



Review Article

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UNVEILING THE VISHAHARA YOGAS MENTIONED IN RASAKAMADHENU

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ABSTRACT

Visha chikitsa is one among the Ashtangas of Ayurveda. Ojas, the vital energy or ultimate essence of the body which imparts immunity, is vitiated by visha, which with its gunas leads to impaired immunity & death. Almost all the classics have reference regarding various types of visha and different treatment aspects. Rasasastra is an important branch of Ayurveda which deals with the use of metallic and mineral drugs which are pharmaceutically processed and rendered fit for internal administration. It also deals with sodhana of vishadravyas. Rasakamadhenu is a modern era book written by Sri Chudamani Misra. Many rasayogas are mentioned in different contexts of chikitsa part which still remain unexplored by rasachikitsakas. He detailed about the Vishachikitsa in Sarvavisha Nidana Chikitsadhikara. Special treatments for gara, dushi visha and yogas like Vishavajra Pata Rasa, Kala-Vajreswara Rasa etc. are told by him in this chapter. Here an attempt is made to explore these rasoushadhis along with vishahara lepas, anjanas, dhuma yogas containing rasadravyas which can be utilized in treating various poisonings.

Keywords:

Rasakamadhenu, Visha chikitsa, Ojas, Gara visha, Dushi visha, Visha hara yogas

INTRODUCTION

The Rasa medicines are known for their faster action in smaller doses, quicker assimilation, excellent therapeutic values and longer shelf life. Thus, it can reverse the pathology and relieve the symptoms in lesser time. Knowledge of Rasa has been in existence from time immemorial. Since Rasasastra originates from tantric cult, all the efforts put into the preparation of rasa medicines in the earlier period were either for rasayana or vajikarana. Exploration of natural resources for the benefit of human beings is the object of this therapy. The medieval period can be treated as a golden age for the development of this science. It is recognised as a medical science with an independent philosophical background in the 14th century.

According to Rasatarangini, the staavara or jangama dravya, which induce toxic symptoms in the body when inhaled or consumed in unpurified form, act as visha dravyas. By mere look of these visadravya one becomes visanna. Vishadravya after sodhana becomes pranadayi, rasayana, yogavahi, tridosaghna, brhmana and viryavardhana.

Rasakamadhenu is an important work of the modern era by Vaidyavara Chudamani Mishra. It has 4 padas in which Chikitsapada 59th chapter deals with Sarva Visha Nidana Chikitsadhikara which tells about 2 types of visha – stavara (muladya), jangama (sarpadi sambhavam) & its vikaras.

CONTENTS

Sarva Visha Nidana Chikitsadhikara starts with the definition of dushivisha. It is told as virya alpa bhava. After mentioning the nirukti of dushivisha, dushi visha rogi-bhojana is explained as "भोक्तुमल्लरसं दध्यात् चर्वयेन्मरिचानि च॥" Next, he is explaining about the Nirukti of garavisha & tells us about the effects of Dushi visha or Gara visha such as Udara, Grahani, Yakshma, Gulma, Kshaya & Jwara. He quotes the Linga vipareetha chikitsa as:

“यस्य यस्य च दोषस्य पश्येल्लिंगानि भूरिशः ।

तस्य तस्य औषधैः कुर्यात् विपरीत गुणैः क्रियाम् ॥”

Vishopachara chikitsa sutra as:

“दूषिविषे स्थावरे च सध्यो वमनरेचने ।

अञ्जनं भक्षणीयादि जंगमे तत्क्षणाद्धितम् ॥”

For Vamana, there is a mentioning about Kaphaketu Rasa & for Virechana, Sudhanidhi Rasa before explaining about each formulation in detail.

IMPORTANT FORMULATIONS

1. Visha Vajra Pata Rasa

Ingredients – Sodhita Parada, Sodhita Tankaana, Sodhita Thutha, Nisha & Maricha. It is a khalviya rasayana. Mardana is done in Devadali Swarasa. Dose – 1 masha &

indication for all vishas (Samasta visha nashtam). Sodhita Parada exhibits vishahara & rasayana properties. Here, Tankana is vishanashaka due to its kapha vishleshaka & vatanasaka properties. It has Saraka, deepana, hridya & balya gunas. Thutha has vishahara, netrya, balya, vata-sleshmahara action. Nisha and Maricha churnas can be used here. Both have proven anti-toxic effects. Bhavana dravya plays an important role in the potency of a medicine. Since Devadali swarasa (Luffa echinata) is the drava dravya here, it can impart all the gunas into the medicine. It is katu tikta rasa, laghu ruksa guna, usna virya, katu vipaka, tridosahara & vishaghna. Since it is a nirgandhita murchita parada yoga, we can administer the medicine only for a short duration of time, i.e., only till the symptoms subside. Overall, all the ingredients show anti-toxic properties, and surely, this formulation can cure all vishas.

