



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Critical Review Of Chaturbhuja Rasa – A Kharaliya Rasayana Yoga

Dr Ravindra Gnanasree¹, Dr K. Sreehari²

1. P.G. Scholar, Department of Rasashastra and Bhaishajya Kalpana, Dr. N.R.S. Government Ayurvedic College, Vijayawada.
2. Professor, HOD, Department of Rasashastra and Bhaishajya Kalpana, Dr. N.R.S. Government Ayurvedic College, Vijayawada.

ABSTRACT

Rasashastra is most advanced branch of Ayurveda converts harmful metals minerals into safe and effective by subjecting it to various methods (Shodana, Marana, Kupipakwa, etc.) and making it suitable for treating various disorders. It includes various methods to prepare Rasaoushadis, one among them is Kharaliya yoga where the final product is obtained in khalwa yantra itself. Chaturbhuja Rasa is a Kharaliya yoga that is widely practiced and recognized as an important formulation in Rasashastra. It is explained in Rasendra Sara Sangraha in Unmada Chikitsa. Chaturbhuja rasa is a powerful Rasaoushadi which is been used from centuries in Ayurvedic practice. Clinically it has been proven safe and effective in treatment of various diseases like chronic fever, emaciation, Parkinsons diseases, Epilepsy, Psychotic diseases and Paralysis. It is called as Nervine tonic. It is a Herbo-Metallic formulation which is most effective and widely used in various ailments. Hence here is an effort to review its components and utilization in various diseases. The name Chaturbhuja Ras refers to the four main ingredients in the formula. Which includes Parada, Swarna, Manashila, and Tala (Haratala). Most of the drugs in Chaturbhuja Ras are ushna veerya, Snigdha, Teeksa, Lagu guna which is very effective in treating Vataja and Kaphaja vikaras. It is highly beneficial in treating Vataja vyadhis. It is considered as Rasayana. This review work aims to explore the formulation of Chaturbhuja rasa, shedding lights on its various therapeutic utility.

Keywords: Parkinsons disease, Chaturbhuja rasa, Vataja vyadhis, Rasayana.

INTRODUCTION:

Chaturbhuja ras¹ is a classical formulation. It is mentioned in Rasendra Sara Sangraha in Unmada Chikitsa. The name Chaturbhuja Ras refers to the four main ingredients in the formula, which includes Parada, Manashila, Swarna and Talaka (Haratala). It comes under Kharaliya Rasayana², were the final product obtained in the khalwa yantra itself. It includes a Motor and Pestle. It is a herbo-mineralo metallic preparation which includes metals like mercury, gold, arsenic and minerals like musk. Includes bhavana dravya from herbal source kumari swarasa. Chaturbhuja ras is a powerful Rasaoushadi which is been used from centuries

in Ayurvedic practice mainly for treating vataja disorders like Kampavata, Ardita, Pakshagata, Jwara, Kasa, Swasa etc. It is also indicated in various health conditions like neurological diseases relating to brain, spinal cord and nerves. It is considered as Rasyana and nervine tonic.

HISTORY:

"चतुर्भुजरसो नाम महेशनप्रकाशितः"

The originator of CHATHURBHUJA RAS is lord shiva³. It destroys all diseases like a fire burns a tree. This has been revealed by lord Maheshwara (Shiva) himself.

MATERIALS AND METHOD:

MATERIALS:

INGREDIENTS	CHEMICAL NAME	CHEMICAL FORMULA	QUANTITY
Rasa Sindura	Red sulphide of Mercury	Hgs	2 parts
Swarna Bhasma	Calcination of Gold	Au	1 part
Manashila(Realgar)	Arsenic disulphide	As ₂ s ₂	1 part
Haratala (Orpiment)	Arsenic trisulphide	As ₂ s ₃	1 part
Kasturi (Musk)	-	-	1 part
Kumari swarasa	-	-	Quantity sufficient

METHOD OF PREPARATION:

1. Preparation of Rasa Sindura :

Equal ratio of Shudda Parada and Shudda Gandhaka are grounded with Vatankura Swarasa .This kajjali is filled in a kachakupi i.e. glass bottle wrapped by seven layers of clay smeared cloth. It is placed in a Valuka yantra and heated with kupipakwa method. The final product is collected from the neck of the glass bottle which is red in colour.

- Swarna Basma prepared by puta method.
- Shodana of Manashila done by bhavana with nimbu swarasa for 3 days and dried to obtain a fine powder.
- Haratala shodana is done by subjecting it to swedana in dolayantra using kushmanda swarasa.as liquid media for 1 yama (3hrs).
- Mix fine powders of all the above-mentioned ingredients in a khalwa yantra and tricturate it with kumari swarasa.
- Prepare its bolus and dry it in shade.
- After drying it should be wrapped with Eranda leaves and keep it inside the dhanyaraasi (heap of husk) for three days.
- On 4th day it should be removed and opened. Powder it nicely in khalwa yantra by adding it with kumari swarasa rolled into pills and dried in shade.
- On completion of the process, it should be stored in a glass bottle.

