



## RESEARCH ARTICLE

### RASA KAMADHENU- AN OVERVIEW

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#### ABSTRACT

History of Ayurveda literature can be traced back to Vedic period. Continuous foreign invasion makes it difficult for the exact prediction of descend of Scientific literature in Ayurveda through years. Literature works in Ayurveda flourished mostly in Samhita and Sangraha kala. But a lot of Rasasastra texts were written in modern period also. Rasakamadhenu is one among such texts, which may be considered as an important work in the field of Rasasastra. This text is considered as a compilation work which is done by Vaidyavara Sri. Chudamani Mishra. It is composed of 4 padas and 81 chapters. Rasakamadhenu gives a detailed description about the two main concepts of Rasasastra, i.e. Lohavada and Dehavada.

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## INTRODUCTION

Rasakamadhenu is considered as one among the important texts in Rasasastra. The subject matter of the grandha covers all the important concepts in Rasasastra which are very difficult to understand, in a very simple way. Rasakamadhenu stands as an important work in Rasasastra in modern period. Basic two concepts of Rasasastra ie. Dehavada and Lohavada are explained in Rasakamadhenu in a very detailed manner.

## AUTHOR

The text Rasakamadhenu is a compilation work which is done by Vaidyavara Sri. Chudamani Mishra. He was born in an educated, famous Sakadvipiya Brahmin family. Author's name is mentioned in the end of forth pada. It is also mentioned that his Grandfather is Vaidya Balibhadra Mishra and father is Hari Ram Mishra.

## COMMENTARIES AND COMMENTATORS

- First 3 padas of this text was revised by Acharya Yadavji Trikamji.

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- Last Chikitsa pada was revised by Vaidya Jivaram Kalidas Vyasa.
- Hindi commentary named 'Suvivruthi' was written by Acharya Gulraj Sharma Mishra & Dr. Santhosh Kumar Mishra.
- Hindi preface was written by Vaidyaraj Vinayak Thakur.
- Forward was written by Sidhinandan Mishra.

## TIME PERIOD

There is no direct reference regarding the time period of the author. It is believed that this grandha was written in 18<sup>th</sup> century since in this text there is mentioning about the text Rasasara which was published in 15<sup>th</sup> century.

## CONTENTS OF TEXT

Text is written as 4 padas.

- Upakarana pada- 7 chapters
- Dhatu samgraha pada- 5 chapters
- Rasakarma pada- 9 chapters
- Chikitsa pada- 60 chapters

