

Vangaashtaka Yoga: A Critical Review on Its Mode of Action and Therapeutic Spectrum

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ABSTRACT

Vangashtaka is a Rasaushadhi mentioned in Rasendrasara Sangraha & Bhaisajya Ratnavali, primarily indicated for Prameha. This formulation is composed of 8 purified Rasa dravyas, Suddha Parada Suddha Gandhaka, Lauha Bhasma, Rajata Bhasma, Kharpara Bhasma, Abhraka Bhasma, Tamra Bhasma, & Vanga bhasma

Vangashtaka is known for its Rasayana Agnideepana Medohara & Srotoshodhaka properties, It plays a significant role in correcting Dhatvagnimandya ,balancing kapha - Medodhatu and enhancing Ojas & Vyadikshamatva this formulation acts on Rasavaha, Medhovaha & Mutravaha Srotas, making it beneficial in conditions like Madhumeha, Visucika, vishamajvara, Gulma, Arsas & Kshyaroga.

Its Agnideepana & Rasayana effects Improve gut health, metabolic balance & tissue rejuvenation. Vangasthata with its Multi-Metallic composition acts as a potent Rasayana & Pramehaghna yoga, addressing Santarpanajanya vikar, its therapeutic potential in diabetes, digestive disorders chronic diseases makes it a valuable formulation in Ayurveda, However clinical Validation & standardization are required for broader therapeutic applications.

KEYWORDS: *Vangaashtaka Yoga, Rasaushadhi, Bahudhatvaka Rasayoga, Kajjali-based compound, Mode of Action, Prameha, Visamajvara, Rasashastra.*

INTRODUCTION

Ayurveda, the science & life focuses on maintaining health by balancing doshas, Agni, Dhatus, & Malas, Among its specialized branches, Rasashastra deals with Herbo-mineral formulations, enhancing potency through Shodhana, Marana samsakar.

Prameha, a broad term for urinary & Metabolic disorders includes Madhumeha, caused by kapha- Medodhatu vriddhi, Srotorodha & Dhatvagni Mandya. Ayurveda recommends "Rasayann & Medohara therapies for its management

Vangashtaka is a effective Rasaushadhi used in Prameha chikitsa, Vanga refers to Tin which is beneficial in Dhatuposhana, Srotoshodhana, Mutravaha rogas. Ashtaka -Denotes a group of eight distinct Rasaushadhi Dravyas. Vangastaka signifies a unique Rasakalpa with Vanga as a Primary

Component Vangasthata acts as Medohara, Ojasvardhaka, balancing dhatvagni mandya and santarpanajanya Vikar. By regulating Rasavaha, Medovaha & Mutravaha Srotas, It provides comprehensive relief in madhumeha, gulma, visamajvara, Ksayaroga & Arsas, Its Tridosha shamak & Rasayana properties make it a valuable Intervention in pramena chikitsa & metabolic disorders.

MATERIALS & METHODS & VANGASHTAKA-

MATERIALS →Vangastaka is a herbo-mineral formulation Composed & eight purified Rasa Dravyas, processed as per Rasashastra principles. The ingredients are-

1. Suddha Parada [Purified Mercury]-
Rasayana, Yoga vahi & Catalyst in the formulation.

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2. Suddha Gandhaka (purified sulfur]
Enhances Agnideepana & detoxification properties.
3. Lauha bhasma- Strengthens Rakta Dhatu & Dhatvagni
4. Rajata bhasma (silver Ash)- Acts as Medhya Rasayana, cooling & Strengthening nervous System.
5. Kharpara bhasma (zinc oxide Ash)-supports wound healing & immune modulation
6. Abhraka Bhasma [Mica Ash]-Adaptogenic & Vrishya properties, enhancing Vitality
7. Tamra Bhasma [copper Ash]-
Aids in lipid metabolism & detoxification.
8. Vanga Bhasma [Tin Ash]-Mutravaha Srotogamitva, beneficial in prameha & urinary disorder.

METHODS-

1. Kajjali Nirmana

Suddha parada & Suddha Gandhaka are triturated in a khalva yantra to obtain a homogeneous black, soft-textured kajjali. This process ensures proper Amalgamation & detoxification of mercury & sulfur.

