

## ENGLISH TRANSLATION

### Chapter : 8

**8.1-2** Now, I am going to describe the method of preparing various (about hundred) 'Rasayogas' which are used to cure various diseases immediately, and which have been collected while churning the ocean of *Rasa* texts. In this text about hundred (104) 'Rasayogas' are described (1-2).

#### **8.3-4 Jvarāṅkuśa Rasa - 1**

Ingredients are: *Hariṇa śṛṅga*-one part, *jalajaṃbuka rasa* quarter spoon (q.s.), *trikaṭu cūrṇa* 1/8<sup>th</sup> part to *śṛṅga*.

**Method of Preparation:** Prepare a powder of *hariṇa śṛṅga*, put it in an earthen pot and add the juice of *jalajaṃbuka* and seal the mouth of the pot. Now apply heat to the pot for two *yāmas* (6 hours). On self cooling take it out and add *trikaṭu cūrṇa* 1/8<sup>th</sup> part to *śṛṅga cūrṇa*. It is known as *Jvarāṅkuśa rasa-I*.

**Method of Use:** It may be used internally in one *niṣka* (1/4<sup>th</sup> part of a *karṣa*) dose in the morning with *Nāgaballī dala*.

**Indications:** It is indicated to destroy *Vātika jvara*. (3-4)

#### **8.5-6 Jvarāṅkuśa Rasa - 2**

**Ingredients:** *Śuddha pārada* 4 parts, *śuddha gandhaka* 8 parts, *śuddha viṣa* 12 parts, *kārabī (kṛṣṇa jīraka)* 16 parts, *pippalī* 20 parts and *dantī bīja (jaipāla śuddha)* 24 parts. *Nimbu drava* obtained from 10 *niṃbu phalas* or q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, then add the powders of other drugs and apply one *bhāvanā* with *niṃbu rasa* (lemon juice) and prepare its pills of half *rattī* (60 mg.) sizes.

**Indications:** On internal use it destroys various types of fevers, produces *recana* (purgation) and also cures fevers like an *aṅkuśa* (heap) for an elephant. As per

the Jīvarāma Kālīdāsa it is specially indicated in *vātajvara*. It acts by inducing purgation which removes the *doṣas* and thus, fever is cured. (5-6)

### 8.7 *Malla Jvarāṅkuśa Rasa* - 3

For this *somala* (arsenic) alone purified by subjecting it to *svedana* with *cūrnodaka* in *Dolāyantra* is used in one *rattī* (125 mg.) dose 3 hours before the onset of fever cures all *jvaras* (fevers) associated with cold feeling (severing or with rigors). That means it is specially indicated in *viṣama jvaras* (malarial fevers).

### 8.8-11 *Jvarāri Rasa* - 4

**Ingredients:** Take *śuddha pārada*, *śuddha rasaka*, *śuddha gandhaka*, *śuddha tālaka*, *śuddha ṭaṅkaṇa* all in equal parts, *kāravallī rasa* q.s., *tāmra bhājana* one with lid in the *Bālukā yantra*.

**Method of Preparation:** Mix all the powders with already prepared *pārada gandhaka kajjali* and apply *bhāvanā* (triturate these) with *kāraballīphala* juice for one day. Apply this paste inside the copper vessel in half *aṅgula* thickness, close and seal the mouth of copper vessel, keep it in the *Bālukāyantra* and apply heat to it till the paddy grains kept on the surface of sand of *Bālukā yantra* start frying (breaks due to sufficient heat of sand). Then stop heating and take it out from *Bālukā yantra* and collect it from the pot. It is a very beautiful *Jvarāri rasa*.

**Method of Use:** It should be used internally in one *māṣaka* (one gm.) dose mixed with equal part of *kṛṣṇa marica cūrna* in a piece of *nāgaballī dala*.

**Indications:** It is indicated in all types of fevers specially in *viṣamajvara* (malarial fever). It can cure *viṣamodbhave jvaras* certainly like an *andhakāra* (darkness) by the sunrise. (8-11)

### 8.12-15 *Taruṇa Jvarāri Rasa* - 5

**Ingredients:** Take *haritāla*, *pārada*, *gandhaka*, *tuttha*, *tāmra bhasma* and *manaḥśilā* in equal parts (3 *māṣas*), *triphalā kvātha* q.s., *arka dugdha*, *snuhī*

*dugdha* q.s., *danti kvātha*, *marica cūrṇa* 1 *śāṇa guda* ½ *niṣka*, *tulasī patras* 20.

**Method of Preparation:** First prepare a *kajjali* of *śuddha pārada* and *śuddha gandhaka* then add *śuddha haritāla*, *śuddha manaḥśilā*, *tāmra bhasma* and *tutha bhasma*. Apply *bhāvanā* of *triphalā kvātha* and triturate well, prepare its bolus, close it in a *saṃpuṭa* and apply *laghu puṭa* heat. On self cooling take out the bolus and grind to powder. Then give one *bhāvanā* of *arka dugdha* and *snuhī dugdha* and seven *bhāvanās* of *danti kvātha* and prepare its pills of two *ratti* size. It is known as *Taruṇa Jvarāri rasa*.

**Method of Use:** It should be used in one *māṣaka* dose mixed with three *māṣakas* of *marica cūrṇa* and half *niṣka guda* and twenty leaves of *tulasī* in two divided doses morning and evening.

**Indications:** It is indicated in fevers with rigors or severing or burning in *dvyāhika* (fever coming on alternate days) and in all types of *jvaras* (fevers). This *taruṇa jvarāri* can cure all types of fevers by pacifying all the *doṣas* and ultimately gives pleasure to the user. (12-15)

#### 8.16-18 *Jvaraghñī Vaṭī* - 6

**Ingredients:** *Śuddha pārada*, *śuddha vatsanābha*, *pippalī*, *harī takī*, *ākallaka* (*ākāraṅkarabha*) and *gandhaka* purified in *sarṣapa taila*, all in equal parts, *indrayava phala* four parts (times) and *indrayava kvātha* q.s.

**Method of Preparation:** First prepare a *kajjali* of *śuddha pārada* and *śuddha gandhaka*. Then add other powders and apply *bhāvanā* of *indravāruṇiphala rasa* and triturate for one day and prepare pills of one *māṣaka* size.

**Method of Use:** It should be used in one *māṣaka* dose in morning and evening followed by *guḍūcī kvātha* as its *anupāna*. It should be given immediately after the onset of fever.

**Indications:** *Doṣodbhava jvara* and *sannipātodbhava jvara* of severe types (high temp.) may come down quickly. (16-18)

**8.19-20 Jvara Kṛntana Rasa - 7**

**Ingredients:** Śuddha sūta, śuddha gandhaka, śuddha vatsanābha one śāṇa (3 māṣas) each, śuddha dhattūra bīja 3 śāṇas (9 gms.), svarṇa kṣīrī mūla cūrṇa double to all drugs (36 gms.), ārdraṅka rasa q.s. as anupāna.

**Method of Preparation:** Make fine powder of all the drugs and mix these properly. It is known as Jvarakṛntana rasa.

**Method of Use:** It should be used in 2 guñjā dose with water and use ārdraṅka rasa as anupāna.

**Indications:** Sarvadoṣoṭtha jvara. It may remove the fevers immediately. (19-20)

**8.21 Jvarāri Rasa - 8**

**Ingredients:** Śuddha pārada, śuddha gandhaka, śuddha hiṅgula and dantī bīja (jaipāla śuddha) increasing one by one part each i.e. (pārada 1 part, gandhaka 2 parts, hiṅgula 3 parts and jaipāla 4 parts). Dantī mūla kvātha q.s. for one bhāvanā.

**Method of Preparation:** All should be purified first, then prepare their fine powder and apply bhāvanā of dantī mūla kvātha once and triturate well. It is known as Jvarāri rasa.

**Method of Use:** It may be used in one guñjā dose daily to cure the jvaras.

**Indications:** Tībra jvara (high fevers) in general. (21)

**8.22 Sūrya Rasa - 9**

**Ingredients:** Śuddha vatsanābha one part, śuddha ṭaṅkaṇa 2 parts, śuddha dantī bīja (jaipāla) 3 parts and śuddha hiṅgula four parts.

**Method of Preparation:** Purify all the above drugs first and then prepare their fine powder and mix all well. It is known as Sūrya rasa.

**Method of Use:** It may be used internally in 2 rattī dose with honey and uṣṇodaka as anupāna.

**Indications:** It immediately cures fevers. (22)

**8.23-27 Pratijñāvācaka - 10**

**Ingredients:** Śuddha pārada one part, śuddha tālaka two parts, śuddha manahṣilā four parts, tāmra bhasma two parts, śuddha bhallātaka four parts, arkakṣīra q.s.

**Method of Preparation:** Take all the durgs purified in prescribed quantity and apply three bhāvanās with arka kṣīra, then make their fine powder and prepare a bolus with water, keep it inside a sthālī, close it and seal it with bhasma and saindhava paste to prevent their smoke to go out. Now apply svedana on slow fire for nine hours. On cooling again take out the material and grind it with water and prepare its bolus again and apply svedana as above again. On self cooling prepare its powder. It is known as Pratijñāvācaka rasa.

**Method of Use:** It should be used in one balla (2-3 rattī) dose mixed with sarkarā cūrṇa one śāṇa (3 gms.) or mixed with pippalī cūrṇa and honey.

**Indications:** Śarvadoṣothhita jvara (doṣaja and sannipātaja jvara). These are ten jvarahara yogas which may be used in different type of fevers and in different stages of fevers to bring down the temp. immediately or slowly as desired.

**Atisārahara Yogas:** Now I shall describe the rasa preparations which may cure atisāra (diarrhoea and dysenteries). If these are used daily these may show their effects immediately. (23-27)

**8.28-30 Śaṅkhodara Rasa - 11**

**Ingredients:** Śuddha pārada, śuddha gandhaka, citraka mūla kaṣāya, dhattūrapatra rasa q.s., śaṅkha intact one, bhāṇḍa one, ghṛtakumārī rasa q.s.

**Method of Preparation:** Take śuddha pārada and śuddha gandhaka in equal amount and prepare their kajjali. It is then applied bhāvanā of citramūla kvātha and dhattūra patra rasa for one day. Dry it and powder it. Fill it in a śaṅkha and put it (śaṅkha) in a bhāṇḍa, close it and seal it carefully. This bhāṇḍa should be heated from down for eight yāma (24 hours) and allow it for

self cooling. Next day take out the *śaṅkha* with material and mix one *karṣa* of *śuddha vatsanābha cūrṇa* and triturate it with *ghṛtakumārī rasa* and dry it in sun rays (apply 3 *sūrya puṭas*), repeat the *ghṛtakumārī bhāvanā* for three times. Lastly powder it. It is known as *Śaṅkhodara rasa*.

**Method of Use:** It should be used in one balla dose (2-3 *rattī*) mixed with *jī raka* powder, *bhaṅgā* powder and honey all taken in equal amount.

**Indications:** *Saṅgrahaṇī*, *śvāsa*, *śūla*, *vāta* or *kaphaja kāsa*, *arśa roga*, *viḍgraha* (constipation) and *atisāra*. (28-30)

### 8.31 *Ānanda Bhairavī Guṭī* - 12

**Ingredients:** *Śuddha ṭaṅkaṇa*, *śuddha hiṅgula*, *śuddha-vatsanābha*, *marica cūrṇa* and *śuddha dhattūra bija cūrṇa* all in equal parts and *jaṃbīra rasa* q.s.

**Method of Preparation:** Take all the purified durgs in equal quantity. Prepare their powder and apply *bhāvanā* with *jaṃbīra rasa*. Triturate it for two *yāmas* (6 hours). Prepare its pills of one *rattī* size. It is known as *Ānanda bhairavī guṭī*.

**Method of Use:** One *guṭī* may be used twice or thrice as per need with hot water or *jī raka cūrṇa* and honey.

**Indications:** *Sannipātaja Atisāra*. (31)

### 8.32-33 *Atisāra Bhairavī Guṭī* - 13

**Ingredients:** *Jātīpatrī*, *lavaṅga*, *śuṅṭhī*, *kaṅkola*, *candana*, *kuṅkuma* (*keśara*), *pippalī*, *śuddha ākallaka* (*akarakarā*) all in equal parts, *śuta bhasma* one part and *śuddha abhiphena* one part.

**Method of Preparation:** Take all the drugs in equal parts and prepare their powders and mix all properly. All should be ground well in a mortar with water for one *yāma* (3 hours) and prepare its pills of one balla size.

**Method of Use:** It should be used in the night in one balla (2-3 *rattī*) dose with *taṅḍuloka* as *anupāna*.

**Indications:** *Sarva doṣaja Atisāra*. (32-33)

#### 8.34-35 *Kanaka Sundara Rasa* - 14

**Ingredients:** *Marica cūrṇa, śuddha ṭaṅkaṇa cūrṇa, śuddha hiṅgula cūrṇa, śuddha gandhaka cūrṇa, pippalī cūrṇa, śuddha vatsanābha cūrṇa, śuddha dhattūra bīja cūrṇa.*

**Method of Preparation:** First purify all the above drugs by the respective *śodhana* methods then change these to fine powder form and mix all well. It is known as *Kanaka Sundara rasa*.

**Method of Use:** It should be used in morning and evening in one balla (2-3 *rattī*) dose with water and in diet using *dadhi* and *takrabhakta bhojana*.

**Indications:** Fever, *rakta srāva, raktātisāra* and severe type of *agni-māndya* (indigestion). (34-35)

#### 8.36-39 *Karpura Sundarī Guṭikā* - 15

**Ingredients:** *Karpūra, jāṭīphala, jāṭīpatrikā, dhattūra bīja, sumudraśoṣa bīja, ākārakara, vyoṣa (trikaṭu), copacīnī, kuberākṣa bīja* all in equal parts *bhaṅgā* half to above drugs, *jīrṇa śuddha ahiphena* equal to *bhaṅgā* and *vatsanābha* half to *bhaṅgā, bhṛṅgarāja rasa* q.s.

