

# 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 unearthed 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)<sup>1</sup>. Madhumeha, which can be grossly translated as 'honey like urine' (Prayo Madhuriva Mehati)<sup>2</sup>, 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 alongwith 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 Rasashastra 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.<sup>12</sup> 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

know that the major portion remains untouched, remains largely out of clinical practice.

Distribution of the Raskalpas in the various classical texts with their mineral contents:

### Rasaratna Samucchay<sup>3</sup>

- Pramehagajasinha rasa -Parad, Abhrak, Suwarna, Naag, Vanga
- Mahavidya vati - Parad, Kant Loha, Naag, Abhrak, Shilajit, Suwarna Makshik, Mandoor, Raupyamakshik, Tuttha, Vaikrant, Kasisa
- Mehadhwanta vivaswan rasa- Parad, Gandhak, Abhrak, Tamra
- Umashambhu rasa- Parad, Abhrak, Tuttha
- Rasendranaag rasa-Parad, Naag (Same as in rasa chandanshu)
- Mehashatru rasa-Kant loha, Abhrak, Mandoor
- Kasisabaddha rasa-Kasisa, Naag, Nilanjan, Gairik, Abhrak, Kant Loha, Suwarnamakshik, 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, Naga, Rajat, Suwarna, Suwarnamakshik, Rajavarta, Vaikrant, Gandhak (Same as in rasa chandanshu)
- Rajamruganka rasa-Parad, Suwarna, 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, Suwarna, Abhrak, Loha, Vanga, Praval, Mukta
- Sarvamehantak rasa-Parad, Shilajit, Mandoor, Suwarnamakshik, 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, Suwarnamakshik, 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

### Yogaratanakara<sup>4</sup>

- Mehantako Rasa- Abhrak, Kant Loha, Loha, Naga, Vanga

- Mehari Rasa-Parad, Vanga(Same As Mehakalanalo Rasa Of Bhaishajya Ratnavali)
- Vanga Bhasma Prayoga-Vanga Bhasma With Shilajit
- Vanga Bhasma Prayoga- Vanga Bhasma With Shalmali Twak Rasa, Haridra Churna, Madhu
- Vanga Bhasma Prayoga- Vanga Bhasma With Guduchi Satva, Madhu
- Naag Bhasma Prayoga- NagaBhasma With Guduchi Satva, Madhu
- Vanga Bhasma Prayoga- Vanga Bhasma With Gokshur Churna
- Abhrak Yoga-Nishchandra Abhrak Bhasma With Triphala Churna, Haridra Churna, Madhu
- Naag Bhasma Yoga-NagaBhasma With Haridra Churna, Aamalaki Churna, Madhu
- Gandhak Yoga-Gandhak With Guda (Anupana – Dugdha)
- Shilajit Yoga-Shuddha Shilajit With Dugdha And Sharkara (Same as in Rasa Kam Dhenu)
- Suwarnamakshik Bhasma Yoga-Suwarnamakshik with Madhu or with Guduchi Satva
- Vasantakusumakar Rasa-Parad, Suwarna, Rajat, Abhrak, Kant Loha, Naga, Vanga, Praval, Mukta (Same As Mentioned In Bhaishajya Ratnavali)
- Jalajamruta Rasa-Naga, Vanga, Shilajit
- Vangeshwara Rasa-Parad, Vanga, Gandhak(Same as Vangeshwara Rasa Dwitiya of Rasa Chandanshu)
- Maha Vangeshwara Rasa-Vanga, Kant Loha, Abhrak(Same as Vangeshwara Rasa of Bhaishajya Ratnavali)
- Chandra Prabha Guti-Loha, Shilajit(Same as Chandra Prabha Gudika of Bhaishajya Ratnavali)