2. Addition of other Metallic Bhasmas-

Lauha, Rajata, Kharpara, Abhraka, Tamra and vanga Bhasmas are added sequentially into Kajjali Mixture. This mixture is triturated with sufficient quantity of water to ensure uniform blending & activation of medicinal properties.

3. Chakrika (pellets) Nirmana & Drying-

The prepared mixture is rolled into small pellets (vati / pinda form] & dried under sunlight.

This step enhances the Stability and Shelf life of the formulation

4. Sarava- Samputa & Gajaputa Puta [incineration process]-

The dried pellets are placed in Sarava samputa [earthen curcibles] & subjected to puta using Gajaputa Method (gradual heating) this process ensures the complete transformation & metals & minerals into their bioavailable forms.

5. Final Triturating & Storage-

After cooling, the incinerated material is collected, powdered finely, & triturated in a khalva yantra for uniformity.

This final formulation is stored in airtight glass bottles to prevent moisture contaminanion

DICSCUSSION-

Vangasthataka is a Multi- metallic Ayurvedic formulation with a systemic mode of action,

particularly in Prameha. metabolic disorders, & Rasayana therapy, its efficacy is attributed to its ability to enhance Agni, regulate Dhatvagni (tissue metabolism] & cleanse Srotas (bodily channels). The synergistic action of its eight rasadravya's makes it a Potent Rasaushadhi with deep pentetrating effects at the Dhatu level.

The formulaticon acts at the Rasa. Rakta Medas Mutravaha srotas, correcting Metabolic imbalances & strengthening body's defense mechanisms, the mode of action for each condition is as follows:

1. Prameha- [Diabetes & Urinary disorders]Kapha Medadhatu vridhhi is main cause q prameha, leading to Dhatvagni Mandya Ama (toxic accumulation].

Vanga Bhasma has a specific Mutravaha Srotogamitva, helping to regulate glucose Metabolism & urinary function.

Lauha Bhasma & Tamra Bhasma Improve Dhatvagni, reducing excess meda (fat accumulation)& enhancing insulin sensitivity

Abhraka Bhasma Strengthens endocrine function & cellular metabolism playing a role in long-term diabetes management

2. Visamajvara- [intermittent fever]

Agni Mandya- [Digestive impairment] & Ama formation are key factors in Visamajvara, Suddha parada & Suddha Gandhaka [Kajjali"] acts as Agnideepaka, rekindling Jatharagni & preventing recurrent fever cycles .

3. Gulma (Abdominal Tumors & Digestive disorders)

Agnimandya & vata- kapha dusti cacuse Gulma leading to abdominal masses & Chronic indigestion bloating

Tamra Bhasma & lauha Bhasma enhance Yakrit-Pleeha (liver & Spleen) function by Improving digestion & reducing pathological tissue growth.

➤ Kharpara Bhasma supports wound healing & tissue repair, helping in chronic inflammatory conditions

4. Arsas [piles & Hemorrhoidal Disorders)

Mandagni & Rakta dushti lead to poor circulation & congestion in Rectal veins causing hemorrhoids.

Rajata Bhasma & lauha bhasma correct Raktagni dushti, Strengthening blood vessels & reducing inflammation.

Abhraka Bharma acts as a Rasayana accelerating tissue healing of preventing recurrence.

5. ksayaroga (chronic wasting disorders. TB-like conditions)

➤ Dhatu kshaya & ojas kshaya are the hallmarks & ksayaroga leading to fatigue & immune suppression Suddha parada & Abhraka Bhasma acts as Rasayanas, improving tissue regeneration & overall vitality.

➤ Lauha Bhasma enhances Rakta Dhatu, preventing anemia & physical weakness

➤ Vanga Bhasma supports lung & immune functions, which are crucial in conditions like tuberculosis & chronic respiratory disorders.

Conclusion

Vangashtaka acts through a Multi-targeted approach by correcting Agnimandya, srotorodha & Dhatvagni Dhusti, which are common pathological factors in its indications its ability to enhance metabolism, detoxify Srotas, & rejuvenate Dhatus makes it a Versatile Rasaushadi in Ayurveda.

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