

**CRITICAL REVIEW OF ANANDABHAIRAVA RASA****<sup>1</sup>\*Dr. Kashyap and Dr. Shreeshananda Sharma<sup>2</sup>**

<sup>1</sup>MD Scholar. Department of Rasa Shastra and Bhaishajya Kalpana, JSS Ayurveda Medical College, Mysore, India.

<sup>2</sup>Reader and HOD, Department of Rasa Shastra and Bhaishajya Kalpana, JSS Ayurveda Medical College, Mysore, India.

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**\*Corresponding Author****Dr. Kashyap**

MD Scholar. Department of  
Rasa Shastra and Bhaishajya  
Kalpana, JSS Ayurveda  
Medical College, Mysore,  
India.

**ABSTRACT**

Anandabhairava Rasa is one of the important Rasa Ouashadhi mentioned in Ayurveda system of medicine. Mercury (parada) is known as Rasa in Ayurveda and medicines that are prepared with purified (Shuddha Parada) mercury along with other ingredients is named as Rasa aushadhi (Mercurial Preparations). Parada (mercury) is a heavy metal that remains liquid at room temperature. It is used in Ayurveda only after proper detoxification procedures (samskaras) as per classical Ayurvedic texts. Parada is an ingredient of numerous medicines due to its powerful medicinal properties. It balances Vata, Pitta and Kapha. Rasa aushadhis are fast acting. They nourish whole body and has tonic, aphrodisiac, rejuvenative, anti-aging and

antimicrobial effect. The combination of mercury with other medicinal ingredients enhances the therapeutic efficacy of medicine due to Yogvahi property of parada. Anandabhairava Rasa is indicated in Jwara, Atisara and other diseases due to vitiation of Vata, Prameha, indigestion and digestive weakness. Different types of preparation of Anandabhairava Rasa is being mentioned in different classics. Here effort is taken to compile all methods of preparation of Anandabhairava Rasa.

**KEYWORDS:** Anandabharava Rasa, Rasa Ouashadhi, Parada.

**Aims and Objectives**

To study the differences in ingredients, method of preparation and indications of Ananda Bahiarava rasa prepared in different methods.

## INTRODUCTION

Ayurveda is one of the oldest systems of medicine in the world. Among so many systems of medicine it has its own identities. In Present era, Rasaoushadhis are considered more potent than herbal medicines. Rasoushadhis are used in alpa matra and assimilation in body is much faster as it is subjected to many samskaras. Ananda bhairava Rasa is one such formulation explained in the Classical text, Rasendra sara sangraha jwaradhikara adhyaya found to be very effective in Jwara. Anandabhairava Rasa is also indicated in many other diseases. Anandabhairava rasa is having different ingredients, method of preparation and indications. According to anupana it is used in all types of Aatisara and Jwara. Different Anupanas has been mentioned by different authours.

Different methods of preparation explained by acharyas in various classical textbooks

### 1. According to Rasendra sara sangraha Jwaradhikara adhyaya<sup>[1]</sup>

**Ingredients-** Shuddha Hingula–(Purified and processed Cinnabar) 1part, Vatsanabha (Purified Aconitum ferox)-1 part, Shunti (Zingiber officinalis) 1 part, Pippali – (Piper longum)-2 part, Maricha (Piper nigrum)-2 part, Tankana Bhasma–(Borax)-1 part, Jatiphala – (Myristica fragrans) - 1 part, Jambiradrava – (Lemon juice) Quantity Sufficient.

**Method of preparation-** All the ingredients are taken in above mentioned quantities and made into fine powders. All the ingredients are mixed properly and subjected to bhavana with jambira swarasa for two yama kala (6hours). Pills have been prepared and dried them in shade.

**Dose-**125mg (in daruna conditions 2-3 vati can be given)

**Indicatons-**8 types of Jvara, Atisara, Amavata

Anupana- Ardraka swarasa

### 2. According to Chikitsa Rahasyam<sup>[2]</sup>

Todarananda<sup>[3]</sup>, Rasa Raja Sundara<sup>[4]</sup>, Bahatta<sup>[5]</sup>

**Ingredients-** Shudha Hingula, Shudha vatsanabha, Trikatu, Shudha Tankana, Pippali

**Method of preparation-** All ingredients are taken in equal quantity and made into fine powders. This is subjected to bhavana with Jambira swarasa and made into pills.

