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A Comprehensive Review on *Sameer Pannaga Rasa*: An Ayurvedic Formulation

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ABSTRACT:

Sameer Pannaga Rasa mentioned in various classics is one of the Herbo-mineral or Mineral drug formulations. Three varieties of this formulation are found in the *Ayurveda* texts with different ingredients, different *Bhavana dravya* and different method of preparation. The market available *Sameer Pannaga Rasa* is of *Ayurvedic* Formulary of India and its basic reference is taken from *Ayurvediya Aushadhi Guna Dharma Shastra* text. These three varieties are different from each other in context like *Anupana*, *Bhavana dravya*, duration for *Bhavana*, Dose, and Indications etc. Here an attempt has been made to comprehensive review through compilation of *Sameer Pannaga Rasa* mentioned in various classics and discuss about the properties of the ingredients, different method of preparation and detailed description about the commonly used method of preparation for the *Sameer Pannaga Rasa* which is *Kupipakwa* method.

Keywords: *Ayurveda*, *Rasashastra*, *Kupipakwa*, *Sameer Pannaga Rasa*,

INTRODUCTION

Rasashastra and *Bhaishajya Kalpana* is a branch of *Ayurveda* which mainly deals with the formulations made from the drugs of *Herbal*, *Mineral*, *Animal*, *Aquatic* and *Herbo-mineral* sources of origin. *Sameer Pannaga rasa* is a Herbo-mineral or mineral preparation mentioned in the classics. The name is made from two words; *Sameer* +

Pannaga. The word '*Sameer*' means *Vayu / Vata* and the word '*Pannaga*'¹ means a snake or snake shaped demon. Hence the word '*Sameer Pannaga*' can be expressed as the formulation which is able to pacify or kill the *Vatarupi* demon or the *Vatarupi* snake. Ultimately it means, this formulation can heal the disease condition aroused due to



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Vata like *Mahavata*, *Sannipata*, *Unmada*, *Sandhivata* etc. This is an arsenal mercurial formulation mentioned in *Ayurvediya Aushadi Guna Dharma Shastra* text,² which is prepared in *Kachkupi* by *Kupipakwa* method. *Kupipakwa* is an unique method of drug preparation of its own kind. The mineral ingredients of this *Kalpa* are highly potent. These are also included in the list of poisonous drug by Drug and Cosmetic Act 1940³ under schedule E1 because of its highly toxic nature in raw or crude form. But in *Ayurveda* most of the mineral drug undergoes *Shodhana*, *Marana* and other allied processes to eliminate the impurities and toxicity. That is the reason whatever crude drugs taken for preparation of the formulation, the final product will be entirely different which is having total different properties and possesses the capacity to treat the various disease conditions. Different varieties of the *Rasayoga* named *Sameer Pannaga* found in various classical texts of *Ayurveda*. In *Rasawangmaya*⁴, there are mentioned about three varieties and three methods of preparation

1. *Kupipakwa Method*
2. *Sharava Samputa Method*
3. *Kharaliya method*

1.Kharaliya method: This method is suggested for type 1 *Sameer Pannaga Rasa* where all the ingredients taken in a *Khalva Yantra* and triturated well till *Kajjali* preparation. Seven *Bhavana* of *Brinhgraj Swarasa* given and tablet prepared⁵.

2.Sharava Samputa Method: This method is advocated for the type 2 *Sameer Pannaga Rasa* where all the ingredients taken in a *Khalva Yantra*, triturated well to obtain the appropriate *Kajjali*. Then *Mardana* done with the *Tulasi Swarasa* for 1-2 days. Then bolus is prepared out of the obtained material and it is wrapped in *Abhraka Patra*. This wrapped bolus is kept in a *Sharava* and *Sandhibandhana* done by closing with another *Sharava* over it. This *Sharava* kept in *ValukaYantra* and *agni* given for four *Yama* (12 hrs). The obtained *Kapla* is taken out after self-cooling and used as *Sameer Pannaga Rasa*⁶.