### Rasendra Sara Sangraha<sup>5</sup>

- 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)
- Vidangadyaloha -Loha (Same mentioned in Rasendra Chintamani, Rasa Chandanshu, Bhaishajya Ratnavali )
- Bruhad Harishankar Rasa-Parad, Gandhak, Loha, Suwarna, Vanga, Makshik (Same is mentioned in Rasendra Chintamani as Harishankara Rasa-2,Same as in Rasa Chandanshu and Bhaishajya Ratnavali)
- Aanandbhairav rasa-Parad, Suwarna, Vanga (same as mentioned in Rasendra Chintamani, Rasa Chandanshu, Bhaishajya Ratnavali)
- Vidyavagisha rasa-Parad, Abhrak, Naga, Suwarna (same as in Rasendra Chintamani, Rasa Chandanshu)
- Mehamudgara rasa-Loha, Rasanjana(Same as in Rasendra Chintamani, Rasa Chandanshu)
- Meghanaad Rasa-Parad, Kant Loha, Abhrak, Shilajit, Makshik, Manashila(Same as in Bhaishajya Ratnavali)
- Chandraprabha vatika-Parad, Abhrak, Loha, Naga, Vanga(Same as in Rasendra Chintamani)

- Vangeshwara rasa-Parad, Vanga (Same as in Rasendra Chintamani, Rasa Chandanshu, Bhaishajya Ratnavali)
- Bruhad Vangeshwara Rasa-Parad, Vanga, Gandhak, Rajat, Abhrak, Suwarna, Mukta(Same as in Rasendra Chintamani, Rasa Chandanshu, same As Vangeshwara Rasa Bruhat of Bhaishajya Ratnavali)
- Mehakeshari rasa-Parad, Vanga, Suwarna, Kant Loha, Mukta(same as in Rasa Chandanshu, Rasendra Chintamani, Bhaishajya Ratnavali)
- Vangadi yoga-Vanga, Abhrak, Shilajit/ Naga, Abhrak, Shilajit/ Vanga, Shilajit/ Naag, Shilajit
- Kasturi modak-Kasturi (Same as in Rasendra Chintamani)
- Meha vajra rasa-Parad, Kant Loha, Makshik, Shilajit, Manashila(Same as in Rasendra Chintamani, same as Prameha Baddha Rasa of Rasa Ratna Samucchaya)
- Yogeshwara rasa-Parad, Gandhak, Loha, Naga, Tamra, Vanga, Abhrak, Kapardika(Same as in Rasendra Chintamani and Bhaishajya Ratnavali)

#### Rasendra Chintamani<sup>6</sup>

- Prameha Setu Rasa - 1 -Parad, Vanga, Gandhak(Same as Mehaseturasa of Rasa Chandanshu and Mahasetu Rasa Of Rasa Kam Dhenu)
- Vangeshwara Rasa -2 -Parad, Vanga, Samudra Lavana(Same as Vangeshwara Rasa in Rasa Kam Dhenu)
- Mehahara Rasa-Parad, Gandhak, Tamra, Suwarna, Rajat
- Rujadalan Vati-Parad, Gandhak, Vatsanabh

#### Rasa Chandanshu<sup>7</sup>

- Prameha setu rasa - 1 -Parad, Vanga, Gandhak(Same as Mehaseturasa of Rasa Chandanshu and Mahasetu Rasa of Rasa Kam Dhenu)
- Vangeshwara rasa -2 -Parad, vanga, samudra lavana(Same as Vangeshwara Rasa in Rasa Kam Dhenu)
- Mehahara rasa-Parad, Gandhak, Tamra, Suwarna, Rajat
- Rujadalan vati-Parad, Gandhak, Vatsanabh
- Vaat mehantak rasa-Parad, Vanga (Same as in Rasa Prakash Sudhakara)
- Pramehankusha rasa-Parad, Vanga, Gandhak, Abhrak(Same as in rasa Prakash Sudhakara)
- Mehari rasa-Parad, Gandhak, Tankan, Naga, Rasak(Same as in rasa Prakash Sudhakara)
- Meha kunjara kesari rasa-Parad, Gandhak, Loha, Abhrak, Naga, Vanga, Suwarna, Hirak, mukta(Same as in Yoga Ratnakara And Rasa Chandanshu)
- Maskamruganka rasa (Suwarnaraja Vangeshwara Rasa)-Parad, Gandhak, Vanga, Navasagar
- Rupa rasa vatika-Parad, Rajat
- Kandarpa rasa-Parad, Gandhak, Praval, Suwarna, Vaikrant, Rajat, Shankha, Mukta
- Trivanga bhasma yoga-Naga, Vanga, Yashad
- Bahumutrantak rasa-Rasasindoor, Loha, Vanga
- Hemanatha rasa-Parad, Gandhak, Suwarna, Suwarnamakshik, Loha, Rajat, Praval, Vanga
- Somanatha rasa-Parad, Gandhak, Loha, Tankan, Rasanjana
- Tarakeshwara rasa-Parad, Vanga, Loha, Abhrak
- Vangeshwara rasa (tritiya)-Vanga, Tamra, Lavana

