

A REVIEW STUDY OF THE ROLE OF *KAMDUDHA RAS* IN *MAHASTROTASA VYADHI*<sup>1</sup>\*Dr. Vasavi Totawar (Madurwar) and <sup>2</sup>Dr. Mukund Dive and <sup>3</sup>Dr. Sneha Kubde<sup>1</sup>P.G. Scholar Dept. of Rasashastra and Bhaishajyakalpana, Bhausaheb Mulak Ayurved Mahavidyalaya, Nagpur.<sup>2</sup>Professor of Dept. of Rasashastra and Bhaishajyakalpana, Bhausaheb Mulak Ayurved Mahavidyalaya, Nagpur.<sup>3</sup>Asst. Professor and H.O.D of Dept. of Rasashastra and Bhaishajyakalpana, Bhausaheb Mulak Ayurved Mahavidyalaya, Nagpur.**\*Corresponding Author: Dr. Vasavi Totawar (Madurwar)**

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**ABSTRACT**

*Rasashastra* is one of the pharmaco-therapeutic branches of *Ayurveda* which deals with metals and minerals. It incorporates many of the inorganic, herbo-mineral and metallic pharmaceutical preparations namely *Kharaliya Rasayana*, *Parpati Rasayana*, *Pottali Rasayana* and *Kupipakwa Rasayana*. *Kamdudha ras* comes under the category of *Kharaliya Rasayana*. *Kharaliya Rasayana* prolongs the shelf life of herbal formulations. It enhances the therapeutic efficacy. *Kharaliya rasayana* also provides bilateral safety and efficacy to both mercury and herbs. *Bhavana* (levigation) given in *Kharaliya Rasayana* is helpful for the purpose of bringing about the desired alteration in mentioned drugs. There are many texts in *Samhitas*, articles and web pages which highlights the uses of *Kamdudha Ras*. It is used in various *vyadhis* of *Mahastrotasa* like *Amlapitta*, *Pittajatisara*, *Rakta Atisara*, *Raktapitta* etc. In this review article I am trying to explain the mechanism of action of *Kamdudha Ras* in *Mahastrotasa Vyadhi*. *Kamdudha ras* is *Shitviriyatmak*, *Raktastambhak* and *Pittashamak*. The effect of *Kamdudha Ras* appears on the digestive system, Cardiovascular system, Nervous system and Urinary system. It reduces heat in the body, balances acid production in the stomach, reduces inflammation of the organs of the digestive system and lowers the tendency of bleeding.

**KEYWORDS:** Rasashastra, Kamdudha Ras, Mahastrotasa.**INTRODUCTION**

*Rasashastra* and *Bhaishajya kalpana* is one of the pharmaco-therapeutic branches of *Ayurveda* which deals with herbo mineral formulations. *Ayurveda*, the ancient health science includes formulations of plants, minerals or animal origin. These are known as *Rasaushadhis*. The *Rasaushadhi* works on the smallest body channels (strotas) and penetrates into the deepest tissues carrying its highly potent charge. The main advantages of *Rasaushadhi* is its potency, effectiveness, and longevity. *Rasaushadhi* is usually tasteless, odourless and requires only a miniscule to deliver a strong lasting effect.

*Rasashastra* incorporates many of the inorganic, herbo-mineral and metallic pharmaceutical preparations namely *kharaliya Rasayana*, *Parpati Rasayana*, *Pottali Rasayana* and *Kupipakwa Rasayana*. The medicinal formulations prepared in '*Kharala yantra*' are known as *kharaliya Rasayana*. Most of the *Rasa Kalpa* requires homogeneous mixing of herbal and metalo-mineral ingredients for which *Kharal yantra* is mostly utilized. Hence nearly 80% of *Rasaushadhis* can be categorized under *kharaliya Rasayana* and *Kamdudha Ras* too comes

under this category. *Bhavana* (levigation) given in *kharaliya Rasayana* is enumerated as one of the *sanskaras* that is helpful for the purpose of bringing about the desired alteration in mentioned drugs. The selection of particular *Bhavana Dravya* is important as it enhances the qualities responsible for the same.<sup>[10]</sup>

