

**GANDHAKA RASAYANA – A LITERARY REVIEW****¹*Dr. Dharshini Yadav and ²Dr. Shreeshananda Sharma**¹M.D. Scholar, ²Reader and HOD,Department of PG Studies Rasa Shastra and Bhaishajya Kalpana, JSS Ayurveda Medical
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Corresponding Author*Dr. Dharshini Yadav**M.D. Scholar, Department
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College, Mysuru, India.**ABSTRACT**

Gandhaka Rasayana is a very well-known and commonly used medicament, but different pharmacies prepare it by different procedures according to their ease and feasibility. The main difference is either in the number of Bhavana or in the method of Chaturjata use. Because of this, some pharmacies mix the Ghana (water-soluble extract) of these drugs instead of giving Bhavana, some others make kwatha, while some make arka of these drugs for Bhavana. Therefore, here, an attempt has been made to find out the difference between the samples prepared by with or without Bhavana.

INTRODUCTION

Gandhaka Rasayana is a compound preparation, being used by Ayurvedic physicians in clinical practice for thousands of years, in the treatment of skin diseases. Gandhaka Rasayana is one of the important formulations used in the treatment all types of kustha (skin diseases), Nadivrana (sinuses) and kostha gata roga (Gastrointestinal disorders).

Skin disorders are burning problem in this era especially for treatment. In Ayurveda it is mentioned that because of mithya aahar vihar various skin diseases occurs and all are comprised in Kushtha. It occurs due to vitiated tridoshas vata, pitta, kapha and tvacha, rakta, mamsa, ambu. Common symptoms in tvachavikar are daha and kandu, for these symptoms Gandhaka Rasayana is the drug of choice. Gandhaka is only one Rasadravya which is used in Gandhaka Rasayana, and it is mentioned in Yogaratnakara. All together there are 7 references found for Gandhaka Rasayana.

MATERIALS AND METHODS**Aims and objectives**

Aim and Objectives: To study the differences in ingredients, method of preparation and indications of Gandhaka Rasayana.

Procedure**1)According to Basavarajeeyam (Kustaprakarana)^[1]**

Materials: Suddha Gandhaka (purified sulphur), Sarkara.

Bhavana Dravya: Godugdha (Cow Milk), Chaturjataka Kashaya, Guduchi Kashaya, Amlaki Kashaya, Harithaki Kashaya, Sunti Kashaya (Decoction of dried ginger (*Zingiber officinalis*), Brungaraja Swarasa, Ardraka Swarasa.

Procedure: Powder of Shoditha Gandhaka has to be taken in Khalwa yantra and subjected to 8times Bhavana with each liquid like Godugdha, Chaturjataka Kashaya Guduchi Kashaya, Amlaki Kashaya, Harithaki Kashaya, Sunti Kashaya (Decoction of dried ginger *Zingiber officinalis*) Brungaraja Swarasa, Ardraka Swarasa. Totally 48times Bhavana should be done. Then add equal quantity of sarkara to bhavita Gandhaka and make homogenous mixture form.

Anupana - Sita

Dosage - 2 Masha

Indication – kandu, pandu, jeerna jwara.

(Swarna Bhasma and parada Bhasma taken 1year along with above mentioned drugs can live 100 years.

Pathya- sushka, odana, kadaliphala, saindhava, amra, madhu, mamsa, tambula, pungu, kadira.

2)According to Chikitsa Ratnabarana^[2]

Materials: Triphala Churna -1 phala, Shuddha Gandhaka – ½ phala, Louha Bhasma – 1karsha

Procedure: Above mentioned drugs should mix thoroughly

Anupana: Madhu, Sarpi

Dosage: ½ Karsha

Indication: Sarvasula hara, visphota, keshya (hairtonic) special indication.

3) According to Agneyapurana^[3]

Material: Amra Majja, Guduchi Satva, Trivrut, Shuddha Gandhaka.

Bhavana Dravya-Kumari Swarasa

Procedure: Choorna of the above mentioned drugs should be taken in equal quantity and subjected to Bhavana with kumari Swarasa

Dosage: 2 Masha

Indication: Rasayana

4) According to Brihat yoga tarangini (Barata bhaishajya Ratnakara)^[4]

Materials: Shuddha Gandhaka- 100 phala Sukshma churna, Aja ksheera, Ikshu danda Rasa, Guduchi, Madhu, Goksheera, Varahikandha, Yastimadhu, Kustha, Lavanga, Tulasi, pippali, pippalimula, Nagakesara, Triphala, Padmakabeeja.

Bhavana Dravya: Bringaraja Swarasa.