**Indication-** Kasa, Swasa, Gulma, Grahani.

**Dose-**1Gunja

**Anupana** - Madhu, Kutaja twak.

3. According to Rasasara Sangraha<sup>[6]</sup>, Rasa Sangraha Sidanta,<sup>[7]</sup> Rasendra Kalpadruma<sup>[8]</sup>, Chikitsa Sara Ratnabaranam<sup>[9]</sup>, Rasendra Chinthamani<sup>[10]</sup>, Vaidya Chinthamani<sup>[11]</sup>, Chikitsa Sara<sup>[12]</sup>, Rasa Kaumadi<sup>[13]</sup>, Nigantu Ratnakara<sup>[14]</sup>, Rasaraja Lakshmi<sup>[15]</sup>

**Ingredients**- Shudha Hingula, Shudha Vatsanabha, Maricha, Pippali, Shudha Tankana

**Method of Prepartion**- All ingredients are taken in equal quantity made fine powder and mixed properly. Later pills are prepared.

**Aupana** - Kutaja twak, madhu

**Dose** -1 or 2 Gunja depending upon the bala of the patient.

4. According to Basavarajeeyam<sup>[16]</sup>, Ratnakara Oushadha Yoga<sup>[17]</sup>

**Ingredients**- Shudha Hingula - 4Parts, Shudha Tankana - 8Parts, Pippali - 7parts, Shudha Vatsanabha - 7Parts.

#### **Method of Preparation**

Above mentioned ingredients are made into fine powders and subjected to bhavana with ardraka swarasa for 3days and made into pills.

**Indication**- Sannipataja jwara

**Dose**-1Ratti

5. According to Rasa kamadenu<sup>[18]</sup>, Rasendra ratna kosha<sup>[19]</sup>

Vanga Bhasma, Swarna bhasma, Parada

**Method of Preparation**- All the ingredients are taken into equal quantity and subjected to mardana with madhu, later made into pills.

**Dose** 2 Ratti

**Indication** – Prameha

**Anupana** - Gunjamula, Madhu

6. According to Rasa Sara Sangraha<sup>[6]</sup> Rasa Kamadenu<sup>[18]</sup>

**Ingredients**- Shudha Hingula, Shudha Vatsanabha, Trikatu, Shudha Gandhaka.

**Method of Preparation**- Kajjali is prepared out of Shudha Parada and Shudha Gandhaka. Remaining ingredients are taken into equal quantity made into fine powders and mixed

properly. Later it is subjected to bhavana with Jambira swarasa for 2 yama kala(6 hours) and made into pills.

**Indication-** Kasa, Swasa, Atisara.

**Dose-** 1 Ratt.i

### 7. According to Rasa kamadhenu<sup>[18]</sup>

**Ingredients-** Shudha Parada, Shudha Gandhaka, Abhraka Bhasma, Lauha Bhasma, Shudha Vatsanabha, Maricha-8parts, Shudha Tankana-4parts

**Method of Preparation-** Kajjali is prepared out of Shudha Parada and Shudha Gandhaka. Remaining ingredients are taken in mentioned quantities and made into fine powders. It is mixed properly and subjected to bhavana with Bringaraja swarasa and Amladadima 7 times each, and later made into pills in 2 gunja size.

**Indication -** Vataslema udbava rogas

**Anupana -** Nagavallipatra Swarasa

**Dose-**2 Gunja

### 8. According to Rasendra Rratna Kosha<sup>[19]</sup>

**Ingredients-** Shuddha Parada, Shuddha Gandhaka -2parts Shuddha Manashila, Shuddha Hingula, Shuddha Vatsanabha, Kantalauha bhasma, Tamra bhasma, Shuddha Haratala, Makshika bhasma.

**Method of preparation-** Kajjali is prepared out of Shudha Parada and Shudha Gandhaka. Remaining ingredients are taken and made into fine powders. It is subjected to bhavana with Amla vetasa, Jambira Swarasa, Changeri Swarasa, Nirgundi Swarasa each 2 days, and done paka in bhudara yantra for one day and taken out at the end of the day. This is subjected to bhavana again with chitraka Kashaya for 2 prahara. Pills are prepared later.

**Dose-**1 Masha

### 9. According to Rasa Kalpa Latha<sup>[20]</sup>

**Ingredients-** Trikatu, Triphala, Shudha Parada, Shudha Vatsanabha, Shudha gandaka, Shudha Tankana

**Method of Preperation-** Kajjali is prepared out of Shudha Parada and Shudha Gandhaka. Remaining ingredients are taken in equal quantity, made into fine powders and made in to pills in 1 gunja size.

**Dose-1 gunja**

#### 10. According to Rasa Sara Sangraha<sup>[6]</sup>

**Ingredients-** Ela (seeds) 4 parts, Maricha- 4 parts, Shuddha Tankana- 4 parts, Shuddha Vatsanabha-1 part

#### Method Of Preperation

All above mentioned ingredients are taken, made into fine powders and subjected to 3 bhavanas with Nagavalli, Ardraka and Nimbu swarasa each and then made into pills.

