A Review of Rasakalpas in the Management of Prameha

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Abstract: Prameha is described as a disease in Ayurveda having the main clinical feature of excessive micturition. The intake of food increasing the Kaphadosha and a sedentary lifestyle form a major contributing factor to it. Madhumeha is an advanced form of Prameha, wherein the person suffering is said to pass honey-like urine just as seen in Diabetes mellitus. Having similar clinical course, the two diseases have been compared by many scholars. The use of Herbo-Mineral compounds, incinerated ash of various elements and also medications containing heavy metals in the management of Prameha has many benefits over the use of plain herbal compounds - ease of drug dosaging, palatability and potency of the medication being few. These medications are collectively known as Rasakalpas. A number of Rasakalpas useful in Madhumeha and Prameha have been mentioned in the texts. While some of these are regularly being used by Ayurvedic Practitioners, a major portion remains untouched. This review focuses on these medications which remain largely out of clinical practice and may have much unexplored potential in treating the condition.

Keywords: Diabetes mellitus, Herbo-Mineral compounds, Madhumeha, Prameha, Rasakalpa

1. Introduction

Health has become not only a major concern in today’s life but also a thing that has become scarce among the population. Improper life style and poor eating habits have led to a rise in myriad health issues. Prameha, is one such life-style disease which has its roots firmly established in the wave of urbanization taking over the developing and under-developed countries. Prameha, the word originates from the Sanskrit term “Mih-sechane” meaning ‘to flow’ and the prefix ‘pra’ means excessive. The word hence denotes the key characteristic of the disease “Prabhuta Avila Mutrata” (excessive micturition with turbidity)¹. Madhumeha, which can be grossly translated as ‘honey like urine’ (Prayo Madhuriva Mehati)², is a more grave form of Prameha. In this condition, Ayurvedic classic texts have described the person suffering to pass honey-like urine attracting ants towards it, implicating the presence of glucose in urine. Diabetes mellitus happens to be one such metabolic disorder that also shares the same characteristic, hence the two diseases namely Madhumeha and diabetes mellitus have been held in comparison by many scholars.

Diabetes is one of the oldest disease known to humans and has had a staggering growth in the number of victims of this disease every year. By the year 2016 an estimated 422 million people have been known to suffer from diabetes, 90 % of which is Type 2 Diabetes. Its prevalence among the adult population as of 2016 is 8.5%, double the prevalence in 1980-4.7%. This upsurge in the affected population can be attributed to the habits of a ‘town-life’. The poor nourishment along with the changing lifestyle has created maximum havoc in developing countries of Asia and Africa. India is said to be home to the most number of diabetes patients. This alarming situation calls for the proper management and mitigation of the disease.

Rasakalpas in Ayurveda are described as the kalpas or formulations containing Rasa i.e. parad (mercury) as one of the ingredient. Most of the times kalpas containing yogiks of parad or different types of parad like hingool or rasa sindoor are also called rasakalpas. Rasakalpas are useful in small dosage and have quicker action. In Rasakalpas Parada gets processed with other drugs like bhasmas, herbal drugs etc. The Bhasmas are nano particle sized medicine which gets absorbed quickly and helps in quick actions for eradication of diseases.

The rising concern for diabetes creates a need for the proper management of this illness, and to establish the ayurvedic formulations which will give quick and long lasting effect.

Materials and Method: All available literature regarding Rasakalpas which are mainly described under Prameha Rogadhikar were reviewed. All classic texts of Rasashatra were reviewed for this article.