Procedure: A Mud pot filled with ksheera, vastra is tied over the mouth of the pot over that 100 phala of Gandhaka, Shukshma churna is placed, another pot is kept inversely over that and sandibandhana has to be done and fire ignited puta is given for ½ yama, after self cooling take out the Gandhaka make it fine powder, then add Aja ksheera, Ikshu danda Rasa, Guduchi, Madhu, Goksheera, Varahikandha, Yastimadhu, Kustha, Bringaraja and Tulasi, done bhavana with each Dravya for 10 days, add Pippali, Pippalimula Lavanga, Nagakesara, Triphala, Padmakabeja mix with madhu, sharkara.

Dose- 1Masha.

Anupana: Sarkara, Madhu.

Pathya: Shali, Godhuma, Ghrita, Ksheera, Sharkara, Krishna.

Indication: Valipalita, Jara, 18 Types Of Kushta, 20 Types Prameha, Mutrakruchra, Gandamala, Gudhakeela, Bhagandhara, Rajodosha, Haleemaka

5) According to Vaidya chintamani^[5]

Material: Shuddha Gandhaka- 6 phala, 1 phala each of Triphala, Jeeraka, Pippalimula, Chitratandula(vidanga), Trikatu, Trisugandha, chitraka.

Procedure; 6 part of Shuddha Gandhaka and 1 phala each of above mentioned drug should be mix thoroughly

Dosage – 3 Masha.

Anupana – Madhu, Ksheera, Sharkara

Indication- 18 Types of kushtha, 4types of Grahani, Gulma, Mutrakrucha, Vataroga, Sukrasthambaka.

6) According to Baluka Tantra^[6]

Materials: Shuddha Gandhaka 6 phala, Chitratandula, Triphala, Shunti, Maricha, pippali each 6 tanka, chitraka 1 phala.

Procedure: 6 phala of Shuddha Gandhaka and Chitratandula, Triphala, Shunti, Maricha, Pippali should take each 6 tanka then 1phala of Rakta Chitraka should be mixed.

Dosage- 3masha

Anupana- Gritha

Indication- Atisara, Mandagni, kushtha, Grahani, Agnimandya.

7) According to Rasendra Ratna kosha^[7]

Material: 2 Phala of Suddha parada, Rasasindura, 2 Phala of each Suddha Gandhaka, Tamra Bhasma, Louhabasma and pippali.

Bhavana Dravya: Matulunga Swarasa.

Procedure: 2 pala of Shuddha parada, 4 pala of Gandhaka, Kajjali should be prepared and placed in valuka yantra fire is ignited for 3 to 4 days rasa sindura is prepared. Rasa sindura, 2 Phala of Shuddha Gandhaka, 2 Phala of Tamra Bhasma, 2 Phala of Louha Bhasma and pippali choorna each 1 part should be taken and subjected to Bhavana with Matulunga Swarasa.

Anupana: Madhu and Sarpi.

Indication: Rasayana

SL.NO.	REFERENCE	INGREDIENTS	INDICATIONS	ANUPANA	MATRA
1.	Basavarajeeyam (Kustaprakarana)	Suddha Gandhaka (purified sulphur), Godugdha (Cow Milk), Chaturjataka Kashaya, Guduchi, Amlaki, Harithaki, Sunti Kashaya (Decoction of dried ginger (Zingiber officinalis), Sarkara.	kandu, pandu, jeerna jwara	Sita	2 Masha
2.	Chikitsa Ratnabarana	Triphala churna - 1phala, Shuddha Gandhaka - 1/2phala, Louha Bhasma - 1karsha	Sarvasula hara, keshya (hairtonic)	Madhu, Sarpi	1/2 Karsha
3.	Agneyapurana	AmraMajja, GuduchiSatva, Trivrut, Shuddha Gandhaka. Kumari Swarasa	Rasayana	Sarpi, Madhu	2 Masha
4.	Brihatyoga tarangini (Barata bhaishajya Ratnakara)	Shuddha Gandhaka 100phala Sukshma churna, Aja ksheera, Ikshu danda Rasa, Tulasi, Guduchi, Madhu, Goksheera, Varahi Gandha, Yastimadhu, Kustha. Lavana, nagakesara, padmakabeeja, pippali, pippalimula. Bringaraja Swarasa	Valipalita, Jara, 18 Types Of Kushta, 20 Types Prameha, Mutrakruhra, Gandamala, Gudhakeela, Bhagandhara, Rajodosha, Haleemaka	Sarkara, Madhu	1 Masha
5.	Vaidya chintamani	Shuddha Gandhaka- 6 phala, 1 phala each of Triphala, Jeeraka, Pippalimula, Chitratandula, (vidanga) Trikatu, Trisugandha, chitraka	18 Types of kustha, 4types of Grahani, Gulma, Mutrakruha, Vataroga, Sukrasthambaka.	Madhu, Ksheera, Sharkara	3Masha
6.	Baluka Tantra	Shuddha Gandhaka 6 phala, chitratandula, triphala, shunti, maricha, pippali each 6 tanka, chitraka 1phala	Atisara, Mandagni, kustha, Grahani, Agnimandya.	Gritha	3Masha
7.	RasendraRatna kosha	2Phala of Suddha parada, Rasasindura, 2Phala of each Suddha Gandhaka, Tamra Bhasma, Louhabasma and pippali. Matulunga Swarasa	Rasayana	Madhu Sarpi	1/2 - 1 Masha

