

Therapeutic Uses of Sarva Roga Kulanthaka Rasa- Scientific and Experimental View

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Abstract: *Sarva Roga Kulanthaka Rasa is a classical herbo-mineral formulation described in Ayurvedic literature and is acclaimed for its broad-spectrum therapeutic efficacy in various systemic disorders. The formulation is traditionally indicated in diseases such as Rājayakṣmā (consumptive disorders), Vāta Roga (neuromuscular and degenerative disorders), Śvāsa (respiratory diseases), Jvara (fever), Agnimāndya (impaired digestive fire), Sannipāta (tridoṣaja pathological conditions), and Mahāvāta (severe neurological manifestations dominated by Vāta doṣa). The present review aims to critically analyze the therapeutic applications of Sarva Roga Kulanthaka Rasa through both classical Ayurvedic concepts and available scientific perspectives. The ingredients of the formulation possess properties such as Dīpana (enhancement of digestive fire), Pācana (metabolic correction), Rasāyana (rejuvenative action), Balya (strength-promoting effect), and Vāta-Kapha hara activities, which contribute to its multidimensional therapeutic action. Experimental studies on individual constituents have demonstrated anti-inflammatory, antioxidant, immunomodulatory, antimicrobial, bronchodilatory, adaptogenic, and neuroprotective activities. These pharmacological actions provide scientific support for its traditional indications in chronic debilitating diseases, respiratory disorders, febrile conditions, metabolic disturbances, and neurological ailments. The review highlights the potential of Sarva Roga Kulanthaka Rasa as a versatile Ayurvedic formulation with significant therapeutic value. Further experimental and clinical studies are warranted to establish its efficacy, safety profile, and mechanism of action using contemporary scientific parameters.*

Keywords: Sarva Roga Kulanthaka Rasa, Rājayakṣmā, Vāta Roga, Śvāsa, Jvara, Agnimāndya, Sannipāta, Mahāvāta, Ayurvedic Formulation, Herbo-mineral Medicine, Experimental Studies, Pharmacological Activities.

1. Introduction

Sarva Roga Kulanthaka Rasa is a classical Ayurvedic herbo-mineral formulation known for its wide range of therapeutic applications. It is traditionally indicated in diseases such as *Rājayakṣmā* (consumptive disorders), *Vāta Roga* (neuromuscular disorders), *Śvāsa* (respiratory diseases), *Jvara* (fever), *Agnimāndya* (impaired digestion), *Sannipāta* (tridoṣaja disorders), and *Mahāvāta* (severe Vāta disorders) [1]. The formulation possesses *Dīpana*, *Pācana*, *Rasāyana*, and *Balya* properties, which help in improving digestion, enhancing immunity, and restoring strength. Recent scientific studies on its constituent drugs have demonstrated anti-inflammatory, antioxidant, antimicrobial, and immunomodulatory activities, supporting its classical therapeutic claims. The present article aims to review the therapeutic uses of *Sarva Roga Kulanthaka Rasa* from both Ayurvedic and scientific perspectives and highlight its potential role in the management of various chronic and systemic disorders [2,3].

2. Aims and Objectives

Aims

To review and evaluate the therapeutic uses of *Sarva Roga Kulanthaka Rasa* from classical Ayurvedic literature and available scientific and experimental evidence.

Objectives

- To study the classical references and indications of *Sarva Roga Kulanthaka Rasa*.

- To evaluate its therapeutic role in *Rājayakṣmā*, *Vāta Roga*, *Śvāsa*, *Jvara*, *Agnimāndya*, *Sannipāta*, and *Mahāvāta*.
- To analyze the pharmacological activities of its constituent ingredients based on available scientific literature.
- To correlate the classical Ayurvedic claims with modern experimental findings.
- To highlight the potential therapeutic applicability of *Sarva Roga Kulanthaka Rasa* in the management of various chronic and systemic disorders.

3. Methods

The present review article was prepared by collecting and compiling information related to *Sarva Roga Kulanthaka Rasa* from *Sahasrayoga*, [1] the classical source describing the formulation. Relevant information regarding its ingredients, therapeutic indications, and mode of action was analyzed. Scientific data on the pharmacological activities of the constituent drugs were collected from published research journals, research monographs, and contemporary scientific literature [4-10]. The compiled information was critically reviewed to evaluate the therapeutic potential of *Sarva Roga Kulanthaka Rasa* from both Ayurvedic and scientific perspectives.

Ingredients

- Shuddha Vatsanabha - *Aconitum ferox* Wall. ex Ser.
- Pippali churna - *Piper longum* Linn.
- Shuddha Hingula- Cinnabar (Mercuric Sulphide – HgS)
- Jambeera rasa- *Citrus limon* (L.) Osbeck

Method of preparation

All ingredients are made into a fine paste with Jambheera rasa and 125mg tablets are prepared.