2. Review of Literature

Rasashastra deals with the importance of bhasmas (metallic preparations in Calx form) in treating different diseases. These Rasakalpas (metallic preparations) due to their small dose, quick effectiveness, tasteless ness and long shelf life occupy superior position in Ayurvedic medicines. While browsing Rasashastra classical texts we find so many formulations indicated for Prameha treatment. After reviewing all the rasashastra texts, we find most of the formulations contain Naga, Vanga, Yashada, Swarna Makshika and Abhrak bhasma as common ingredients. In this article the Rasa kalpas (formulations) which are mentioned under Prameha Rogadhikar (mainly indicated under Prameha treatment) in classical Rasashastra texts are compiled and mentioned under their relative texts. Also the bhasmas used in the preparation of each formulation are listed. While enlisting all these Rasakalpas, we came to
Distribution of the Raskalpas in the various classical texts with their mineral contents:

**Rasaratna Samucchay**

- Pramehagajasinha rasa -Parad, Abhrak, Suwarana, Naag, Vanga
- Mahavidya vati - Parad, Kant Loha, Naag, Abhrak, Shilajit, Suwarana Makshik, Mandoor, Raupyamakshik, Tuttha, Vaikrant, Kasisa
- Mehadrwanta vivaswan rasa- Parad, Gandhak, Abhrak, Tamra
- Umashambhu rasa- Parad, Abhrak, Tuttha
- Rasendranag rasa-Parad, Naag (Same as in rasa chandanshu)
- Mehashatru rasa-Kant loka, Abhrak, Mandoor
- Kasisabaddh rasa-Kasisa, Naag, Nilanjan, Gaarik, Abhrak, Kant Loha, Suwaranmakshik, Shilajit
- Bhimaparakram rasa-Parad, Gandhak, Naag, Kant Loha, Abhrak, Rajavarta, Shilajit
- Sanjivan rasa- Parad, naag, rajavarta bhasma, vanga
- Mehamardan rasa- Naga, Abhrak, Kant Loha, Shilajit
- Ramabana rasa- Parad, Vanga, Naag, Rajat, Suwarana, Suwaranmakshik, Rajavarta, Vaikrant, Gandhak (Same as in rasa chandanshu)
- Rajamruganka rasa-Parad, Suwarana, Rajat, Kant Loha, Tamra, Naga, Vanga
- Mehahara rasa- Parad, Gandhak, Rajavarta, Abhrak, Kant Loha
- Udayabhaskara rasa-Parad, Gandhak, Tankan, Abhrak, Loha, Shilajatu, Vanga
- Himanshu rasa-Parad, tankan (Same as in rasa chandanshu)
- Vasantakusumakar rasa- Parad, Suwarana, Abhrak, Loha, Vanga, Praval, Mukta
- Sarvamehantak rasa-Parad, Shilajit, Mandoor, Suwaranmakshik, Rajat, Kant Loha, Abhrak, Shilajit
- Mehari rasa-Parad, Gandhak, abhrak, loha (Different from Mehari rasa mentioned in Rasa Chandanshu and Yoga Ratnakara)
- Mehabaddha Rasa-Parad, Kant Loha, Munda Loha, Shilajit, Suwaranmakshik, Manashila (Same As Meha Vajra Rasa Of Bhaishajya Ratnavali)
- Harishankara Rasa-Parad, Abhrak (Same As In Rasa Chandanshu, RasendraSara Sangraha, Yoga Ratnakar, Rasendra Chintamani, Bhaishajya Ratnavali , Rasa Kam Dhenu)
- Vangeshwara Rasa-Parad, Vanga
- Tamra Bhasma Yoga-Parad, Tamra
- Vanga Bhasma Prayoga- Vanga Bhasma With Madhu
- Haridra Vanga Prayoga-Vanga Bhasma With Haridra Churna
- Vanga Bhasma Prayoga-Vanga Bhasma With Amalaki, Arjuntwak Churna
- Meha Kuthara Rasa-Parad, Naga