**Dose-3 Ratti**

#### 11. According to Vaidya Chinthaman<sup>[21]</sup>

**Ingredients-** Shudha Tankana, Shudha Hingula, Shudha Parada, Shudha Haratala, Vanga Bhasma, Naga Bhasama, Tamra Bhasma

**Method of preparation-** All ingredients are taken in equal quantity, powdered and subjected to mardana with triphala swarasa. This was subjected to Svedana in Dola yantra for 1 day and again subjected to bhavana with Sarpa Pitta (bile).

**Indication-** Sheetanga, Sannipataja Jwara

**Dose-1 Ratti**

#### 12. According to Ratnakara Oushadhayoga<sup>[19]</sup>

**Ingredients-** Shudha Hingula, Shudha Vatsanabha, Trikatu, Shudha Gandhaka, Shudha Tankana, Gruhadhuma, Yashti madhu, Chitraka, Teja patra, Vijaya beeja, Shudha Dattura beeja

**Method of preparation-** Kajjali is prepared out of Shudha Parada and Shudha Gandhaka. Remaining Ingredients are taken in equal quantity. It is powdered and mixed well each other and pills are prepared.

**Indication-** Gulma, Atisara, Sannipataja Jwara.

**Dose-1 gunja**

Table<sup>[1]</sup>

Method-No	References	Ingredients	Bhavana Dravyas	Dose	Indications	Anupana	Pathya
1.	Chikitsa rahasyam Todaranda Rasa raja sundara Bahatta	Shuddha Hingula, Shuddha vatsanabha, Trikatu, Shuddha Tankana, Pippali	Jambira swarasa 2 yama kala	1 gunja	Kasa Swasa Gulma Grahani Kshaya Apasmara	Madhu Kutaja twak	takra(cow milk or goat milk)(day) sheets jala, vijaya (night)
2	Rasa raja sundara Todaranda	Shuddha Hingula Shuddha Vatsanabha Shunti Pippali Maricha Tankana Bhasma Jatikosha	Jambira swarasa	1 Ratti (2-3 vati in darna avasta)	8 types of Jvara, atisara, amavata	Ardraka swarasa	
3	Rasendra sara sangraha Rasa sangraha sidanta, Rasendra kalpadruma, Chikitsa sara ratnabaranam, Rasendra chinthamani, Vaidya chinthamani, Chikitsa sara, Rasa kaumadi Nigantu ratnakara Rasaraja lakshmi	Shuddha Hingula Shuddha Vatsanabha, Maricha Pippali Shuddha Tankana		1 or 2 Gunja	Atisara	Madhu Kutaja twak	Dadhi anna,go grutha and takra sheets jala, vijaya(night)
4	Basavarajeeyam, Ratnakara oushadha yoga	Shuddha Hingula-4Parts Shuddha Tankana 8Parts, Pippali-7parts, Vatsanabha - 7Parts	ardraka swarasa for 3days	1Ratti	Sannipataja jwara		
5	Rasa kamadenu, Rasendra Ratna kosha	Vanga Bhasma, Swarna bhasma,	Madhu	2 gunja	Prameha	Gunja moola	

		Shuddha Parada				Madhu	
6	Rasasara sangraha Rasa kadamenu, Ratnakara oushadhayoga, Rasachandamshu	Shuddha Hingula, Shuddha Vatsanabha Trikatu, Shuddha tankana Shuddha Gandhaka	jambira swarasa for 2 yama kala	1 Ratti	Kasa Shwasa Atisara Sannipataja jwara Apasmara, prameha, Agnimandya		
7	Rasa kadamenu,	Shuddha Parada, Shuddha Gandhaka, Abhraka bhasma loha bhasma Maricha-8parts, Shuddha Tankana-4parts.	Bringaraja swarasa and Amladadima 7times	2 Gunja	Vataslema udbava rogas, Mandagni, grahani, jeerna jwara Aruchi Pandu	Nagavalli patra swarasa	
8	Rasendra ratna kosha	Shuddha Parada, Shuddha Gandhaka - 2parts Shuddha Manashila, Shuddha Hingula, Shuddha Vatsanabha, Kantaloha bhasma, Tamra bhasma, Shuddha haratala, Makshika bhasma	amla vetasa, jambira swarasa, changeri swarasa and hasti shunti each 2 days done paka in bhudara yantra for one day and taken out at the end of the day. This is done again bhavana with chitraka kashaya for 2 prahara	1 masha			
9	Rasa kalpa latha	Trikatu, Triphala, Shuddha Parada, Shuddha Vatsanabha		1 gunja	Kasa, swasa, ajeerna, Jvara, Gulma, Arsha		