**Method of Preparation:** First purify the drugs which are to be purified, then prepare a powder of all the drugs and mix with *ahiphena* and lastly apply the *bhāvanā* of *Bhṛṅgarāja rasa* and triturate well. Prepare its pills of *kolāsthimāna* (205 mg. size) and dry them in shade. It is known as *Karpura sundarī guṭikā*.

**Method of Use:** One pill may be used twice or thrice as per requirement with water.

**Indications:** *Śitavāta, grahaṇi roga, arśavikāra, prabala atisāra, mandāgni* and to stimulate *kāmavāsana*. It was also claimed useful in the persons who are habituated for opium and by using this *guṭikā* these may get rid of the opium habit. (36-39)

**8.40 Atisāranāśana Prayoga - 16**

**Ingredients:** *Rāla cūrṇa*, *mocarasa cūrṇa*, *śuddha ahiphena*, *vatsaka tvak cūrṇa*, *ativiṣa cūrṇa* and *śuṅṭhi cūrṇa*.

**Method of Preparation:** First purify *ahiphena*, then prepare the powder of all the drugs and mix these properly then prepare their *avaleha* by mixing honey in required quantity.

**Method of Use:** If it is not in *avaleha* form take one *balla* (2-3 *rattī*) of above powder, mix it with honey sufficient to make it in *leha* form and use it internally.

**Indications:** In all types of *atisāras* (dysenteries). (40)

**8.41 Atisārāṅkuśa Cūrṇa - 17**

It is the preparation of single drug only. In this *aṅkolamūla* bark is made to dry in shade and then powdered. It is known as *Atisārāṅkuśa cūrṇa*. It may be used in one *śāṇa* (3 gms) dose mixed with honey.

**Indications:** It is indicated to remove the *atisāra rujā* (pain and griping of dysentery). (41)

**8.42-43 Mala Pācanī Vaṭī - 18**

**Ingredients:** Highly purified *ahiphena* one part, *śuṅṭhī cūrṇa* one part and *rakta candana cūrṇa* one part, *jala*, q.s.

**Method of Preparation:** First purify the superior quality *ahiphena* then mix the powder of other two drugs and grind it well with water and prepare its pills of 1 *rattī* size and dry these. It is known as *Mala Pācanī vaṭī*.

**Method of Use:** Use 3 pills three times a day and use *taṅḍulodaka* as its *anupāna*.

**Indications:** All types of *atisāras*. It helps in *āmadoṣa* and *maladoṣa pācana*. It is specially indicated when undigested food materials passed through fecal matter. (42-43)

**8.44-47 Grahanī Kapāṭa Rasa - 19**

**Ingredients:** *Tāra bhasma*, *svaraṇa bhasma*, *mākṣika bhasma* and *loha bhasma* one part each, *śuddha gandhaka* 2 parts, *śuddha* and *mārīta sūta*



(*rasasindūra*) 3 parts, *hariṇa śriṅga*, q.s. *bhṛṅgarāja rasa*, q.s. for seven *bhāvanās*, *lodhra cūrṇa*, *mustā cūrṇa*, *madhava (dhātakī puṣpa) cūrṇa*, *guḍūcī cūrṇa*, *pathyā cūrṇa*, and *indrayava cūrṇa* in equal parts. *Suśrīta Kapitha rasa* q.s. for three *bhāvanās*.

**Method of Preparation:** Take all the *bhasmas* in a *khalva* and grind well for one day to mix all well, fill these inside the horn of deer (*hariṇa śriṅga*). It should then be wrapped with cloth smeared in mud and dry it. On drying apply ‘*Varāha puṭa*’ heat to it using forest dung cakes. Next day take it out and powder it and apply *bhāvanā* of *Bhṛṅgarāja rasa* for seven times, triturating it well. Then add the powders of *lodhra*, *mustā*, *dhātakī puṣpa*, *guḍūcī*, *pathyā* and *indrayava* taken in equal parts. Then apply three *bhāvanās* of *kapittha rasa* and allow it to dry. On drying sieve it with fine cloth. It is known as *Grahaṇī Kapāṭa rasa*.

**Method of Use:** It should be used in one *māṣaka* dose mixed with honey and two *māṣakas* of *pippalī cūrṇa*.

**Indications:** *San̄grahaṇī* and its complications. (44-47)

#### 8.48-53 *Vajrakapāṭa Rasa* - 20

**Ingredients:** *Śuddha gandhaka*, *śuddha pārada*, *śuddha viṣa*, *yavakṣāra*, *abhrakabhasma*, *śuddha ṭaṅkaṇa*, *vacā* and *agnimantha* all in equal parts, *jayantī rasa*, *jaṃbīra rasa* and *bhṛṅgarāja drava* q.s., *loha patra*, *sarāva*, *ativiṣā/prativiṣā* equal to mercury, *kapittha*, *bhṛṅgarāja* and *mocarasa drava* q.s., *indrabīja*, *dhātakī puṣpa* and *bilvapatra rasa* all the three taken in equal parts.

**Method of Preparation:** First prepare a *kajjali* of *śuddha pārada* and *gandhaka*, then add the powder of other drugs, apply *bhāvanā* of *jayantī rasa* *jaṃbīra rasa* and *bhṛṅgarāja rasa* mixed together and triturate it for three days or apply one *bhāvanā* with each drug and prepare its *golaka (bolus)*, dry it and put it in an iron pot, close it with *śarāva* and seal it. Apply slow heat to the iron pot for half *yāma* (1.5 hours) and allow it to cool, then take it out and add *ativiṣā cūrṇa* equal to mercury. Now give *bhāvanā* with *kapittha rasa*, *bhṛṅgī*

*rasa* and *mocaka drava* taken together in equal quantity. Apply seven *bhāvanās* and dry it in sunrays. Now take *indrayava*, *dhātakī puṣpa* and *bilvapatra* each in equal amount and prepare their *drava* or *kvātha* together, give one *bhāvanā* with it, triturate well dry it and powder it. It is known as *Vajrakapāṭa rasa*. It is one of the best *rasayoga*.

**Method of Use:** It should be used in one *śāṇa* (3 gms) dose mixed with honey. Then use *citraka*, *śuṅṭhī*, *viḍa lavaṇa* and *saindhava lavaṇa cūrṇa* mixed together with hot water or butter milk.

**Indications:** Severe type of *grahaṇī vikāra* and *vātajanya pīḍā* of *grahaṇī vikāra* and *vātajanya pīḍā* of *grahaṇī roga*. It is also highly effective in *kaphaja* and *pittaja pīḍā*, and considered best for *atisāra* also. These ten *yogas* are specific for *atisāra*, *pravāhikā* and *grahaṇī* group of diseases. (48-53)

#### 8.54-56 Pāṇḍu Kuṭhāra Rasa - 21

**Ingredients:** *Śuddha pārada śuddha gandhaka*, *abhraka bhasma* and *loha bhasma* all in equal parts, *śālmālī*, *musalī*, *guḍūcī*, *triphalā*, *ārdraka*, *ghṛtkumārī*, *citraka* and *indrayava* take all in equal parts.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, mix *loha bhasma* and *abhraka bhasma* with *kajjalī* and give seven *bhāvanās* of the decoction of the above mentioned *bhāvanā* drugs. In this way *amṛta* (nectar) like *Pāṇḍu Kuṭhāra rasa* is prepared.

**Method of Use:** It should be used in one *balla* (2-3 *rattī*) dose mixed with *ghṛta* and *mākṣika*. It may also be used with *yava* (barly grains) *kvātha* and *ciñcikā rasa* if the *Pāṇḍu* is associated with *śopha* (oedema).

**Indications:** *Pāṇḍu* and *plīhabṛddhi*, *saśophapāṇḍu*. (54-56)

#### 8.57-60 Pāṇḍu Nāśana Rasa - 22

**Ingredients:** *Svarṇa bhasma*, *raupya bhasma* one part each, *tāmra bhasma* 2 parts, *śuddha rasendra* equal to all (4 parts), *gandhaka* for *jāraṇa* 6 times

to mercury, *loha bhasma* equal to mercury, *niṃbu rasa* q.s. *cirabilva (karañja)* *kāṣṭha* (wood).

**Method of Preparation:** First prepare a *piṣṭi* of mercury with gold, silver and copper adding lemon juice, prepare its *golaka* (bolus) and dry it, now add equal part of sulphur with the bolus and tie in a cloth *poṭṭalī*, put the *poṭṭalī* in *mūṣā* which is kept under ground and apply heat with dung-cakes on the ground for 6-8 *yāmas* (18-24 hours), on cooling take out the *poṭṭalī*. Then again put equal sulphur and tie it in a *poṭṭalī* and apply heat as above. In this way burn six times sulphur with *golaka* using lemon juice for grinding. Lastly add four *tolas* (1 *pala*) *loha bhasma* with it and mix well with it then grind well with lemon juice. Close it in some iron vessel and apply three *puṭas* using *karañja* wood fire. This is known as *Pāṇḍu Nāśana rasa*.

**Method of Use:** It should be used in one *balla* dose mixed with honey and *pippalī cūrṇa*.

**Indications:** In all types of *pāṇḍu rogas*. (57-60)

### 8.61-63 Pāṇḍu Nāśana Rasa (II) - 23

**Ingredients:** *Sūkṣma tāmrapatras*, *pārada* & *gandhaka kajjali*, *sthālī* for *pācanārtha*, *śuddha nāga*, *śuddha gandhaka*, *citraka mūla*, *ārdraka rasa* q.s.

**Method of Preparations:** First prepare a *kajjali* of *pārada* and *gandhaka*, prepare a paste of *kajjali* with lemon juice, anoint it on fine leaves of copper, close these in a *sthālī* and heat for two *yāmas* (6 hours) to prepare *tāmra bhasma*. In the same way prepare *nāga* (lead) *bhasma* also with sulphur by *puṭa* heating. Mix both the *bhasmas* together and apply *bhāvanā* of *citraka mūla kvātha* and *ārdraka rasa*. Then on drying powder it. It is known as best quality *Pāṇḍu Nāśana rasa* which may be used as per requirement.

**Method of Use:** It should be used in one *rattī* dose morning and evening. And in diet use light food avoiding oil, acidic or sour materials, *lavaṇa* (salts) and *āmiśa* (non veg. diet).

**Indication:** Śopha, pāṇḍu and kapha vāta vikāra. (61-63)

#### 8.64-67 Pāṇḍu Sūdana Rasa - 24

**Ingredients & Method of Preparation:** Prepare a kajjalī of pārada and gandhaka, mix tīkṣṇa loha bhasma in it, grind well and sieve it. Fill it in kācakupī warped with a cloth smeared in sticky mud. Fix it in a Bālukā yantra and apply heat for 12 yāmas (36 hours). Then add śālmalī rasa, triphalā rasa and guḍūcī rasa one by one and apply mild heat for one day and allow it for self cooling. On cooling collect it and apply the bhāvanā of tryūṣaṇa kwātha and ārdra rasa one with each. Then dry it and powder it. It is known as Pāṇḍu Sūdana rasa.

**Indications:** It is specially indicated in suṣka pāṇḍu roga and in rogarāja (yakṣmā). These four rasayogas are ment for pāṇḍu roga. (64-67)

#### 8.68-73 Mṛgāṅka Poṭṭalī Rasa - 25

**Ingredients:** Sūkṣma suvarṇa patras (thin gold leaves) one part, śuddha pārada one part, jvālāmukhī rasa, lāṅgalī rasa q.s., ṭaṅkaṇa one part, gandhaka equal to all (4 parts), lavaṇa yantra, śarāva sampuṭa.

**Method of Preparation:** Make the bhūrjapatra like fine gold leaves, mix these with equal part of śuddha mercury and grind well in a mortar for 24 hours or till complete amalgamation. Now grind it with jvālāmukhī rasa, kāñcanāra rasa and lāṅgalī rasa to make the piṣṭi solid and then mix it with equal part (one part) of ṭaṅkaṇa and prepare its golaka (bolus). Now add śuddha gandhaka equal to all with it, grind well and prepare its golaka (bolus), wrap it with cloth, apply a paste of mud over it and dry it. It is then closed in śarāva sampuṭa and sealed with cloth and clay. This should then be kept inside the 'lavaṇa yantra' and applied heat by puṭa system using dung cakes. On self cooling, take it out and again repeat the process. Apply gajapuṭa fire this time and on self cooling collect it. It is known as Mṛgāṅka Poṭṭalī rasa.

**Method of Use:** It should be used mixed with the powder of three pipallī and eight marica, also mix all these with honey. Two rattī rasa may be mixed with above drugs and used in two divided doses.

**Indications:** Twenty nine types of diseases, *yakṣmā*, *ugra śoṣa roga*. It is claimed to give *sukha* (physical as well as mental pleasure), destroys all the *rogas* and it may be used by rich persons daily to acquire strength and pleasure. (68-73)

#### 8.74-82 Hemagarbha Poṭṭalī Rasa - 26

**Ingredients:** Śuddha svarṇa one karṣa, śuddha sūta 4 karṣa, śuddha gandhaka 25 śāṇa, kāñcanāra drava, bhūdhara yantra for pācana, śuddha gandhaka equal to all. Ardraka rasa, citrakamūla kvātha q.s., varāṭas of big size for filling the material, ṭankaṇa 1/8<sup>th</sup> part and vatsanāga (bha) half to ṭankaṇa, sehunḍa dugdha q.s., bhāṇḍa one, gajapuṭa heat.

