaka	Madhura, katu, tikta, kashaya	Ushna, sara, snigdha	Ushna	Katu	Kapha-vatahara, pitta vardhaka
3	Manashila	Katu, tikta	Ushna, sara, snigdha	Ushna	Katu	Kapha-vatahara
4	Dhattura	Tikta, katu	Laghu, ruksha	Ushna	Katu	Kapha-vatahara
5	Vacha	Katu, tikta	Laghu, teekshna	Ushna	Katu	Kapha-vatahara
6	Brahmi	Tikta, kashaya	Laghu	Sheeta	Madhura	

Method of preparation:

It is a Khalviya Rasayana Containing shuddha parada, suddha gandhaka, suddha manahshila and Shuddha dhatura beeja churna and 7 bhavanas of each Vacha Kwatha and Brahmi swarasa.

First Kajjali is prepared by taking equal quantity of suddha parada and suddha gandhaka In Khalva yantra and triturating it till Kajjali siddhi Lakshanas are seen.

Then one part of shodhita manahshila and three parts of Shodhita Dhatura beeja churna is added and trituration is continued to attain homogeneous mixture.

After homogeneous mixture it is subjected to bhavana with Vacha Kwatha and Brahmi swarasa separately

On drying it should be powdered and stored in airtight glass bottles.

Discussion:

UGKR consists of several ingredients, each with Unique therapeutic actions that synergistically address neurological conditions

Kajjali:

A type of parada bandha prepared by triturating suddha parada and suddha gandhaka without adding any liquids till the mixture becomes fine and Black colour

Mercury in its processed form is believed to have a unique ability to cross the blood-brain barrier due to it's simulation as nanomaterial, which is crucial for treating mental & neurological disorders. It is also known to have neuroprotective and stimulating effects on brain. It is Yogavahi and acts as catalyst for delivering other drugs to the target site as it is the base for several Ayurvedic herbo-mineral formulations

Suddha Manahshila:

Manashila is Arsenic disulphide. It acts as a Brain stimulant and helps improve mental clarity and alertness. It is believed to help remove toxins i.e. ama from the nervous system, improving cognitive function. It is also proven to dissolve undigested iron

molecules deposited over neurons which manifest into psychological disorders.

Dhattura:

Dhattura (*Datura metel*) contains tropane alkaloids, primarily scopolamine and hyoscyamine. These compounds are known for their anticholinergic effects, which can cause sedation and alter states of consciousness. *Datura* has both hallucinogenic and sedative properties, and when used carefully it can act as neuroleptic (anti-psychotic). In the case of unmada, it may help manage agitation, confusion, and altered mental state, potentially calming excessive brain activity during conditions like unmada and apasmara.

Vacha kwatha - (Decoction of *Acorus calamus*):

Vacha is rich in essential oils, particularly beta-asarone, which are known to have neurostimulatory properties. Vacha is traditionally used as a nervine tonic and is believed to enhance cognitive functions, increase mental clarity, and improve memory. It helps to calm the mind and restore mental stability. It helps improve communication between the brain and nervous system, restoring mental balance.

Brahmi Swarasa (Fresh Juice of *Bacopa monnieri*):

Brahmi contains compounds like bacosides, which are believed to enhance cognitive function, reduce anxiety and improve memory. Brahmi acts as a powerful adaptogen and neuroprotective agent. It can reduce mental fatigue, calm the mind and improve focus and concentration. It also has antioxidant properties that help protect brain cells from oxidative stress.

Conclusion:

The combined action of these ingredients is aimed at calming the mind, enhancing mental clarity, reducing neuro-psychological disturbances, and promoting overall mental health. The synergy of Kajjali (mercury- sulfur), Suddha Manahshila, and Dhatura addresses the disturbed mental states directly, while Vacha and Brahmi provide support in cognitive enhancement and mental clarity. This makes Unmada Gajakesari Rasa a comprehensive formulation for managing conditions such as unmada, apasmara, and

bhutonmada, which involve both physical and psychological symptoms.

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