		Shuddha gandaka, Shuddha Tankana					
10	Rasa sara sangraha	Ela (seeds)4 parts, Maricha-4 parts, Shuddha Tankana 4 parts, Shuddha Vatsanabha-1 part	3 bhavana with Nagavalli, ardraka and nimbu swarasa each	3 Ratti	Vata kapha rogas ,Grahani ,Mastakasya peeda, Udara		
11	Vaidya Chinthamani	ShuddhaTankana, Shuddha hingula, Shuddha parada, Shuddhahartala, Tikshna Vanga, Naga bhasama, Tamra Bhasma	triphala swarasa  Svedana in Dola yantra for 1 day. bhavana with Sarpa Pitta(bile	1 ratti	Sheetanga,Sannipata ja jwara		Takra
12	Ratnakara Oushadhayoga	ShuddhaTankana Gruhadhuma, Yashtimadhu, Chitraka, Teja patra, Vijayabeeja, Dattura beeja		1 gunja	Gulma, Atisara, Sannipataja jwara		



## DISCUSSION

Anandabhairava rasa is an important formulation mentioned in rasa classics. In Rasendra sara sangraha, it is mentioned clearly mentioned that Anandabhairava rasa is one of the best medicine in Jwara. All together we can trace 12 different methods of preparation of anandabhairava rasa from other rasa classical text books. Other than Rasendra sara sangraha we get references about Anandabhairava rasa in Chikitsa Rahasyam<sup>[2]</sup>, Todarananda<sup>[3]</sup>, Rasa raja sundara<sup>[4]</sup>, Bahatta<sup>[5]</sup> Rasasara sangraha<sup>[6]</sup>, Rasa sangraha sidanta<sup>[7]</sup>, Rasendra kalpadruma<sup>[8]</sup>, Chikitsa sara ratnabaranam<sup>[9]</sup>, Rasendra chinthamani<sup>[10]</sup>, Vaidya chinthamani<sup>[11]</sup>, Chikitsa sara<sup>[12]</sup>, Rasa kaumadi<sup>[13]</sup>, Nigantu ratnakara<sup>[14]</sup>, Rasaraja lakshmi<sup>[15]</sup>. According to Rasa Kamadhenu<sup>[19]</sup> and Vaidya chinthamani<sup>[21]</sup>, purely rasa yogas have been mentioned which contains only mineral origin drugs. Shudha Tankana, Shudha, Shudha Hingula, Shudha Parada, Shudha Hartala, Vanga Bhasma, Naga bhasama, Tamra Bhasma. Ananda Bhairav Rasa also has the ingredients of Suddha Hingula Cinnabar), Suddha Vatsanabh (Aconitumferox), Suddha Tankana (Borex), Marich(Piper nigram) and Pipali(Piper longum). It is suggested that it should be taken with Holarrhena antidysenterica(kutaj) powder for Diarrhoea (atisara). Sushruta stated that the medicines or diet having Tikta, Katu Rasa properties is beneficial in disease caused by pathogenic organisms. Charaka also stated that Tikta and Katu Rasa medicines will be useful in the disease produced by systemic or local micro-organism Vatsanabha have property of Yogvahi and Vikasi when treated it will help to distribute the drug in Sukshma Strotas (cellularlevel).

## CONCLUSION

The formulation Ananda Bhairava Rasa has multiple pharmaco-therapeutic properties. Among them Jwaragna property of Anandabhairava rasa was highlighted in Rasendrasara Sangraha classical text book. Other than Jwara it is indicated in Kasa, Swasa, Gulma, Grahani, Kshaya etc. Another important indication of Anandabhairava Rasa is Atisara. It is clearly mentioned in textbooks Rasasara Sangraha<sup>[6]</sup>, Rasa Sangraha Sidanta<sup>[7]</sup>, Rasendra Kalpadruma<sup>[8]</sup>, Chikitsa Sara Ratnabaranam<sup>[9]</sup>, Rasendra Chinthamani<sup>[10]</sup>, Vaidya Chinthamani<sup>[11]</sup>, Chikitsa Sara<sup>[12]</sup>, Rasa Kaumadi<sup>[13]</sup>, Nigantu Ratnakara<sup>[14]</sup>, Rasaraja Lakshmi<sup>[15]</sup>, The therapeutic efficacy of Anandabhairava Rasa in Atisara. It is advised to take with anupanas-Madhu and Gritha. In classical books Rasa Kamadenu<sup>[18]</sup>, Rasendra Ratna kosha<sup>[19]</sup> main indication is Prameha. It is advised to take with Gunja moola and Madhu as anupana. Since Anandabhairava Rasa has multiple pharmaco-therapeutic properties and beneficial in many diseases, is an important contribution by Acharyas in Rasa classics.

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