



# A REVIEW ON SILATAALA RASA – A HERBO-MINERAL FORMULATION

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## ABSTRACT

Herbal and herbo-mineral medicines have been widely utilized in Ayurveda. Ayurvedic medicines have indications that span a broad spectrum of health concerns. Among these *Rasaoushadhi* holds a significant place in Ayurveda due to its remarkable rejuvenating qualities and potent efficacy even at low doses. *Silataalarasa* is an herbo-mineral formulation explained in *Brihat Rasaraja Sundhara Kasaadhikara*. It contains *Haratala* (Orpiment), *Manasila*(Realgar), *Shunti*, *Maricha*, *Pippali*, *Nirguntimoola*, *Vasa* and *Gokshura*. It is prescribed in respiratory diseases like *Kasa* and *Swasa*. The drugs present in *Silataalarasa* manily of *Katu Tikta rasa*, *Laghu Guna*, *Ushna Virya*, *Katu Vipaka* and *Vata Kaphahara*. Here an attempt has been made to address therapeutic uses of *Silataalarasa* and to discuss the different pharmacological properties and therapeutic uses of its constituent drugs.

**Keywords:** *Silataalarasa*, *Rasasastra*, *Swasa*, *Kasa*

## INTRODUCTION

Throughout the annals of history, various system of medicine has emerged across the globe in response to humanity's enduring quest for optimal health. Ayurveda stands as one of the pillars among these diverse medicinal traditions, offering a comprehensive approach to health and well-being. *Rasasastra* and *Bhaishajya Kalpana* represent indispensable facets of Ayurveda. these disciplines are primarily concerned with the art of utilizing, assessing the effects and comprehending the mechanisms of action of medicinal compounds.

*Rasaoushadhis* possess distinctive qualities such as requiring lower therapeutic doses, acting swiftly and being more palatable as a result, herbo mineral formulations are renowned for their potent nature, making this system of medicine superior when compared to *Vanaspati Yogas*. *Silataalarasa* is a simple herbo mineral formulation mentioned in *Brihat Rasaraja sundara Kasaadhikara*<sup>1</sup> which is prepared by using *Haratala*, *Manasila*, *Trikatu*, *Nirgundi*, *Vasa swarasa*, *gokshurarasa*. It is indicated in *Swasa* and *Kasa*.

## AIM AND OBJECTIVE

This paper is an attempt to make a review on the formulation *Silataalarasa*. The primary focus of the review was to evaluate the pharmacological properties associated with each ingredient in Ayurveda, examining them through the dual lenses of traditional Ayurvedic perspectives and contemporary viewpoints.

## MATERIALS AND METHODS

Reference of *Silataalarasa* were collected from *Brihat Rasaraja Sundara Kasaadhikara*. It is one among the *Rasayoga*, which is prepared by *Kupipakwa* method.

*Silataalarasa* is a compound word consist of three words. *Sila* which means *Manasila*, *Taala* means *Haratala* and finally *Rasa* which means drug or medicine.

**Table 1:** Table showing list of drugs with quantity

SI No	Ingredients	Botanical name	Parts used	Quantity
1	<i>Haratala</i>	As <sub>2</sub> S <sub>3</sub> , Orpiment	Mineral drug	1 part
2	<i>Manasila</i>	As <sub>2</sub> S <sub>2</sub> , Realgar	Mineral drug	4 parts
3	<i>Gokshura</i>	<i>Tribulus terrestris</i>	Fruit	For <i>Bhavana</i>
4	<i>Vasa</i>	<i>Adhatoda vasica</i>	Leaf	For <i>Bhavana</i>
5	<i>Pippali</i>	<i>Piper longum</i>	Fruit	Equivalent to the product obtained through <i>Kupipakwa</i> .
6	<i>Maricha</i>	<i>Piper nigrum</i>	Fruit	
7	<i>Shunti</i>	<i>Zingiber officinale</i>	Rhizome	
8	<i>Nirgundi moola</i>	<i>Vitex negundo</i>	Root	Equal to quantity of <i>Trikatu</i>

## METHOD OF PREPARATION

Initially, *Shodhita Haratala* and *Shodhita Manasila* were taken in a clean *Khalwa Yantra* and powdered properly. Then, *Gokshura Swarasa* was added in sufficient quantity to ensure complete immersion of the above mixture. Perform *Bhavana*, or wet grinding, until the mixture dries completely, continuing this process for one day. When *Bhavana* with *Gokshura Swarasa* is complete and the product is thoroughly dry, introduce *Vasa Swarasa* and continue *Bhavana* for an additional day. The *Bhavitha Haratala & Manasila* mixture is cautiously add into the mud smeared *Kachakupi*, and paka is done using a valuka yantra for a duration of 2 yama(6 hours).The drug obtained after *Kupipakwavidhi* is mixed with equal quantities of *trikatu choorna* and *Nirgundi moola choorna*.

**Table 2:** Showing properties of each ingredient

SI No	Ingredients	Rasa	Guna	Virya	Vipaka	Karma
1	<i>Haratala</i> <sup>2</sup>	<i>Katu</i>	<i>Snigdha, Ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushta, Jwara, Deepana, Kapha Vatahara</i>
2	<i>Manasila</i> <sup>3</sup>	<i>Tikta Katu</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rasayana, Lekhana, Kapha Vatahara</i>
3	<i>Gokshura</i> <sup>4</sup>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Vatahara, Kaphahara, Rocana, Dipana, Bhedhana, Svarya, Hridya</i>
4	<i>Vasa</i> <sup>5</sup>	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Sita</i>	<i>Katu</i>	<i>Kaphapittahara, Kasaghna, Kshayahara</i>
5	<i>Pippali</i> <sup>6</sup>	<i>Katu</i>	<i>Snigdha, Laghu</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Vata Kaphahara, Deepana, SwasaKasahara, Rasayana</i>
6	<i>Maricha</i> <sup>7</sup>	<i>Katu</i>	<i>Tikshna, Ruksha, Ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana Kapha Vatahara, Krimihara, Chedana, Swasakasahara</i>
7	<i>Shunti</i> <sup>8</sup>	<i>Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Anulomana, Deepana, Hridya, Pachana, Kasahara, Vatakaphapaha</i>
8	<i>Nirgundi moola</i> <sup>9</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kasahara, Agni deepana, Kapha-Vata Shamaka</i>

## DISCUSSION AND CONCLUSION

The common occurrence of cough makes it a prevalent health issue, often leads to modifications in daily routines. *Silataalarasa* is an herbo-mineral formulation which is mainly indicated in *Swasa* and *Kasa roga*. *Swasa* and *Kasa* is a *Vata Kaphatmaka Vyadhi* of *Pranavaha Srothas*. The primary objective of the *Kasa* and *Swasa* treatment is to eliminate the obstruction caused by *kapha* and

restore normal *vatha gathi*. *Rasapanchaka* serves as a key determinant for inferring the pharmacological properties of Ayurvedic drugs. *Ushna Veerya* and *Vatakaphahara* drugs are very effective in *Swasa* and *Kasa Roga*. Ingredients of *Silataalarasa* have *Ushna Virya* and *Vata Kaphahara* properties. Additionally, many of these drugs exhibit disease-specific *swasahara* and *kasahara* actions, contributing to the potential alleviation of *swasa roga* through *samprapthi vighatana*.

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