3.Kupipakwa Method:

If the word *KupipakwaRasayana* splits into four words i.e. *Kupi*(Glass bottle)+*Pakwa* (Heating)+*Rasa* (Mercurial compound)+*Ayana* (*Sthana*). This is an unique method of preparation of drug where usually *Kajjali* is used and the formulation undergoes different processes in gradually increasing fire.

Method of Preparation of Sameer Pannaga Rasa:⁷

Out of the three types, most commonly used method to prepare this yoga is *Kupipakwa* method. This method of preparation is described in the text *Ayurvediya Aushadhi*

Gunadharm Shastra and used to prepare the type 3 *Sameer Pannaga Rasa*.

The drugs used in the preparation are to be taken in purified form like *Parada*, *Gandhaka*, *Manahshila*, *Haratala* and *Somala*. The quantity used of the ingredients are equal quantity. All the drugs to be taken in a clean *Khalva Yantra*. Homogeneous mixture should be done by trituration and *Mardana* till appropriate *Kajjali* is formed. This *Kajjali* then should be filled in a *Kachakupi* (Glass bottle coated with seven layers of mud smeared cloth). This *Kachakupi* then should be kept in *ValukaYantra* and *Kramagni* (gradually increasing fire) should be given for 8 *Prahara* (24 hrs). After *Swangashita* (self-cooled), the *Kachakupi* taken out and *kupibhedana* (procedure of breaking the glass bottle) should be done. *Sameer PannagaRasa* will be accumulated at the bottom of the bottle should be collected and stored in airtight glass container. The colour of this *Sameer Pannaga Rasa* will be lustrous black colour and it will show yellowish colour if rubbed.

METHODOLOGY

All the data of *Sameer Pannaga Rasa* was collected from different Samhitas, Textbooks, Articles, Authentic websites (like NCBI, AYU, Pubmed, etc.)

Different References Of Sameer Pannaga Rasa

After going through the *Ayurveda* classics, one can find three varieties of the *Sameer Pannaga Rasa* formulation. It is mentioned in the classical text like *Ayurveda Sarasamgraha*, *Rasa Chandamshu*, *Rasayogsagar*, *Ayurvediya Aushadhi Guna Dharma Shastra* and also in Ayurvedic Formulary of India. Ingredient wise, the formulation mentioned in *Rasayogsagar as Sameer Pannaga Rasa Pratham* is similar to the formulation mentioned in *Rasa Chandamshu as Sameer Pannaga Dwitiya* (as shown in Table no.1) likewise *Sameer Pannaga Dwitiya* of *Rasayogsagar* is similar to *Sameer Pannaga Rasa* first of *Rasa Chandamshu* as shown in Table no 2.The *Sameer Pannaga Rasa* mentioned in Ayurvedic Formulary of India; reference taken from *Ayurvediya Aushadhi Guna Dharma Shastra* book; the ingredients are as shown in table no. 3 If all the mineral origin ingredients of all the varieties of the *Sameer Pannaga Rasa* is compiled and the properties of the respective ingredients are discussed then they will be as per the Table no. 4.

Following table no.5 is showing the properties of herbal ingredients used in the preparation of various *Sameer*

Pananga Rasa.

In various type of *Sameer Pannaga Rasa* mentioned in different classics, the dose of this *Rasaushadhi*, *Anupana* (adjuvant), *Bhavana dravya*, duration for *Bhavana*, indications and method of preparation of the respective formulation can be discussed as shown in table no. 6.