- Kamala Vilasa Rasa-Parad, Gandhak, Loha, Abhrak, Suwarna, Hirak,

#### Rasa Kama Dhenu<sup>8</sup>

- Vedvidya vati-Parad, Abhrak, Kant Loha, Naga, Rajavarta, Shilajatu, Suwarnamakshik, Mandoor, Vaikrant, Tuttha, Kasisa
- Panchanana rasa-Parad, Gandhak
- Punah mehabaddha rasa-Parad, Tamra, Munda Loha, Shilajit, Suwarnamakshik, Manashila (Same as Mehabaddha Rasa of Rasa Ratna Samucchaya – the only difference is that here Tamra is used instead of Kant Loha)
- Gandhak prayoga (Suramehe)-Gandhak with guda/ jayanti/ jaya
- Gandhak guti-Gandhak with nimb rasa
- Nagendra gutika (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 Tankan(Same as Mehadwirad Sinha Rasa In Rasa Ratnakar)
- Hansa bhairav rasa-Parad, vanga, hingul
- Aanand bhairavi vatika-Parad, Vanga(Same as Aanand Bhairav Rasa of Rasendra Sara Sangraha , the only difference is absence of Suwarna in Vatika)
- Vanga prayoga-Vanga, Haratal
- Vidya Vagishwara Rasa-Parad, Vanga, Abhrak(Same as Vidya Vagisha Rasa of Rasendra Sara Sangraha, the only difference is absence of Suwarna In this part)
- Chandra Prabhavati Gutika-Parad, Kasisa
- Meha Kulantak Rasa-Parad, Vanga, Abhrak
- Tarakeshwara rasa-Parad, Abhrak, Vanga(Same as in Rasa Chandanshu, only Loha is not included)
- Vata Prameheshu Rasa-Parad, Abhrak, Gandhak
- Meha Kulantak Vati-Parad, Vanga, Abhrak
- Vidya Vangeshwara Rasa (Lalamehe)-Rasasindoor, vanga, abhrak(Same as in Bhaishajya Ratnavali)
- Veda Vidya Vati (Madhumehe)-Parad, Vanga
- Rasadi vatika-Parad,Gandhak
- Prameha Hara Rasa-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 Rasendra Sara Sangraha, only the bhavana dravyas differ)
- Lokanath Pottali rasa- Parada, Gandhak, kapardika, Tankan
- Sarvanga Sundar Rasa-Parad, Manashila, Naga, Tuttha, Gandhak, Somal
- Chandrakala vati- Parad, vanga, Manashila
- Nagendra Rasa-Parad, Naga, Gandhak

