



REVIEW ON SHWASAKASA CHINTHAMANI RASA

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ABSTRACT

Shwasakasa Chinthamani Rasa is one of the well known herbo-mineral formulation indicated in all types of Shwasa and Kasa roga . It is one of the Swarnayuktha Kharaleeya Rasayana . It contains Parada, Gandhaka, Swarnamakshika Bhasma , Swarna Bhasma, Muktha Bhasma, Abhraka Bhasma, Loha Bhasma and herbal Drugs like Kantakari , Yashtimadhu and Parna patra as Bhavana Dravyas along with Aja Ksheera . The aim of this Review article is to study the contents, method of preparation and indication of Shwasakasa Chinthamani Rasa and to explore the probable mode of action of Shwasakasa Chinthamani rasa in Respiratory Diseases.

KEYWORDS: Khalveeya Rasayana, Swarnayuktha Yoga.

INTRODUCTION-

Aushadha is one which wins the fear of diseases and restore the health of a person by stabilizing the doshas.¹The Kharaleeya rasayana stands foremost in composition with other three parpati, pottali, kupipakwa rasayana in terms of its popularity, wide range of therapeutic utility and ease of preparation.² Khalviya rasayana are innumerable and suitably indicated in vast majority disease conditions.³Shwasakasa chinthamani rasa is herbomineral preparation useful in respiratory diseases which can be prescribed in both acute and chronic kasa and shwasa condition ,which acts as vyadhihara and rasayana .⁴

AIMS AND OBJECTIVES-

To Study the contents, method of preparation and indication of Shwasakasa Chinthamani Rasa

To Explore the probable mode of action of Shwasakasa Chinthamani rasa in Respiratory Diseases.

MATERIALS AND METHODS-

References of Shwasakasa Chinthamani Rasa collected from various available classical texts of Ayurveda like Rasendra Sarasangraha, Bhaishajya Rathnavali, Rasayoga Sagara , Brihath Rasaraja Sundara, Rasatantrasara Siddhaprayoga sangraha and Ayurvedic Formulary Of India.

INGREDIENTS-

Following are the ingredients of Shwasakasa Chinthamani Rasa ⁵

Table1: List of Ingredients of Shwasakasa chinthamani Rasa

Sl. No	Ingredients	Parts
1	Parada	1 part
2	Gandhaka	2 part
3	Swarnamakshika Bhasma	1 part
4	Swarna Bhasma	1 part
5	Muktha Bhasma	½ part
6	Abhraka Bhasma	8 part
7	Loha Bhasma	4 part

Bhavana With

- 1.Kantakari Kwatha-Q.S
- 2.Aja Ksheera -Q.S
- 3.Yashtimadhu Kashaya-Q.S
- 4.Parnapatra Rasa-Q.S

SHODANA-

Required quantity of ashuddha parada is taken in a clean tapta khalva yantra added with equal quantities of Lashuna Kalka and saindhava lavana and triturated for 7 days. On 8 th day parada is collected from the mixture by carefully washing with warm water and later stored as Shuddha parada.⁶

For Gandaka shodana Required Quantity of warm milk is taken in wide mouthed vessel and mouth of the vessel is covered with cloth then in another vessel ¼ quantity ghee is taken, ashuddha gandhaka is added, when it completely melts it is poured in to warm milk later cloth is removed and it is cooked for 3 hours, later gandhaka is washed with warm water.⁷

Swarnamakshika are heated red hot and dropped in a vessel contating freshly prepared triphala kwatha it is repeated for 7 times.⁸

The thin sheets of Swarna are heated red hot over fire and dipped in to tilataila, takra, gomutra, aranala, kulatthakwatha for 7 times.⁹

Muktha is pounded roughly and tied in pottali and subjected for 3 hours of swedana in dolayantra by keeping Jayanti swarasa as liquid media.¹⁰

Thin sheets of Abraka are held carefully with sandamsa yantra heated red hot and dipped in any of following liquids kanji, gomutra, triphala kwatha, and godugdha. This has to be repeated for 7 times.¹¹

The thin sheets of loha are heated red hot over fire and dipped in to tilataila, takra, gomutra, aranala, kulatthakwatha for 7 times.¹²