Before the introduction of *kharaliya rasayana*, *rasaushadhis* and *vanaspati kalpa*, only change in *aahar-vihar*, *pathya* *apathya* were used to treat diseases. But as the days passed, the severity of diseases increased and above methods alone were not useful. Hence with use of *asatmya*, *vyavayi*, *vikashi*, *gunatmak visha dravya* like *kuchala*, *vatsanabha*, etc new *aushadhi kalpa* were prepared so that the *virya* of *kalpas* and effect on *doshas* were increased. As *visha dravyas* were added to *aushadhi kalpa*, special precautions have to be taken. Also longevity and palatability of the *kalpas* were not improved. Hence *parada* and other minerals were added to these *aushadhi kalpas* and mixed in *kharal* to increase the efficacy of the *kalpas*. *Kharaliya*

*Rasayana* prolongs the shelf life of herbal formulations. It enhances the therapeutic efficacy. *Kharaliya rasayana*

also provides bilateral safety and efficacy to both mercury and herbs.<sup>[4]</sup>

*Kamdudha Ras* is an important *kharaliya rasayana* used in *Ayurveda* which mainly acts on *Pitta Dosha*. The effect of *Kamdudha Ras* appears on the digestive system, cardiovascular system, nervous system and urinary system. Now-a-days *Kamdudha Ras (Mukta yukta)* is most commonly used.

## REVIEW OF THE DRUG<sup>[1]</sup>

*Kamdudha Ras* can be prepared as per the reference of *Ras Yoga Sagar*. Here in *Ras Yoga Sagar* three types of preparation of *Kamdudha Ras* are mentioned. But the third type of *Kamdudha ras* is most commonly used now a days. So detailed study of *Kamdudha ras Tritiya (mukta yukta)* is explained further.

### *Kamdudha Ras (Pratham)*

Contents: *Suvarna Gairik, Amla Swaras*.

Method: *Suvarna Gairik* is initially heated slowly then 21 *bhavanas* of *Amla Swaras* in *khalva yantra* is given. Then it is dried properly and thus fine powder of *Kamdudha Ras* is obtained.

Dose: 6 *ratti*.

Uses and *anupana*: This type of *Kamdudha Ras* is very effective in *pittaj vyadhi, prameha, pradar, pandu, kamala, halimak, daha, trushna, bhram, jeerna jwar* etc. *Suvarna gairik* is *pittashamak* and *raktstambhak*, hence reduces aggravated *pitta*. *Amla swaras* is also *pittashamak*.

### *Kamdudha Ras (Dwitiya)*

Contents: *Guduchi satwa -1 pal, suvarna gairik- 1 tola, abhrak bhasma -1 tola*.

Method: All the above contents are mixed in *Khalva Yantra* properly and thus fine powder of *Kamdudha Ras* is obtained.

Dose: 3 *ratti*.

Uses and *anupana*: This type of *Kamdudha Ras* is given with *go dugdha, matsya anda* and *tandulodak* in *pradar*. In *pittaprakopa* it is given with *ghrita* and *matsya anda* or *go dugdha* and *sharkara*. In *prameha* *Kamdudha Ras* is given with *madhu* and *pippali* or *tandulodak* and *matsya anda*. It treats all *pittaj vyadhi* if given with proper *anupana*. *Suvarna gairik* is *pittashamak* and *raktstambhak*, hence reduces aggravated *pitta*. *Guduchi satwa* is also *pittashamak*. *Abhrak bhasma* is *tridosh shamak*.

### *Kamdudha Ras (Tritiya)*

This type of *Kamdudha Ras* is the most commonly used preparation now a days. In markets it is commonly known as *Kamdudha Ras (Mukta yukta)*.

