

THE ROLE OF VASANTA KALPAS IN TODAY'S ERA

Dr. Sangeeta Rao*¹ and Dr. Ravindra Angadi²
¹Associate Professor, PhD Scholar, Department of Rasashastra and Bhaishajya Kalpana, Sri College of Ayurvedic Science and Research, Bengaluru, Karnataka.

²Professor and HOD, PhD and PG Guide, Department of Rasashastra and Bhaishajya Kalpana, SDM Ayurvedic College, Udupi, Karnataka.

*Corresponding Author: Dr. Sangeeta Rao

Associate Professor, PhD Scholar, Department of Rasashastra and Bhaishajya Kalpana, Sri College of Ayurvedic Science and Research, Bengaluru, Karnataka.

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ABSTRACT

Vasantakalpa are the group of formulations having the term '*Vasanta*' in their nomenclature viz *Vasantakusumakarara rasa*, *Laghmalinivasanta*, *Svarnamalinivasanta* etc. These formulations have similarity in either main ingredients or indications like *Rasayana*, *Vajikara*, *Sarvarogahara* etc. The action of *Vasantakalpas* is similar to the action of *Vasantarutu* on nature that is in this season the old and degenerated leaves are replaced by the new ones, in the same way *Vasantakalpas* rejuvenate the degenerative body and give pleasantness to the mind. *Vasantakalpas* supplement proteins to replace tissues lost by normal wear and tear and also for the synthesis of enzymes and some hormones.

KEYWORDS: *Vasanta kalpa*, *Rasayana*, *Vajikara*.

INTRODUCTION

Rasashastra is a pharmaceutical science which explains elaborately various kalpas like *Suvarna kalpa*, *Loha kalpa*, *Vasanta kalpa* etc. which usually have similarity in either main ingredients or indications.

Vasanta Kalpas are group of formulations which mainly have *Rasayana*, *Vajikara* and *Sarvarogahara* properties. *Vasanta Rutu* is said to be the king of *Shadrutu* as it brings greenery in the environment, that is old and

degenerated leaves are replaced by new ones and there is blossoming of flowers. In the same way *Vasanta Kalpas* help to rejuvenate the degenerative body.^[1] Thus they provide answer to most of the burning health issues of today's mankind.

MATERIALS AND METHODS

On viewing the classical texts of *Rasashastra* we come across around 15 *yogas* in the name of *Vasanta*

Table 1: Showing various *Vasanta kalpa*.

Sl. no	Name of the preparations	Ingredients	Procedure	Dose	Anupana	Indication
1.	<i>Vasanta Kusumakarara</i> ¹	<i>Pravala bhasma</i> – 4 parts <i>Shu.parada</i> – 4 parts <i>Mouktika bhasma</i> - 4 parts <i>Abhraka bhasma</i> – 4 parts <i>Rajata bhasma</i> – 2 parts <i>Svarna bhasma</i> – 2 parts <i>Loha bhasma</i> – 3 parts <i>Naga bhasma</i> – 3 parts <i>Vanga bhasma</i> – 3 parts	<i>Bhavana</i> with <i>vasa svarasa</i> , <i>ikshu rasa</i> , <i>kamala</i> , <i>malati pushpa rasa</i> , <i>godugdha</i> , <i>kadali kanda</i> , <i>kasturi jala</i> , <i>chandana rasa</i> , 7 <i>bhavanas</i> each and prepare vatis of size 3 ratti		1. <i>madhu+maricha</i> 2. <i>haridra+madhu+sharkara</i> 3. <i>chandana +sharkara or Vasa rasa+Madhu</i> 4. <i>chaturjata</i> 5. <i>shankhapushpi rasa</i> 6. <i>shatavari+sharkara+madhu</i>	1. <i>kshaya</i> 2. <i>prameha</i> 3. <i>Raktapitta</i> 4. <i>napumsakata</i> 5. <i>vamana</i> 6. <i>amlapitta</i> <i>Sarva roga</i>
2.	<i>Vasanta kusumakar</i> ²	<i>Parada bhasma</i> – 1 part <i>Abhraka bhasma</i> - <i>Svarna bhasma</i> <i>Kanthaloha bhasma</i> . <i>Roupya bhasma</i> All four in equal quantity	<i>Bhavana</i> with <i>karpura</i> , <i>kasturi</i> , <i>javitri</i> , <i>kokilaksha</i> , <i>shalmali</i> , <i>aardra</i> , <i>kharjura</i> , <i>kadali</i> , <i>draksha</i> , <i>ketaki</i> , <i>yashthi madhu</i> , <i>madhu</i> , <i>dugdha</i> , <i>ikshu rasa</i> , <i>varahi kanda</i> , <i>Agastya rasa</i> for 1 day and <i>swedana</i> in <i>godugdha</i> and later <i>sharkara</i> , <i>draksha</i> , <i>musali</i> , <i>masha</i> ,	3 valla	<i>Goksheera</i>	Improves <i>rupa</i> , <i>youvana</i> , <i>vajikara</i>

