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Literature Review on the Herbo Mineral Preparation *Kravyada Rasa*.

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ABSTRACT:

Science of Ayurveda was introduced with the Branch of *Rasasastra* from 3rd century onwards. *Rasasastra* is a pharmaceutical branch of Indian Systems of medicine which mainly deals with Metals, Minerals, Animal origin products, Toxic herbs and their use in therapeutics. These *rasa dravyas* are found to have instant effectiveness, minimal dose and extensive therapeutic utility irrespective of constitutional variation. After the development of *Rasasastra*, inclusion of many herbo mineral preparations can be noticed in the Ayurveda books. *Kravyada rasa* is one such formulation seen in latest books of Ayurveda with a unique blend of herbal and mineral drugs which is fortified by subjecting to *bhaavana* (levigation.) in different media. *Kravyada rasa* is indicated in context of *Agni mandhya* or *Mandaagni* or *Ajeerna adhikara*. The formulation includes *Parada*, *Gandhaka*, *Loha bhasma*, *Tamra bhasma*, *Tankana*, *Vida lavana* and *Maricha* subjected to levigation. in *Jambira juice*, *Panchakola kwatha*, *Amlavetasa* and *Chanakamla*. Formulation is also unique in its preparation as *Kajjali* along with *Tamra bhasma* and *Loha bhasma* is made into *Parpati* (thin flake like) and then subjected to repeated levigation. after adding remaining ingredients. In this study an attempt is made to gather information on *Kravyada rasa* from various classics with insight into ingredients, dosage and mode of action, thereby enabling further studies on *Kravyada rasa*; a less exploited herbomineral formulation.

Key words: Herbo mineral formulation, *Kravyada rasa*, *Agni maandhya*

INTRODUCTION

Ayurveda is one of the oldest life sciences known today. Science focuses mainly on 2 aspects *Swasthasya swasthya samrakshanam* and *aathurasya vikaara prashamanam*, i.e. the preventive and curative aspects in an individual through *aahara* and *vihara*. Science of Ayurveda was introduced with the Branch of *Rasasastra* from 3rd century onwards.

Rasa Shastra deals with Rasa (mercury), Metals, Minerals, Gems, toxic Herbal drugs and various Principles of Alchemy and Metallurgy. Metals and minerals were subjected to *shodhana* (purification), *maarana* (incineration) etc to convert them into less toxic and easily absorbable form. The *bhasma* thus formed were used with



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different herbal drugs and therapeutically used widely. The herbo mineral preparations are preparations containing both herbal drugs, minerals and metals as integral part. Here metals are not present in elemental form but in the compound form and their fate in the body will not be the same as it is for the elemental form of heavy metals. These metals in form of *bhasmas* are added with highly potent herbal drugs and further fortified by subjecting to repeated trituration in different media. Thus herbo mineral preparation can be considered to have quick action in lesser doses. But hundreds of herbo mineral preparations mentioned in Ayurveda books still remain unnoticed and unattended. It the need of the hour to identify potential formulations and start studies on that.

Kravyada Rasa:

Kravyada rasa is one such unique and efficacious *Kharaliya rasayana* mentioned in *Yogaratanakara*, *Rasajala nidhi*, *Rasartana samuchaya* etc in the context of *Agni maandhya*.

Kravyada literally means “An eater of raw flesh or meat, carnivores”

kravya- raw flesh, adh- To eat (Amarakosa)

Kravyada rasa was propounded by *Manthana Bhairava* to *Bhairavaananda Yogi* for the use of the king of Simhala who was very fond of meat preparations and desired to eat again and again.¹ By taking this recipe, it said to cure indigestion and stimulates digestive fire. *Agni maandhya* or *Agni vaishamya* can be considered as reduced power of digestion, assimilation and metabolism. *Agni maandhya* is considered as root cause of all diseases in Ayurveda. Factors that lead to *Agni maandhya* are changes in life style and dietary habits which in turn aggravates the imbalance of *doshas* and finally leading to *vaishamya* in *agni*. *Agni maandhya* leads to formation of *Ama* (morbid material). *Ama* thus formed accumulates in the body over the period of time, resulting in several diseases. Thus protection of *agni* becomes an important criteria in determining health of an individual. *Kravyada rasa* is an exclusive formulation mentioned in curbing *mandaagni* or *agni vaishamya*. Table 1: showing references of *Kravyada rasa* from different classical texts of Ayurveda