DISCUSSION

Sameer Pannaga Rasa is a mineral or herbo-mineral formulation of different variety mentioned in the classics. There are mainly three varieties of *Sameer Pannaga Rasa*. The method of preparation of these three types are also different as *kharaliya* method, *Putpaka* method and *Kupipakwa* method. The most commonly used method for the preparation of this rasa is *Kupipakwa* method. In *Rasayogsagar* and *Rasa Chandhamshu*, two *Yogas* are given with method of preparation of *Kharaliya* and *Sharavasamputa*. If going through type 1 *Sameer Pannaga Rasa* from *Rasa Chandhamshu* and *Rasayogsagar*, the ingredient are same and method of preparation is also same. But there is difference in the *Anupana* and dose. As in *Rasa Chandhamshu* dose of the rasa is not given in *shloka* but in *Rasayogsagar* dose is given in the *Shloka*. There is slight difference in the *Anupana* of the drug also in both the texts it is suggested to use in conditions of *Vata* and *Kapha*. The use in *Nasya* form of this drug is also described. In type 2 *Sameer Pannaga*, it is mentioned in both *Rasayogsagar* and *Rasa Chandhamshu* and there is no difference in both the texts. The method of preparation is *Kharaliya* for this *Yoga* and the ingredients of this *Yoga* are entirely different from type 1 *Sameer Pannaga Rasa*. In type 3 *Sameer Pannaga Rasa* that is mentioned in *Ayurvediya AushadhiGuna Dharma Shastra* it is similar to type 2. Only *Manahshila* is added extra in this yoga and there is no *Bhavana Dravya* mentioned and method of preparation is *Kupipakawa* method. This is the most commonly used type in the field of pharmaceuticals. Type 1 and Type 2 *Sameer Pannaga Rasa* are not seen in the market. So, one can also try to make *Sameer Pannaga Rasa* by these two methods and see the difference on the basis of analytical parameters of these *Yoga* also.

Commonly used *Sameer Pannaga Rasa* is prepared by the method of *Kupipakwa* method of preparation, it is described that it will accumulate at the bottom of the *Kachakupi*. The *Sameer Pannaga Rasa* mentioned in the *Ayurveda Sarasamgraha* is similar to that of *Ayurvediya AushadhiGunaDharmaShastra* text; only difference is that in *Ayurveda Sarasamgraha* text, the *Bhavana dravya* is *Tulasi Swarasa* or *Kumari Swarasa*, duration of

bhavana is 3 *bhavana*, Dose is ½ to 1 *ratti* and *Anupana* mentioned is *Nagavalli swarasa/ Ardraka swarasa/ Honey/Sharkara*.²²

In the classics like *Ayurveda Sara Samgraha*, one more type of *Sameer Pannaga Rasa* is found called *Suvarna Sameer Pannaga Rasa*²³ where *Suvarna* is added in 1/4th quantity and rest of the ingredients are same as mentioned in *Ayurvediya AushadhGunaDharmaShastra* for *Sameer Pannaga Rasa* i.e. type 3 *Sameer Pannaga*.

As per the commentary of *AyurvedSaraSamgraha*²⁴ text, nowadays this preparation is coming in practice by preparing it as *Kanthastha* (accumulated at the bottle neck) and showing good results.

CONCLUSION

From above it is seen that there are different ways of preparing the mercurial formulation called *Sameer Pannaga Rasa*. But most common used method is the *kupipakwa* method. In AFI also this method only is available. Market availability of this *Rasaushadhi* is also of *kupipakwa* method only. Other methods are not in practice in today's date. This *rasa* is commonly used by *Vaidyas* for various *Vatarogas* and respiratory ailments. All the ingredients in this *rasa* contains heavy metals and are considered as toxic in nature. So before preparing this *rasa*, proper *shodhana* and *marana* procedures of all the ingredients should be done carefully and this medicine should only be taken under the expert medical supervision.

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Table no.1: Type one - Reference from *Rasayogsagar (Pratham)*⁵, *Rasa Chandamshu (Dwitiya)*

| S.No. | Ingredient | Quantity |
|-------|-------------------------|----------|
| 1. | <i>AbhrakBhasam</i> | 1part |
| 2. | <i>ShuddhaParada</i> | 1part |
| 3. | <i>ShudahaGandhak</i> | 1part |
| 4. | <i>ShuddhaVatsnabh</i> | 1part |
| 5. | <i>ShuddhaSuhaga</i> | 1part |
| 6. | <i>Shutnhi</i> | 1part |
| 7. | <i>Maricha</i> | 1part |
| 8. | <i>Pippali</i> | 1part |
| 9. | <i>BhringrajSwarasa</i> | Q.S. |

Table no.2: Type 2- Reference from *Rasayogsagar*⁶, *Rasa Chandamshu (Prathama)*

| S.No. | Ingredient | Quantity |
|-------|------------------------|----------|
| 1. | <i>ShuddhaParada</i> | 1part |
| 2. | <i>ShuddhaGandhaka</i> | 1part |
| 3. | <i>ShuddhaHaratala</i> | 1part |
| 4. | <i>ShuddhaSomala</i> | 1part |
| 5. | <i>Tulasiswarasa</i> | Q.S. |