		Pravala bhasma – ½ part Mukta bhasma – ½ part Vajra bhasma – ½ part Naga bhasma – ½ part Vanga bhasma – ½ part	gokshura, kokilaksha, dhatri, kadali phala, madhu all these are taken 4 times to that of Parada and bhavana in shalmali rasa and prepare vatis of 3 valla pramana			
3.	Vasanta kusumakar ³⁴	Swarna bhasma – 1 part Roupya bhasma – 1 part Pravala bhasma - 1 part Vajra bhasma - 1 part Vaidurya bhasma – 1 part Mouktika bhasma – 1 part Abhraka bhasma – 1 part Loha bhasma - 1 part Parada bhasma – 2 parts Vanga bhasma – 2 parts Nila bhasma – 2 parts Vaikranta bhasma – 2 parts Naga bhasma – 2 parts	Bhavana with ikshu rasa, shatapatra, malati pushpa, kasturi 3 bhavana each, vatis of one ratti size	1 ratti	Madhu, ghruta	Kshaya, kasa, aruchi, shvasa, shotha, pandu, mutra krichra, prameha, grahani, kamala, shula, adhmaana, mandagni, krishata, shukra nasha, vandyatva, ayushya
4.	Vasanta kusumakar ⁵	Swarna bhasma Roupya bhasma Shu. Vatsanabha Loha bhasma, Vanga bhasma Mouktika bhasma Pravala bhasma All are in equal quantity	Bhavana with yava, shatapatra, kadali, kamala kanda, haridra, javitri, kasturi, karpura, vasa each 7 days bhavana	1.5 gunja	Pippali+madhu	Sarvaroga, prameha, visha, pandu, grahani, amlapitta, kshaya, kasa, shvasa, shula, raktapitta
5.	Vasanta tilaka rasa ⁶	Svarna bhasma – 1 tola Abhraka bhasma - 2 tolas Loha bhasma – 3 tolas Parada bhasma - 4 tolas Mukta bhasma - 4 tolas Pravala bhasma - 4 tolas Shu. Gandhaka – 2 tolas Vanga bhasma – 4 tolas	Bhavana with gokshura, vasa, ikshurasa and this bolus is subjected to puta for 7 times and later triturate with kasturi, karpura and prepare vati of 3 ratti size	3 ratti		Kasa, shvasa, pandu, kshaya, shula, grahani, visha, prameha, hrudroga, jvara, shosha, vrushya, ayushya
6.	Syarnamalinivasanta ⁷	Svarna bhasma – 1 part Mukta bhasma – 2 parts Suddh Hingula – 3 parts Maricha – 4 parts Karpura bhasma – 8 parts	Bhavana with navaneetha for 3-4 days, later with nimbu rasa till sneham sha disappears.	2 gunja	Madhu+pippali	Jima jvara, vishama jvara, shvasa, kasa, agnimandya,
7.	Laghu malini vasanta ⁸	Shu. Kharpara – 2 parts Maricha – 1 part	Bhavana with navaneeta and later with nimbu rasa till it becomes dry	3 ratti	Madhu+pippali	Jima jvara, vishama jvara, dhatu sthita jvara, raktatisara, raktarsha, pradara, netra roga, galagraha
8.	Apurva malini vasanta ⁹	Vaikranta bhasma Abhraka bhasma Tamra bhasma Tapyia bhasma Roupya bhasma Vanga bhasma Pravala bhasma Rasa bhasma Loha bhasma Shu. Tankana Shankha bhasma All are in equal quantity	7 Bhavana with shatavari, haridra rasa and 1 bhavana with kasturi and karpura. Make vatis of 3 ratti	3 ratti	1. Madhu + pippali 2. Guduchi satva + sharkara 3. matulunga rasa	1. Jima jvara, dhatugatajvara 2. Prameha 3. Mutra kruchra, Mutrashmari
9.	Vasanta malati rasa ¹⁰	Shu. Kharpara Maricha Shu. parada Shu. gandhaka All are in equal quantity	Bhavana with navaneeta, and later with nimbu rasa till it becomes dry.	1 valla	Madhu+pippali	Dhatu kshaya, Agnimandya, Vishama jvara, Atisara, Arshas, Pradara, Grahani, Raktapitta
10.	Vasanta malatirasa ¹¹	Parada bhasma Roupya bhasma Tamra bhasma Loha bhasma	3 bhavana with godugdha, ikshurasa, haridra, nirgundi rasa, shigru rasa and later paka in lavanayantra for 4 yama			Prameha, kshaya, gulma, balya, kasa, shvasa,