2. Kala Vajreswara Rasa

Ingredients – Sodhita Parada, Sodhita Tankana, Sodhita Gandhaka, Sodhita Thutha and Rajani churna. Mardana is done in Devadali Swarasa. Mathra – 1 nishka. This is the second kharaleeya yoga in which Sodhita Gandhaka is also there. First, we can make kajjali and mardana will be done till nischandrata, rekhapurnata, sukshma & varitara properties are attained, and then we can add other ingredients one by one, and bhavana is done for 1 day as told in this chapter. Sodhita Gandhaka exhibits rasayana, pachana, amasoshana, vishahara, krimihara action.

3. Sarveshwara Rasa

Ingredients – Sodhita Parada, Sodhita Gandhaka (3 karsha), Naga bhasma, Vanga bhasma, Loha bhasma, Dhanyabhraka, Visham-kalamsakam. Bhavana dravyas include Eranda kvatha, Nimbu rasa, Chitraka kvatha, Upavisha dravyas, Varaha and Mayura pithas. Naga bhasma is useful in kaphaja roga, vrana, prameha, vatavyadhi and also improves the digestive power. Loha bhasma is sheeta in virya and has kapha pitha hara property. It is lekhana, netrya, balya, vrishya, varnya & medhya.

4. Sudhanidhi Rasa

Ingredients – Pamsu lavana, Sudha Parada and Mardana in Vajrambu-samputa in loha (lavana yantra). Dose – 6 ratti with lavanga churna (morning). Rechana will be within 2 praharas. Indication mentioned as Sareera gata visha nashtam.

5. Lepana Yogas

Gairika, Daruharidra, Haridra lepa for nakha & danta visha. Also, he mentioned Gojihvika & Madhu lepa.

6. Yogatrayam

Musali, Tankana-Manusya mutra for Kaladi damshttra & Saindhava lavana, Arka jata-jala for Ugra roopa visha. A special mentioning on Tankana jala can also be found here.

7. Anjana Yogas

Jayapala majja, Nimbu dravam – 21 days mardana (sarpa visham) combinations like Gandhaka, Thutha, Sphatika, Saindhava, Maricha, Gunja, Haridra and Tankana, Thutha, Samudraphena, Sphatika, Maricha, & Vacha, Haridra, Saindhava.

8. Dhuma Yogas

Sikhipaksha, Saindhava, Taila is mentioned as the first dhuma yoga. Then for keeta and vrschika visha he tells Saindhava, Tila, Ghrta, Mayura or Kukkuda pankha as an important dhuma yoga.

At the end of all the formulations, Acharya mentions all about Kupathyam like Divaswapnam, Vyavayam, Vyayamam, Krodham, Atapam, Sura, Tila, Kulatha and pathyam include Avidahi annam, Mudga yusha, Sashtika, Dhatri, Kora dusha, Dadima, Priyangu lava, Thithira mamsa, Saindhava, Tanduliyaka, Jivanti & Varthaka.

DISCUSSION

Rasakamadhenu is a book in which visha yogas are mentioned but not explored yet. Dushi visha, garavisha, linga vipareetha chikitsa & vishopachara chikitsa sutra are explained at first. After that, various formulations which can be useful in the present era are told. As all the yogas contain rasa dravyas, they are potent and have quick action with a small dose. Apart from internal formulations, some external medications are also explained like anjana yogas, dhupana yogas and lepana yogas. At the end, he is explaining about all the pathyas and apathyas.

CONCLUSION

All the formulations are to be pharmaceutically processed, analytically evaluated and experimentally proved. Further research can be carried out on these formulations; especially, it will be a boon to treat dushi visha & gara visha conditions as the effects of widespread environmental & food contaminants, chemical pollutants and drug side effects that contribute to chronic illness in this modern era.

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