Table showing 80 chapters of Chikitsa pada

No.	Chapter	Number of slokas	Important yogas
	PURVARDHA		
1	Jwara nidana chikitsa	227	Veerabhadra rasa, Ichabhedi rasa
2	Daha nidana chikitsa	2	Ksheerasagara rasa
3	Trishna chikitsa	2	Trishnahara tamra
4	Murcha chikitsa	1	Murchahara rasa
5	Apasmara chikitsa	8	Bhuta bhairava rasa, vyaghra charma bhasma
6	Unmada chikitsa	9	Unmada gajakesari rasa, lasuna taila
7	Madatyaya chikitsa	2	Lalithanatha rasa
8	Pandu chikitsa	42	Sindura bhairava rasa, vajra mandoora
9	Raktapitta chikitsa	8	Sudhanidhi rasa, bola parpati
10	Chardi chikitsa	7	Bhasmasuta rasa, neelakanta rasa
11	Amlapitta chikitsa	16	Leelavilasa rasa, suryapaka tamra
12	Arochaka chikitsa	2	Vaishvanara rasa, ramabana rasa
13	Agnimandya chikitsa	27	Ajeernakantaka rasa, hutashana rasa
14	Samgrahani chikitsa	49	Agnikumara rasa, panchamrita parpati
15	Atisara chikitsa	21	Setubandha rasa
16	Anaha chikitsa	3	Rajavallabha gutika
17	Udavarta chikitsa	3	Naracha rasa
18	Urograha chikitsa	1	Putrajeevakadi yoga
19	Hidroga chikitsa	3	Hridayarnava rasa, panchamrita rasa
20	Krimi chikitsa	7	Krimimudgara rasa
21	Sula chikitsa		Udayabhaskara rasa, panchanana rasa
22	Gulma chikitsa	18	Lohasava, vidyadhara rasa
23	Udara chikitsa	35	Agasti sutaraja rasa, naracha rasa
24	Sotha chikitsa	6	Sidha mandoora, silajathu prayoga
25	Sleepada chikitsa	1	Sleepadari rasa
26	Andavridhi chikitsa	3	Nityananda rasa, eranda paka
27	Gandamala chikitsa	19	Kshara gutika
28	Medoroga chikitsa	8	Trayooshanadya loha, loha rasayana
	UTTARARDHA		
29	Prameha roga chikitsa	48	Vedavidya vati, chandraprabhavathi gutika
30	Mutrakrcha chikitsa	9	Sutarasa bhasma prayoga
31	Ashmari roga chikitsa	5	Pashanavajraka rasa, trivikrama rasa
32	Kshayaroga chikitsa	38	Mrigaanga pottali, lokanatha rasa
33	Kasa chikitsa	13	Rudra parpati, swayamagni rasa
34	Swasa chikitsa	8	Swasakutara rasa, udayabhaskara rasa
35	Hikka chikitsa	11	Mouktika bhasma, gandhamrita rasa
36	Svarabheda chikitsa	4	Soubhagyasundara tankana
37	Vatavyadhi chikitsa	17	Vatagajankusha rasa, haragouri rasa
38	Amavata chikitsa	7	Amavatari rasa, sudhanidhi rasa
39	Vatarakta chikitsa	12	Sarveshvara rasa, karpooora rasa
40	Kushta chikitsa	169	Krishna manikya rasa, bhanu taila
41	Seetapitta chikitsa	4	Different tamra prayogas
42	Kodrava chikitsa	2	Khadirashtaka, bhasmasuta
43	Kshudra roga chikitsa	27	Different lepa are mentioned
44	Shukadosha chikitsa	2	Gunjabhasma lepa, rasanjana lepa
45	Upadamsha chikitsa	22	Rasakarpoora
46	Klaibya chikitsa	42	Amrita bhallataka
47	Rasayana chikitsa	17	Gandhaka rasayana, satavaryadi churma
48	Arsha chikitsa	29	Chandraprabha gutika, bhallataka loha
49	Bhagandara chikitsa	6	Kasisadya ghrita, vijaya gutika
50	Vidradhi chikitsa	5	Lokanatha rasa, kanakasundara rasa
51	Vrana roga chikitsa	6	Gorochnadi lepa, kaliyakadi lepa
52	Aganthu vrana chikitsa	6	Gandha taila, haritala bhasma
53	Nadivrana chikitsa	3	Jatyadi ghrita, vatadi taila
54	Snayu roga chikitsa	2	Yavabhasma lepa
55	Urdhvajatrugata gada chikitsa	73	Karnamrita taila, svachandabhairava rasa, chandrodaya varti
56	Sirogataamaya chikitsa	2	Sirasula gajakesari rasa
57	Siroga nidana chikitsa	11	Mahaparpati rasa, garbhavilasa rasa
58	Balaroga nidana chikitsa	9	Madhvarishtadi dhupa, saptachadadi dhupa
59	Sarvavisha nidana chikitsa	8	Sarveshvara rasa, sudhanidhi rasa
60	Samanya vidhanam	-	-

## CHAPTERS AND CONTENTS

### I. Upakarana pada

**1. Yantradhikara:** Chapter starts with a mangala sloka. This chapter mentions about the instruments which should be kept ready for doing Rasakarman. Author explains about khalwa yantra, bhoothara yantra, musha yantra, kinnara yantra for parada swedana, siddha sara yantra, garbha sara yantra and paramananda murti yantra for satvapataana, karunakara yantra, bhushpatika, karpataam etc