**Method of Preparations:** First mix śuddha svarṇa patras with śuddha mercury, grind it well in a khalva till piṣṭi is made, then mix śuddha gandhaka with it and prepare their kajjalī, give bhāvanā of kāñcanāra drava and triturate well, prepare its golaka, close it in a mūṣā, seal it and dry it. Now put it in ‘bhūddara yantra’ and apply heat for three days. On self cooling it should be taken out and mixed with equal part of gandhaka again and grind with ardraka rasa and citraka mūla kvātha, on drying fill it in varāṭas and the mouth of these should be sealed with a paste prepared with ṭankaṇa, vatsanābha and sehunḍa dugdha. Then close these varāṭas in a pot pasted with lime and seal its mouth. Now apply gajapuṭa heat to it in a pit of gajapuṭa size. On self cooling take out the product. It is known as Hemagarbha Poṭṭalī rasa.

**Method of Use:** It should be used in one balla (2-3 rattī) dose. If the patient vomits then give guḍūcī rasa mixed with honey or simple cold water or honey. In kaphaja vikāra it should be used with guḍa and ardraka rasa. In excessive purging (atisāra & grahaṇī) it may be used mixed with bhṛṅgī cūrṇa and honey. During this thereapy diet should be given as mentioned in mṛgāṅka rasa and also avoid kṣāra and amla padārthas/drugs.

**Indications:** Kāsa associated with śvāsa grahaṇī, it is highly digestive, imparts nutrition, improves strength, destroys kārsya (weakness), it is called as vyādhi-vidhvansaka. It is known as Hemagrabha rasa or Hemagarbha Poṭṭalī rasa. (74-82)

**8.83-87 Hemagarbha Pottalī -II - 27**

**Ingredients:** Śuddha pārada 4 parts, śuddha svarṇa patras 1 part, śuddha agandhaka 12 parts, śuddha muktā 16 part, śuddha varāṭaka 1/6<sup>th</sup> part, śuddha śaṅkha 1 part, śuddha ṭaṅkaṇa 1 part, niṃbu rasa q.s., hasta pramāṇa garta, dung cakes for gajapuṭa.

**Method of Preparation:** First prepare a piṣṭi of mercury and gold, then add sulphur to it and prepare kajjalī in a khalva, add muktā phala, śuddha varāṭa, śuddha śaṅkha and śuddha ṭaṅkaṇa, mix these well by grinding and adding lemon juice also. Now prepare its golaka, close it in sampuṭa & seal it with lavaṇa and bhasma paste, it should be kept in a one hastamita garta (pit) and apply gajapuṭa fire to it and on self cooling take it out and powder it. It is known as Hemagarbha pottalī -II.

**Method of Use:** It should be used in half māṣaka (500 mg.) dose (divided) mixed with honey, ghee and 24 marica cūrṇa in silver, golden glass or china clay vessel. Store it also in the above mentioned vessels.

**Indications:** Kṣaya associated with śvāsa and kāsa, vāta janya atisāra, mandāgni and all other diseases. (83-87)

**8.88-91 Raja Mṛgāṅka Rasa - 28**

**Ingredients:** Rasa bhasma one pala, svarṇa bhasma one pala, vaṅga bhasma one pala, muktā bhasma two palas, śuddha ṭaṅkaṇa one karṣa, amlavetasa drava q.s., yava kāñjika q.s., mūṣā, varāhapuṭa, svarṇa or rajat pātra.

**Method of Preparations:** Mix all the bhasmas in a khalva in prescribed quantity, apply bhāvanā to it with amla vetasa kvātha, Then triturate it with yava-kāñjika for seven days. Then prepare its golaka, close it and subject it to varāhapuṭa heating. On self cooling take it out and powder it and store it either in gold or silver vessel and not in other vessels.

**Indications:** This Rājamṛgāṅka rasa is indicated to destroy rogarāja (yakṣmā). As regards diet and other precautions it should be the same as mentioned earlier.

These four gold preparations are specially useful for *rājayakṣmā* (*rogarāja*/tuberculosis). (88-91)

#### 8.92-96 *Lokanātha Poṭṭalī Rasa* - 29

**Ingredients:** *Bubhukṣita śuddha rasa* 2 parts, *śuddha gandhaka* 2 parts, *varāṭa* 8 parts, for filling the materials (*kajjali*), *ṭaṅkaṇa* one part pasted with *arka dugdha*, *śaṅkha khaṇḍa* 8 parts, *saṃpuṭa*, *gajapuṭa* heat.

**Method of Preparation:** First prepare a superior quality *kajjali* with *bubhukṣita pārada* and *gandhaka*. It should be filled in *varāṭas* then their mouth should be sealed with a paste prepared with *ṭaṅkaṇa* and *arka dugdha* and allow it to dry. These *varāṭas* should then be placed in a strong vessel (pot) and applied heat from down for four *yāmas* (12 hours). Now put eight *palas* of *śaṅkha* pieces in a *saṃpuṭa*, close its mouth and seal it properly. Put this *saṃpuṭa* in a pit of one *hasta* size prepared for it and apply heat using *gajapuṭa* heating system. On self cooling take it out and powder all *śaṅkhas* and *barāṭas* together. It is known as *Lokanātha Poṭṭalī rasa*.

**Method of Use:** It should be used in two *balla* (3-6 *rattī*) dose mixed with honey.

**Indications:** It destroys the severe *pīḍā* (pains/distress) specially of the abdomine and the chest due to the onset of 29 types of diseases. It is without any doubt. It is also good for liver disorders and digestive disorders. (92-96)

#### 8.97-99 *Sūcika Bharāṇa Rasa* - 30

**Ingredients:** *Śuddha viṣa* (*vatsanābha*) one *pala* and *śuddha pārada* one *śāṇa* (1/4<sup>th</sup> *karṣa*), *kāca cūrṇa* for pasting *śarāva*.

**Method of Preparation:** Mix *śuddha vatsanābha cūrṇa* with mercury and grind well. It should then be put in a *śarāva* (lid) pasted with *kāca* powder close it with another *śarāva* (lid), seal it properly and apply heat for 2 *yāmas* (6 hours), on self cooling open the *saṃpuṭa* slowly and collect the *dhūma* (smoke) adhered to the apparatus slowly and very carefully. It should be collected in a glass pot.



**Method of Use:** It may be used in *sannipāta* due to the *prakopa* of all the three *doṣas*. The author mentions here that due to the contact of blood and medicine the patient under coma may also get *jīvana* (aliveness) or consciousness quickly and because of this the men even bitten by cobra (snake) may also be saved or do not die. As in this method the medicine is immediately absorbed through the blood and reaches to the affected part and as such saves the patient's life. (97-99)

#### 8.100-101 *Pañca Vaktra Rasa* - 31

**Ingredients:** *Śuddha pārada*, *śuddha gandhaka* 2 *karṣa* (25 gms.) each, *manaḥśilā* 1/4<sup>th</sup> part to above (1 *karṣa*/about 12 gms). *vyoṣa (trikaṭu) cūrṇa*, *mākṣika bhasma* and *pippalī cūrṇa* 1 *karṣa* each, *matsya* and *mayūra pitta* q.s. for seven *bhāvanās*.

**Method of Preparation:** Prepare a *kajjali* of *pārada* and *gandhaka* first. Then add the powders of other drugs and the *bhasma* to *kajjali* and mix these well. Now apply seven *bhāvanās* of *matsya pitta* and *mayūra pitta* in sunrays and on drying use it. It is known as *Pañcavaktra rasa*.

**Method of Use:** It may be used in 2 *guñjā* dose with water.

**Indications:** *Sannipātaja mūrcchā*. (100-101)

#### 8.102-104 *Pañca Vaktra Rasa II* - 32

**Ingredients:** *Śuddha pārada*, *śuddha gandhaka*, *śuddha ṭaṅkaṇa*, *śuddha* black *vatsanābha* and *pippalī (laghu)* all in equal parts and *dhattūra drava* q.s.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then add other drug powders and apply *bhāvanā* with *dhattūra rasa* and grind it for one day. On drying powder it. It is also known as *Pañca Vaktra rasa*.

**Method of Use:** It may be used in I *balla* (2-3 *guñjā*) dose with *nāgara yukta arkamūla kvātha* as *anupāna*. Use *dadhi* (curd) and *odana* (boiled rice) as *pathya* (diet). If needed pour water on head, on observing *kaphaprakopa* during this therapy, it should be used with honey and *ārdraka rasa*.



**Indications:** *Tībra sannipāta*, it immediately stimulates *agni* (digestive fire) and cures *tridoṣaja jvara* quickly. (102-104)

#### 8.105 *Unmatta Rasa (Nasyayoga)* - 33

**Ingredients:** *Śuddha sūta*, *śuddha gandhaka* in equal parts, *dhattūra rasa* q.s. *tryūṣaṇa (trikaṭu) cūrṇa* equal to both.

**Method of Preparation:** First prepare a *kajjalī* of *sūta* and *gandhaka*, apply one *bhāvanā* of *dhattūra rasa* and triturate well. Now add *trikaṭu cūrṇa* equal to it, mix well. It is known as *Unmatta rasa*.

**Method of Use:** It should be used as *nasya* in *sannipātaja mūrccā*.

**Indications:** *Sannipātaja mūrccā*. (105)

#### 8.106-107 *Sannipātāñjana Rasa* - 34

**Ingredients:** *Nistuṣa dantībīja* 8 *niṣka* (2 *tolās*), *vatsanābha*, *pippalī mūla* and *pārada* 3 *niṣka* each, *pakva jāmbīra rasa* q.s. for seven *bhāvanās*.

**Method of Preparation:** First *dantībīja* should be made *nistuṣa* (free from external covering), prepare a powder of *vatsanābha* and *pippalī mūla*, mix *pārada* with the above drugs and triturate well till mercury reduces to fine globules. Apply *bhāvanā* of *pakva jāmbīra rasa* for seven days and grind well carefully. It is known as *Sannipātāñjana rasa*.

**Method of Use:** It should be used as *añjana* (collyrium) in eyes to cure *sannipātaja mūrccā* or *jvara*.

**Indications:** *Sannipātaja mūrccā*, *sannipātajvara*. (106-107)

#### 8.108-111 *Kanaka Sundara Rasa* - 35

**Ingredients:** *Svarṇa bhasma* 8 *māṣas* (8 gms), *śuddha pārada* 12 *niṣkas* (about 3 *tolās*), *śuddha gandhaka* 4 *śāṇas*, *abhraka bhasma* 4 *śāṇas*, *śuddha tāmra (tāmra bhasma)* 2 *śāṇas*, *tāpya (mākṣika) bhasma* 2 *śāṇas*, *vaṅga bhasma* 3 *śāṇas*, *loha bhasma* 8 *niṣka* (about 2 *tolās*). *Śuddha nāga (nāgabhasma)* 1 *tolā*, *lāṅgalī mūla* 1 *pala* (4 *tolas*), *niṃbu rasa* q.s.

**Method of Preparation:** Mix *pārada* and *gandhaka* first, prepare their *kajjali*, mix all other *bhasmas* with *kajjali* and also mix the powder of *lāṅgali mula* with it and apply *bhāvanā* with lemon juice and grind well for one day, on drying apply one ‘*kukkuṭa puṭa*’ to it. On self cooling powder the whole to fine powder. It is known as *Kanaka Sundara rasa*.

**Method of Use:** It should be used internally in one *balla* (2-3 *rattī*) dose with *ārdraka rasa* as *anupāna*.

**Indications:** Seven type of *sannipātas*, *sarpa daṣṭa*, *sthāvara* and *jaṅgama viṣa*, *kuṣṭha*, *agnimāndya* and *ajīrṇa*. (108-111)

#### 8.112-118 *Sannipāta Bhairava Rasa* - 36

**Ingredients:** *Śuddha pārada* one part, *śuddha gandhaka* 3 parts, *tāra bhasma*, *tāmra bhasma*, *vaṅga bhasma*, *abhraka bhasma* and *loha bhasma* one part each, *citraka mūla*, *javālāmukhī*, *vajra ballī*, *meghanādā (mustā)*, *sunthī*, *bilva garbha (majjā) kvātha* q.s. *vastra khaṇḍa*, *rakta pravāla bhasma* one *śāṅa*. *Sarpaviṣa* and *kālakūṭa viṣa* two *balla* (6 *rattī*) each, *musali*, *vetasa*, *pippalī*, *lavaṅga*, *jatāmāṃsī*, *hema ballī*, *nīlī*, *citraka patra*, *kuṣṭha*, *kauṭheraka (tulasī) rāsnā*, *yaṣṭīmadhu*, *devadālī*, *madhuka*, *gorakha muṇḍī*, *pippalī* and *tāla mūlī*, take all in equal parts and prepare their *kvātha* q.s. (for seven *bhāvanās*) and *syāma dhattūra patra rasa* q.s. for seven *bhāvanās*.

**Method of Use:** Prepare a *kajjali* of *pārada* and *gandhaka* first. Then add *tārabhasma*, *tāmra bhasma*, *vaṅga bhasma* and *abhraka bhasma*, triturate the mixture with *citraka mūla*, *javālāmukhī*, *vajraballī*, *mūsalī*, *śunṭhī* and *bilvamajjā kvātha* for one *yāma* with care, then prepare its *golaka* (bolus), wrap it with cloth piece, put it in a *bhāṇḍa* half filled with sand and apply *svedana* (heat) from down for one *yāma*. Then powder it and fill it in a *kācakupī* and apply heat through ‘*Bālukā yantra*’ for two *yāmas*. On self cooling take it out and powder it. Now add *rakta vidrum cūrṇa* to it in 1/4<sup>th</sup> part to every *karṣa* of the *rasa*. Also add *sarpaviṣa* and *kālakūṭa viṣa* in two

*balla* quantity each and then apply *bhāvanās* of *mustā*, *vetasa*, *pippalī*, *kauṭheraka* (*tulasī*), *rāsnā*, *yaṣṭīmadhu*, *devadālī*, *madhūka*, *gorakhamuṇḍī*, *pippalī* and *musalī* taken in equal parts and prepared in *kvātha* form for giving the *bhāvanā* in sun rays to the above drugs and may be repeated for seven times. Then also apply the seven *bhāvanās* of *śyāma dhattūra pañcāṅga rasa*. On drying powder it. This is known as *Sannipāta Bhairava rasa*.