Actions

- *Dīpana* (Enhances digestive fire)
- *Pācana* (Improves digestion and metabolism)
- *Rasāyana* (Rejuvenative and restorative action)
- *Balya* (Promotes strength and vitality)
- *Vāta-Kapha Hara* (Pacifies *Vāta* and *Kapha Doṣa*)
- *Jvaraghna* (Antipyretic action)
- *Śvāsahara* (Relieves respiratory disorders)
- *Agnivardhaka* (Improves appetite and digestive capacity)
- *Vedanāsthāpana* (Analgesic action)
- *Yogavāhī* (Enhances the efficacy of associated drugs)

Clinical Indications

- *Rājayakṣmā* (Consumptive disorders/Tuberculosis)
- *Vāta Roga* (Neuromuscular and degenerative disorders)
- *Śvāsa* (Bronchial asthma and respiratory diseases)
- *Jvara* (Fever)
- *Agnimāndya* (Impaired digestive fire)
- *Sannipāta* (Tridoṣaja disorders)
- *Mahāvāta* (Severe *Vāta* disorders including paralysis and neurological conditions)
- *Kāsa* (Cough)
- *Śūla* (Painful conditions)
- *Daurbalya* (General debility and weakness)

Adjuvants (Anupana)

Sarva Roga Kulanthaka Rasa may be administered with different *Anupānas* according to the disease condition and therapeutic requirement. The commonly mentioned adjuvants are *Daśamūla Kaṣāya*, cold water (*Śīta Jala*), and *Ārdraka Svarasa*.

1) Daśamūla Kaṣāya

- Possesses *Vāta-Kapha hara*, *Śothahara*, and *Vedanāsthāpana* properties.
- Enhances the efficacy of the formulation in *Vāta Roga*, *Mahāvāta*, and *Sannipāta* conditions.
- Helps in reducing inflammation, pain, stiffness, and neuromuscular manifestations.
- Acts as a suitable vehicle for deeper tissue penetration and systemic action.

2) Śīta Jala (Cold Water)

- Facilitates easy administration and absorption of the medicine.
- Helps alleviate excessive *Pitta* and burning sensations associated with febrile conditions.
- Useful in conditions where a mild and non-stimulating adjuvant is preferred.
- Maintains hydration and provides symptomatic relief in *Jvara*.

3) Ārdraka Svarasa (Fresh Ginger Juice)

- Possesses potent *Dīpana* and *Pācana* actions.
- Improves bioavailability and absorption of the formulation.
- Beneficial in *Agnimāndya*, *Śvāsa*, and disorders associated with *Āma*.

- Helps in relieving respiratory congestion, enhancing digestion, and stimulating metabolic activity.

Thus, the selection of *Anupāna* plays a significant role in directing the therapeutic action of *Sarva Roga Kulanthaka Rasa* towards specific disease conditions and improving its overall efficacy.

Adverse drug reactions

No specific adverse drug reactions have been documented for *Sarva Roga Kulanthaka Rasa* in classical Ayurvedic literature when used appropriately; however, vigilance is necessary due to the presence of potent herbo-mineral ingredients.

4. Discussion

Sarva Roga Kulanthaka Rasa is a classical formulation mentioned in *Sahasrayoga* for the management of *Rājayakṣmā*, *Vāta Roga*, *Śvāsa*, *Jvara*, *Agnimāndya*, *Sannipāta*, and *Mahāvāta*. The formulation contains *Shuddha Vatsanabha*, *Pippali Churna*, *Shuddha Hingula*, and *Jambheera Rasa*, which collectively exhibit *Dīpana*, *Pācana*, *Vāta-Kapha hara*, and *Rasāyana* properties.

Pippali improves digestion, metabolism, and respiratory function, while *Shuddha Vatsanabha* helps alleviate *Vāta*-dominant disorders [6,7]. *Shuddha Hingula* acts as a catalyst, enhancing the efficacy of the formulation. *Jambheera Rasa* serves as a processing medium and contributes to better absorption and bioavailability [2,8].

Scientific studies on the individual ingredients have reported anti-inflammatory, antioxidant, immunomodulatory, and bioenhancing activities [4,5], supporting the classical indications of the formulation. The use of suitable adjuvants such as *Daśamūla Kaṣāya*, *Ārdraka Svarasa*, and *Śīta Jala* further enhances its therapeutic effectiveness in different disease conditions. [3,11].

Thus, *Sarva Roga Kulanthaka Rasa* appears to be a promising Ayurvedic formulation with potential benefits in respiratory, neurological, digestive, and systemic disorders. Further clinical and experimental studies are needed to establish its efficacy and safety.

5. Conclusion

Sarva Roga Kulanthaka Rasa is a unique herbo-mineral formulation described in *Sahasrayoga* and indicated in conditions such as *Rājayakṣmā*, *Vāta Roga*, *Śvāsa*, *Jvara*, *Agnimāndya*, *Sannipāta*, and *Mahāvāta*. The formulation possesses *Dīpana*, *Pācana*, *Vāta-Kapha hara*, and *Rasāyana* properties, which contribute to its broad therapeutic applicability. Scientific studies on its individual ingredients support many of its traditional uses through their anti-inflammatory, antioxidant, immunomodulatory, and bioenhancing activities [1,4,5,12-15]. The present review highlights the therapeutic potential of *Sarva Roga Kulanthaka Rasa* and emphasizes the need for further experimental and clinical studies to validate its efficacy and safety on scientific grounds.

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