Ingredients of *kravyada rasa*: Table 2: showing Ingredients of *kravyada rasa*: Table 3: showing individual drugs and their pharmaceutical actions

Chanakamla (Cicer arietinum) different opinions:

- **Rasa jala nidhi**⁶
Gruel prepared by boiling *chanaka* grams being immersed in water exactly in the same way as kanji.

- **Rasa ratna samucchaya**⁷- *Chanakamla* is described in *Amla varga* and considered as the best
- **Bhava Prakaasha**⁸ - *Hareethakyaadi varga*
During the months of December or January, a fine soft cloth is taken and plants of Bengal gram were covered. The salty and acidic secretions are absorbed by the cloth and dried in day time. The procedure is repeated for one month and cloth is kept soaked in water for some time and washed out of its resinous substances completely. This water is dried up and residue is preserved which contains Oxalic, Malic and Acetic acids in their natural form. *Chanakamla* is hot in potency, appetizer and causes tingling sensation in teeth. It is with *lavaananurasa* and cures colic indigestion and constipation
- **Rasa Tarangini**⁹
Author Included *Chanakamla* in *amla varga*. It is described as acidic plant exudate of *Chanaka*. And is considered as best drug of choice for *jarana* and *dravana* of *rasa*

Method of preparation:

Shuddha Parada and *shuddha Gandhaka* are triturated in a Pestle and mortar to get *Kajjali* with *siddha lakshanas*. *Kajjali* was then mixed with *Tamra bhasma* and *Loha bhasma*. The mixture was melted on fire. After melting it should be poured over the leaf of *Eranda* and made into a *Parpati*. *Parpati* on cooling was made into fine powder in an iron pan and *Jambira swarasa* was added to it. It was then heated till evaporation of liquid. Above mixture was subjected to *bhaavana* using *Panchakola kwatha* and *Amlavetasa Kwatha* separately. Specified quantity of *Suddha Tankana*, *Bida Lavana* and *Maricha Choorna* was added to it and levigated with *Chanakamla* for 7 times. It was then made into pills of 2 maasha size.

Precautions:

All the minerals that require preprocessing are to be done as per *Rasasastra* books and should comply with the standards mentioned in the same.

Method of administration:

2 maasha of *Kravyada Rasa* should be taken with rock salt and butter milk after meals.

Pharmacological property:

Kravyada rasa is *Agnideepana*. Items like meat, milk products etc even if taken in excess quantity gets digested in 2 *yaama* (6 hours)

Indications:

Useful in 6 types of *Ajeerna* (dyspepsia), promotes appetite. It is indicated in *Karshya* (hyposthenia), *Sthoulya* (obesity), as an antidote to poisons, *ama dosha*, *Gulma*, *pliha*, *Grahani*, *Vatakapha rogas*, *Vataja granthi*, *Mahodara*, *Sula* and *Arsas*

Laghu Kravyada rasa:¹⁰

Table 3: showing ingredients of *Laghu Kravyada rasa*

1 part each of *Parada* and *Sauvarchala*, 2 parts each of *Gandhaka*, *Mrita Loha*, *Pippali*, *Pippali moola*, *Agni*, *Sunthi*, *Lavanga*, *Tankana* and *Maricha* should be powdered together and triturated with sour liquids for 7 consecutive times. This *rasayana* should be given in a dose of 1 *maasha* with butter milk for digestion of ingested food. It digests food fast and generates appetite. This formulation named *Laghu kravyada rasa* is indicated in all types of ingestion (*sarva ajeerna prashamanam*)