**Method of Use:** It may be used internally in one *balla* (2-3 *rattī*) dose. And also be used as *añjana* or *nasya*.

**Indications:** *Doṣa duṣṭa sannipātajvara*, *sarvavidha unmāda*, severe *bhūta bādhā*. These seven *yogas* are for *sannipātaja mūrccā*. (112-118)

#### 8.119-121 *Pañcāmṛta Rasa* - 37

**Ingredients:** *Mṛta sūta* (*rasa sindūra*), *abhra bhasma*, *vaṅga bhasma*, *tāmra-bhasma*, *kānta loha bhasma* in equal quantity, *kanyā rasa*, q.s. for *mardana*.

**Method of Preparation:** Mix all the *bhasmas* well with finely powdered *rasa sindūra* and apply one *bhāvanā* of *ghṛt kumārī rasa*, triturate well and prepare its *vaṭī* of one *balla* size. It is known as *Pañcāmṛta rasa*.

**Method of Use:** Take one *vaṭī* and prepare its paste with water by rubbing/ grinding and on drying powder it finely and mix it with *pippalī cūrṇa* and honey and use it internally in one *balla* dose.

**Indications:** It is specially indicated in *śvāsa* and *kāsa* and cures them immediately just like disappearance of darkness by the sunrise. (119-121)

#### 8.122-124 *Vatanaśana Rasa* - 38

**Ingredients:** *Śuddha pārada*, *svaṛṇa bhasma*, *tāmra bhasma*, *vaikrānta bhasma*, *loha bhasma*, *tāpya bhasma*, *svaṛaṇa mākṣika bhasma*, *śuddha haritāla*, *śuddha gandhaka*, *śuddha samudra phenā* and *śuddha sauvīrāñjan* and *rasona* all in equal parts *vajrī kṣīra* (*snuhī kṣīra*) q.s. for one *bhāvanā*, *Bhūdhara yantra* for *pāka*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, mix other *bhasma* and powders, remove the outer covering of *rasona*, grind it well and mix with above mixture. Now add *snuhī kṣīra* to it and triturate well for one day. Prepare its bolus, close it in a *saṃpuṭa* and apply heat in ‘*Bhūdhara yantra*’. On self cooling take it out and powder the medicine. It is known as *Vātanāśana rasa*.

**Method of Use:** It may be used in one *māṣaka* (one gm.) dose with *ārdraka rasa*, *pippalī cūrṇa* and honey and use *pippalī mūla kaṣāya* as *anupāna*.

**Indications:** It is indicated in all types of *vāta vikāras* or *vātavyādhis*. This claim is very much true says *Śrī Bhairava*. (122-124)

#### 8.125-126 *Virekī Rasa* - 39

**Ingredients:** *Śuddha pārada*, *śudha ṭaṅkaṇa* and *śuddha gandhaka* each in one *pala* quantity, *pippalī*, *śuṅṭhī*, *granthika* (*pippalī mūla*) and *trikaṭuka* two *palas* each and *Niṣtuṣkṛta dantīphala* (*jaipāla*) equal to all.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, then mix *śudha ṭaṅkaṇa*, *pippalī*, *pippalī mūla* and *trikaṭu cūrṇa* with it and lastly add *jaipāla bīja cūrṇa* with the above mixture and mix all well. It is known as *Virekī rasa*.

**Method of Use:** It may be used internally in one *rattī* (125 mg.) dose mixed with *sitā cūrṇa*.

**Indications:** It is used for purgation (to induce loose motions). (125-126)

#### 8.127-128 *Icchābhedī Rasa* - 40

**Ingredients:** *Pippalī*, *śuṅṭhī*, *śuddha*, *ṭaṅkaṇa*, *śuddha hiṅgula* each in one *karṣa* (about 12 gms.) quantity. *Hemāhyā* (*svarnakṣīrī mūla*) 1 *pala*, *dantīphala* (*jaipāla bīja*) equal to all. *Go-dugdha* q.s. for one *bhāvanā*.

**Method of Preparation:** First grind *hiṅgula* well, mix other drugs with *hiṅgula* and triturate well with *go-dugdha* for one day. It is known as *Icchābhedī rasa*.

**Method of Use:** It may be used internally in one *balla* (2-3 *ratti*) dose mixed with *sitā* (sugar candy).

**Indications:** It is indicated for use as purgative. These two *rasayogas* are for purgative action (*jaipāla* compounds). (127-128)

#### 8.129-132 *Svayamagni Rasa* - 41

**Ingredients:** *Śuddha pārada* one part, *śuddha gandhaka* two parts, *śuddha ṭīkṣaṇa cūrṇa* equal to *kajjali*, *kumārī svarasa* q.s. for one *bhāvanā*, *eraṇḍa patras*, q.s. *dhānyarāsi*, *vyosa cūrṇa*, *cāturjāta cūrṇa*, *varā cūrṇa*, *lavaṅga cūrṇa*, *jātiphala cūrṇa*, *elā cūrṇa* all in equal parts.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, mix it with equal part of *ṭīkṣaṇa loha cūrṇa* and triturate with *kumārī svarasa* (*bhāvanā*) for one day. It should then be covered with *eraṇḍa* leaves or wrapped in *eraṇḍa* leaves and kept in sun rays for half *yāma* and then in *dhānya rāsi* for seven days. Then grind it well with force and sieve it with a cloth. The *cūrṇa* so obtained becomes *vāritara*. Now mix it with the powders of *vyoṣa* to *elā* taken in equal quantity. It is known as *Svayamagni rasa*.

**Method of Use:** It may be used in one *niṣka* (1/4<sup>th</sup> *tolā*) dose mixed with honey twice daily.

**Indications:** It is indicated to destroy *kṣaya*, *jvara* and *kāsa*. It is without any doubt. (129-132)

#### 8.133-134 *Agnidīpana Rasa* - 42

**Ingredients:** *Pārada* (*śuddha*) and *gandhaka* (*śuddha*), *vatsa-nābha* (*śuddha*) and *lavaṅga cūrṇa* all in equal parts, *marica cūrṇa* 2 parts, *jāti phala* ½ part, *tintiḍī phala rasa* q.s.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then add the powders of other drugs in prescribed amount and apply *bhāvanā* (trituration) with *tintiḍī phala rasa* and grind well for one day. It is known as *Agnidīpana rasa*.

**Method of Use:** It is used in one *māsaka* (about 1 gm.) dose with *ārdraka rasa*.

**Indications:** It is used to stimulate digestive fire quickly. (133-134)

#### 8.135-136 *Bahni Sūta Rasa* - 43

**Ingredients:** *Śaṅkha bhasma* 2 *palas*, *varāṭa bhasma* 2 *palas*, *gandhaka* 2 *palas*, *śuddha pārada* half to *gandhaka* (one *pala*), *pipallī cūrṇa* one *pala*, *śuddha vatsanābha* three *palas*, *niṃbu rasa* q.s.

**Method of Preparation:** First prepare *kajjali* of *pārada* and *gandhaka* then add *śaṅkha* and *varāṭa bhasma* and the powders of *pippali* and *śuddha vatsanābha* apply *bhāvanā* with *niṃbu* (lemon) juice and triturate it for one day. It is known as *Bahnīsūta rasa*.

**Uses and Indications:** On internal use it stimulates *agni* (digestive fire) quickly. These two *rasyogas* are for improving digestion and digestive fire.

#### 8.137-138 *Sūryavarta Rasa* - 44

**Ingredients:** *Śuddha sūta* one part, *śuddha gandhaka* ½ part, *kanyā drava* q.s. *śulva patras* equal to both, *bhāṇḍa* and *Bālukā yantra*.

**Method of Preparation:** Prepare a *kajjali* of *pārada* and *gandhaka* first grind it with *kumārī vāsā rasa* and prepare a paste. Apply it on purified thin copper leaves and dry these. Now put these in a *bhāṇḍa* filled with sand. Close the *bhāṇḍa* and apply heat for two *yāmas* (six hours) through *Bālukā yantra*. On self cooling take it out and powder it. It is known as *Sūryāvarta rasa*.

**Method of Use:** It should be used in one *ratti* dose.

**Indications:** It is indicated in *śopha* (oedema), *śvāsa* and *kāsa* associated with *jvara*. (137-138)

**Note:** This is a method of preparing *tāmra bhasma* with *kajjali*. But here the author has advised to heat it for once only. But within one heating whether the whole copper will be converted into good quality *bhasma* or not is doubtful. Hence the process may be continued following the same method till good quality

copper *bhasma* is prepared. As copper *bhasma* should be free from *vānti*, *bhrānti* etc. poisonous effects of copper.

#### 8.139-140 *Svacchanda Bhairava Rasa* - 45

**Ingredients:** *Śuddha sūta*, *śuddha gandhaka*, *śuddha tāpya bhasma*, *tālaka bhasma*, *nirgundī bīja*, *citraka mūla*, *kṛṣṇa marica*, *agnimantha mūla* and *pathyā (harītakīphala) cūrṇa*, take all in equal parts (one *śāna* each) *bījapūra rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* mix other *bhasmas* and powders with *kajjali* in prescribed quantity and apply one *bhāvanā* (trituration) with *bījapūra rasa* (big variety lemon juice). Grind it well and allow it to dry and store it after powdering. It is known as *Svacchanda Bhairava rasa*.

**Method of Use:** It should be used internally in one *māsaka* dose mixed with *pippalī cūrṇa*, *ghee* and honey taken in unequal proportion.

**Indications:** It is indicated in all types of *atisāras* even if these are sever types- *āmadoṣa*, *āmātisāra* and *agnimāndya*. (141-143)

#### 8.141-143 *Trivikrama Rasa (Tāmra Bhasma Vidhi)* - 46

**Ingredients:** *Chāgi-dugdha vipācīta tāmrapatras* equal to mercury and sulphur (2 parts), *śuddha pārada* 1 part, *śuddha gandhaka* 2 parts, *nirguṇḍī rasa* q.s., *Bālukā yantra*, *Bījapūra kvātha* for *anupāna*.

**Method of Preparation:** Purified copper sheets should be heated (boiled) with *chāgi-dugdha* [sheep (female) milk], prepare a *kajjali* of *pārada* and *gandhaka*, triturate it with *nirguṇḍī* juice, paste it on the *chāgi-dugdha vipācīta* copper leaves, prepare their *golaka* and heat it in *Bālukā yantra* for one *yāma*. On self cooling powder it. It is known as *Trivikrama rasa*.

**Method of Use:** It should be used in two *guñjā* dose internally followed by *bījapūra kvātha* as *anupāna*.



**Indications:** Its continuous use for one *māsa* destroys *aśmarī* (urinary calculus). It is also indicated in *bṛddhi roga*, *mutra kṛcchra*, *vidradhi* and *aśmarī*. (141-143)

#### 8.144-147 *Tālakeśvara Rasa* - 47

**Ingredients:** *Tālaka bhasma*, *mākṣika bhasma*, *śuddha manaḥśilā*, *śuddha sūta* and *śuddha taṅkaṇa* all in equal parts (1 *pala* each). *Tāmra bhasma* equal to sulphur (2 *palas*), sulphur 2 *palas* and *loha bhasma* four *palas*. *Cukraja rasa* q.s. or 5 *palas*, *kukkuṭa puṭa* one, *loha bhasma* eight *palas*, *śulva (tāmra) bhasma* eight *palas*, *śuddha viṣa* 1/30<sup>th</sup> part.

**Method of Preparation:** First prepare a *kajjali* of *śuddha pārada* and *gandhaka*, mix other drugs in prescribed quantity, triturate these with *cukraja rasa* for one day. Close these in a *saṃpuṭa* and apply heat with '*kukkuṭa puṭa*'. On self cooling grind it again with *cukraja rasa* for one day. Then add *loha bhasma*, *tāmra bhasma* and *śuddha viṣa cūrṇa* in prescribed amount and mix well. It is known as *Tālakeśvara rasa*.

**Method of Use:** It should be used internally in five *balla* (10-15 *ratti*) dose mixed with buffalo *ghee* and honey. And also use *somarājī phala cūrṇa* one *karṣa* (about 12 gms) mixed with *ghee* and honey taken in unequal proportion as *anupāna*.

**Indications:** *Tālakeśvara rasa* is indicated in all types of *kuṣṭhas* (leprotic skin diseases). (144-147)

#### 8.148-150 *Kuṣṭhakuṭhāra Rasa* - 48

**Ingredients:** *Sūta bhasma (rasa sindūra)*, *śuddha gandhaka*, *loha bhasma*, *tāmra bhasma*, *śuddha guggulu*, *triphalā cūrṇa*, *niṃbaphala cūrṇa*, *śuṅṭhī cūrṇa*, *citrakmūla cūrṇa* and *śuddha śilājatu* each in 16 *niṣka* (4 *tolas*/1 *pala*) quantity, *karañjabīja* 64 in number and *abhraka bhasma* 64 *niṣka* (16 *tolas*/4 *pala*), *madhu* and *ghee* q.s. for mixing the above powders *snigdha bhāṇḍa* one.



**Method of Preparation:** Mix the powders and *bhasmas* of all the above drugs together, mix *śilājatu* also and the powder of *karañja bīja* and *abhraka bhasma* powder with care. Lastly mix it with honey and ghee and keep it in oily pot for some time. It is known as *Kuṣṭha Kuṭhāra rasa*.

**Method of Use:** It should be used in two *niṣka* (1/2 *tolā* about 6 gms.) dose daily.

**Indications:** All types of *kuṣṭhas*. (148-150)

#### 8.151-153 *Kuṣṭhaghna Rasa* - 49

**Ingredients:** *Śuddha sūta* one part, *śuddha gandhaka* 2 parts, *kumārī rasa* q.s. for one *bhāvanā*, *loha bhasma* one part, *lohapātra* one, *gomūtra* q.s. *citraka mūla*, *kāṣṭhodumbara*, *somarāji*, *tulasī*, *āragbadha phala majjā* and *viḍaṅga* all in equal parts for preparing a *lepa*.

