

# Anila Rasa: A Comprehensive Review on Its Classical Relevance and Therapeutic Potentials

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## ABSTRACT

Anila Rasa is a classical Rasoushadhi mentioned in Rasa Yoga Sagara which is indicated in Pandu Roga and Shotha. It contains Rasa Sindhoora, Tamra Bhasma, Shuddha Gandhaka, and Shuddha Vatsanabha, prepared with Chitraka Moola Kashaya Bhavana. The Bhavana process with Chitraka Moola Kashaya enhances Deepana, Pachana, and Agnivardhana properties, correcting Agnimandya-the prime Nidana in Pandu Roga. Rasa Sindhoora acts as a Rasayana, Tamra Bhasma supports Yakrit-Uttejana and Rakta Shodhana, Shuddha Gandhaka contributes to Rasayana and Twachya properties, while Shuddha Vatsanabha acts as a Yogavahi and Shothahara. The synergistic action of these ingredients aids in Rasa Dhatu Poshana, enhances Agni, and alleviates symptoms like Panduta, Daurbalya, and Shotha. This review highlights the classical reference, probable pharmacodynamic actions, and therapeutic significance of Anila Rasa, establishing it as a potent Rasoushadhi for disorders involving Rasa Dhatu Dushti such as Pandu Roga and Shotha.

**KEYWORDS:** *Anila Rasa, Rasa Yoga Sagara, Pandu Roga, Shotha, Chitraka Moola Kashaya, Deepana-Pachana, Rasa Sindhoora, Rasoushadhi.*

## INTRODUCTION

Anila Rasa is a classical Rasaushadhi mentioned in Ayurvedic texts, traditionally indicated for Pandu and Shotha. The name reflects its therapeutic properties: 'Anila' signifies Vata with its laghu, sukshma, and chala guna, while 'Rasa' denotes a herbo-mineral preparation. This formulation is primarily employed for shuddha Rasa-Rakta Dhatu pratisthapana and to alleviate the turbidity and heaviness described in classical texts as "Ghana pankha shoshaka".

The formulation comprises Rasa Sindhura, Tamra Bhasma, Shuddha Gandhaka, Shuddha Vatsanabha, and is processed with Chitraka Mula Kashaya as Bhavana Dravya. These Dravyas act synergistically to Deepana, Pachana, Rasa-Rakta Shodhana, and Dhatu Poshana thereby enhancing Bala, Varna, and Ojas.

Pandu and Shotha, the primary indications of Anila

Rasa, arise from Dosha Dushti and Dhatu Kshaya, manifesting as daha, vishada varna, and Bala Hani. Through its Vata Shamana, Deepana-Pachana, and Rasa-Rakta Shodhana karma, Anila Rasa restores Dhatu samya, Bala, Varna, and Ojas, making it a potent formulation in the management of these conditions.

## Materials and Methods:

References of *Anila rasa* is mentioned in classics,

1. Rasayoga sagara<sup>1</sup>
2. Rasendra Chintamani<sup>2</sup>
3. Brihat Nighantu ratnakara<sup>3</sup>

ताम्रभस्म रसभस्म गन्धकं वत्सनाभमपि तुल्यभागिकम् ।

वह्नितोयपरिमर्दितं पचेद्यामपादमथ मन्दवह्निना ॥

रक्तिका युगलमानतोऽनिलः शोथपाण्डुघनपङ्कशोषकः ॥

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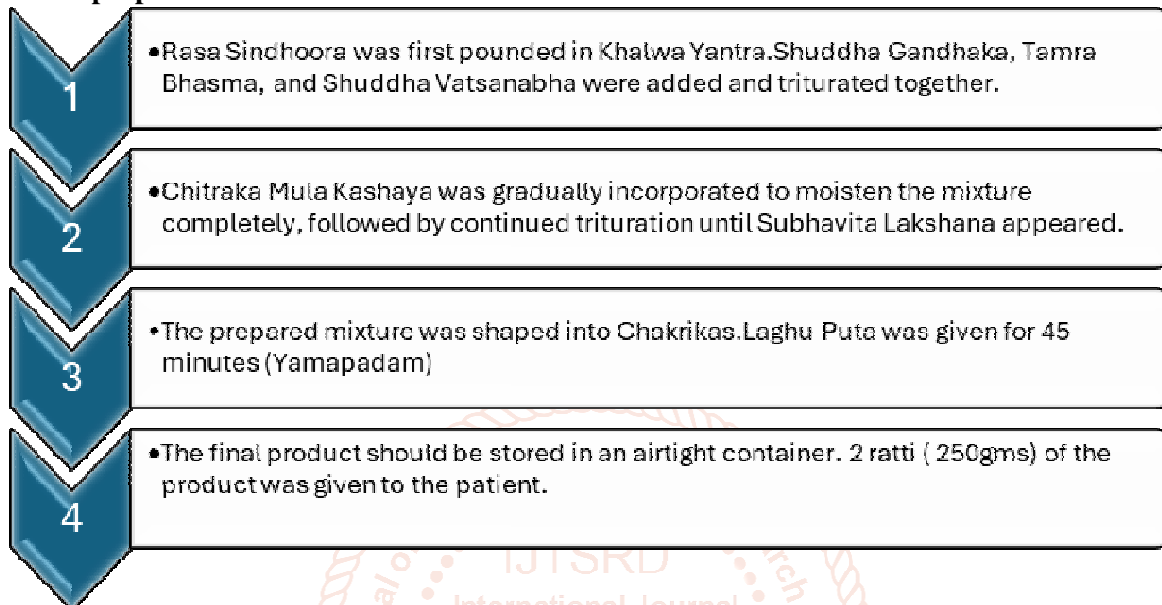
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**Table no 1. Shows Ingredients of Anila rasa with their quantity**