DISCUSSION

In the procedure, the Gandhaka Rasayana, According to Chikitsa Ratnabarana² VaidyaChintamani^[5], Baluka Tantra.^[6] There is absence of Bhavana Dravya as per classics. Here in these particular references ingredients made into fine powders and thoroughly mixed and obtained final product is administered along with different Anupana, According to Chikitsa Ratnabarana.^[2] Triphala churna, Shuddha Gandhaka, louha Bhasma are the mentioned ingredients which are made into fine powders and thoroughly mixed and it should be administered along with Madhu and Sarpi. This is particularly Indicated in Sarvasula hara, Keshya(hairtonic), According to Vaidya Chintamani^[5] mixture of Shuddha Gandhaka, Triphala, Jeeraka, Pippalimula, Chitratandula,(vidanga) Trikatu, Trisugandha, chitraka are the mentioned ingredients which are made into fine powders and thoroughly mixed and it should be administered along with Madhu Ksheera and Sharkara indicated 18 Types of kustha, 4types of Grahani, Gulma, Mutrakrucha, Vataroga, Sukrasthambaka, According to BalukaTantra^[6] mixture of Shuddha Gandhaka, Triphala, Chitratandula, Shunti, Maricha, Pippali chitraka should administered along with Gritha indicated with Atisara, Mandagni, Kustha, Grahani, Agnimandya.

All together there are 7 references found for Gandhaka Rasayana, in that According to Basavarajeeyam¹, Agneyapurana^[3], BrihatYogaTarangini^[4], Rasendra Ratna Kosa^[7] Bhavana Dravyas are mentioned. According to Basavarajeeyam^[1] explained about Gandhaka along with Bhavana Dravyas are Godugdha (Cow Milk), Chaturjataka Kashaya, Guduchi, Amlaki, Haritaki, Sunti Kashaya along with sita indicated in Kandu, pandu, and jeerna jwara, According to Agneyapurana mixture of Amra majja, Guduchi Satva, Trivrut, Shuddha Gandhaka should administered along with sarpi and Madhu indicated Rasayana, According to Brihat yoga tarangini explained about Gandhaka Rasayana Aja ksheera, Ikshu danda Rasa, Guduchi, Madhu, Goksheera, Varahikandha, Yastimadhu, Kustha, Lavanga, Tulasi, pippali, pippalimula, Nagakesara, Triphala, Padmakabeeja along with Bhavana Dravya Bringaraja Swarasa with Sarkara and Madhu indicated with Valipalita, Jara, 18 Types Of Kushta, 20 Types Prameha, Mutrakruchra, Gandamala, Gudhakeela, Bhagandhara, Rajodosha, Haleemaka According to Rasendra Ratna Kosa explained about Gandhaka rasayana Shuddha Parada, Rasasindura, Suddha Gandhaka, Tamra Bhasma, Louha basma and pippali should administered with Madhu and Sarpi indicated in Rasayana.

CONCLUSION

The formulation Gandhaka Rasayana has multiple pharmaco-therapeutic properties. Among the Tvakvikara property of Gandhaka Rasayana was highlighted in Basavarajeeyam. Other than Tvakvikara it is indicated in Valipalita, Jara, 18 Types Of Kushta, 20 Types Prameha, Mutrakruhra, Gandamala, Gudhakeela, Bhagandhara, Rajodosha, Haleemaka important indication of Gandhaka Rasayana is Rasayana. It is clearly mentioned in textbooks Chikitsa Ratnabarana^[2] VaidyaChintamani^[5], Baluka Tantra^[6], the therapeutic efficacy of Gandhaka Rasayana in Tvakvikara. It is advised to take with anupanas-Madhu and Sarpi. In classical books Basavarajeeyam^[1], Agneyapurana^[3], BrihatYogaTarangini^[4], Rasendra Ratna Kosa^[7] main indication in Kustha. It is advised to take with sarpi and Madhu as anupana. Since All together we get^[7] Refrences about Gandhaka Rasayana, in which some formulations should done Bhavana with Bhavana Dravyas and others with absence of Bhavanadravyas. Thus Gandhaka Rasayana can be used in many diseases and due to its different therapeutic actions, it is an important formulation mentioned in classics.

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