**Method of Preparation:** First prepare *kajjali* of *pārada* and *gandhaka*, triturate it with *kanyāvāri (rasa)* for one day, mix *loha bhasma* with it and prepare its *bolus* put it in a iron pan and apply heat slowly for two *yāmas* pouring cows urine little by little over the *golaka*. Then apply strong heat to it for half *yāma*. On self cooling powder it. It is known as *Kuṣṭhaghna rasa*.

**Preparation of Lepa:** Prepare a powder of all the *lepa* drugs first and grind it well with either water or cows urine to prepare it like a *lepa* (paste).

**Method of Use:** *Kuṣṭhaghna rasa* should be used in 2 *guñjā* dose internally and also apply like a *lepa* on the affected part if it is *duṣṭa* type *kuṣṭha* simultaneously.

**Indications:** It is indicated in *dadru kuṣṭha*, *sveta kuṣṭha* and *vicarcikā* and in all the *tvakgata rogas* (skin disorders) try to use the *kuṣṭhaghna rasa* internally and the external application of the *lepa* at a time. (151-153)

#### 8.154-156 *Sūryabhakta cūrṇa* - 50

**Ingredients:** *Śomrāji cūrṇa*, *khadira kvātha* q.s. for *bhāvanā*.

**Sphoṭaka Śamana Lepa:** *Nīlī*, *guñjā*, *haṃsapādī*, *kāsīsa*, *dhatūra pañcāṅga* and *sūrya bhaktā* all in equal parts.

**Method of Preparation:** Prepare a powder of *somarājī*, apply one *bhāvanā* of *khadira kvātha* and triturate it well. On drying powder it. For preparing *sphoṭaka śamana lepa* powder all the *lepa* drugs finely and grind it well with water or cows urine and make a fine paste to apply locally. It is known as *sūrya bhakta cūrṇa*.

**Method of Use:** It should be used internally daily in the morning in 3 *śāna* (quarter to one *karṣa*) dose followed by the use of *kṣīra* (milk) mixed with ghee as *anupāna*.

By using *somarājī cūrṇa* internally as above blisters appear on the *śveta kuṣṭha* spots definitely within a week's time. To cure these *nīlyādi* paste should be applied on the blisters and within seven nights blisters will disappear and at the same time *śvetakuṣṭha* is also cured.

**Indications:** It is indicated to cure *svetakuṣṭha* (*śvitra*) within 15 days treatment. (154-156)

#### 8.157 Śveta Kuṣṭhaghna Lepa - 5

**Ingredients:** *Guñjā mūla*, *citraka mūla*, *balā mūla*, *amla drava* (lemon juice) q.s.

**Method of Preparation:** Prepare a fine powder of the above three drugs and triturate it with lemon juice or with any *amla drava* for one day. It is known as *Svitra Kuṣṭhaghna lepa*.

**Method of Use:** Apply it as paste on the white patches. It is for external application.

**Indications:** *Svitra* (*śvetakuṣṭha*). (157)

#### 8.158-163 Sarveśvara Rasa - 52

**Ingredients:** *Śuddha pārada* 1 part, *śuddha gandhaka* 4 parts, *niṃbu nīra* for *bhāvanā* q.s., *abhra bhasma*, *tāmra bhasma*, *loha bhasma*, *śuddha hiṅgula*

each equal to mercury (1 part each). *Svarṇa bhasma*, *tāpya bhasma* one *māṣaka* (1/12<sup>th</sup> part of *svaṛṇa bhasma*), *śuddha tālaka cūrṇa* double to mercury (2 parts), *vāsā rasa*, *dhattūra rasa*, *vatsanāga kvātha*, *arka kṣīra*, *jaṃbīra rasa*, *vājri kṣīra*, *vājī viṣa* (*karvīra mūla*) *kvātha*, q.s. for one *bhāvanā* with each. Cloth piece, thread for tying, *Bālukā yantra* for heating, *śuddha vatsanāga cūrṇa* equal to mercury and *kṛṣṇā* (*pipallī*) *cūrṇa* two *muṣṭi* (double to mercury).

*Bākucī cūrṇa* ½ *karṣa*, *devadāru cūrṇa* ½ *karṣa*, *eraṇḍa taila* q.s. to make paste.

**Method of Preparation:** Prepare a *kajjali* of *pārada* and *gandhaka* first, grind it well in a mortar with *niṃbu nīra* (lemon juice) for one *yāma*. Then mix all the *bhasmas*, *śuddha hiṅgula* and *śuddha tālaka* in prescribed amount and grind it well with *vāsā kvātha* for one day and then with other liquids mentioned for one day with each. Prepare its *golaka*, wrap it with cloth and apply *svedana* in *Bālukā yantra* for one day. On self cooling powder it finely and add *śuddha nāga* (*vatsnāga*) and *pippalī cūrṇa* in prescribed amount. It is known as *Sarveśvara rasa*.

**Method of Use:** It should be used internally in two *gunjā* dose mixed with honey and also use *Bākucī cūrṇa* and *deodāru cūrṇa* made as paste with *eraṇḍa taila* as *anupāna*.

**Indications:** It is indicated in *dadru*, *supta kuṣṭha* and *maṇḍala kuṣṭha*. (158-163)

### 8.164-167 *Svarṇa Kṣīrī Rasa* - 53

**Ingredients:** *Svarṇa kṣīrī mūla* 5 *palas* (250 gms.), *takra ghaṭa* one, *kṣīra ghaṭa* one, *pañcapala śuddha svarṇa kṣīrī cūrṇa*, and *pippalī cūrṇa* 2 *palas* (100 gms) and *mūrcchita rasa* q.s.

**Method of Preparation:** Take *svaṛṇa kṣīrī* powder in 250 gms. quantity and heat it with one *ghaṭa takra* on mild heat. On burning *takra* completely heat it

with one *ghaṭa kṣīra*, on burning *kṣīra* take out the drug and dry it completely and make its *vastrapuṭa* powder (fine powder) add 2 *palas* of *pippalī cūrṇa* to it and *mūrchita rasa* also in small amount. It is known as *Swarna Kṣīrī rasa*.

**Method of Use:** It should be used internally in one *niṣka* dose mixed with honey and *ghee* in the morning daily.

**Indications:** It is indicated to cure *kuṣṭharoga*, it gives pleasure and good complexion to the persons interested in sex. (168-171)

**Note:** According to *Gujrāṭi* commentary if *pārada bhasma* 1/2-1 *rattī* is added with it before its internal use, it becomes highly effective in all types of *kuṣṭhas*. These seven *yogas* starting from *tālakeśvara rasa* to *svarna kṣīrī rasa* are indicated for *kuṣṭha*, *śveta kuṣṭha* and other skin *rogas*.

#### 8.168-171 Mehabaddha Rasa (Pramehagaja Keśari) - 54

**Ingredients:** *Pārada bhasma*, *kāntaloha bhasma*, *mākṣika bhasma*, *śuddha manaḥśilā*, *śuddha śilājatu*, *trikaṭu cūrṇa*, *triphalā cūrṇa*, *kapittha cūrṇa*, *bījaka cūrṇa*, all in equal amount separately, *bhrīṅgarāja rasa* q.s. for 21 *bhāvanās*, for *anupāna mahāniṃba bīja* 6, *taṇḍula toya* made with one *pala taṇḍula* (rice) and *ghṛta* one *niṣka* (1/4<sup>th</sup> *tolā*) all mixed together may be used as *anupāna*.

**Method of Preparation:** Mix all the *bhasmas* and the powders of other drugs together then apply 21 *bhāvanās* of *bhrīṅgarāja rasa* and grind the same for 21 days. It is known as *Mehabaddha rasa*.

**Preparation of Anupana:** Take six *mahāniṃbabīja*, grind these with *taṇḍula toya* prepared with one *pala taṇḍula* and then mix 2 *niṣka ghṛta* with it.

**Method of Use:** *Mahabaddha rasa* should be used in one *niṣka* (1/4 *tolā*) dose mixed with *mākṣika* (honey) and made into *leha* form daily in morning followed with *mahāniṃba bīja drava* as *anupāna*.

**Indications:** It is indicated in all types of *mehas* (urinary disorders) and in chronic *mehas*. (165-171)

**8.172-174 Mahābahni Rasa (Mahāgni Rasa) - 55**

**Ingredients:** Śuddha pārada four (4) parts, śuddha gandhaka eight (8) parts, kamala kanda, tulasī and laghu harītakī (śivā) three (3) parts each. Snuhī dugdha, citraka mūla kvātha and bhr̥ṅgarāja rasa q.s. for seven bhāvanās and eraṇḍa taila q.s.

**Method of Preparation:** Prepare a kajjali of pārada and gandhaka first then add the powders of other drugs also and apply bhāvanās with each liquid or with all liquids mixed together and in the last one bhāvanā with eraṇḍa taila. It is known as Mahāgni rasarāja.

**Method of Use:** It should be used in one to two māśaka dose. And during its therapy use only cold water and avoid the use of kṣāra and amla padārthas.

**Indications:** Mudha vāta, udara rogas and udara śula etc. diseases. (175-176)

**8.175-176 Vidyadhara Rasa - 56**

**Ingredients:** Śuddha haritāla, māḥṣika bhasma, śuddha gandhaka, tāmra bhasma, śuddha manahṣilā and śuddha pārada all in equal parts. Pippalī kvātha q.s., snuhī dugdha q.s.

**Method of Preparation:** First prepare a kajjali of pārada and gandhaka and then mix all other drugs and bhasmas by grinding, now apply the bhāvanā of pippalī kvātha and snuhi kṣīra and triturate well. On drying make its vastrapūṭa (fine) powder. It is known as Vidyādhara rasa.

**Method of Use:** It should be used internally in half niṣka (1.5 gm) dose with hot water.

**Indications:** It is indicated in udara rogas. (175-176)

**8.177-178 Trinetra Rasa - 57**

**Ingredients:** Svarṇa bhasma, śuddha ṭaṅkaṇa, hariṇa śṛṅga bhasma, tāmra bhasma, and pārada bhasma (rasa sindūra) all in equal parts, ādraka rasa q.s. for one bhāvanā, dṛdha vastra q.s.

**Method of Preparation:** Mix all the ingredients taken in equal amount and apply the *bhāvanā* with *ārdraka* juice and triturate it well for one day. Then prepare its bolus, close it in *śarāva sampuṭa* and apply *kukkuṭa puṭa* heat. It is known as *Trinetra rasa*.

**Method of Use:** It should be used mixed with *madhu*, and *ghee* in two *rattī* dose.

**Indications:** It is indicated for all types of *arśa rogas*. (177-178)

### 8.179-181 Śūlagaja Keśarī (Tāmrahasma Method) - 58

**Ingredients:** Śuddha *pārada* one part, śuddha *gandhaka* one part, śuddha *tāmra* equal to both. *Kanyānīra* q.s., *sarāva sampuṭa*, *chagaṇas* q.s. for *gajapuṭa*, *parṇa khaṇḍa*, *hiṅgu sunṭhi*, *jīraka*, *marica* all in equal parts.

**Method of Preparation:** Prepare a *kajjali* first with equal part of *pārada* and *gandhaka*, put śuddha *tāmra patras* equal to *kajjali* and grind well with *kumārī* juice till *piṣṭi* (*amalgam*) is made, then prepare a *golaka* (bolus) of this paste, close it in *śarāva sampuṭa* or *sāmudra yantra* (*lavaṇa yantra*), close and seal its mouth. Keep it in a pit, fill this pit with cowdung cakes and apply *gajapuṭa* repeatedly till *niruttha bhasma* of *tāmra* is prepared. It is known as *Śūlagaja Keśarī rasa*.

**Method of Use:** This *Tāmra bhasma* should be used in two *rattī* dose kept in a piece of betel leaf and then use the powder of *hiṅgu*, *sunṭhi*, *jīraka* and *marica* with hot water.

**Indications:** It is indicated in all the eight types of *sūlas* (179-181).

### 8.182-183 Agnitunḍi Vaṭī - 59

**Ingredients:** Śuddha *pārada*, śuddha *gandhaka*, śuddha *vatsanābha*, *śivā* (*laghu harītakī*), *ajmoda*, *āmalaka*, *bibhītaka*, *sarjikṣāra*, *yavaṣṣāra*, *citraka mūla*, *saindhava lavaṇa*, *jīraka*, *sāmudra lavaṇa* and *trikaṭu cūrṇa* all in equal parts and śuddha *viṣamusṭi* (*kupilu*) *cūrṇa* equal to all and *niṃbu nīra* (lemon juice) q.s.

**Method of Preparation:** Prepare a *kajjali* of *pārada* and *gandhaka* well, mix all other drugs properly and apply *bhāvanā* with lemon juice and grind well. Then prepare its pills of *caṇaka* size (250mg.). It is known as *Agnituṇḍī vaṭī*.

**Method of Use:** It should be used internally in one to two pills dose twice or thrice as required. (182-183)

#### 8.184-185 *Ajīrṇa Kaṇṭaka Rasa* - 60

**Ingredients:** *Śuddha pārada*, *biḍa lavaṇa*, *śuddha gandhaka* all in equal quantity, *marica cūrṇa* equal to all, *kaṇṭakārī phala drava* q.s. for 21 *bhāvanās*.

**Method of Preparation:** Prepare a *kajjali* of *pārada* and *gandhaka* first, add *biḍa lavaṇa* and *marica cūrṇa* to it, mix all well and apply 21 *bhāvanās* of *kaṇṭakārī phala rasa* and prepare its pills of one *balla* (2-3 *rattī*) size. It is known as *Ajīrṇa Kaṇṭaka rasa*.

