

AYURVEDIC PROPERTIES OF LAGHU SUTSHEKAR RAS AND ITS CLINICAL ROLE IN SHIRSHOOL

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ABSTRACT

Laghu Sootashekhara Rasa is an important Ayurvedic medicine widely employed in the management of diseases like *Amla Pitta*, *Agnimandya*, *Atisara*, *Gulma*, *Kasa*, *Grahani* and *Shirshool*. Classical literature refers to four various preparations under the name *Sootashekhara Rasa*, as well as a variant known as *Laghu Sootashekhara Rasa*. The *Laghu Sootashekhara Rasa* consists of many compounds of mineral, vegetable and animal origin. *Tikta*, *Kashaya* and *Madhura rasas* dominate most of the ingredients of *Laghu Sootashekhara Rasa*, which are reputed to calm *Pitta* and *Kapha doshas*. *Madhura rasa* neutralizes the pungency of aggravated *Pitta*, gives a calming effect, increases strength and balances *Vata doshas* and eliminates burning sensations. The *Vata* pacifying effects relieves *Shirshool* and *Madhura rasas* pacify symptoms of pain and inflammation associated with *Shirshool*. *Laghu Sootashekhara Rasa* provides *Snigdha* nature and cooling potency thus helps to calm down aggravated *Dosha*. This article explores Ayurvedic properties of *Laghu Sutshekar Ras* and its clinical role in *Shirshool*.

KEYWORDS: Ayurveda, Shirshool, Laghu Sutshekar Ras, Vata doshas, Mineral.

INTRODUCTION

Ayurveda is one of the oldest systems of traditional healing, majority of people depend on herbal medicine for their health related problems. Herbo-mineral formulations are involving herbal as well as mineral ingredients along with materials of animal origin. There are many herbo-mineral formulations described in ancient Ayurveda which possess therapeutic benefits against many health ailments and *Laghu Sutshekar Rasa* is one of them. *Laghu Sutshekar Rasa* is a poly-herbo-mineral formulation belongs from *Kharaliya Rasayana* category. *Sutshekar Rasa* is prescribed for the treatment of various diseases, such as *Agnimandya*,

Shoola, *Rajayakshma*, *Amlapitta*, *Gulma*, *Kasa* and *Shirshool*.^[1-4]

Composition and Clinical consideration of laghu sutshekar ras

Laghu Sutshekar Ras is made from refined *Swarna Gairika*, *Shunthi* and *Nagavalli* along with other materials. The chief ingredients of *Laghu Sutshekar Ras* are depicted in Figure 1. *Shuddha Swarna Gairika* is present in two parts, *Shunthi* in one part and *Nagavalli* employed as the *Bhavana*. Chemically, the preparation consists of alkaloids from ginger root, iron oxide, and certain alkaloids from betel leaf.^[3-5]

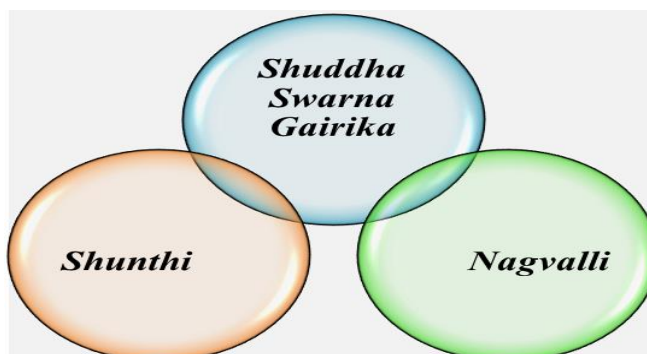


Figure 1: Major ingredients of laghu sutshekar ras.