DISCUSSION

Kravyada rasa is herbomineral preparation mentioned in Ayurveda books. Two formulations named *Kravyada rasa* and *Laghu Kravyada rasa* or *Prathama* and *dweeteeya Kravyada rasa* are available in *Yogaratanakara* and *Rasa Jala Nidhi* respectively. In *Kravyada rasa* ingredients like *Kajjali*, *Tamra bhasma*, *Loha bhasma*, *Jambira swarasa*, *Tankana*, *Vida lavana*, *Maricha choorna*, *Panchakola kwatha*, *Amlavetasa* and *chanakamla vari* is used. There is a difference in opinion about the quantity of *Maricha churna* taken in the formulation as according to some authors quantity of *Maricha* should be taken as the sum of all other ingredients while some others opine that it should be equal to the quantity of *Vida lavana*. In addition some authors mention preparation of *Parpati* using *Kajjali*, *Tamra* and *Loha bhasma* in *Eranda patra* while others describe drying of these *bhasmas* on the *Eranda patra* rather than making into a *Parpati*.

In Science of *Rasasastra* concepts of *chathur vidha rasayana* is explained. All preparations containing Mercury, metals and minerals fall under the *Chathur vidha rasayana*. *Chathur vidha rasayanans* are *Kharaleeya rasayana*, *Koopipakwa rasayana*, *Pottali rasayana* and *Parpati rasayana*. *Kharaliya rasayanans* are prepared in *kharala*. Here *Rasa*, metals or minerals, herbs etc are ground together in a mortar /*Khalva* to produce a finely powdered drug thereby reducing the particle size of the drug and increasing the pharmacological activity of the formulation. Here in *Kravyada rasa*; *Parpati*, herbal drugs,

Tankana kshara and *Vida lavana* are subjected to *bhaavana* in different media to produce a finely powdered drug. Due to rubbing between the surfaces of pestle and mortar, heat will be produced resulting in a chemical reaction between drugs and media. *Bhaavana* in the media until the liquid dries up increases the therapeutic efficacy and reduces the toxicity of the *Rasaoushadhis*.

Second one among *chathur vidha rasayana* is *Parpati Kalpana*. It is a wellknown and successfully used preparation for the management of *Grahani*, later being main seat of *Agni*. *Parada* and *Gandhaka* are ground with specified metal *bhasma* or without metal *Bhasma* to prepare a homogeneous black coloured fine powder known as *Kajjali*. *Kajjali* was then subjected to melting in a ghee smeared iron pan and poured over the specified leaves kept over cow dung. Fresh cow dung provides a smooth platform for the formation of *Parpati*. Ghee and leaves used like *Mocha patra* and *Eranda patra* has got proven action in stimulating the *Agni* of an individual. The use of *Parpati* was found beneficial for alleviating associated symptoms of *Grahani*, *Agni vaishamya* as well as various other diseases like *Rajayakshma*, *Kustha*, *Gulma* etc. As *kravyada rasa* is a formulation typically indicated in *Mandagni* or *Ajeerna*, preparation of *parpati* will definitely enhance the action of formulation in the *agni* level. Furthermore all ingredients in the *Kravyada rasa* has got proven action *agnideepana action*.

CONCLUSION

It is evident from the literature that *Kravyada rasa* is an emergency drug and the components of *Kravyada rasa* are expected to have *Agnideepana*, *Amapachana* action. It is useful in indigestion caused by consumption of non-vegetarian and heavy diet, abdominal pain and diarrhoea caused by *aama*. This review has presented a collective information on therapeutic and pharmacological action of *Kravyada rasa* and will definitely helps in further explorations and studies on the formulation, *Kravyada rasa*.