**Method of Use:** It should be used in 2 pills dose daily after meals.

**Indications:** It is indicated in all types of *ajīrṇas* and also in *viṣūcikā*.

#### 8.186-187 *Manthāna Bhairava Rasa* - 61

**Ingredients:** *Śuddha sūta*, *śuddha gandhaka*, *vāṭyāhya*, *tāmra bhasma*, *śuddha hiṅgu*, *śuddha tālaka*, *saindhava lavaṇa*, *tiktaka (kaṭukī)* all in equal parts, *devadālī rasa*, *nirguṇḍī rasa*, *meghanādā (muṣṭaka) rasa*, *kosātakī (kaṭu tumbī) rasa* q.s. for one *bhāvanā* with each.

**Method of Preparation:** Prepare a *kajjali* of *pārada* and *gandhaka* first then mix the powders and *bhasma* with it and apply one *bhāvanā* with each *svarasa*. It is known as *Manthāna Bhairava rasa*.

**Method of Use:** It should be used internally in one *māsaka* (1 gm) dose mixed with honey and *niṃba kvātha* should be given as *anupāna*.

**Indications:** *Śleṣmaja (kaphaja) rogas*. (186-187)

**8.188-189 Mahākāla Rasa - 62**

**Ingredients:** Śuddha pārada, śuddha gandhaka, māḥṣika bhasma, abhra bhasma, śuddha viṣa, loha bhasma, vaṅga bhasma, tāmra bhasma, jāti phala cūrṇa, elā cūrṇa, danti bīja cūrṇa, dhattūra bīja cūrṇa, lavaṅga cūrṇa, tvak cūrṇa, nāgakeśara cūrṇa all in equal parts (1 pt. each) marica cūrṇa 3 parts, bhaṅgā rasa or kvātha q.s. for 21 bhāvanās.

**Method of Preparation:** First prepare a kajjali of pārada and gandhaka, then mix all other bhasmas and powders with kajjali and marica cūrṇa three times to pārada then grind in a loha khalva to prepare homogenous mixture and triturate it with Bhaṅgā rasa or kvātha in sun rays. Repeat the bhāvanā process for twenty one times. It is known as Mahākāla rasa.

**Method of Use:** It should be used internally mixed with madhu in one balla dose.

**Indications:** It is indicated in śvāsa, kāsa, ugra rājayakṣmā, hṛd roga and sannipāta jvara. (188-189)

**8.190-194 Hema Parpatī Rasa (Saptamṛta Parpatī) - 63**

**Ingredients:** Sūtabhasma (rasa sindūra) one part, śuddha gandhaka 2 parts, kānta bhasma, tāmra bhasma, rajata bhasma, abhraka bhasma and svarna bhasma all equal to pārada bhasma, loha pātra, Kadalī patra q.s. āṭarūṣa rasa, tulasī rasa, jayanti rasa, triphalā kvātha, ādraka rasa, bhṛṅgarāja rasa, meghanādā rasa, kaṭuki kvātha and ghṛta kumārī rasa q.s. for one bhāvanā and vatsanābha kvātha q.s. for three bhāvanās.

**Method of Preparation:** First mix gandhaka with sūta bhasma and then add other bhasmas and mix these properly. Put the mixture in a lohapatra and apply heat till melting. Then place it on kadalī patra and prepare its parpatī by parpatī method. Now apply bhāvanā with above mentioned bhāvanā drugs one by one and in the end heat with vatsanābha kvātha in loha pātra for three days. It is known as Hema Parpatī Sañjnaka rasa.

**Method of Use:** It should be used internally with śṛṅgavera rasa in 2 balla dose. And as anupāna one should use tulasī and vāsā kvātha mixed with pippalī cūrṇa.



**Indications:** It is highly effective in *śvāsa* and *kāsa rogas*. (190-194)

#### 8.195-201 *Agnikumāra Kūpīpakva Rasa* - 64

**Ingredients:** *Śuddha pārada* one part, *śuddha gandhaka* three parts, *nāga-bhasma*, *vaṅga bhasma*, *tāmra bhasma*, *tāra bhasma*, *svaṛṇa bhasma*, *abhṛaka bhasma*, *loha bhasma*, *tāramākṣīka bhasma* and *vajra bhasma* one part each, *muṅḍī*, *sveta kākamācī*, *asva-gandhā*, *nirguṇḍī* and *bhṛṅgarāja rasas* q.s. for three *bhāvanās*, ‘*Bālukā yantra*’ for *pāka*, *pippalī kvātha*, *ārdraka kvātha* q.s. for 5 *bhāvanās* with each separately, *jvālāmukhī rasa* q.s. for seven *bhāvanās*, *citraka kvātha* q.s. for four *bhāvanās*, *nirguṇḍī rasa* q.s. for four *bhāvanās*, *suṅṭhī* and *pippalī cūrṇa* for *anupāna*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then add all the *bhasma* mentioned in the preparation, now apply three *bhāvanās* with the decoction of the *bhāvanā* drugs mixed together and triturate it properly in a *khalva* and prepare its *golaka*, dry it in sun rays and apply five layers of a paste made with mud (soil), on drying keep it in a *bhāṇḍa* filled half with *bālukā* (sand) and seal its mouth. Apply heat for sixty eight *yāmas* continuously. On self cooling collect this *rasa* from the *Bālukā yantra*. Powder it and apply five *bhāvanās* with *pippalī kvātha* and *ārdraka rasa*, seven *bhāvanās* with *jvālāmukhī rasa*, and four *bhāvanās* with *citraka* and *nirguṇḍī kvātha*, grind the mixture well and prepare its pills of one *balla* (2-3 *ratti*) size. It is known as *Agnikumāra Kupīpakva rasa* or *Mahāgnikumāra Rasa*.

**Method of Use:** It should be used internally in one *balla* dose mixed with one fifth part *kṛṣṇā* (*marica*) *cūrṇa* and one fifth part *suṅṭhī cūrṇa*.

**Indications:** It is indicated in *kāsa*, *śvāsa*, *mūtra kṛcchra*, *grahaṇī*, *arśa*, *śopha*, *aśmarī meḍhra roga*, *mandāgni*, *vāta roga*, *śūla*, *apasmāra*, *sannipāta* and *kaphaja rogas*. And in diet avoid *kṣāras* and *amla dravyas*. (195-201)

#### 8.202-204 *Agnidhvaja Kūpīpakva Rasa* - 65

**Ingredients:** *Śuddha pārada* and *śuddha gandhaka* 2 *karṣa* each, *sarpaviṣa* 1 *karṣa*, *mṛt karpaṭ lipta kācakupī*, *kṛṣṇā marica* 2 *karṣa*, *ikṣu rasa*, *śarkarā* water.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then mix *sarpa viṣa* with it properly and make it like *kajjala* (black like collyrium), fill it in *kāca kupī* wrapped with cloth smeared in mud and apply heat to it through ‘*Bālukā yantra*’ for eight *yāmas*. On self cooling collect the *rasa* and mix 2 *karṣa marica cūrṇa* with it. It is known as *Agnidhvaja rasa* (*kūpī pakva*).

**Method of Use:** It may be used internally in one *rattī* dose mixed with *Ikṣu rasa* or *śarkarā* water or use these as *anupānas*.

**Indications:** It is indicated in *mandāgni*, *kṣaya*, *sannipāta*, *vātaprakopa* and *vātavyādhi*. It is considered best to destroy these diseases. (202-204)

#### 8.205-207 *Udaraghna rasa* - 66

**Ingredients & Method of Preparation:** First purify the fine leaves of copper, then prepare a *kajjali* of *pārada* and *gandhaka*, add *sarjikṣāra* to it and grind it with *nirguṇḍī* juice and prepare a paste. Now apply this paste on copper leaves and allow these to dry. Close these in *sarāva saṃpuṭa* and apply heat to this *saṃpuṭa* with dung cakes for one *yāma*. On self cooling take it out and powder it. It is known as *Udaraghna rasa*.

**Method of Use:** It should be used internally in one *balla* dose, kept in the betel leaf.

**Indications:** It may cure all types of *udara rogas*. (205-207)

#### 8.208 *Sthaulyāpakarṣaṇa Rasa* - 67

**Ingredients:** *Pārada bhasma*, *bola cūrṇa*, *tālaka bhasma* and *tāmra bhasma* all in equal parts, *arka dugdha* q.s. for one *bhāvanā*.

**Method of Preparation:** Mix all well and grind with *arka dugdha* (liquid) and dry it. It is known as *Sthaulyāpakarṣaṇa rasa*.

**Method of Use:** It may be used internally in one *balla* dose mixed with honey and use water one *pala* only.

**Indications:** Indicated in *atibṛṃhita* persons and in all types of *mehas* (*prameha rogas*) (208).

#### 8.209 *Vātamehāntaka Rasa* - 68

**Ingredients:** *Pārada bhasma*, *vaṅga bhasma* each in equal parts, *jayā* (*bhaṅgā*) *rasa* q.s.

**Method of Preparation:** Mix both properly and grind well with *jayā* (*bhaṅgā*) *rasa* for one day and powder it on drying. It is known as *vātamehāntaka rasa*.

**Method of Use:** It may be used internally in one *balla* dose mixed with honey for three days. (209)

#### 8.210 *Pramehāṅkuśa Rasa* - 69

**Ingredients:** *Dhattūra bīja*, *śuddha vatsanābha*, *vaṅga bhasma*, *pārada bhasma*, *śuddha gandhaka*, *abhraka bhasma* all in equal parts, *nāgaballi rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** Mix all together and apply one *bhāvanā* with *nāgaballi dala rasa* and triturate well. Powder it on drying. It is known as *Pramehāṅkuśa rasa*.

**Method of Use:** May be used internally with honey in one *balla* dose.

**Indications:** Indicated in all types of *mehas* (urinary disorders) and gives desired effects. (210)

#### 8.211 *Mehāri Rasa* - 70

**Ingredients:** *Śuddha ṭaṅkaṇa*, *śuddha pārada* and *gandhaka*, *nāga bhasma* and *rasaka* (*kharpara*) *bhasma* (*yaśada bhasma*) all in equal parts, *nāgaballi dala rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, mix all other drugs with it and triturate it with the juice of *nāgaballi dala* (betel leaf) for one day and allow it to dry. It is known as *Mehāri rasa*.

**Method of Use:** May be used internally with honey in one *balla* dose.

**Indications:** All types of *Prameha rogas*. (211)

#### 8.212-216 *Sthūlarāja Gajakesarī Rasa* - 71

**Ingredients:** *Rasendra bhasma* (*rasasindūra*), *rajata bhasma*, *mākṣika bhasma*, *abhraka bhasma*, *tāmra*, *loha bhasma* and *svarṇa bhasma* each in increasing quantity by one part, *bījapura vāri* q.s., *amlavatas* and *niṃbu* etc. drugs of *amlavarga* and their juices q.s. for seven days *mardana*. *Kāca-kupī* wrapped with cloth and mud, *ārdraka svarasa*, *droṇapuṣpī rasa*, *kanyā drava* (juice), *kākamācī rasa*, *br̥hatī patra rasa* and *bījatoya* q.s. for one *bhāvanā*.

**Method of Preparation:** Mix all the *bhasmas* taken in increasing proportion well and grind it with *bījapura rasa* and also with the juices of other sour drugs for seven days. On drying put it in *kācakupī* wrapped with cloth smeared in mud. Apply heat in *Bālukā yantra* for eight (8) *yāmas*. On self cooling take out the product and apply one *bhāvanā* with *ārdraka* etc. liquids grinding for one day with each liquid. It is known as *Sthūlarāja Gajakesarī rasa*.

**Method of Use:** It should be used in two *guñjā* dose mixed with *pippalī cūrṇa* and *madhu*.

**Indications:** It is highly effective in curing *sthūlatva/medoroga* just like a wind which clears *durdina* and just like *Hari* who destroys big mountains. (212-216)

#### 8.217 *Siddha Pañcanana Rasa* - 72

**Ingredients:** *Śuddha pārada*, *śuddha gandhaka*, *suddha ṭaṅkaṇa*, *vyoṣa cūrṇa*, *vatsanāga*, *mustā* and *triphalā cūrṇa* all in equal parts.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, mix the powders of other drugs well and grind it with water and prepare its 2 *guñjā* size pills. It is known as *Śuddha Pañcānana rasa*.

**Method of Use:** It should be used internally in 2 *guñjā* dose mixed with one *niṣka* (about 3 gms.) *guḍa*.

**Indications:** It is indicated in *kuṣṭha*, *prameha*, *śopha*, and *śūla* etc. diseases. (217)

#### 8.218-219 *Śītari Rasa* - 73

**Ingredients:** *Śuddha pārada* one part, *śuddha gandhaka* 2 parts, *pakva arka patra rasa*, *punarnavā rasa* and *citraka mūla kvātha* q.s. for *pācana* and *śuddha viṣa* half to above.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* and heat it with *pakva arkapatra rasa*, *punarnavā rasa* and *citraka mūla kvātha* carefully, on drying add ½ part of *śuddha viṣa cūrṇa* with it and grind well to mix properly. It is known as *Śītari rasa*.

**Method of Use:** It may be used in one *balla* dose (2-3 *rattī*) mixed with honey.

**Indications:** It is highly effective in curing/preventing *śītavāta*. (218-219)

#### 8.220-221 *Kumudeśvara Rasa* - 74

**Ingredients:** *Pārada bhasma (rasa sindūra)* and *svaṛṇa bhasma* both in equal parts, *muktā bhasma*, and *śuddha ṭaṅkaṇa* ¼ part to mercury and *śuddha gandhaka* equal to all, *tuṣodaka* q.s. for one *bhāvanā*, *Bālukā yantra* for *pācana*.