Sl. No.	Ingredients	Botanical/ Chemical name	Quantity
1	Rasa sindhoora	Mercuric sulphide (Hgs)	1 part
2	Tamra Bhasma	Copper oxide (CuO), Copper Sulphide ( CuS)	1 part
3	Shudha Gandhaka	Sulphur (S)	1 part
4	Shudha Vatsanabha	Aconitum Ferox	1 part
5	Chitraka Mula	Plumbago Zeylanica	Q.S

**Method of preparation:****Matra** – 2 ratti (250mg)**Anupana** – Jala**Indications** – Pandu, Shotha.**Table no 2. Shows List of Ingredients and their properties**

Sl. No.	Name	Rasa	Guna	Virya	Vipaka	Karma
1	Rasa sindhoora <sup>4</sup>	Shadrasa	Guru, Snigdha	Ushna	Katu	Rasayana, Agnideepana, Yogavahi, Panduhara, Pleehaghna, Prasarati dhamaneenam swakriya vatasamye, Pitta nissarana and rechana.
2	Tamra bhasma <sup>5</sup>	Tikta, Kashaya, Amla, Madhura	Snigdha	Ushna	Katu	Deepana, Krimihara, kushtahara Pandvamayaghnam. Lekhana, Yakritpleehaghna
3	Shuddha Gandhaka <sup>6</sup>	Katu	-	Ushna	Katu	Kushtaghna, Vishaghna, Agni Deepana, Rasayana.
4	Shuddha vatsanabha <sup>7</sup>	Madhura	Laghu, Ruksha, Tikshna, Vyayayi, vikasi	Ushna	Madhura	Deepana, Yakrit uttejaka, Hridaya uttejaka, Pachana, Shothahara, Vedanasthapaka, Brihmana, Tridoshaghna,

**Table no 3. Shows properties of Bhavana dravya used in the Formulation**

Dravya	Botanical name	Rasa panchaka	Karma	Phytochemical constituents
Chitraka mula <sup>8</sup>	Plumbago zeylanica	Rasa- Katu Guna- Laghu, ruksha, Tikshna Virya – Ushna Vipaka- Katu	Deepana, pachana, pitta saraka, Rasayana, Shothahara, Uttejaka	Plumbagin, sitosterol, stigmasterol, Plumbagic acid, Plumbaginol, Tannins, Alkaloids, saponins

**Probable mode of action:**

Anila Rasa is a classical Rasoushadhi described in Rasa Shastra, containing potent ingredients like Rasa Sindhoora, Tamra Bhasma, Shuddha Gandhaka, Shuddha Vatsanabha, and Chitraka Mula Kashaya as Bhavana Dravya. The formulation primarily acts as Deepana, Pachana, and Raktavardhaka, thereby addressing the Dosha Dushti and Dhatu Kshaya seen in Pandu (anemia-like condition) and the Srotorodha and Shotha (inflammatory swelling) conditions. Through Agni Deepana, Aama Pachana, and Srotoshodhana, it enhances Dhatu Poshana and corrects Vata–Pitta–Kapha imbalance responsible for Pandu and Shotha.

**Rasa Sindhoora:**

Rasa Sindhoora, endowed with Yogavāhī, Pleehaghna, Pitta-nissaraṇa, Rechana, and Vāta-sāmaka properties, acts at both systemic and cellular levels. Its Yogavāhī nature enhances the targeted action and bioavailability of associated ingredients. The Pleehaghna and Pitta-nissaraṇa actions regulate yakṛt-plīha kriyā, promoting rakta dhātu utpatti and expulsion of dūṣita pitta, which is pivotal in the samprāpti of Pāṇḍu. Through its mild Rechana and Vāta-sāmaka effects, it maintains doṣa-sāmya, supports dhamanī-prasāraṇa and srotoshuddhi, thereby reducing śotha. Overall, Rasa Sindhoora acts as a rasa-rūpa yogavāhī dravya, promoting śarīra doṣa-dhātu-mala sāmya and restoring prakṛta avasthā in Pāṇḍu and Śotha.

