

## ROLE OF VASANTA MALTI RASA AS AN IMMUNOMODULATOR - A REVIEW

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**ABSTRACT**

Immune deficiency is a condition which impairs the immune system's ability to defend against foreign or abnormal cells that invade or attack it (bacteria, virus, fungi, and cancer cells). It can be due to extrinsic factors or may be due to mutations of specific genes. Most of the immune disorders are acquired (secondary). In Ayurveda vyadhikshamatwa is understood as "immunity" implying to resistance against loss of integrity, proportion and interrelationship of doshas and dhatus. In Ayurveda, various formulations are mentioned for the management of immunodeficiency disorders. Among these Vasanta Malati Rasa is a Herbomineral formulation containing Swarna, Mukta, Shu. Hingula, Maricha and Shu. Kharpara, which is a Kharaliya rasayana mentioned in Bhaishajya ratnavali having actions like pro active synthesis of enzymes and hormones, providing protein to replace tissue. Vasanta Malati Rasa<sup>[1]</sup> is a Kharaliya rasayana that induces organic quality in the final product for better therapeutic efficacy and least toxic effect, target specific action and for acceleration of drug activity inside the body. Thus helping to provide health in immune deficiency individuals.

**KEYWORDS:** Mukta, Shu. Hingula, Maricha and Shu. Kharpara.**INTRODUCTION**

Globally Immunodeficiency disease is one of the serious health problems. Immunodeficiency is a state in which the immune system is compromised. In Ayurveda, immunity is referred to as vyadhikshamatwa which provides natural and acquired defence from diseases. vyadhikshamatwa is made up of two words i.e vyadhi (disease) and kshamatwa (capacity of the body to fight against diseases) hence the word vyadhikshamatwa denotes resistance power of body against occurrence of any disease. Common symptoms of immunodeficiency include extreme susceptibility to contagious illness of allergy, fatigue, fever, loss of appetite, a general feeling of weakness and lethargy. Diseases such as AIDS, Diabetes, Pandu, Rajyakshama, Grahni etc can manifest features of decreasing immunity.

In Ayurveda various formulations are used for immune deficiency disorder. Vasanta malati Rasa is ayurvedic herbomineral formulation in classics consisting of Swarna, Mukta, Shu. Hingula, Maricha and Shu. Kharpara has properties as of ojovardhaka, Vajikarana,

Rasayana. Vasanta Malati Rasa contains the term vasnata in it which implies greenery and reproduction. As the advent of spring brings new leaves, blossoming flowers, and old bark of trees which are replaced by new ones, the same changes are brought to the human body by this kalpa. It is a Kharaliya Rasayana which increases vigor vitality and also helps in providing a rejuvenating effect and helps in proactive synthesis of enzymes and hormones and provide proteins to nurture depleted constituents of the body and improve quality of dhatu by maintaining their degeneration in slower rate showing immunomodulating and rejuvenating effect. Hence an attempt will be made to verify its role in it.

**Ingredients and preparation of Vasanta Malati Rasa**

Shuddha Hingula is pounded and mixed with swarna bhasma and then Mouktika bhasma and Kharpara bhasma and maricha is added sequentially to the mixture and mixed well. Bhavana of navaneta is given till sneha vilayana is seen, next this mixture is again given bhavana of nimbu Swarana is given and pills are made. And stored in airtight containers.

**Table 1: Contents of Vasnata Malati Rasa.**

Sl.No	Common name	Parts
1.	Swarna <sup>[2]</sup>	1 Parts
2.	Mukta	2 Parts
3.	Shu. Hingula	3 Parts
4.	Maricha	4 Parts
5.	Shu. Kharpara	8 Parts