**Method of Preparation:** Mix all drugs properly, apply one *bhāvanā* with *tuṣodaka*, prepare its *golaka*, paste it with soft soil (mud) and allow it to dry. It is then put in *Bālukā yantra* and applied heat for one day. On self cooling it should be taken out and powdered finely. It is known as *Kumudeśvara rasa*.

**Method of Use:** It may be used mixed with *marica cūrṇa* and honey in 1-2 *rattī* dose.

**Indications:** It is indicated specially in *Rājyakṣma*. (220-221)

#### 8.222-223 *Yakṣmahara Rasa* - 75

**Ingredients:** *Śuddha pārada*, *śuddha viṣa*, *śuddha gandhaka*, *svaṛṇa bhasma* all in equal parts, *ārdraka rasa*, *citraka mūla kvātha* q.s. for one *bhāvanā* with each, *sudrḍha bhājana* and *tāmra pātra*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then mix *viṣa* and *suvarṇa bhasma* with it and apply *bhāvanā* with *ārdraka rasa* and *citraka mūla kvātha*. On drying put it in a strong pot and place the copper pot on it upside down to cover it, seal the joint with cloth smeared in mud and allow it to dry. Now apply heat to it slowly for one *yāma*. During heating pour water on upper pot to keep it cool. Due to heat from down the product will adhere in the upper empty copper pot. On self cooling collect the product from *tāmra pātra*. It is known as *Yakṣmahara rasa*.

**Method of Use:** It may be used internally mixed with honey and *pippalī cūrṇa*.

**Indications:** It is indicated to destroy *rogarāt* (*rāja yakṣma*). (222-223)

#### 8.224-226 *Pūrṇendu Rasa/Pūrṇa Candra Rasa* - 76

**Ingredients:** *Svarṇa bhasma*, *śuddha pārada*, *śuddha vatsanāga*, *śuddha gandhaka* all in equal parts, *citraka mūla kvātha* q.s. and *lavaṇa yantra* for *pāka*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then add *suvarṇa bhasma* and *śuddha vatsanāga cūrṇa* to it. Now apply *citramūla kvātha bhāvanā* for one time and prepare its *golaka*. On drying it should be pasted with mud and allowed to dry. Then take a *bhāṇḍa* already filled in with sea salt upto half. Then place the *golaka* on it and fill sea salt again over it upto three *aṅgulas*. Close its mouth and seal it with *gomaya* and apply slow heat for one *yāma*, on self cooling collect the product from the *yantra*. It is known as *Pūrṇendu rasa*.

**Method of Use:** It should be used internally in two *rattī* dose mixed with *marica cūrṇa* and honey.

**Indications:** It is indicated in *yakṣma roga* and in its complications and in all the *vātaja* and *śleṣmaja rogas*. It destroys these *rogas* just like a moon for the darkness. (224-226)

**8.227-228 Svarṇapatra Rasa - 77**

**Ingredients:** *Nāga bhasma*, purified *pārada*, *gandhaka* and *vatsanāga* all in equal parts, *kanya rasa* q.s. for one *bhāvanā* and *bālukā yantra* for *pāka*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then add *nāgabhasma* and *śuddha vatsanāga* powder and grind well with *kumārī svarasa* for one day. Prepare its *golaka* and dry it. Close it in a *bhāṇḍa* with a lid on its mouth and seal it with ash and *samudra lavaṇa* paste. Apply slow heat through *Bālukā yantra* method for one *yāma* (3 hours) only. On self cooling collect the product from the apparatus. It is known as *Svarṇapatra rasa*.

**Method of Use:** It should be used in one *balla* dose mixed with honey.

**Indication:** It is indicated to destroy *kṣaya (yakṣma) roga*. (227-228)

**Note:** Though its name is given as *Svarṇapatra rasa* however it neither contain gold leaves nor gold *bhasma* in any amount. Then how the name *Svarṇapatra rasa* is given to this preparation is not clear.

**8.229-230 Sarva Sundara Rasa - 78**

**Ingredients:** *Śuddha pārada* one part, *śuddha gandhaka* two parts and *śuddha vatsanāga* three parts. *Ārdraka rasa* and *citraka rasa* q.s. for one *bhāvanā* with each and *lavaṇa yantra* for *pāka*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, then add *vatsanāga* powder in prescribed amount, apply *bhāvanā* with *ārdraka* juice and *citraka mūla kvātha* once with each. Close it in a *mūṣā* and seal it, on drying apply heat through *lavaṇa yantra*. It is known as *Sarva Sundara rasa*.

**Method of Use:** It should be used in one *balla* dose mixed with honey and *pippalī cūrṇa*. And if it is used with the method mentioned for *pūrṇa candra rasa* then it may destroy *yakṣma* as well as *vātarogas*.

**Indications:** It is indicated to destroy *yakṣmaroga* and *vātaroga*. (229-230)



**8.231-232 Tridoṣa Śamana Rasa - 79**

**Ingredients:** *Svarṇa bhasma*, *śuddha pārada* and *gandhaka* all in equal parts. *Kanyā drava* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, then mix gold *bhasma* and apply one *bhāvanā* with *kanyā rasa* and prepare its *golaka*. On drying close it in a *sarāva samṣṭa* and apply heat with slow fire. On self cooling collect the product and powder it finely. It is known as *Tridoṣa Śamana rasa*.

**Method of Use:** It should be used in one *balla* dose mixed with honey.

**Indications:** It is indicated in *Tridoṣaja vyādhis*. (231-232)

**8.233-234 Pitta Kṛntana Rasa - 80**

**Ingredients:** *Śuddha pārada*, *śuddha gandhaka* and *tāra bhasma* all in equal parts. *Bhṛṅgarāja rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, then add good quality *tāra bhasma* with it, and apply one *bhāvanā* with *bhṛṅgarāja svarasa* and triturate well. On drying close it in a *sarāva samṣṭa* and apply *kukkuṭa* heat for half *yāma*. On self cooling collect the product and powder it finely. It is known as *Pitta Kṛntana rasa*.

**Method of Use:** It should be used in one *balla* dose mixed with honey and sugar.

**Indications:** It is indicated to pacify *pitta doṣa prakopa* and *pitta prakopa janya rogas* (233-234).

**8.235 Śleṣma Kuṭhāra Rasa - 81**

**Ingredients:** *Śuddha pārada*, *tāmra bhasma*, *śuddha gandhaka* all in equal parts, *nāgaballi rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then mix *tāmra bhasma* to it and grind well with *nāgaballi dala rasa* for one day.

On drying close it in a *śarāva saṃpuṭa* and apply heat to it for two *ghaṭis* (one hour) with mild fire. On self cooling powder it finely. It is known as *Śleśma Kuṭhāra rasa*.

**Method of Use:** It should be used internally mixed with *guḍa*, and *ārdraka*.

**Indications:** It is indicated to destroy *śleṣma doṣa* and *śleṣmaja rogas*. (235)

#### 8.236 Meha Nāśana Rasa - 82

**Ingredients:** *Loha bhasma*, *pārada bhasma*, *mākṣika bhasma* and *gandhaka* all in equal parts, *kuṭaja bīja rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a fine powder of *gandhaka* and then add other *bhasmas* and grind well, now apply one *bhāvanā* of *kuṭaja bīja rasa* or *kvātha*. On drying make its fine powder. It is known as *Meha Nāśana rasa*.

**Method of Use:** It may be used internally mixed with honey in the form of *leha* in 2-3 *ratti* dose.

**Indications:** It is indicated to destroy all types of *mehas*. (236)

#### 8.237 Mehāṅkuśa Rasa - 83

**Ingredients:** *Vaṅga bhasma*, *rasa bhasma* and *śuddha gandhaka* all in equal parts, *dhātakī rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a fine powder of *gandhaka*, then add other *bhasmas* and grind well applying one *bhāvanā* with *dhātakī rasa*. On drying powder it finely. It is known as *Mehāṅkuśa rasa*.

**Method of Use:** It may be used internally as *leha* mixed with honey in 2 *balla* dose.

**Indications:** It is indicated in all types of *mehas* and in *atisāra*. (237)

#### 8.238 Mr̥tyuñjaya Rasa - 84

**Ingredients:** *Hīraka bhasma*, *rasa bhasma*, *muktā bhasma* or *piṣṭi* all in equal parts, *lakuca vāri* q.s. for one *bhāvanā*.

**Method of Preparation:** Mix all the three *bhasmas* together and grind these with *lakuca rasa* well. On drying close it in the *śarāva samputa* and apply heat with ‘*kukkuṭa puṭa*’. On self cooling powder it finely. It is known as *Mṛtyuñjaya rasa*.

**Method of Use:** It may be used mixed with honey, in two *guñjā* dose. If its use is continued for one year it can conquer even *mṛtyu* (death).

**Indications:** It is indicated in all types of diseases. (238)

#### 8.239-241 *Kṛmi Virecanī Vatī* - 85

**Ingredients:** *Śuddha pārada*, *śuddha gandhaka*, *śuñṭhī*, *ṭaṅkaṇa*, *śuddha kupīlu*, *svarjī kṣāra*, *marica cūrṇa* and *pippalī cūrṇa* all in equal parts, *viḍaṅga*, *abhayā*, *danti*, *ṭṛvit*, *nepāla bīja* all five equal to above mentioned *cūrṇas*, *bhṛṅgarāja rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*. Then add powders of other drugs and apply one *bhāvanā* with *bhṛṅgarāja rasa* and prepare its pills of one *guñjā* size. It is known as *Kṛmivirecanī vatī*.

**Method of Use:** It may be used internally with clod water in 1-2 pills dose.

**Indications:** To make purgation and to destroy *kṛmi roga* and *jvara* certainly. It is as true as the statement of a teacher. (239-241)

#### 8.242-243 *Amara Kalānidhi Rasa* - 86

**Ingredients:** *Muktā*, *pravāla*, *pārada* and *gandhaka* all in equal parts, *bījapūra rasa* q.s. for one *bhāvanā*.

**Method of Preparation:** First prepare a *kajjali* of *śuddha pārada* and *gandhaka* then add *muktā* and *parvāla bhasma* to it and apply one *bhāvanā* with *bījapūra rasa*, grind it well and prepare its *golaka*, wrap it in a cloth piece, apply mud paste on it and allow it to dry. It is now closed in a *śarāva samputa* and applied heat through ‘*Kukkuṭa puṭa*’. Lastly powder it. It is known as *Amara Kalānidhi rasa*.

**Method of Use:** It is used internally in one *balla* dose.

**Indications:** Indicated to destroy *rogarāj* (*rājayakṣma*). (242-243)

#### 8.244-246 *Bhāskarodaya Rasa* - 87

**Ingredients:** *Haritāla* (*śuddha*), *mākṣika bhasma*, *śuddha gandhaka*, *śuddha pārada*, *śuddha śilājatu* and *śuddha kāṣīsa* all in equal parts. *Vāsā rasa*, *ārdraḥ rasa*, *saurasā* (*tulsi*) *rasa* q.s. for one *bhāvanā* with each, *tāmrapātra*, *Bālukā yantra*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then add other drugs to it, mix these well to prepare homogenous powder. Apply one *bhāvanā* with each *svarasa* to the powder and triturate well. On drying, it is to be kept in a copper vessel and close it with another copper cup and prepare a *saṃpuṭa*. Apply mud paste on the *saṃpuṭa*. Fix it in a '*Bālukā yantra*' and apply strong heat for two *yāmas*, allow it for self cooling. By this method a very beautiful *Bhāskarodaya mahārasa* is prepared which is red like a rising sun.

**Method of Use:** It may be used in two *rattī* dose mixed with honey, *citraka* and *ārdraḥ rasa*.

**Indications:** It is indicated in *rājayakṣma*, *kaphaja* and *vātaja rogas*. (244-246)

#### 8.247-22 *Kāmadeva Rasa* - 88

**Ingredients:** *Tāra bhasma*, *vajra bhasma*, *svarṇa bhasma*, *tāmra bhasma*, *śuddha pārada*, *śuddha gandhaka*, two parts each. *Kanyā rasa* q.s. for one *bhāvanā*, *kācakūpī* one, *saindhava cūrṇa* q.s. for sealing, *Bālukā yantra*, *arkakṣīra*, *vāsādrava*, *padma kāṇḍa rasa*, *musalī rasa*, *kākolī drava*, *aśvagandhā drava*, *śatāhvā drava* and *duśparśā drava* q.s. for one *bhāvanā* with each. *Gokṣura drava* q.s. for 3 *bhāvanā*, *vyoṣa* (*trikaṭu*) *cūrṇa*, *karpūra*, *kuṅkuma*, *elā*, *lavaṅga* and *kastūrī* 1/6<sup>th</sup> part to the quantity of the previous powder, *śuddha śarkarā* equal to total quantity of the total powder.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, then mix other *bhasmas*, give *bhāvanā* of *kanyā drava* and grind it for one *yāma*. On drying powder it and fill it in *kācakūpī*, seal the mouth of the *kūpī* with *saindhava lavaṅga* and lime paste and allow it to dry. Place it in *Bālukā yantra* and apply heat for one day. On self cooling take it out from the *kūpī* and powder it in a mortar and apply three *bhāvanās* with each liquid and also apply one-one *bhāvanā* with *kākolī*, *aśvagandhā*, *śatāvarī* and *dhamāsā drava*. On drying, powder the whole material and mix it with the powders of *trikaṭu*, *karpūra*, *kuṅkuma*, *elā* and *lavaṅga*, lastly also add *kasturī* 1/6<sup>th</sup> part to whole powder and mix properly, also add *śuddha* sugar equal to all with it. It is known as *Kāmadeva rasa*.

**Method of Use:** This *rasendra* may be used internally in one *niṣka* dose followed with *gokṣīra* as *anupāna* and *miṣṭāhāra* (sweat diet) as *pathya* and avoid *amla* (sour) *dravyas*.