**Rasendra Sara Sangraha**

- Indravati -Parad, Vanga (same mentioned in Rasendra Chintamani with sugar,also mentioned in Rasa Kam Dhenu and Bhaishajya Ratnavali)
- Vangavalehya -Vanga, Gandhak (Same mentioned in Rasa Chintamani and Rasa Kam Dhenu, Bhaishajya Ratnavali)
- Prameha Setu Rasa-Parad, Abhrak (Same as Harishankar Rasa only Bhavana of Vata Ksheer is mentioned in it,same as Prameha Setu Rasa 2 of Rasendra Chintamani, same as Prameha Ketu Rasa of Rasa Chandanshu,same as in Bhaishajya Ratnavali)
- Vidangadyaloah -Loha (Same mentioned in Rasendra Chintamani, Rasa Chandanshu, Bhaishajya Ratnavali )
- Bruhad Harishankar Rasa-Parad, Gandhak, Loha, Suwarana, Vanga, Makshik (Same is mentioned in Rasendra Chintamani as Harishankara Rasa-2.5,Same as in Rasa Chandanshu and Bhaishajya Ratnavali)
- Vidyavagisha rasa-Parad, Abhrak, Naga, Suwarana (same as in Rasendra Chintamani, Rasa Chandashu)
- Methudhugara rasa-Loha , Rasanjana(Same as in Rasendra Chintamani, Rasa Chandashu)
- Chandraprabha vatika-Parad, Abhrak, Loha, Naga, Vanga(Same as in Rasendra Chintamani)
Rasa Chandanshu7
- Pramehea setu rasa - 1 -Parad, Vanga, Gandhak (Same as Methaseturas of Rasa Chandanshu and Mahasetu Rasa of Rasa Kam Dhenu)
- Vangeshwara rasa -2 -Parad, vanga, samudra lava latina (Same as Vangeshwara Rasa as Rasa Kam Dhenu)
- Meahara rasa-Parad, Gandhak, Tamra, Suwarna, Rajat
- Rujadalan vati-Parad, Gandhak, Vatsanabhab

Rasa Kam Dhenu8
- Vedvidya vati-Parad, Abhrak, Kant Loha, Naga, Rajavarta, Shilajatu, Suwarnamakshik, Mundoor, Vaikrant, Tuttha, Kasisa
- Panchanana rasa-Parad, Gandhak
- Panah mehahadda rasa-Parad, Tamra, Munda Loha, Shilajit, Suwarnamakshik, Manashila (Same as Mehahadda Rasa as Rasa Rata Samucchaya -- the only difference is that here Tamra is used instead of Kant Loha)
- Gandhak prayoga (Suramehe)-Gandhak with guda/yajanti/yaya
- Gandhak gutili-Gandhak with nibma rasa
- Nagendra dutika (Sikata Mehe)- Naga, Loha
- Prameha Gaja Sinha Rasa-Parad, Abhrak, Ashta Loha i.e Suwarna, Rajat, Tamra, Vanga, Naga, Kant Loha, Munda Loha, Tikshna Loha and Takan (Same as Mehahwird Sinha Rasa In Rasa Ratnakar)
- Hansa bhairav rasa-Parad, vanga, hingul
- Aanand bhaivari vati-Parad, Vanga (Same as Aanand Bhairav Rasa as Rasa Chandangara Sra Sangrath, the only difference is absence of Suwarna in Vatika)
- Vanga prayoga-Vanga, Haratall
- Vidya Vagishwara Rasa-Parad, Vanga, Abhrak (Same as Vidya Vagisha Rasa as Rasa Chandangara Sra Sangrath, the only difference is absence of Suwarna In this part)
- Chandra Prabhavati Guti-Parad, Kasisa
- Meha Kulantak Rasa-Parad, Vanga, Abhrak
- Tarakeshwara rasa-Parad, Vanga, Vanga (Same as in Rasa Chandanshu, only Loha is not included)
- Vata Pramehesu Rasa-Parad, Abhrak, Gandhak
- Meha Kulantak Vati-Parad, Vanga, Abhrak
- Vidya Vangeshwara Rasa (Lalamehe)-Rasasindoor, vanga, abhrak (Same as in Bhaishajy Ratnavali)
- Veda Vidya Vati (Madhumehe)-Parad, Vanga
- Rasadi vatika-Parad, Gandhak
- Prameha Hararasa-Parad, Gandhak, Tamra, Tankan
- Prameha sindhu tarak rasa-Parad, Gandhak, Haratal, Somal, Vanga, Rasak, Naga, Abhrak
- Meghanada rasa-Parad, Kant Loha, Gandhak, Suwarnamakshik, Shilajit (Same as Meghanada Rasa of Rasa Chandangara Sra Sangrath, only the bhavana dravyas differ)
- Lokanath Pottali rasa- Parada, Gandhak, kapardi, Tankan
- Sarvanga Sundar Rasa-Parad, Manashila, Naga, Tuttha, Gandhak, Somal
- Chandrakala vati-Parad, vanga, Manashila
- Nagendra Rasa-Parad, Naga, Gandhak