Contents: *Mukta bhasma, Prawal bhasma, muktashukti bhasma, kapardik bhasma, shankha bhasma, suvarna gairik* and *guduchi satwa*. All are taken in equal proportion.

Method: All the above contents are properly mixed in *khalva yantra* until fine powder of *Kamdudha Ras* is obtained.

### Dose: 2 ratti

Uses and *anupana*: This type of *Kamdudha Ras* is given in diseases like *jeerna jwara, bhram, unmad, pittaj vyadhi, amlapitta, somrog* etc. with 3 *masha jeera* and 3 *masha sharkara*.

### Mode of Action of *Kamdudha Ras (Mukta Yukta)* In *Mahastrotas Vyadhis*

*Kamdudha Ras*' action can be seen on *Mahastrotasa* starting right from *Amashaya* like it reduces heat of the stomach, reduces inflammation of the organs of the digestive system and lowers the tendency of bleeding. It is also used in diseases of the urinary system like *mutraghat, mutrakrucha, haematuria*, etc. The details of the mode of action of this drug in different diseases is explained below.<sup>[3]</sup>

Contents of *Kamdudha Ras* and its actions<sup>[2]</sup>

1. *Prawal Bhasma- shamak, shitvirya, mutral, raktaprasadak.*
2. *Mukta Bhasma- raktaprasadak, reduces tikshnata of rakta, shitvirya, mutral, shamak.*
3. *Shankha Bhasma-pachak, madhurya utpadak.*
4. *Kapardik Bhasma-pachak.*
5. *Muktashukti Bhasma- shitvirya, stambhak, pachak.*
6. *Suvarna gairik Bhasma- stambhak, raktaprasadak, kshobhnashak.*
7. *Guduchi satwa- jwaraghna, dahprashamana, pittashaman.*

*Raktapitta*: In *Raktapitta*, the aggravated *pitta* assimilated affects or invades in virtue of its own essence, the blood which finds an outlet through the upper or the lower channels of the body or through both. Weakness, laboured breathing, fever, dizziness due to *tikshnata* of *pitta*, burning sensation in the body, transient loss of consciousness, *amlapitta*, restlessness, tenderness in the region of heart, heat in the head, burning micturition are the symptoms of *Raktapitta*. In this condition of *pitta pradhan Raktapitta*, *Kamdudha Ras* consists of *sudha warg* which is *shitviryatmak* and *pittashamak* and thus helps to subside *tikshnata* of *Raktapitta*. It also contains *suvarna gairik bhasma* which is *raktstambhak*. Hence it can be given in *Raktapitta* along with *Durva swaras* or *Amla muraba*, to reduce the symptoms.<sup>[2,3]</sup>

*Amlapitta*: Etymologically the word *Amlapitta* comprises of two components i.e *amla* and *pitta*. *Chakrapani* on his commentary on *Charak Samhita* defines "amlapittam cheti amlagunoundriktam pittam".<sup>[8]</sup> means the

augmented or increased *amla guna* of *pitta* is known as *Amlapitta*. Whereas *Shrikanthadutta* in his *Madhukosha vyakhya* of *Madhav Nidan* defines “*Vidahadhyamla gunaoundrikta pittam amlapittam*” i.e. the *pitta* becomes *vidagdha* because of excessive increase of *amla guna* of *pitta* & “*Amlam vidagdham cha tat pittam amlapittam*”.<sup>[7]</sup> the *pitta* which attains *amla guna* & *vidagdhatata* is called as *Amlapitta*.<sup>[7,8,9]</sup> Here *Kamdudha ras* or *Sutshekhar ras* can be given along with *amla swaras* or *ghruta* and *Nagkeshar churna*. Hence the severity of *pitta* is decreased and symptoms of *Amlapitta* are reduced.<sup>[2]</sup>