**Indications:** It is indicated to increase *ojas*, *tejas*, *agnibala* of the persons. The beauty of the ladies and the sexual power of the persons. By the use of this compound there will never be the deficiency of *vīrya* (*śukra*, semen) in man. Hence to increase the vigour and the sexual powder *Kāmadeva rasendra* should always be used. And this compound/preparation is considered best in *vṛṣya yogas*. (247-252)

### 8.253-257 *Kandarpa Sundara Rasa* - 89

**Ingredients:** *Pārada bhasma* (*rasasindūra*), *hīraka bhasma*, *nāga bhasma*, *muktā bhasma*, *tāra bhasma*, *svaṛṇa bhasma*, *abhraka bhasma*, *tīkṣṇa loha bhasma* and *vaṅga bhasma* each in one *karṣa* (12 gms) quantity, *aśvagandhā rasa* q.s. for one *bhāvanā*, *hariṅga śṛṅga* to fill the material, *tāmrapuṣpī rasa*, *drākṣā rasa*, *gorocanā drava*, *yaṣṭimadhu drava*, *bhadrodanī rasa*, *varsapuṣpā rasa*, *kaseru rasa* and *gāṅgerukī* (*nāgabālā*) *rasa* q.s. for one *bhāvanā* with each, *elā cūrṇa*, *teja patra cūrṇa*, *tvak cūrṇa*, *lavaṅga cūrṇa*, *agaru cūrṇa*, *upakulyā* (*pippalī*) *cūrṇa* all mixed together be taken equal to above powder *kustūrī ṣaḍ ballamātra* (18 *guṅjā*) and *karpūra aṣṭamāṅśa* (1/8<sup>th</sup> part) to *pūrva cūrṇa*.

**Method of Preparation:** Mix all the *bhasmas* together taken in one *karṣa* quantity each, grind it with *aśvagandha rasa/kvātha*, fill it in *hariṇa śṛṅga* unbroken and seal it. Apply slow heat to it till *śṛṅga* burns, on self cooling powder it along with *śṛṅga* and apply one *bhāvanā* with each liquid mentioned. On drying powder it finely and mix the powders of *elā* etc. drugs in the quantity equal to previous powder. In the end add *kastūrī* and *karpūra* in the prescribed amount. It is known as *Kandarpa Sundara rasa*.

**Method of Use:** It may be used in one *sāna* (3 gms) dose at night mixed with *dhātrī (āmalakī) cūrṇa* and *vidārīkāṇḍa cūrṇa* taken in one *karṣa* quantity and *ghṛta* equal to all. Use boiled buffalo milk as its *anupāna*.

**Indications:** It is indicated to increase the quantity of semen unlimited, to stimulate sexual power and to increase the general strength and the health of the body. (253-257)

#### 8.258-260 *Rajamṛgāṅka Rasa* - 90

**Ingredients:** *Śuddha pārada* three parts, *svarṇa bhasma* and *abhraka bhasma* one part, *śuddha manahśilā*, *gandhaka* and *tālaka* two parts each. *Varāṭakas* q.s., *ṭaṅkaṇa*, goats milk q.s., *mṛd bhāṇḍa* one, *varāha-puta*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, mix other drugs with it and prepare a fine powder, fill this powder in the *varāṭas* and seal the *varāṭas* with the *ṭaṅkaṇa* and *ajadugdha* paste, put these in an earthen pot, close its mouth and seal. Apply heat to it with *varāha puta* and allow it for self cooling. Next day collect the *varāṭas* and powder these. It is known as *Rajamṛgāṅka rasa*.

**Method of Use:** It may be used internally in three *guñjā* dose mixed with *pippalī cūrṇa* and honey.

**Indications:** It is indicated for all the diseases. (258-260)

#### 8.261-262 *Amṛta Sundara Rasa* - 91

**Ingredients:** *Śuddha manahśilā*, *mākṣika bhasma*, *śuddha haritāla*, *gandhaka* and *pārada*, *kharpara bhasma* all in equal parts, *ārdraka rasa*, *vāsā rasa*, *surasā rasa* q.s., *tāmrāpātra* one.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then add other drugs with it, and apply one *bhāvanā* with each liquid. On drying fill it in a copper vessel and close its mouth and seal. It is then kept in *Bālukā yantra* and applied heat for three days. On self cooling it may be taken out and powdered. It is known as *Amṛta Sundara rasa*.

**Method of Use:** It may be used in one *balla* dose mixed with *pippalī cūrṇa* and honey.

**Indications:** It is indicated in the diseases produced due to *Vāta doṣa* and *Kapha doṣa prakopa*. (261-262)

#### 8.263-266 *Khecarī Guṭika* - 92

**Ingredients:** *Rasaka*, *hiṅgula*, *tāpya bhasma*, *abhraka bhasma*, *śuddha manaḥśilā* all in equal parts and *śuddha pārada* equal to all *amlavetasa rasa* and *niṃbu rasa* q.s. for one *bhāvanā* with each.

**Method of Preparation:** Mix all the drugs with *pārada* and triturate these with *amlavetasa rasa* for one day in sun rays. On drying close it in a *sarāva saṃpuṭā* and apply strong heat through *Bālukā yantra* for one day. On self cooling powder it with care and grind it well with lemon juice and prepare its pills of one *rattī* size. It is known as *Khecarī guṭikā*.

**Method of Use:** It may be used in one to two pills dose twice or thrice with water or honey.

**Indications:** All types of *jvaras* (fevers), *gulma* and *udara rogas*. It is also useful for *deha karma* (therapeutics) and *lohakarma* (alchemy). (263-266)

#### 8.267-268 *Amara Sundara Rasa* - 93

**Ingredients:** *Pārada bhasma (rasa sindūra)*, *śuddha hiṅgula* and *tāla satva* one part each and *śuddha gandhaka* equal to all, *bhṛṅgarāja* juice and *kākamācī* juice q.s. for one *bhāvanā* with each.

**Method of Preparation:** Mix all the drugs well and triturate with *bhṛṅgarāja* juice and *kākamācī* juice for one day with each. On drying close it in a



*śarāva saṃpuṭā* and apply heat with five *kukkuṭa puṭas*. On self cooling powder it. It is known as *Amara Sundara rasa*.

**Method of Use:** It may be used in two *rattī* dose mixed with honey and sugar.

**Indications:** It may be used to destroy all the diseases. (267-268)

#### 8.269-273 *Tālaka Rāja Rasa* - 94

**Ingredients:** *Vaṅga bhasma* 2 parts, *abhraka bhasma* 3 parts, *śuddha pārada* one part, *śuddha tālaka* 3 parts, *nāga bhasma* one part, *śuddha ṭaṅkaṇa* four parts, *śuddha sauṃvī rāñjana* 2 parts and *śuddha vatsanāga* one part, *sehunḍa dugdha* and *arka dugdha* q.s., *kācakupī* one, *tāmra patra* piece to close *kūpī* mouth and *Bālukā yantra*.

**Method of Preparation:** Take all the drugs in prescribed form and in prescribed proportion, mix all well and apply *bhāvanā* with *vajrī kṣīra* and *arkadugdha* and grind it well with each for one day. On drying powder it and fill it in *kācakupī* prepared for it, close the mouth of the *kūpī* with a copper piece and seal it, now apply heat for two days through *Bālukā yantra*. On self cooling again triturate it with *vajrī kṣīra* and *arkakṣīra* and heat it in a *kūpī* through *Bālukā yantra* as earlier. Repeat the process (*bhāvanā* and heating) for three times. In this way *śuddha kalka* is prepared, it is capable of preparing/converting copper into silver if mixed with it in 1/16<sup>th</sup> part. It is known as *Tālaka Rāja rasa*.

**Method of Use:** It may be used internally in one *balla* dose mixed with honey for one year.

**Indications:** Lord Bhairva has said that it is indicated to destroy all the diseases. And if it is used for one year continuously then the user never becomes old. (269-273)

#### 8.274 *Aśmarībhīd Rasa* - 95

**Ingredients:** *Rasasindūra*, *gandha taila*, *loṭṭāka* (*vijorā niṃbu*), *mūla rasa* q.s.

**Method of Preparation:** Mix *rasasindūra* with *gandha taila* and apply *bhāvanā* with *lotṭāka mūla rasa* and prepare its pills of 2 *rattī* size. It is known as *Aśmarībhīd rasa*.

**Method of Use:** It may be used internally in one *balla* (2-3 *rattī*) dose and use *lotṭāka mūla (bījapura mūla) rasa* mixed with sugar as its *anupāna*.

#### 8.275-276 *Aśmarī Bhedaka Rasa* - 96

**Ingredients:** *Pārada śuddha* one part and *śuddha gandhaka* two parts. *śvetāmbharī (darbha)*, *śveta dūrvā*, *aśvagandhā* and *punarnavā rasa* q.s.

**Method of Preparation:** Prepare a *kajjali* of *pārada* and *gandhaka* and triturate it with the juices of above mentioned four drugs and prepare a *golaka* (bolus). It is then subjected to *svedana* (heating) after closing it in a *śarāva samṣṭa* for half *yāma* (1.30 hours). It is known as *Aśmarī Bhedaka rasa*.

**Indications:** It is indicated for *Aśmarī bhedana*.

**Method of Use:** It may be used internally in 2 *rattī* dose followed with *bījapura rasa* mixed with sugar as *anupāna*. (275-276)

#### 8.277 *Tripura Bhairava Rasa* - 97

**Ingredients:** *Pārada* one, *marica* two, *śuṅṭhī* four, *ṭaṅkaṇa* three, *amṛta (vatsanāga)* one and *gandhaka* 1 part.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, mix other drugs with *kajjali* and grind these well. It is known as *Tripura Bhairava rasa*.

**Method of Use:** It may be used internally mixed with honey in two to three *rattī* dose.

**Indications:** It is indicated in *vātaja udaraśūla*. (277)

#### 8.278 *Tripura Bhairava Rasa II* - 98

**Ingredients:** *Śuṅṭhi* 4 parts, *marica* 4 parts, *ṭaṅkaṇa* 6 parts, and *vatsanābha* 1 parts.

**Method of Preparation:** Prepare their fine powder and mix well. It is also known as *Tripura Bhairava rasa*.

**Indications:** It is also indicated in *vātaja udarāsūla*. (278)

#### 8.279 *Apasmāra Hara Añjana & Nasya* - 99

**Ingredients:** *Yaṣṭī madhu*, *hiṅgu*, *vacā*, *śigru bīja*, *śirīṣa bīja*, *laśuna* and *āmaya (kuṣṭha)* all in equal parts, *ajā mūtra* q.s.

**Method of Preparation:** Prepare the powder of all the above mentioned drugs and triturate it with *ajā mūtra* (goats urine) for one day and on drying powder it finally. It is known as *Apasmāra hara añjana* and *nasya*.

**Method of Use:** It may be used externally as *añjana* (collyriums) and as *pradhamana nasya*.

**Indications:** It is indicated in *unmāda* and *apasmāra* for *añjana* and *nasya*. (279)

#### 8.280 *Apasmāra Hara Añjana* - 100

**Ingredients:** *Manohvā (manaḥśilā)*, *tārkyaja (mayūra tuttha)* and *pārāvata śakṛt* (fecal matter of dove).

**Method of Preparation:** All taken in equal quantity may be mixed and powdered finally. It is known as *Apasmāra hara añjana*.

**Method of Use and Indications:** It may be used externally as *añjana* in eyes specifically in cases of *apasmāra* and *unmāda*. (280)

#### 8.281 *Jvarahara Añjana* - 101

**Ingredients:** *Tālaka (patra tāla) cūrṇa* and *niṃba taila* q.s.

**Method of Preparations:** Prepare a fine powder of *tālaka* and grind it well with *niṃba taila* and prepare its *vaṭī* (pills) and allow these to dry.

**Method of Use:** It may be used after rubbing on a stone plate as *añjana* in eye lids.

**Indication:** By using it as *añjana* fever comes down immediately. (281)

### 8.282 *Kṛmyañkuśa Rasa* - 102

**Ingredients:** *Pārada* and *gandhaka* in equal parts, *niṃba taila* q.s., *viḍaṅga kvātha* for *anupāna*.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka* then triturate it with *niṃba taila*. It is known as *kṛmyañkuśa rasa*.

**Method of Use:** It may be used internally in half *māṣaka* dose and use *viḍaṅga kvātha* as *anupāna*.

**Indications:** It is indicated to destroy innumerable abdominal worms of different types. (282)

### 8.283-284 *Hayacolī Guṭī (Aśvakañcukī Rasa)* - 103

**Ingredients:** *Śuddha pārada*, *śuddha viṣa*, *śuddha gandhaka*, *śuddha tālaka*, *trikaṭu cūrṇa*, *triphalā cūrṇa*, *śuddha ṭaṅkaṇa cūrṇa* all in equal parts. *Śuddha jaipāla bīja cūrṇa* equal to all *bhṛṅgarāja rasa* q.s.

**Method of Preparation:** First prepare a *kajjali* of *pārada* and *gandhaka*, then mix the powders of other drugs and of *jaipāla bīja*. Triturate all these together with *bhṛṅgarāja* juice properly for one day and prepare their pills of *mudga* (green gram) size and dry these. It is known as *Hayacolī guṭī*.

**Method of Use:** It may be used internally in one to two pills dose with water or suitable *anupāna*.

**Indications:** It is indicated to destroy all types of diseases or to induce purgation if *jaipāla* is put equal to all other drugs.

**Note:** In original text, proportion of *jaipāla* is equal to each drug. In that case it may be used in all the diseases. But if *jaipāla* is used equal to all other drugs then it may be used to induce purgation.

**Conclusion**

The author has mentioned here that he has described in the text '*Prakāśāmṛtaka*'. The hundred number of best *rasayogas* are found capable in destroying various types of diseases. He further mentions that some of these have been collected from different texts while others are as per my experience. The experts of *vaidya vidyā* if go through these and use these in their practices certainly become recognized in knowledgeable circles or even in king's houses as the experts of *Rasāsāstra*. (285-287)