

REVIEW OF LOKANATHA RASA

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ABSTRACT

Rasashastra is a pharmaceutical branch of Ayurveda which mainly deals with the usage of metals, minerals in therapeutics. Murcchana is one of the important Adharabhoota Siddhanta of Rasashastra, wherein it increases the therapeutic efficacy of Parada and makes it safe for ingestion. Moorchita Parada yogas can be classified into Khalwiya, Parpati, Pottali and Kupipakwa rasayanas for the ease to understand them. Among these yogas Lokanatha rasa is one of the Pottali Kalpana. There are many references in various classical texts mainly containing *Rasasindoora, Shuddha Gandhaka, Shuddha Kaparda, Suddha Shankha* etc which are krumighna, rasayana, vyavayi, vikasi mainly indicated in *Atisara, Grahani, Kasa, Shwasa, Kshaya* etc. and known for their antimicrobial, anti-inflammatory properties.

INTRODUCTION

Rasachikitsa is known as *Daivee chikitsa* because of its *Rasayana* property and its ability to tackle chronic as well as acute condition of diseases.

Among them *Atisara* is the most commonly encountered disease in clinical practice, which can be correlated to diarrhea as the clinical features like watery stools, increased stool frequency, abdominal discomfort etc are similar in both diseases.

In the field of *Ayurveda*, we find references for a wide range of ‘mineral based preparations’ that are indicated and used for their *Krumighna* action. ‘*Lokanatha Rasa*’^[1] is one such mineral preparation. There are many references in various classical texts mainly containing *Rasasindoora, Shuddha Gandhaka, and Shuddha*

Kaparda Suddha Shankha etc mainly indicated in *Atisara, Grahani, Kasa, Shwasa, Kshaya* etc.

FORMULATION REVIEW

Lokanatha Rasa is one of the *Sagandha, Saagni moorchita yogas of Parada*. In the name of *Lokanatha rasa, Lokanatha pottali, Lokeshwara rasa, Lokesh pottali*, many references can be seen in the classical texts of *Rasashastra*. There are various methodologies mentioned like *Putapaka, Kaparda poorana and putapaka, lavana yantra paka or valuka yantra paka & even bhavana* procedure etc for its preparation. As *Kaparda* is an important ingredient in most of the formulation it is mainly indicated in GIT diseases like *Atisara, Amlapitta, Grahani, Yakrutpliha rogas* and also in respiratory diseases like *Kshaya, Kasa, Shwasa* etc.

Table 1: Showing references of Lokanatha Rasa according to different texts.

| Name of the text | Methodology | Ingredients | Anupana | Dose | Indications |
|--|-------------|--|---|---------|---|
| Sh.S ^[2] RYS ^[3] 1 st method RPS ^[4] BBR ^[5] | Putapaka | Suddha Parada-2 Suddha Gandhaka-2 Suddha Kaparda-8 Suddha Tankana-1 Suddha Shankha-8 Bhavana with Goksheera and Gajaputa paka | Vataroga-21 maricha +ghritha Pittaroga- navaneeta Kapharoga-madhu | 6 ratti | Atisara, Kshaya, Aruchi, Grahani, Mandagni, Kasa, Shwasa, Gulma |

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|---|----------------------------------|---|--|---------|---|
| Y.R ^[6] RYS ^[7] 2 nd method RSS ^[8] R.M ^[9] | Putapaka | Suddha Kaparda-1 pala Suddha Parada-1 pala Suddha Gandhaka-1 pala Suddha Tankana-1 masha Bhavana with Jambira rasa and puta | | 4Gunja | Raktapitta,Sarvaroga, Pushti, Veerya, Bala, Ojovardhaka |
| RRS ^[11] RYS ^[10] 3rdMethod BR ^[11] | Kaparda Poorana & Putapaka | Parada bhasma-1 Suddha Gandhaka-4 Suddha Kaparda-QS Kaparda lepa with paste of Tankana & godugdha & later Gajaputa | Madhu, Shunti, Ativisha, Musta, Devadaru, Vacha | 4Gunja | Atisara |
| BR ^[12] | Putapaka | Suddha Parada-1 Suddha Gandhaka-1 Abhraka bhasma-1 Loha bhasma-2 Tamra bhasma-2 Suddha Varatika-3 Bhavana -Nagavalli rasa & laghuputa | Madhu+Pippali choorna Guda+ Haritaki choorna Ajaji+ Guda | | Yakrutpliha Roga,Gulma, Udara,Ajeerna, Jwara, Pandu, Kamala |
| BR ^[13] | Putapaka | Suddha Parada-1 Suddha Gandhaka-1 Abhraka bhasma-1 Loha bhasma-2 Tamra bhasma-2 Suddha Varatika-4 Bhavana with Nagavalli rasa and laghuputa | Sahapana with Ardraka rasa, Khadira twak kashaya | 2gunja | Yakrutplihodara,Shohta, Agnimandya,Jwara |
| BR ^[14] | Putapaka | Suddha Parada-1 Suddha Gandhaka-2 Abhraka bhasma-1 Loha bhasma-2 Tamra bhasma-2 Suddha Varatika-9 Bhavana with Kakamachi rasa and laghuputa | Madhu | 2gunja | Yakrutplihodara, Shohta,Agnimandya, Jwara |
| RSS ^[15] RYS-4 th Method ^[16] | Putapaka | Suddha Parada-1 Suddha Gandhaka-1 Abhraka bhasma-1 Loha bhasma-2 Tamra bhasma-2 Suddha Varatika-6 Bhavana with Nagavalli rasa and gajaputa | Madhu+Pippali choorna Guda+ Haritaki choorna Jeeraka+ Guda | | Yakrutpliha Roga, Gulma,Udara, Shohta |
| RC ^[17] | Kupipakwa | Suddha Parada-1 Suddha Gandhaka-1 Bhavana with Hastishundi & Hingupatri rasa & 12 hours paka in valukayantra to get pita varna bhasma | Maricha + nagavalli rasa | 1gunja | Agnimandya,Udara, Jwara, Vrushya, |
| RSS ^[18] RYS 7 th Method ^[19] | Putapaka | Suddha Parada-1 Suddha Gandhaka-2 Abhraka bhasma-1 Loha bhasma-2 Tamra bhasma-2 Bhavana with kumari & kakamachi rasa and gajaputa in a musha | Madhu+Pippali choorna Guda+ Haritaki choorna Ajaji+ Guda | 2 valla | Yakrutpliha Roga, Gulma,Udara, Shohta,Vatasthila, Bhagandara, Kasa |