Further, due to continuous *hetu sevan*, the severity of *amlapitta* increases due to aggravated *pitta* and intake of *vidagdha anna*, which leads to irritation of stomach, burning sensation of stomach and also leads to small ulcer formations. In this type of *amlapitta*, where *pitta* is aggravated, *Kamdudha ras* is the best drug of choice. As it contains *sudha warg* which is *shitviryatmak* and *pittashamak*, that reduces *tikshnata* of *pitta* with its mildness. Likewise *suvarna gairik* is *stambhak* which reduces *pittastrav*. *Kamdudha ras* also helps in *rakta prasadan* of *rakta vahini* and thus helps in reduction of *kshobha* of *rakta vahini*.<sup>[2]</sup>

*Amlapitta* can be correlated with Hyperacidity according to modern sciences, where there is excessive acid secretion. *Kamdudha ras* contains drugs of *sudha warg* i.e. *prawal bhasma*, *mukta bhasma*, *kapardik bhasma*, *muktashukti bhasma* and *shankha bhasma*. All these contains calcium carbonate. They directly reacts with gastric HCl and neutralize them, so this acts as a potent antacid.<sup>[9]</sup>



1. *Atisara*: In *raktaatisara* and *pittaj atisara* there are symptoms like *kshobha* of small and large intestines, burning sensation in stomach, *trushna*, burning sensation in anus while defecation, *guda paka*, stools are fetid, hot, yellow and slightly red coloured, etc. These symptoms are mainly due to

aggravated *pitta*. *Kamdudha ras*, due to its *pittashaman* and *shitvirya* reduces the aggravated *pitta*. *Suvarna gairik bhasma* decreases the *kshobha* in small and large intestines.<sup>[2]</sup>

2. *Hrudrog*: in *pittaj hrudrog*, *Kamdudha ras* can be used. In *pittaj hrudrog* there are *pittaj* symptoms like increase in heart rate, increase in pulse rate, dizziness, *bhram*, burning sensation in the chest region. In this situation *Kamdudha ras* is used for *pittashamana*.<sup>[2]</sup>
3. *Sarvanga shotha*: If in *sarvanga shotha*, complaints like nausea, dizziness, restlessness, vomiting, headache, burning sensation in stomach, *alpamutra rakta mutra* are present then these are nothing but *pittaj* symptoms. In this case diuretics or *mutral* drugs cannot be given as it increases inflammation in kidneys. In such a situation, *shamak dravya* are to be given. But even if *shamak mutral dravya* are given, kidneys have to work more. Hence in such a case *kshobhanashak*, *shitviryatmak*, *prasadak dravyas* can be given. As *Kamdudha ras* is *shitviryatmak* it helps to reduce the workload on kidneys. *Suvarna gairik bhasma* present in it, reduces *kshobha*. Also as *Kamdudha ras* is *shamak*, it leads to *rakta prasadan* which reduces reduces inflammation. Hence *Kamdudha ras* is used in *sarvanga shotha*.<sup>[2]</sup>
4. In burning micturition *Kamdudha ras* can be used as it is *shitvirya* and *pittashamak*.<sup>[2]</sup>
5. Because of its *guna* and *karma*, *Kamdudha ras* can also be given in *rakta pradara*.<sup>[2]</sup>
6. In pregnant women, if the vomiting is bitter, sour, with burning sensation then *Kamdudha ras* can be given.<sup>[2]</sup>
7. *Kamdudha ras* mainly consists of *sudha varga* (calcium carbonate). Therefore it can be also be used as ‘*shaktivardhak*’. Hence in *jeerna jwara* where one feels weak, *Kamdudha ras* can be given. *Shankha kapardik bhasma* present in *Kamdudha ras* reduces splenomegaly and it also reduces heat of the body.<sup>[2]</sup>