		<i>Shu.gandhaka</i> <i>Pravala bhasma</i> <i>Makshika bhasma</i> <i>Shankha bhasma</i> <i>Vaikranta bhasma</i> <i>Tankana bhasma</i> All are in equal quantity				<i>Jvara, jirajvara</i>
11.	<i>Vasanta malati rasa</i> ¹²	<i>Svarna bhasma</i> <i>Mukta bhasma</i> <i>Rajata bhasma</i> <i>Rasaka bhasma</i> <i>Shu.Higula</i> <i>Shu.Gandhaka</i> <i>Shu.parada</i> <i>Nila bhasma</i> <i>Makshika bhasma</i> <i>Abhraka bhasma</i> <i>Vanga bhasma</i> <i>Naga bhasma</i> <i>Vaikranta bhasma</i> <i>Loha bhasma</i> All are in equal quantity	7 bhavana with kamala pushpa, shalmali, ikshu rasa, godugdha, kadali rasa, yashti madhu, musta, abhaya and bhavana with karpura			<i>Prameha,</i> <i>sthoulya,</i> <i>karshya, bhrama,</i> <i>shotha,</i> <i>mutraghata,</i> <i>ashmari</i>
12.	<i>Vasanta malati rasa</i> ¹³	<i>Svarna bhasma</i> - 1 part <i>Navaneeta</i> - 1 part <i>Maricha</i> - 1 part <i>Mukta bhasma</i> - 2 parts <i>Shu.Hingula</i> - 2 parts <i>Shu.Kharpara</i> - 2 parts	<i>Bhavana with navaneeta and nimbu rasa</i>	1-3 ratti		<i>Kshaya, Jima</i> <i>jvara, Pandu,</i> <i>Prameha,</i> <i>Atisara,</i> <i>Pliha roga</i>
13.	<i>Svarnamalini vasanta</i> ¹⁴	<i>Svarna bhasma</i> <i>Pravala bhasma</i> <i>Su.Hingula</i> <i>Maricha</i> <i>Kasturi</i> <i>Gorochana</i> <i>Naga bhasma</i> <i>Vanga bhasma</i> <i>Abhraka bhasma</i> <i>Kunkuma</i> <i>Mouktika bhasma</i> <i>Pippali</i> <i>Shu.Khapara</i> All are in equal quantity	<i>Bhavana with 3 karsha navaneeta and later with Nimburasa to remove sneham sha</i>	2 ratti	<i>Pippali+Madhu</i>	<i>Jima jvara,</i> <i>Prameha, Pandu,</i> <i>Kamala, Shula,</i> <i>Kasa, Shvasa,</i> <i>Mutrasmari</i> <i>Kshaya, Atisara,</i> <i>Grahani,</i> <i>Shandatva</i> <i>Balagraha,</i> <i>Garbhiniroga</i> <i>Yonishula,</i> <i>Pradara,</i> <i>Sutikaroga,</i> <i>Somaroga</i>
14.	<i>Vasanta Rajarasa</i> ¹⁵	<i>Paradabhasma</i> <i>Shu.Gandhaka</i> <i>Loha bhasma</i> <i>Abhraka bhasma</i> <i>Svarna bhasma</i> <i>Tapya bhasma</i> <i>Tamra bhasma</i> <i>Vanga bhasma</i> <i>Mukta bhasma</i> <i>Pravala bhasma</i> <i>Vimala bhasma</i> <i>Kanta loha bhasma</i> <i>Naga bhasma</i> All in equal quantity	<i>Bhavana with varahi kanda rasa for 7 days and paka in valuka yantra and later again 3 bhavana with kasturi, karpura, kesara, chandana.</i>	6 ratti	<i>Madhu+Sharkara</i>	<i>Pittaroga,</i> <i>Ksheenata,</i> <i>Kshataja kasa</i>
15.	<i>Vasanta sundara rasa</i> ¹	<i>Makshika bhasma</i> <i>Rajata bhasma</i> <i>Abhraka bhasma</i> <i>Vamshalochana</i> <i>Shunthi</i> All in equal quantity (it is mentioned that after harsh winter, the way spring season brings greenery everywhere in the same way this yoga enlightens the patients suffering from masurika)	<i>Bhavana with shirisha kashaya for 3 days</i>		<i>Dugdha</i>	<i>Masurika</i>
16.	<i>Madhumalini vasanta</i> ¹⁶	<i>Shu.Hingula</i> - 4 parts <i>Kukkutaanda</i> - 4 parts <i>Kachora</i> - 2 parts <i>Maricha</i> - 2 parts <i>Priyangu</i> - 2 parts	<i>Bhavana with dadima svarasa and nimbu rasa</i>	1 ratti	<i>Dugdha + Sharkara</i>	<i>Balashosha</i> <i>Upavishtaka</i> <i>Balya</i> <i>Pushtikara</i> <i>Jirajvara</i>