**Tamra Bhasma:**

Tamra Bhasma, with Lekhana, Ropana, and Yakrit-Pleeha-Udarapaha properties, improves Pandu by providing bioavailable copper and trace elements that enhance hemoglobin synthesis, erythropoiesis, and iron metabolism, correcting Rasa-Rakta dhatu deficiencies. In Shotha, it reduces edema and inflammation by modulating microcirculation, promoting lymphatic drainage, and supporting tissue repair, harmonizing Agni, Dosha, and Dhatu functions.

**Shuddha Gandhaka:**

The Rasayana property of Shuddha Gandhaka enhances tissue nourishment and strengthens Rasa-Rakta dhatu, directly improving hemoglobin levels and correcting Pandu. Its Agni deepana action stimulates digestive fire, improving nutrient assimilation, which supports both hematopoiesis in Pandu and metabolic processing of inflammatory mediators in Shotha, thereby aiding resolution of edema.

**Shuddha Vatsanabha:**

Vatsanabha, endowed with Vyavāyī, Vikāśī, Sookshma and ushna guṇa, ensures rapid absorption

and systemic action. Its Yakṛt and Hṛdaya-uttejaka effects enhances hepatic and circulatory functions, promoting metabolism and reducing Śotha. The Yogavāhī property enhances the action of co-administered drugs through Sūkṣma-mārga gamana. By virtue of its Vedanāsthāpaka, Bṛmhāṇa, and Tridoṣaghna properties, it alleviates inflammation and anemia by balancing Doṣas, stimulating Agnidīpana, and supporting Raktotpatti in Pāṇḍu roga.

**Chitraka Mula Kashaya (Bhavana Dravya):**

Chitraka Mula Kashaya possesses Deepana-Pachana and Rasayana actions. In Pandu, it enhances digestive fire (Agni), improving assimilation of nutrients and promoting Rasa-Rakta dhatu formation, which supports hemoglobin synthesis and corrects anemia. In Shotha, its Deepana-Pachana effect facilitates metabolic clearance of Ama and inflammatory mediators, reducing edema and promoting tissue detoxification, thereby aiding resolution of swelling. Hence, the synergistic action of these potent ingredients in Anila Rasa works through Agni Deepana, Aama Pachana, Srotoshodhana, and Raktavardhana, thereby effectively managing Pandu and Shotha.

**Discussion:**

Anila Rasa, as described in Rasa yoga Sagara, Rasendra Chintamani and Brihat Nighantu Ratnakara is formulated with Rasa Sindhoora, Tamra Bhasma, Shuddha Gandhaka, Shuddha Vatsanabha, and Chitraka Moola Kashaya Bhavana. The combined formulation appears to act through Agni-Sandhukshana, Srotoshodhana, and Rakta-Prasadana pathways, addressing both Pandu and Shotha at their root levels.

In Pandu Roga, the prime defect lies in impaired Jatharagni and Dhatvagni, leading to poor Rasa-Rakta Dhatu Poshana. Rasa Sindhoora, being Rasayana and Yogavahi, likely enhances tissue oxygenation and nutrient assimilation. Tamra Bhasma, due to its Raktavardhaka and Lekhana properties, supports hemopoietic function and removes metabolic sluggishness. Gandhaka contributes to purification at microchannel levels and strengthens Agni Bala.

Vatsanabha ensures unobstructed circulation by Vata-Kapha Shamana and promoting Srotas Unmargana. The Chitraka Bhavana imparts strong Deepana-Pachana potency, ensuring the formulation acts swiftly and completely on impaired metabolism. Collectively, these mechanisms normalize Agni, rejuvenate Rakta Dhatu, and restore vitality in Pandu.

In Shotha Roga, Anila Rasa possibly works by reducing Avarana and Srotorodha. Rasa Sindhoora and Tamra Bhasma exert Lekhana and Rechana

influences, supporting removal of Ama and excessive Kapha Meda. Gandhaka aids in Svedana Karma and tissue detoxification, while Vatsanabha improves microcirculation, reducing stagnation and edema. The Chitraka Bhavana acts as a catalytic factor, enhancing overall metabolism and Dosha Shamana. Hence, Anila Rasa may function through multi-level correction of Agni, Srotas, and Rakta Dhatu, leading to resolution of Shotha.

### Conclusion:

Anila Rasa acts through Agnideepana, Rasayana, Srotoshodhana, and Tridosha Samana mechanisms. It restores Agni, promotes Rakta Dhatu Poshana, and removes Ama, thus addressing the root causes of both Pandu and Shotha. The formulation's multi-target action suggests its potential as a comprehensive remedy requiring further pharmacological and clinical exploration.

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