Table -2: List of Shodana Dravya, Method and duration for ingredients

Sl.No	Dravya	Shodana	Media	Specification
01	Parada	Mardana	Lashuna Kalka, Saindhalavana	7 days
02	Gandaka	Swedana	Godugdha	3 Hours
03	Swarna Makshika Bhasma	Nirvapa	Triphala Kwatha	7 times
04	Swarna	Nirvapa	Taila Takra Gomutra Aranala Godugdha	7 times each
05	Muktha	Swedana	Jayanthi Swarasa	3 Hours
06	Abhraka	Nirvapa	Kanji/Triphalakwatha/Gomutra/ /Godugdha	7 times
07	Loha	Nirvapa	Taila, Takra, Gomutra, Aranala, Godugdha	7 times each

METHOD OF PREPARATION-

Prepare Kajjali using Parada and Gandhaka, All the remaining Bhasmas are added and mixed homogeneously 7 Bhavana with Each bhavana dravya is given and vati is prepared of Dwigunja Pramana.¹³

DISCUSSION-

ANALYSIS OF INGREDIENTS

Table3: Gunakarma of Ingredients

Sl.No	Indredients	Gunakarma
1	Kajjali	Yogavahi, Rasayana, Tridoshagna, Sarvamayahara
2	Swarnamakshika Bhasma	Yogavahi, Tridoshagna, Swarya, Kshyahara
3	Swarna Bhasma	Rasayana, Shoshahara, Vrushya, Ayushya, Varna
4	Maukthika Bhasma	Rasayana, Shwasahara, Kshyahara
5	Abhraka Bhasma	Ruchikara, Maharoga sanghatahara
6	Loha Bhasma	Ruksha, Lekhana, Kshyahara, Shwasahara
7	Kantakari	Deepana, Shwasakasa, Peenasahara, Shwasamarga Sankochahara
8	Aja Ksheera	Shosha, Jwara Shwasahara
9	Yashtimadhu	Pitta anilahara, Kshyapaha
10	Nagavalli Swarasa	Teekshna Ushna,

INDICATION –

Shwasakasachinthamani rasa is mainly indicated in kasa, Shwasa and Hikka.¹⁴

Ajeernajanya Shwasa-

If Shwasa is caused due to Vishtabhajeerna then Shwasakasachinthamani rasa should be taken along with Adraka Swarasa and honey. If Shwasa is caused by Vidagdajeerna which involves daha, shwasavegavruddhi, Ativyakulatha and Kapha abhava then shwasakasa chinthamani rasa should be taken with pravalapishti, sithopaladi churna and honey.

Pitthaprakopaja Shwasa-

Pittaprakruthi person when involved in pittapradoshaja ahara vihara Shwasa will increase and body becomes weak day by day and dizziness occurs frequently, at that condition shwasakasachinthamani rasa should be given with Jufa Sharbath or Agnipradeepaka Aushadhis, pravalapanchamrutha or Shankha Bhasma is given as per the need.

Dhoomrapanjanya Shwasa

The chest of many smokers remains filled with phlegm and foul smelling phlegm keeps coming out ,that time shwasakasa chinthamani rasa should be given with Shrunga Bhasma Lohban pushpa.

Vruddavastha Shwasa

In case of old patient due to decrease strength, patient get exhausted by doing simple works and Shwasa will be common, at that time Shwasakasachinthamani Rasa should be given with honey and pippali .

Vamshagata Shwasa

In many families breathing problem is inherited, in this disorder there is no external causes causing inflammation. only natural weakness of respiratory system will be there , at that time in small dose Shwasakasachinthamani rasa along with sithopaladi churna and honey for long period can be prescribed.

Kaphapradhana kasa

In case of ashukari Avastha where teevravega occurs and there will be less production of sputum that time shwasakasachinthamani rasa is useful and in case of jeerna Avastha there will be less vega and accumulation of kapha occurs in the lungs at that time Shwasakasachinthamani rasa can be administered .

Hikka-

In case of Yamala hikka, Shwasakasachinthamani rasa can be given with Shunti phanta mixed with Guda.

PROBABLE MODE OF ACTION¹⁵

Shwasakasachinthamani rasa is Sheethoshna in property

It acts as Rakthapoushtika, Puppasa balavardhaka and Hradya

It is useful both in Acute and Chronic Shwasa condition.

DOSE- 250 mg¹⁶

ANUPANA- Pippali Churna, Madhu¹⁷

CONCLUSION-Shwasakasachinthamani Rasa is a herbomineral preparation and Swarnayuktha Yoga. It is a effective formulation indicated in respiratory disorder. It act as khaphahara and Rasayana . Indicated in both acute and chronic shwasa and kasa roga. Based on Rogi and Vyadhi Avastha it can be prescribed with different anupana.

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