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| | | prepared by a paste of suddha Gandhaka, suddha Varatika in jambira rasa | | | |
| RYS-5 th Method ^[20] | Khalwiya | Kaparda bhasma-1 Mandoora bhasma-1 Maricha choorna-1 Bhavana with nagavalli rasa | Madhu or Navaneeta | 1masha | Kshaya |
| RYS-6 th Method ^[21] | Putapaka | Kaparda bhasma-1 Mandoora bhasma-1 Teekshna loha bhasma-1/2 Parada bhasma-1/4 Suddha Gandhaka-1/2 Bhavana with Varshabhura rasa, vajravalli rasa, vasa, chitraka moola & kukkutaputa | Maricha, Nagavalli Rasa, Ardraka, Bhrungaraja, Nirgundi, Mundi, Shigru, Triphala Kashaya | ½ nishka | Kshaya, Kasa, Shwasa, Pandu, Halimaka |
| RYS-8 th Method ^[22] | Khalwiya | Kaparda bhasma-7 Maricha-1/4 Suddha vatsanabha-1 Rasa bhasma-20 Suddha Gandhaka-10 Suddha Ahiphena-4 Swarna bhasma-1/4 | Sharkara, Ghrutha, Mocharasa | 1-3ratti | Grahani, Prameha, Mutrakruccha, Kasa, Shwasa, Bhrama |
| RYS-9 th Method ^[23] | Khalwiya | Suddha Parada | Girikarni, bhrungaraja, nirgundi, jayanti, kakamachi rasa bhavana | | Sannipataavastha |
| RYS-10 th Method ^[24] | Kaparda Poorana & Putapaka | Suddha Swarna-1 Suddha parada-1 make a Pisti and bhudhara yantra paka and add Suddha Gandhaka-1 part and bhavana with Chitraka and ardraka rasa & kaparda poorana and putapaka | maricha | 2 valla | Rajyakshma |
| RYS-11 th Method ^[25] | Putapaka | Suddha Parada Suddha Gandhaka Suddha Haratala Suddha Manahshila Suddha Tankana Swarnamakshika bhasma Each 30 parts Tamra bhasma-5 Bhavana with jambira rasa & laghuputa | Madhu+pippali | 3 ratti | Pliharoga, Jwara, Kshaya |
| RYS-12 th Method ^[26] | Kaparda Poorana & Putapaka | Rasa bhasma-1 Swarna bhasma-1/4 Suddha Gandhaka-2 Suddha Kaparda-QS Bhavana with Chitraka kashaya & puta | Madhu+pippali | 4 gunja | Agnimandya, Kasa, Sarvaroga |
| RYS-13 th Method ^[27] | Putapaka | Suddha Gandhaka-2 Suddha Shankha-8 Suddha Parada-1 Suddha Tankana-1/2 Bhavana with Arka | Maricha+ghrutha | 4 gunja | Grahani |

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| | | dugdha & chitraka Kwatha & puta | | | |
| BBR ^[28] | Khalwiya | Kaparda bhasma-1 Shanka bhasma-2 Suddha Parada-1 Suddha Gandhaka-1 Maricha-1 Bhavana with nimbu rasa | | Imasha | Grahani |

DISCUSSION

The role of various ingredients in Lokanatha rasa

On viewing the above references of Lokanatha rasa the major ingredients are Kaparda, Shankha, Parada, Gandhaka, Tankana which are krumighna, rasayana, vyavayi, vikasi and hence indicated for their antimicrobial properties in treating diseases like atisara, grahani, kshaya, kasa etc.

Calcium helps in reversing both secretory & inflammatory diarrhea. It also acts as functional nutrients which is required as there is divalent mineral loss in diarrhea. It is also required to maintain the epithelial tight junction integrity and reduces intestinal inflammation.

It is also indicated in Yakrutpliha rogas, agnimandya, grahani etc diseases due to the addition of Tamra, Loha Abhraka bhasma in some formulations.

CONCLUSION

Lokanatha rasa is thus a unique Pottali kalpana making the ingredients more bioavailable for quick action and having target reaching capacity.

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