Bhaishajya Ratnavali9
- Shilajit prayogha-Shilajit with Shalasaradi Gana10
- Suwarna makshik prayoga-Suwarna makshik with Shalasaradi Gana10
- Panchanana rasa-Parad, Gandhak, Loha, Abhrak, Vanga (Different from Panchanana Rasa (2) mentioned in B.B.R.)
- Chandrakala Gudika-Parad, Abhrak, Vanga, Loha, Shilajit (Slightly different from Chandrakala Vati Mentioned In Rasa Kam Dhenu)
• Shukra matruka vati-Parad, Abhrak, Gandhak, Loha
• Prameha Kulantako Rasa-Parad, Gandhak, Vanga, Abhrak, Shilajit, Rasanjani (Different from Meha Kulantako Rasa mentioned in Rasa Kam Dhenu)
• Veda Vidiya Vati-Parad, Abhrak, Kant Loha, Naga, Shilajit, Swarana Makshik, Mandoor, Vaikrant, Kasisa (Different from Veda Vidiya Vati of Rasa Kam Dhenu)
• Vangashtak Rasa-Parad, Gandhak, Loha, Rajat, Kharpar, Abhrak, Tamra, Vanga
• Chandra prabha vati-Swarana Makshik, Loha, Shilajit (Different from Chandra Prabha Vati of Rasendra Sara Sangraha and Rasendra Chintamani)
• Vasant Tilak Rasa-Loha, Vanga, Swarana makshik, Swarana, Abhrak, Praval, Rajat, Mukta
• Mehatantoo Rasa-Parad, Gandhak, Loha, Rajat, Vanga, Abhrak, Swarana
• Bruhat kam chudamani Rasa-Mukta, Swarana Makshik, Swarana, Loha, Rajat, Vanga
• Vangeshwara Bruhat (Dwitiya)-Parad, Gandhak, Loha, Abhrak, Swarana, Vanga, Mukta, Swarana Makshik
• Swarna vangam-Parad, Vanga, Gandhak, Navsadar
• Sarveshwaro rasa-Swarana, Rajat, Mukta, Shilajit, Loha, Abhrak, Swarana Makshik
• Apoorva Malini Vasant Rasa-Rasasindoor, Vaikrant, Abhrak, Tamra, Swarana makshik, Rajat, Vanga, Praval, Loha, Tankan, Shankha
• Prameha Chintamani Rasa-Parad, Abhrak, Vanga, Swarana, Loha, Mukta, Praval, Swarana Makshik
• Anandbhairavo Rasa-Parad, Vanga, Swarana
• Udayabhaskaro Rasa-Parad, Gandhak, Tankan, Abhrak, Loha, Gaikir, Vanga, Kharpar
• Umashambhu Rasa-Parad, Abhrak, Tuttha
• Kandarpa Rasa-Parad, Gandhak, Praval, Gaikir, Vaikrant, Rajat, Shankh, Mukta
• Kamalavilas Rasa-Parad, Loha, Abhrak, Gandhak, Swarana, Hira
• Kamdhenu Rasa-Parad, Gandhak, Abhrak, Naga, Kharpar, Swarana Makshik, Rajat
• Gaganayasa Rasayanam-Abhrak, Kant Loha
• Guduchyadi Modak-Parad, Gandhak, Vanga, Loha, Shankh
• Chandraprabha Rasa-Shilajit, Swarana, Pital, Rajat, Abhrak, Swarana Makshik
• Chandrodaya Rasa-Parad, Gandhak, Abhrak, Vanga, Shilajit
• Tarakeshwaro Rasa (3)-Parad, Gandhak, Abhrak
• Traiokya Mohano Rasa-Parad, Gandhak, Vanga, Shilajit, Mukta
• Naga Bhagyadi-Naga, Mrugshrunga
• Naga Bhasma Yoga (2)-Naga Bhasma With Haridra, Amalaki, Madhu
• Nitya Rogeshwara Rasa-Parad, Abhrak, Vanga
• Pancha Loha Rasayanam-Abhrak, Kant Loha, Naga, Vanga
• Panchanan Rasa (2)-Parad, Gandhak, Vatsanabah
• Pramadanando Rasa-Hingul, Kapardik, Tankan, Vatsanab
• Bahumuntrantako Rasa-Shilajit, Vanga, Vidrum, Shukti
• Mahakshmanda Paka-Abhrak, Tamra, Loha
• Mrugmala Rasa-Naga, Mrugshruna
• Mrutyunjaya Rasa (3)-Swarana, Rajat, Hira
• Meghanada Rasa (2)-Parad, Kant Loha, Abhrak, Shilajit, Swarana Makshik, Manahshila
• Meha Bhairavo Rasa-Parad, Gandhak, Loha, Abhrak, Vatsanabha
• Mehankusha Rasa-Parad, Gandhak, Vanga
• Rajavartaavaleha-Rajavarta, Vaikrant, Tamra, Abhrak, Tikshna Loha, Shilajit, Mandoor
• Lokanatha Rasa-Parad, Gandhak, Kapardik, Swarana
• Lohadi Choornam-Loha
• Vangeshwara Rasa (1)-Parad, Gandhak, Haratal, Vanga
• Vangeshwara Rasa (2)-Parad, Gandhak, Vanga
• Shilajit Yoga-Shilajit
• Shilajit Yoga (13)-Shilajit
• Shilajitu Loha-Shilajit
• Shwadanshradi Loha-Loha
• Haragauri Srushti Rasa-Parad, Gandhak, Tamra, Manahshila
• Hema Vajra Rasa-Parad, Kanta Loha, Shilajit, Swarana Makshik