RASAPANCHAKA OF CHATHURBHUJA RASA:

INGREDIENTS	RASA	GUNA	VEERYA	VIPAKA	KARMA
Rasa Sindura ⁴	Shadrasa	Guru, Snigdha	Ushna	Madhura	Rasayana, Saptadatuposhak, Vatashamak, Vishanashak, Dahashamak, Balya, Yogavahi,
Swarna bhasma ⁵	Madhura	Snigdha,	Sheeta	Madhura	Ojovardak, Vishanashak, Rasayana, Medhya, Balya Murccha, Brama
Shudda Manashila ⁶	Katu, Tikta	Snigdha, Guru	Ushna	-	Lekhana, Rasayana, Varnya, Agnimandya, Jwara, Kasa
Shudda Haratala ⁷	Katu, Kashaya	Snigdha, Teekshna	Ushna	-	Lekhana, Rakta Shodaka, Kustagna, Dourbalya, Rasayana, Tridoshara, Deepana, Jwaragna,
Kasturi ⁸	Tikta, Katu	Laghu, Ruksha, Teekshna	Ushna	Katu	Kapha Vata Shamak
Kumari Swarasa ⁹	Amla	Laghu, Teekshna	Ushna	Amla	Pitta Kaphahara, Deepana, Pachana Vatagna, Vishahara
Eranda Patra ¹⁰	Madhura , Katu, Kashaya	Snigdha, Teekshna, Sookshma	Ushna	Madhura	Vatagna, Kaphahara, Krimihara, Dagdahara, Mutrala, Vruddi

INDICATIONS¹¹:

Vali, Palita, Unmada, Apasmara, Ardita, Pakshagata, Jwara, Kasa, Sosa, Mandagni, Ksaya, Hasta Kampa, Sirah Kampa, Gatra Kampa, Dourbalya, Vataja vikaras, Tridoshaja Rogas.

DOSE :125mg

ANUPANA¹²: Triphala Churna and Madhu

EFFECT ON DOSHA: Tridosha hara

KARMA:

Balya, Varnya, Vatashamaka, Akshepa nivarak, Rasayana, Indriyabala vardak, Vishanashak, Deepana and Pachana.

THERAPEUTIC ACTION:

- Rejuvenating
- Aphrodisiac
- Neuro stimulant
- Digestive stimulant
- Anti-Depressant
- Anticonvulsant
- Immunomodulator

USES:

- Acts effectively on heart, brain, nervous system and mind
- It is used in heart diseases by maintaining the rate of contraction of the heart.
- It acts as a catalyst when administered along with other medicine.
- It is used in most of neurological diseases relating to brain, spinal cord, nerves
- It provides strength to nerves and muscles.
- It also used in fainting, Hysteria.

MODE OF ACTION

It is mainly indicated in vata related disorders like swasa, kasa, pakshaghata, Ardita.

Like-wise how the thunder bolt destroys a tree chaturbhuj ras also eradicates chronic diseases. where even the panchakarma and other aushadas are failed in treating a disease.

■ KAMPAVATA:

The disease Kampavata is a Vata predominant disorder where there is impairment of vata gati. In this condition vata hara chikitsa is mainly useful. Chaturbhuj ras being Rasayana acts superior treatment for Vata disorder. Eranda is best Vata kapha hara and also it acts as nerve tonic because of its Veerya. Chaturbhuj Ras is having the ingredients like Suvarna Bhasma, Rasasindhura which by virtue of their Rasayana effect help in the mitigation of symptoms of Kampavata.

■ DOORBALYA

Swarna Bhasma, Rasasindhura acts as dhatu poshak. The action of Kumari, Swarna Bhasma and Eranda over nadivaha samsthan is balya and Medhya, indicated in conditions like mastishkya doorbalya, nadidourbalya and best in all vata vyadhis, Rasa sindhura and Swarna mitigates all types of roga and even tridoshas.

■ APASMARA

Apasmara is a condition called smriti nasha (loss of consciousness). Correlated as epilepsy. swarna bhasma, haratala, manashila mainly acts on sanjnavaha srotas, Rasayana.

▪ **RAJAYAKSHMA:**

When there is more accumulation of kapha(mucus or phlegm) in lungs and causes obstruction. Feels difficulty in breathing, fever, agnimandya, difficulty in spitting in such conditions this Chaturbhuj ras works wonderful by drying up all those excess kapha due to Kasturi which is kapha hara and also jwara nashak. Haratala and manashila also helps in these conditions due to their teekshna guna they scrape out the excess kapha and clears the channels.

This is contraindicated in dry cough it aggravates the dryness more.