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Table 1: showing references of *Kravyada rasa* from different classical texts of Ayurveda

Reference book	Chapter
<i>Yoga ratnaakara</i> ¹	<i>Ajeerna- Brihat kravyada rasa and laghu kravyada rasa</i>
<i>Rasa Jala Nidhi</i> ²	<i>Agnivaishamya- prathama and dvitheeya kravyada rasa</i>
<i>Bhaishajya Ratnavali</i> ³	<i>Mandaagni</i>
<i>Rasendra sara sangraha</i> ⁴	<i>Ajeerna chikitsa</i>
<i>Rasa ratna samuchaya</i> ⁵	<i>Ajeerna chikitsa</i>

Table 2: showing Ingredients of *kravyada rasa*:

Ingredients	Scientific name	Quantity mentioned in yoga
<i>Rasa</i>	Mercury	1 pala
<i>Gandhaka</i>	Sulphur	2 pala
<i>Tamra bhasma</i>	Calcined ash of Copper	½ pala
<i>Loha bhasma</i>	Calcined ash of Iron	½ pala
<i>Jambira rasa</i>	Citrus lemon	100 pala
<i>Panchakola kwatha</i>		50 pala
<i>Amlavetasa</i>	<i>Garcinia pedunculata</i>	50 pala
<i>Tankana</i>	borax	4 pala
<i>Vida lavana</i>	Black salt	2 pala
<i>Maricha choorna</i>	<i>Piper nigrum</i>	Sum of all ingredients
<i>Chanakaamla</i>	<i>Cicer arietinum</i>	q.s

Table 3: showing individual drugs and their pharmaceutical actions

Ingredients	Pharmacological actions
<i>Parada</i>	<i>Shad rasa, Tridosha hara, Vrishya, balya, Rasayana</i>
<i>Gandhaka</i>	<i>Katu tikta rasa, ushna guna, ushna veerya, vata kapha hara, Deepana paachana medhya</i>
<i>Tamra bhasma</i>	<i>Kashayam, Madhura, tikta rasa, Ushna virya Madhura vipaka, PK hara, kshutkaram</i>
<i>Loha bhasma</i>	<i>Tikta kashaya rasa, Rooksha guru lekhanaguna Seetha virya, Madhura vipaka, PK hara, Deepanam uthamamam</i>
<i>Eranda patra</i>	<i>Madhura, katu and kashaya rasa, Snigdha Tiktsna Suksma guna, usna virya, Vata kapha hara Amasosana, Dipana</i>
<i>Jambira swarasa</i>	<i>Amla rasa, Teekshna, laghu guna, Ushna veerya Amla vipaka, Vata kapha hara, Rochanam param Mandhagni hara</i>
<i>Amlavetasa</i>	<i>Amla rasa, Laghu rooksha tikshna guna, Ushna veerya, Amla vipaka, Kapha pittha hara Deepana, pachana, hridya Soola, anaaha, vishtambha haram</i>
<i>Pancha kola</i>	<i>Katu rasa, laghu tikshna guna, Ushna veerya Deepana. Sroto vishodhaka</i>
<i>Tankana</i>	<i>Katu rasa, Tiktsna ruksa and saraka, Ushna veerya Kapha vata hara, Agni deepthikara Aadhmaana nashana, pittakrit</i>
<i>Vida lavana</i>	<i>Sakshaara, Deepana, Ushna, Vyavaayi Ajeerna, anaaha vishtambha haram Shoolanashana, hridroga nashana Rochana, vata anulomana</i>
<i>Maricha</i>	<i>Katu rasa, Laghu teekshna sookshma guna Ushna veerya, Katu vipaka Deepana, Shoola prashamana, Kapha vata hara</i>

Table 4: showing ingredients of *Laghu Kravyada rasa*

Ingredients	Scientific name	Quantity mentioned in yoga
<i>Parada</i>	Mercury	1 part
<i>Gandhaka</i>	Sulphur	2 parts
<i>Loha bahsma</i>	Calcined ash of Iron	2 parts
<i>Pippali</i>	Piper longum	2 parts
<i>Pippali moola</i>	Piper longum	2 parts
<i>Agni</i>	Plumbago zeylanica	2 parts
<i>shunti</i>	Zingiber officinale	2 parts
<i>Lavanga</i>	Syzygium aromaticum	2 parts
<i>suvarchala</i>	Sochal salt/Black salt	1 part
<i>Tankana</i>	Borax	2 parts
<i>Maricha</i>	Piper nigrum	2 parts