3. Discussion

Among all the above formulations prescribed for Prameha the presence of Vanga (Tin) and Naag (Lead) is seen in many –77 formulations contain Vanga and 34 of the above formulations contain Naga. In totality 161 Rasakalpas are reviewed here for their proposed efficacy in treating Prameha. Also in Rasagranthas Vanga has been professed to cure all types of Prameha like a sole lion can defeat a herd of elephants11. The properties of Vanga as mentioned in texts like Mehaghnah, Medoghna, Chakshushya, Rasayana and Vrishya makes it good choice of drug in Prameha. Researches have proved its activity as an anti-diabetic and hypoglycaemic12. The Naag also bears specific Pramehagha properties13.

In Rasa Ratna Samuchchaya Rajavarta has been used in many Prameha kalpas, rasayana properties of Rajavarta is mentioned in Ayurvedic literature. In Yoga Ratnakara single rasa bhasma prayoga with some herbal drug is mentioned separately for naga, vanga, gandhak, swararnamakshik and shilajit. Most of the above formulations contain Naga (Lead) and Vanga (Tin) with Parad(Mercury) .Naga and Vanga both are mentioned under puti loha(a different form of metal) and having sarva Prameha-hara i.e useful in all types of Prameha properties, according to Ayurveda Prakash. Also clinical and animal studies conducted in the past have shown their antidiabetic property.

The formulation with same name Mehari rasa has three different formulations in Yoga Ratnakar, Rasa Ranta Samuchchaya and Rasa Chandanshu. There are total 9 different formulations of same name as Vangeshwara-rasa. Maha vangeshwara rasa is mentioned in Yoga Ratnakara, Vasant kusumakara rasa which is commonly used by Ayurvedic practitioners also has two different formulations mentioned in Rasa Ratna Samuchchaya and Yoga Ratnakara.
4. Conclusion

It can be thus concluded that Naag and Vangaalong with Kajjali or Parada have potential in treating Diabetes. Many of the above formulations are out of use or rarely used. These Rasakalpas must be tested for their toxicity and efficacy for further application of the same in treatment of Prameha or Diabetes.

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