#### Ras, Guna, Karmadi Of The Contents Of *Kamdudha Ras* (*Mukta Yukta*) According To Ayurveda.<sup>[5,6,11]</sup>

Sr. no	Dravya	Rasa	Vipaka	Virya	Guna	Dosha	Karya	Vikar
1	<i>Suvarna gairik</i>	<i>Madhur a, Kashaya</i>	<i>Katu</i>	<i>Shita</i>	<i>Snigdha</i>	<i>Pittasha -mak, kinchit Kapha Naashak</i>	<i>Netrya, dahanash ak, vishaghna ,vrana ropak, balya.</i>	<i>Raktapitta, hikka, chardi, kandu, udarda, rakta pradar, mukhpak, jwara.</i>
2	<i>Mukta bhasma</i>	<i>Madhur a kashaya</i>	<i>Madhur a</i>	<i>Shita</i>		<i>Tridosha tmak spl pittasha mak</i>	<i>Dipak, ruchikark</i>	<i>Shool, shwasa, hrudrog</i>
3	<i>Prawal bhasma</i>	<i>Madhur a, Kinchit amla, kashaya</i>	<i>Madhur a</i>	<i>Shita</i>	<i>Laghu</i>	<i>Tridosha tmak spl pittasha mak</i>	<i>Dipan, pachan, vrushya, kantivard hak, netrya, vishanash ak</i>	<i>Kshay, raktapitta, kasa, unmad, mutrakrucha , jwara, netravigar.</i>

4	Shankh- a bhasma	Tikta	Madhur a	Shita		Kapha- Pittagn a	Grahi, varnya, netraya, balya, vrushya, paushtik	Grahani, tarunyapitik a, raktapitta, shwasa, visha, parinamshool, shool.
5	Mukta- shukti bhasma	Katu, madhura	Madhur -a	Shita		Vata Pitta shamak	Dipak, ruchikara k.	Shool, shwasa, hrudrog.
6	Kapardi k bhasma	Katu, Tikta	Madhur a	Ushna shita		Vata kaphagh na	Dipan, pachan, netrya.	Parinam pittaj shool, kshaya grahani, karnastrava, agnimandya, ajirna, atisara.
7	Guduch i satva	Tikta , kashaya	Madhur a	Ushna	Guru , snigdha	Tridoshs hamak	Dipan , pachan, pi ttasarak, anuloman ,raktasho dhak, rasayan	Prameha, kushtha, jwaara

## DISCUSSION

The main *karya* of *Kamdudha Ras* is *pittashaman*, *raktastambhan*, *khsobhanashan* and *is shitviryatmak*. Therefore it is used in various *Mahastrotasa vyadhis* like *raktapitta*, *amlapitta*, *raktaj* and *pittaj atisara*, *pittaj hrudrog*, *sarvanga shotha* etc as mentioned above. It is also used in diseases of the urinary system like *mutraghat*, *mutrakrucha*, haematuria, etc. As mentioned above *Kamdudha Ras* can also be used in *jeerna jwara*, *bhram*, *unmad*, *pittaj vyadhi*, *somrog* etc.

Hence from all the above literature, it can be said that *Kamdudha Ras* is used mainly in *pittaj vyadhi*. And thus scientifically mechanism of action of *Kamdudha Ras* is explained. After scientific explanation of its mechanism everyone is proud of the concepts of *Ayurveda*.

## CONCLUSION

*Kamdudha ras* is commonly used in *pittaj vyadhi*. It consists of *drayas of sudha warg like prawal, mukta, muktashukti, shankha, kapardik* which are *shitviryatmak* and *pittashamak* and hence reduces aggravated *pitta*. It also contains *suvarna gairik* which is *raktastambhak* and *kshobhanashak*. The effect of *Kamdudha Ras* appears on digestive system, Cardiovascular system, Nervous system and Urinary system. It reduces heat in the body, balances acid production in the stomach, reduces inflammation of the organs of the digestive system and lowers the tendency of bleeding.

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