Laghu Sutshekhar Ras has a variety of health benefits due to its detoxifying, digestive, antiemetic, stimulant, antacid, anti-inflammatory and carminative effects. It is an effective Ayurvedic medicine for the relief of headache, migraine and tiredness by improving blood circulation and brain strengthening, thus relieving pain in head and cures discomfort. It also induces sound sleep in insomnia and alleviates symptoms of mental agitations like agitation, restlessness, impatience, sweating and dizziness, etc. It also maintains digestive health by alleviating gastritis and acidity through calming heartburn, stimulating appetite and enhancing digestion, etc. *Laghu Sutshekhar Ras* is also useful in the treatment of nosebleeds and other bleeding disorders.^[5-7]

Pharmacological actions

Laghu Sutshekhar Ras acts mainly as an anti-toxin and detoxifier agent to remove *Ama* from the system and checking their further generation by improving digestion. Ginger moiety significantly contributes to its digestive activities. It acts on all three *Doshas* but is especially effective in soothing the provoked *Pitta*. Like the original *Laghu Sutshekhar Ras* it subside the *Amla* and *Tikshna* nature of the vitiated *Pitta dosha*. *Laghu Sutshekhar Ras* can be used as an *Aam pachak*, stimulant and blood purifier, etc.

Probable mode of action in *shirshool*

Laghu Sutshekhar Ras functions chiefly through its *Rasa* and *Guna* with effects on metabolism and digestion. The

Katu Rasa and *Tikta Rasa* provides *Deepana* and *Pachana* actions, aiding *Ama* digestion and restoring the metabolic equilibrium by correcting defective *Agni*. These properties affect the *Agni Dushti* phase during *Ardhavabhedaka's Samprapti*. *Kashaya Rasa* and *Ruksha Guna* aid in the absorption and metabolism on the cellular level through their *Shoshana* properties. The *Ushna Virya* from *Shunthi* and *Nagavalli* improves digestive strength, softens foul *Doshas* and expels them through *Virechana* and thereby assists in relieving constipation which is one of the reasons of *Shirshool*.^[7-9]

Snigdha Guna, *Madhura Vipaka* and *Madhura Rasa* of formulations also nourish smooth intestinal movements and relieve the symptoms of constipation and hyperacidity. *Snigdha Guna* also possesses *Kledana* activity, which has nourishing, tissue stabilizing and supporting strength. Furthermore, *Laghu* and *Tikshna Gunas* are *Srotoshodhaka* in nature, facilitating the clearing of bodily channels and ensuring elimination of vitiated *Doshas*. They also share the capability of rectifying *Urdhvabhaga doshaharatva*, which caters to the upward movement of vitiated *Doshas* at the *Prasaravastha* phase of disease advancement, especially in the case of *Vata* either alone or accompanied by *Kapha*. *Sheeta Virya* of *Swarna Gairika* strengthens *Dhatvagni* due to its *Balya* action. **Table 1** depicted properties and action of individual ingredients of formulation.^[8-10]

Table 1: Ayurvedic Properties and Actions of ingredients of *laghu sutshekhar ras*.

<i>Dravya</i>	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Actions</i>
<i>Shuddha Gairika</i>	<i>Kashaya</i> and <i>Madhura</i>	<i>Snigdha</i> and <i>Vishada</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pitta Nashak</i> <i>Netrya</i>
<i>Nagvalli</i>	<i>Kashaya, Katu</i> and <i>Tikta</i>	<i>Laghu, Tikshna</i> and <i>Vishada</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shleshmahara Vatahara</i>
<i>Shunthi</i>	<i>Katu</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana Bhedana Vata-Kaphahara</i>

As mentioned above the drug mainly tranquilizes irate *Pitta dosha* owing to its *Tikshna* and *Amla* attributes. It principally impacts the *Rasadhatu* and *Raktadhatu* as the affected tissues. Its main areas of action are the *Amashaya*, *Pakwashaya* and *Raktavaha Srotas*.^[1,9-11]

CONCLUSION

Laghu Sutshekhar Ras rectifies the vitiation of *Vata* and *Pitta Doshas* and thus the state of *Ardhavabhedaka*. This herbo-mineral preparation provides therapeutic benefits in migraine and considered useful for the treatment of *Ardhavabhedaka*. *Laghu Sutshekhar Ras* essentially exert action through its *Rasa* and *Guna* by stimulating metabolism and digestion. Its *Katu* and *Tikta Rasa* enhance *Deepana* and *Pachana*, and help to digest *Ama* as well as rectify *Agni* dysfunction, tackling the *Agni Dushti* phase in *Ardhavabhedaka's* pathogenesis. *Kashaya Rasa* and *Ruksha Guna* facilitate cell absorption and metabolism by *Shoshana* action. *Ushna Virya* increases strength of digestion, softens vitiated *Doshas*,

induces *Virechana* and eases constipation which is one cause of *Shirshool*.

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