- Number of yantras mentioned- 53
- Number of mushas mentioned- 9

**2. Prakeernadhikara:** It explains about koshti, bhastri, vakra nali, dhatu jwala rupa, parada vida mana vidhana and mana paribhasha. Detailed description about puta, there types like lavaka puta, kapota puta, gobara puta, maha puta, gaja puta, kumbha puta, bhudhara puta, bhanda puta etc.

**3. Vanoushadhyadhikara:** This chapter explains rasaswedana and mardana oushadhis. Sapta mahalatha for deha and loha sidhi, marana bandhana dravika and rasayana oushadhis, ashta moolika pancharatnoushadi for rasa sidhi and detailed description about oushadhis like somavalli, sthala padmini, sarpini, uchchata, ishwari, bhutakeshi, krishnalata, tamravalli, gorochana lata, lasuna valli etc 62 drugs.

**4. Visha jangama vasa pitta- taila mala- mutra kshara-lavana- vida raga kathanadhikara:** Guna of visha amla kshara, visha swaropa, jangama varga, sandhana varga, mutra vid kshara lavana varga, trigandhaka, kakini lakshana etc

**5. Bija sadhanadhikara:** Explains about vyoma pishtikarana, vyoma satva pishti, gandhaka, swarna and tara pishti, sila talaka pishti, ranjita bija, melana karma, vajra bija etc

**6. Dvandvameka kramana ranjanadhikara:** This chapter explains about abhraka, satva, druti and ratna melana, kramana vidhana, varna vardhanopaya of dhatu, nirukti of kajjali, pishti, hematarakrishti, varaloha, hemarakti, sulbanaga, pijjari, chandrarka etc

**7. Rasa sadhanopaya kathana naamadhikara-** Explains about guru and sadhaka lakshanam, sustree and kusthree lakshanam, rasamandapa, puja vidhi and rasalinga.

## II. Dhatu samgraha pada

**1. Sarva loha vidhanadhikara:** Utpatti and types of loha, sodhana, marana, loha dravana, mridukarana of all loha, tamra rakteekarana, tamra piteekarana, tamra hemakari vidya, trividha loha paka, pathyapathya during loha sevana, druti nirmana, rajata ranjana prayoga etc.

**2. Mani ratna sankha varatikadyadhikara:** Utpatti, ratna pariksha and ratna guna, ratna sodhana, marana and dravana, vajra bhasma, mukta bheda, sreshta mukta lakshana, sankhadi sodhana marana etc.

**3. Maharasadhikara:** Drugs included in Maharasa group according to different texts like Rasarnava, Rasarajalakshmi, Rasaviveka etc, sodhana, satva patana, satva sthreekarana, satva dravana, dhanyabhra nirmana, abhraka druti etc.

**4. Uparasadhikara:** Uparasa according to different texts, sodhana, marana, satvapatana of each drug, gandhaka taila and druti, talaka taila patana, bhunaga satva patana etc.

**5. Lavana ksharadhikara:** Guna of kshara, soubhagya and yavakshara, lavana kshara sodhana, one yoga is also mentioned in this chapter named Suchika kshara raja.

## III. Rasa karma pada

**1. Rasa namadi niroopanadhikara:** Synonyms of Parada, rasa prashamsa, utpatti, asudha parada dosha, sudha parada guna etc.

**2. Rasa samskara niroopanadhikara:** Ashta samskara of Parada, gati, ashtadasha samskara, nava samskara( 1<sup>st</sup> nirmaleekarana), amount of Parada which should be taken for Samskara etc.