**Table no 2: Bhavana dravyas of Swarna Malini Vasanta.**

Sl.No	Common name	Quantity
1.	Navneeta	qs
2.	Nimbu Swarasa	qs

**Table no 3: Properties of Ingredients of Swarna Malini Vasanta Rasa.**

Sl.No	Name	Rasa	Guna	Virya	Vipaka	Doshakarma	Actions
1.	Swarna <sup>[2]</sup> Bhasma	Madhura	Sheeta	Sheeta	Madhura	Tridoshaghna	Rasayana, Balya, Ojovard haka, Vishanashak
2.	Mukta <sup>[3]</sup> Bhasma	Madhura	Sheeta	Sheeta	Madhura	Kapha, Pitta shamaka.	Balya, Ojovard haka
3.	Sudha Hingula <sup>[4]</sup>	Tikta, Kashaya	laghu	Ushana	Katu	Tridoshamak	Sarva Roga Hara, Kamala Pleeha
4.	Kharpara <sup>[5]</sup>	Kasaya, Katu	Laghu	Sheeta	Katu	tridosha gna	Jeerna jwara, sarva meha, kusta roga
5.	Maricha <sup>[6]</sup>	Katu	Laghu, tikshana	Ushna	Katu	vata kapha samana	Deepana, Pachana.
6.	Nimbu <sup>[7]</sup>	Amla	Guru, Tikshana	Sheeta	Amla	kapha vata samana	rochana, deepana, Pachana
7.	Navneeta <sup>[7]</sup>	Madhura	Snigdha		Madhura	Vata pitta hara Kapha hara	Vrishya, Balya

### Pharmacological Properties of ingredients of Vasanta Malati Rasa

Swarna is madhur, tikta, madhur vipaki and sheet virya. It is a guru and picchil in guna. It acts as Rasayana, and has yogavahi properties that in turn increases the oja of the body. It is used in disorders like pandu, asadhya grahni etc. gold particles helps in maturation of dendritic cells and activates t cell immunity as wells in activation of B cells. Both adaptive and innate immunity are increased.

Kharpara is ruchikar, agni deepak, poushtik, kaphapitta vardhak, enhancer of capabilities of all the dhatu. Zinc act as a catalyst and has direct effect on ion channels helps in maturation of T-helper cells, also in cell mediated immune dysfunction, protein synthesis etc. Act as an antioxidant, and has a role in normal growth and development during pregnancy (essential mineral for implantation) and childhood adolescence.

Mukta being madhura rasa and sheeta vipaka helps in disorders like hrudroga, kshaya. It contains calcium which helps in signal transduction pathways, where it acts as a second messenger, in neurotransmitter release from neurons, contraction of all muscle cell types, inhibits cell proliferation and apoptosis regulation. and also enhances innate immunity as well as regulates auto

immune response.

Maricha being katu, ushna, teekshna Marich is ameliorative of kapha. It is lekhan, deepan, paachan, vatanuloman, uttejak. Contains vitamin E, having antibacterial, and antiviral properties and regulates cytokinesis by their antioxidant property in regulating intrauterine atmosphere for nidation.

Nimbu swarasa acts as deepana, pachana, rochana and anulomana helps in digestion as well as cellular metabolism. whereas navneeta act as vrushya, balya, ojovardhaka. It helps in easy absorption of all bhasma present in the body.

### Dosage and Anupana of Vasanta Malati Rasa

Dose -3 Ratti

Anupana -Vasanta Malati Rasa can be given along with Madhu and pippali Dugdha and ghrita in cases of vishama jwara, kasa etc.

### DISCUSSION

The main content of vasanta mali ras are Swarna, Shu Hingula, Kharpara, as well as Mukta bhasma which one of the main ingredient as it increases oja as helps increasing innate as well as adaptive immunity of the

body by increasing t-cell as well as b cell maturation. Zinc is required for the proper functioning of every immune cell, thus maintaining the immunity of the body.

Adequate Zinc homeostasis is essential for supporting an effective immune response, whereas the maricha acts as antioxidant and digestive which temporarily helps in proper digestion increasing the metabolism. Hingula acts as a catalyst to help in initiating faster action of the drug. Swarna Malini Vasanta is mainly sheeta veerya and madhur rasa and madhura vipaka in nature hence acting as rasayana, Ojovardhaka. It also provides a rejuvenating effect on the dhatus and has anabolic effects. hence increasing the Vyadhikshamatwa and showing immunomodulating effect on the body.

### CONCLUSION

Main aim of Ayurveda is to maintain swasthya i.e health by dhatusamya. Vasanta Malati Ras act on various levels on the body has a direct effect on Vyadhishamatwa of the individual. It increases the metabolism at cellular level and increases ojas and has immunomodulatory effect. Composition is such as it not only increases the immunity but has other effects like triggering damaged cell repair, cytokinesis regulation, dendritic cell maturation, antioxidation effect.

Thus it can be said that Vasanta multi Ras acts as an immunomodulator.

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