CONTRAINDICATIONS:

- Due to the presence of Haratala, Manashila, Rasasindoor it should be avoided in conditions like
- Hypertension
- High Palpitations
- Dry Cough
- It should be administered in less dose based on the condition in these disorders.

DISCUSSION:

Chaturbhuj ras is a combination of rasaoushadi namely Rasa sindura, Swarna Bhasma, Manashila, Haratala, Kasturi and bhavana with kumari swarasa. This combination mainly acts as vata-pradhana tridoshahara, boosting the jataragni and serving as balya and Rasayana. Rasa sindura being Yogavahi, ensures the targeted drug action. Swarna Bhasma due to its nano particles are easily absorbed into the body along with rasa dhatu, providing nourishment. Swarna Bhasma, Rasasindoor, which acts as Rasayana and acts on Nadivaha samstan and does dhatu poshak due to these properties mainly useful in Dourbalya, Krusha, Rajayakshma, Jwara.

Kasturi is having properties like Akshepa nivarak, Vatakapha hara, Deepana, Pachana, Hridya. So, mainly helps in Mastishka dourbalya, Nadi dourbalya, Asthma. Acts as cardiac stimulant. Kasturi helps in treating chronic fever and cold especially if it is associated with chills gives body warmth. Haratala mainly having properties like Katu, Kashaya rasa, Snigdha, Teeskha, Ushna veerya also Vata-Kapha hara. It scrapes out the excess Kapha which is lodged in channels in conditions like Asthma, Tuberculosis, Pneumonia respiratory disorders. In Ayurveda prakasha and Rasatarangini, Haratala is mentioned as rasayana. It is a great Immunodilator. Manashila also mainly useful in treating kasa shwasa disorders and also indicated in Bhuta graha chikitsa. Eranda is best Vatahara and also acts as nervine tonic because of its veerya.

Most of the ingredients in this formulation are having properties like Snigdha, Lagu, Rusksha, Ushna Vata Kapha shamak. which mainly mitigates Vata and Kapha disorders.

CONCLUSION:

Chaturbhuj ras is a kharaliya yoga that is widely used in treating various Vataja disorders. Based on the properties of various ingredients of this formulation it can also be used in treating various disorders chronic fever, Emaciation, Parkinsons diseases, Epilepsy, Psychotic diseases and Paralysis. Especially useful in treating vata kaphaja disorders.

REFERENCES:

1. Pandit Ram prasad Vaidya. Rasendra Sara Sangraha of Sri Gopala Krishna bhatt text with English translation. Kemraj Sri Krishnadas, Mumbai. 2019, Unmada Roga Chikitsa p.339.
2. Rasashastra – The Mercurial System, P. Himasagar Chandra Murthy; Chowkhamba Sanskrit Series Office Varanasi; Page no.177.
3. Pandit Ram prasad Vaidya. Rasendra Sara Sangraha of Sri Gopala Krishna bhatt text with English translation. Kemraj Sri Krishnadas, Mumbai. 2019, Unmada Roga Chikitsa p.339.
4. Rasatarangini, Rasavigyana Hindi commentary by Pandit Kshinath Shastri, Motilal Banarasidas Publication, Delhi, 11th edition, 6/168-176, pp 136 (1979).
5. Rasatarangini, Rasavigyana Hindi commentary by Pandit Kshinath Shastri, Motilal Banarasidas Publication, Delhi, 11th edition, 15, pp 370.
6. Rasatarangini, Rasavigyana Hindi commentary by Pandit Kshinath Shastri, Motilal Banarasidas Publication, Delhi, 11th edition, 11, pp 261.
7. Rasatarangini, Rasavigyana Hindi commentary by Pandit Kshinath Shastri, Motilal Banarasidas Publication, Delhi, 11th edition, 15, pp 246.
8. Chuneekar K.C, Pandey.G [ed] Bhavaprakasha Nighantu of Sri Bhavamishra, Varanasi; Chaukhambha Bharati Academy, 10th Edition, 1995. Karpooradi varga, pg.270-271.
9. Bhavprakash Nighantu, Prof. K.C. Chuneekar, Chaukhambha Bharati Academy, Edn: 2015 Guduchyadi varga, 196-199.
10. Bhavprakash Nighantu, Prof. K.C. Chuneekar, Chaukhambha Bharati Academy, Edn: 2015 Guduchyadi varga, 52-56.
11. Pandit Ram prasad vaidya. Rasendra Sara Sangraha of Sri Gopala Krishna bhatt text with English translation. Kemraj Sri Krishnadas, Mumbai. 2019, Unmada Roga Chikitsa p.339.
12. Pandit Ram prasad vaidya. Rasendra Sara Sangraha of Sri Gopala Krishna bhatt text with English translation. Kemraj Sri Krishnadas, Mumbai. 2019, Unmada Roga Chikitsa p.339.