**3. Ashta samskara niroopana:** Gives detailed description about Ashta samskara.

**4. Suta jarana vidhanam:** Types of jarana like bala and vridha jarana, samukha and nirmukha jarana, druti jarana, bubhuksheekarana vidhana, gandhaka jarana vidhana, satva jarana etc. Also explains some yantras like Tula yantra and Gouri yantra.

**5. Divyoushadhi putadhikara:** Describes chatushti divyoushadhis and their prayoga, somoushadhi lakshana and its prayoga in detail, rasa marana ranjana yoga, vishodaka, chandrodaka, ushnodaka, shailodaka, kartari rasa bandhana, sanjivani prayoga etc.

**6. Ratnadi jaranadhikara:** Explains jaranartha yoga, seesabhra jarana, kramana etc.

**7. Baddha jaranadhikara:** Abhra druti baddha vidhanam, churna bandha, mani bandha, jalouka bandha, gandha bandha, loha makshikadi bandha, chapala bandha, naga bandha, vajra bandha etc.

**8. Gutikadhikara:** Mentions about gutika yogas like kamadhenu gutika, rasagutika, mritasanjivani gutika, khechari gutika, vajra sundari, prabhavati, vidyavageeshvari etc.

**9. Saranadyadhikara:** Gives description about marana vidhanam, lepa kshepa kuntha vedha, deha vedha, rasa bhakshana pathya, kakarashtaka gana, rasaaeerna lakshana and its treatment.

**IV. Chikitsa pada:** This pada contains total 60 chapters which are divided into two parts: Purvardha and uttharardha. Purvardha: Contains 28 chapters. Starting from jvara nidana chikitsa upto medo roga chikitsa. Utharardha: Contain 32 chapters. Starting from prameharoga nidana chikitsa (29<sup>th</sup> chapter) to sarva visha nidana chikitsa (59<sup>th</sup> chapter). Last chapter is "Samanya vidhanam" which explains basic concepts like sarva roga nidanam, dosha vikruti lakshana, matra pramana, sreshta anna pana vargas etc. It also explains pancha karma, netra kriya vidhana, vranopakrama, ashta vidha shastra karma, yantra kshara and agni karma.

## SPECIALITIES OF THE TEXT

- Detailed description regarding different types of yantras.
- Botanical description as well as method of usage of different divyoushadhis which aid in deha sidhi as well as loha sidhi.
- One chapter exclusively describing ashta samskara of parada.
- Descriptions regarding udakas like chandrodaka, ushnodaka, sailodaka and vishodaka which help to make parada stable.
- One chapter which explains Gutika kalpana which contain mercury as an ingredient.
- Types of vedha karmas like vedha, kshepa and kuntha vedhas are mentioned in the last chapter of 3<sup>rd</sup> pada.
- Chikitsa pada explains nidana and chikitsa of almost all the diseases of ashtangas including jatrurdhva rogas, stri roga, bala roga, visha chikitsa etc.
- Some special diseases and their chikitsa are mentioned like daha, agnimandya, shleepada, andavridhi, gandamala, kodrava, klaibya, vrana and snayu roga.
- Rasayana adhyaya is explained in chikitsa pada.
- Ashtanga maithuna explained under klaibya chikitsa.
- A number of rasa yogas are mentioned in Jvara chikitsa which can be given in according to doshic predominance.
- For each type of Meha, specific yogas are mentioned.

- All types of Rasa preparations like kharaleeya rasa, parpati, pottali and kupipakva rasayanas are explained under different contexts in Chikitsa adhikara.

### **Conclusion**

Rasakamadhenu is one among the important texts in Rasasastra which deals with detailed description regarding Rasadravyas along with their therapeutic uses. Even though it is a text of modern period, author gives equal importance to Parada karma as well as therapeutic applications.

It also provides elaborate explanation regarding various diseases as well as the treatment using Rasaoushadhis. Numerous Rasayogas are mentioned in different contexts of Chikitsa pada which still remain unexplored by Rasachikitsakas.

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