#### Bhaishajya Ratnavali<sup>9</sup>

- Shilajit prayoga-Shilajit with Shalasaradi Gana<sup>10</sup>
- Suwarna makshik prayoga-Suwarna makshik with Shalasaradi Gana<sup>10</sup>
- 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, Rasanjan (Different from Meha Kulantako Rasa mentioned in Rasa Kam Dhenu)
- Veda Vidya Vati-Parad, Abhrak, Kant Loha, Naga, Shilajit, Suwarna Makshik, Mandoor, Vaikrant, Kasisa (Different from Veda Vidya Vati of Rasa Kam Dhenu)
- Vangashtak Rasa-Parad, Gandhak, Loha, Rajat, Kharpar, Abhrak, Tamra, Vanga
- Chandra prabha vati-Suwarna Makshik, Loha, Shilajit (Different from Chandra Prabha Vati of Rasendra Sara Sangraha and Rasendra Chintamani)
- Vasant Tilak Rasa-Loha, Vanga, Suwarnamakshik, Suwarna, Abhrak, Praval, Rajat, Mukta
- Mehantako Rasa-Parad, Gandhak, Loha, Rajat, Vanga, Abhrak, Suwarna
- Bruhat kam chudamani Rasa-Mukta, Suwarna Makshik, Suwarna, Vanga, Rajat
- Vangeshwaro Bruhat (Dwitiya)-Parad, Gandhak, Loha, Abhrak, Suwarna, Vanga, Mukta, Suwarna Makshik
- Swarna vangam-Parad, Vanga, Gandhak, Navsadar
- Sarveshwaro rasa-Suwarna, Rajat, Mukta, Shilajit, Loha, Abhrak, Suwarna Makshik
- Apoorva Malini Vasant Rasa-Rasasindoor, Vaikrant, Abhrak, Tamra, Suwarnamakshik, Rajat, Vanga, Praval, Loha, Tankan, Shankha
- Prameha Chintamani Rasa-Parad, Abhrak, Vanga, Suwarna, Loha, Mukta, Praval, Suwarna Makshik
- Anandbhairavo Rasa-Parad, Vanga, Suwarna
- Udayabhaskaro Rasa-Parad, Gandhak, Tankan, Abhrak, Loha, Gairik, Vanga, Kharpar
- Umashambhu Rasa-Parad, Abhrak, Tuttha
- Kandarpa Rasa-Parad, Gandhak, Praval, Gairik, Vaikrant, Rajat, Shankh, Mukta
- Kamalavilas Rasa-Parad, Loha, Abhrak, Gandhak, Suwarna, Hira
- Kamdhenu Rasa-Parad, Gandhak, Abhrak, Naga, Kharpar, Suwarna Makshik, Rajat
- Gaganayasa Rasayanam-Abhrak, Kant Loha
- Guduchyadi Modak-Parad, Gandhak, Vanga, Loha, Shankh
- Chandraprabha Rasa-Shilajit, Suwarna, Pital, Rajat, Abhrak, Suwarna Makshik
- Chandrodaya Rasa-Parad, Gandhak, Abhrak, Vanga, Shilajit
- Tarakeshwaro Rasa (3)-Parad, Gandhak, Abhrak
- Trailokya Mohano Rasa-Parad, Gandhak, Vanga, Shilajit, Mukta
- Naga Bhaktyadi-Naga, Mrugshrunga
- Naga Bhasma Yoga (2)-Naga Bhasma With Haridra, Amalaki, Madhu
- Nitya Rogeshwaro Rasa-Parad, Abhrak, Vanga
- Pancha Loha Rasayanam-Abhrak, Kant Loha, Naga, Vanga
- Panchanano Rasa (2)-Parad, Gandhak, Vatsanabh
- Pramadanando Rasa-Hingul, Kapardik, Tankan, Vatsanabh
- Bahumutrantako Rasa-Shilajit, Vanga, Vidrum, Shukti
- Mahakushmanda Paka-Abhrak, Tamra, Loha
- Mrugmala Rasa-Naga, Mrugashruna
- Mrutyunjaya Rasa (3)-Suwarna, Rajat, Hira
- Meghanada Rasa (2)-Parad, Kant Loha, Abhrak, Shilajit, Suwarna Makshik, Manashila
- 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, Suwarna
- 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, Manashila
- Hema Vajra Rasa-Parad, Kanta Loha, Shilajit, Suwarna 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 elephants<sup>11</sup>. The properties of Vanga as mentioned in texts like Mehaghna, Medoghna, Chakshushya, Rasayana and Vrishya makes it good choice of drug in Prameha. Researches have proved its activity as an anti-diabetic and hypoglycaemic<sup>12</sup>. The Naag also bears specific Pramehaghna properties<sup>13</sup>.

In Rasa Ratna Samuchchaya Rajavarta has been used in many Prameha kalpas. Pramehaghna, 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, suwarnamakshik 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 Vangaalongwith 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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