

## ‘Samirpannag Rasa’ in ‘Tamakshwas Vegavastha’ A Literary View

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### Abstract-

Ayurved is a science of life and based on the theory of tridosha i.e., Vat, pitta, kapha. So the disease explained as disturbance in the equilibrium of these and a person is said to be healthy or ‘swastha’ when they are in perfect balance. When the equilibrium of these factors is disturbed is called vyadhi/ disease.

Madhavnidankar has explained the disease as separate. It is also seen as a symptom of other vyadhi/ disease. Considering severe intensity and high occurrence, it requires due attention.

For this purpose, Samirpannag Rasa explained in Raschandanshu is selected. It is a combination of Parada, Gandhaka, Somala, Manshila, Hartal in equal quantity with Nagveli swarasa.

**Keywords-** Samirpannag Rasa, Tamakshwas Vegavastha.

**Aim** - A Literary view of Samirpannag Rasa in Tamakshwas Vegavastha.

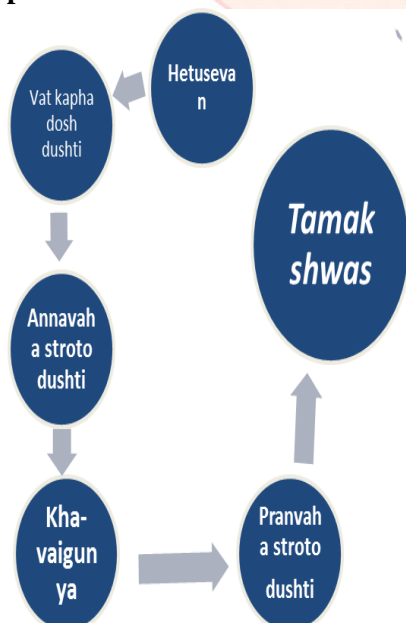
### Objectives –

1. The pharmacological study of Samirpannag Rasa.
2. Effect of Samirpannag Rasa on Tamakshwas Vegavastha.

**Tamakshwas Review** - Tamakshwas references from different samhitas.....

1. Charaksamhita chikitsasthan- 17
2. Sushrutsamhita uttersthan- 51
3. Madhavnidan- 4
4. Vagbhat niadan-4
5. Raschandanshu

### Samprapti-



### Methods and materials -

**Drug review** – Samirpannag Rasa is a combination of parad, gandhak, somal, manshila & hartal in equal quantity and in pure form. This reference is in raschandanshu and ayurvedic test.

#### 1. Parad (Mercury, Quick Silver)

Rasa- shadras

Virya- sheet

Vipak- madhur

Guna- snigdha, balya, yogvahi, rasayan, tridosher

It is a blood tonic and increases blood count. It acts on mucous membranes of lungs.

#### 2. Gandhak (Brimstone, Sulphur)

Rasa- katu, tikta

Virya- ushna

Vipak- katu

Guna- snigdha, ushna, deepan, rasayan, yogvahi. It is stimulant to secreting organs like bronchial mucous membranes hence remove dryness or rukshata.

#### 3. Somal (Arsenic Oxide - As<sub>2</sub>O<sub>3</sub>)

Rasa- madhur

Virya- ushna

Guna- snigdha, balya, tridoshar, deepan, rasayana.

#### 4. Manshila (Red Orpiment - As<sub>2</sub>S<sub>2</sub>)

Rasa- katu, tikta

Virya- ushna

Vipak- katu

Guna- snigdha, ushna, deepan, rasayana, It acts on manovaha strotasa and relieves anxiety in shwas.

**5. Hartal (Yellow orpiment - As<sub>2</sub>S<sub>3</sub>)**

Rasa- katu, kashay  
Virya- ushna  
Vipak- katu

Guna - snigdha, kaphavataghna , deepan hence acts in agnimandya.

**6. Nagveli Rasa (Piper Betle)**

Rasa- katu, tikta  
Virya- ushna  
Vipak- katu

Guna- shleshmaghna, vatghna, deepan, pachan  
It is anti allergic.

It is a kupipakva rasayana. It is sukshmastrotogami. It is useful in diseases caused by vat and kapha. All contents are katurasa vipaki, ushna virya, tikshna, snigdha. Hence, acts on tridosha.

**Discussion –**

- As Samirpanng Rasa is ‘kupipakva Rasayana’, ‘sindhurkalpa’ or ‘Vatpannag Rasa’, it acts on the diseases caused by vatdosha. It is useful in kaphavatajvikara also.
- The drugs including most of the ingredients are katurasa-vipaki, ushna-virya, tikshna, snigdha. All of them act on tridosha.
- The main ingredient is ‘Parada’ which is shadrasayukta, tikshna & snigha. It increases blood count, so oxygenation also increases.
- ‘Gandhaka’ is another most important component which is katu, tikta, ushna, snigdha, yogavahi. It acts on lungs.
- The mixture of both i.e. ‘kajjali’, is yogavahi, vikasi, vyavai. It acts on the system by increasing the properties of other ingredients.
- ‘Manshila’ acts as ‘lekhana’ without causing any harm like vatprakopa being snigdha, guru, ushna, rasayana.
- ‘Hartal’ is kaphavataghna, katurasa, snigdha.
- ‘Somal’ is ushna, tikshna, tridoshara.
- All the components are ushna, tikshna, dipana, pachana, kaphavataghna, balya, sukshma strotogami, yogvahi, uttejaka, rasayana. Hence the drug is useful in the diseases caused by kaphaprakopa, vatprakopa or kaphavatprakopa. Being

katurasa- vipaki, it increases agnibala, decreases vrudha (increased) and dushit (vitiated) dosha & mala. It decreases constriction i.e. it widens the strotasa (system).

- With anupan of Nagveli swarasa, it acts as vatakapaghna, it is very useful in shwasvyadhi.
- It acts on ura, pranavaha & annavaha, strotasa, vatvahinya, amashaya and dhatus like rasa, rakta, mansa. In this way, it relieves symptoms of shwasvyadhi.
- So Samirpannag Rasa is useful in vatakapahaj Tamakswas along with anupan of Nagveli Rasa.

**Conclusion -**

It is revealed that Samirpannag Rasa is found to be effective in Tamakshwas Vegavastha. However, further study is necessary.

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