DISCUSSION

After reviewing these formulations we can have the idea that all these *yogas* contains important trace elements which aid in digestion and metabolism. These *yogas* can be prescribed based on the severity of the disease like in ascending order of *Laghmalini vasanta* & *Madhumalini vasanta* & *Swarna malinivasanta* or *Vasantakusumakara rasa*.

LAGHUMALINI VASANTA

- *Shuddha karpura* and *Maricha* both having *Katu*, *Tikta rasa*, *Ushna virya* are *Srotoshodhaka* and *Agnideepaka*. Thus they treat *Agnimandya* at both the *Koshtha* and *Dhatu* level. They play a major role in increasing *mamsa dhatvagni* and hence treating muscular atrophy, cachexia, and emaciation in most of the disease like Tuberculosis, Malignancy and HIV etc.
- In pediatric practice we come across many respiratory diseases, where its unique combination helps to treat the *kapha roga* but it does not cause *Ruksha* due to the presence of *Navaneeta* being *Snigdha*, *Madhura rasa* and *Sheeta virya* acts as *Vrushya*, *Balya* and *Varnaprasadaka*.

MADHUMALINI VASANTA

- In this *yoga* *Navaneeta* is replaced by *Kukkutanda* which is more nutritive. It provides Calcium and Iron supplementation in pregnancy due to the presence of *Dadima Swarasa* and *Kukkutanda*.
- In pregnancy if there is IUGR or there is a risk of miscarriage then it helps in improving the growth of fetus. In children if secondary sexual characters are not developed then it can be prescribed with *Shatavari* or *Ashvagandha choorna*.
- Also in kids who have the bad habit of eating mud which leads to *Agnimandya* & *Krumiroga* then it can be prescribed with *Vidangarishta* & *Tapyadi loha* etc.
- In diseases like *pakshaghata*, *grudhrasi* etc. where muscle tonicity is lost leading to low back ache, pain in lower limbs this *yoga* helps to improve it. *Hingula* being a good catalyst has *Rasayana*, *Balya*, and *Yogavahi* action.

SWARNA MALINI VASANTA

- The unique combination of *Swarna Bhasma*, *Kharpara*, *Shuddha Hingula*, and *Mukta Bhasma* provide *Ojovardhaka*, *Yogavahi*, *Varnaprasadaka* properties. It is a boon to the patients of infertility as it regulates various hormones, enzymes etc.
- In chronic diseases like *jirnajvara*, tuberculosis, post diarrhea, IBS there is lack of nutrition which is provided by this *yoga*.

Vasant Kusumakara Rasa

- This *yoga* provides supplementation of many trace elements which prevents wear and tear of the body.

- In diseases of *Dhatu kshaya* or *Dhatugata jvara*, *Prameha*, *Kshaya*, *Vandyatva* & *Vishama jvara* etc. it treats the metabolic disorders.
- It helps in treating diabetic complication and respiratory diseases like COPD, emphysema etc.

CONCLUSION

Unique combination of *Vasanta kalpas* helps to improve the metabolism at the cellular level by improving the immunity. Thus it is rightly said that '*Sarvaroga vasanta*' as they help to improve vigor and vitality.

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