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A Laghusutshekhar rasa: Kharaliya preparation with its efficacy in Amlapitta vyadhi

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Abstract--Laghusutshekhar rasa is an Ayurvedic formulation which is used very widely and commonly in day today clinical practices effectively. The reference is found in Rasatantrasara-siddhayoga sangraha a formulary book of Rasashashtra (Vedic chemistry). It is one of the *kharaliya rasayana* which is prepared by niragni method. It contains ingredients like Shuddha Gairika (Red ochre) , Shunthi churna (Zingiber officinale) and bhavana of Nagavalli patra swarasa (Piper betle) which is used in *Pittaja Vyadhis* like *shirashool*, *Pittaj unmad*, *Nidranasha*, *Bhrama*, *daha*, *amlapitta* etc. In this article its use in *Amlapitta* will be critically reviewed with its Panchabhautika approach towards this disease.

Keywords--Laghusutshekhar rasa, Kharaliya rasayana, Amlapitta.

Introduction

Laghusutshekhar rasa is a most commonly and widely used kharaliya rasayana kalpana in Rasashastra (Vedic chemistry) where the formulation is prepared by using a *khalwa yantra*. It is an ayurvedic formulation used by vaidyas in various *Pittaj vyadhis* .It is prepared by *bhavana sanskara* method which will potentiate the therapeutic value and increase the efficacy of the formulation .The reference of Laghusutshekhar rasa is found in Rasatantrasara-siddhayoga sangraha a formulary book of Rasashashtra (Vedic chemistry).It has better effect in both types of Amlapitta ie. *Urdhwaga amlapitta* as well as *adhoga amlapitta* were amla

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1446

and drava guna is increased due to its guna karma (Properties) it will pacify the vikruta guna of Pitta dosha. In this article the use of laghusutshekhar rasa in Amlapitta will be focused and the avastha in which it is used along with its Panchabhautika approach towards the disease will be critically reviewed.

Method and Material

Type of Formulation- Niragni Kharaliya rasayana
Ingredients

1. Shodhita Gairika- 2 parts
2. Shunthi Churna- 1 part
3. Bhavana dravya- Nagavalli patra swarasa

Method of Preparation

सुवर्णगैरिकं शुद्धं द्वौ भगौ विश्वभेषजम् |
भागैकं मेलयित्वा तत्सुखल्वे भावयेत्सुधीः |
नागवल्या रसेनैवं जायेत शेखरो लघुः |
गुञ्जाद्वयमित दद्यात् पित्तदोषप्रशान्तये |7

Requirements- Khalwa yantra, spoon, air tight container/ glass bottle, plate.
Procedure:

1. The shodhita fine powder of Gairika is taken into khalwa yantra.
2. To this fine powder of shunthi churna is added.
3. The swarasa (fresh juice) of nagavalli patra is extracted and added to the above mixture.
4. The above mixture is triturated for 3 days to form a smooth homogenous mixture ie. till the attainments of *subhavit lakshanas*.
5. Once the pill rolling consistency is achieved it is then rolled into a pill form of 2 ratti size.
6. This is then dried under shade and stored into air tight container for further therapeutic use.

Therapeutic uses- Shirashool, Ardhavabhedaka, suryavarta, nidranasha, amlapitta, daha, urdhvaga raktapitta, pittaj unmada, bhrama etc.

Matra- 2 Ratti (250 mg)

Anupana- Dugdha, sharkara, roga vishishtha anupana.

Dosha- Action on pitta dosha

Dushya- Rasa, Rakta

Sthana- Amashaya, Pakwashaya, shira.

Strotas- Rasavahastrotasa, Raktavahastrotas

Discussion

Laghusutshekhar rasa is been used in various Pitta diseases. It has great results in Amlapitta ie. In both avastha udhwaga amlapitta as well adhoga amlapitta

where the amla and drava guna is increased. The apa mahabhuta and agni mahabhuta is increased in this avasthas.

Gairika² (Red ochre) having madhur, kashaya rasa, sheet virya with prithvi and vayu mahabhuta dominancy which will do shoshana, shuddhi and shamana of drava, tikshna ushna guna of pitta dosha.

Shunthi churna⁸ ((Zingiber officinale) has parthiva mahabhuta dominancy, grahi guna and madhura vipaka due to which it will neutralize amla guna and do shoshana of drava guna of pitta, it will also have action on mandagni due to sama pitta due to its dipana and pachana guna.

Nagavalli patra⁹ (Piper betle) have katu, tikta, kashaya rasa, due to kshariya guna it will react with amla guna to form madhuratva¹⁰. Its ashru guna will lead to fast action. It will do kleda vishodhana and it will do agnivardhana therefore used in sama pitta condition. It has good effect in mukhadourgandhya which is seen in amlapitta pateints.

Conclusion

Laghusutshekhar rasa a widely used formulation can be used effectively in both the avastha of amlapitta due to its guna karma when used in proper dose and anupana will have best effect in amlapitta. Which is again an cost effective formulation.

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