Table no.3: Type 3-Reference from *AyurvediyaAushadhiGunadharm Shastra, Ayurved Sara Samgraha, AFI*⁸

| S.No. | Ingredients | Quantity |
|-------|---------------------------|----------|
| 1. | <i>ShuddhaParada</i> | 1part |
| 2. | <i>ShuddhaGandhaka</i> | 1part |
| 3. | <i>ShuddhaSomala</i> | 1part |
| 4. | <i>ShuddhaHaratala</i> | 1part |
| 5. | <i>Shuddha Manahshila</i> | 1part |

Table no.4: Properties of mineral ingredients

| S.no. | Ingredient | Properties |
|-------|---|---|
| 1. | <i>ShuddhaParada</i> ⁹ | <i>Shadrasa, snigdha, sara guru rasa, ushnavirya, madhuravipaka, yogvahi, tridoshahara, rasayana, balya, vrusya</i> |
| 2. | <i>Shuddha Gandhaka</i> ¹⁰ | <i>Garavishahara, kshudrakushtahara, kasashwasahara, dadrurugahara, chakshushya, jatharagni pradeepak, sara, rasayana, katu rasa, ushnavirya, pachakguna, rasendravyavardhan</i> |
| 3. | <i>Shuddha Manahshila</i> ¹¹ | <i>Katutikta rasa, snigdha, ushna, guru, lekhanguna, kasashwasa hara, bhootopdravanashini, agnimandyakshaya anahkandu hara, rasayana, jwarahara, varnya, antidote forvisha, enhances vitality(kamam)</i> |
| 4. | <i>Shuddha Somala</i> ¹² | <i>Snigdha, used in parada bandha, tridoshahara, swasahara, kushthahara, shlipadjanyajwaranashak, sandhigatvatajwarahara, agnimandyahara, vishmajwarahara, atisarhara, shothahara</i> |
| 5. | <i>Shuddha Haratala</i> ¹³ | <i>Snigdha, bhootjavarvinashnam, kushtha hara, Rasayana</i> |
| 6. | <i>Shuddha Vatsanabh</i> ¹⁴ | <i>Katutiktakshaya rasa, ushnavirya, yogvahi, rasayan, tridoshahara mainly vata kaphahara, deepan, bruhman, balya, agnimandyahara, pliharogahara, vataraktahara, shwasa hara, kasahara, kushtha hara, panduhara, jwarahara, amavatahara, timirrogahara, vishaghna</i> |
| 7. | <i>Shuddha Suhaga</i> ¹⁵ | <i>Katu rasa, ushnavirya, rukshatikshnasaraguna, kaphahara, vatahara, hrudya, kasashwasahara, kamam, agni pradeepak, adhmanhara, balya, stripushpajanan, vrananashan, moodhgarbhpravartak</i> |
| 8. | <i>Abhrak Bhasma</i> ¹⁶ | <i>Snigdha, sitavirya, madhur rasa, ayushya, keshya, varnya, ruchikar, deepan, balya, netrya, medhya, stanyavardhak</i> |

Table no. 5 : Properties of herbal ingredients

| S.No. | Ingredients | Botanical Name | Part Used | Properties |
|-------|---------------------------------|---------------------------|-------------|--|
| 1. | <i>Shunthi</i> ¹⁷ | <i>Zingiberofficinale</i> | Rhizome | <i>Katu rasa, laghusnigdha guna, ushnavirya, madhuravipaka, deepan, pachan, anulomana, amadoshahara, hrudya, vata kaphapaha</i> |
| 2. | <i>Maricha</i> ¹⁸ | <i>Piper nigrum</i> | Fruit | <i>Katutikta rasa, laghuruksha, tikshanaguna, ushnavirya, katuvipaka, shleshahara, pittakara, kaphavatajit, vatahara, chedana, dipana, ruchya, jantunashana, medohara, chedi, hrudroga, vataroga</i> |
| 3. | <i>Pippali</i> ¹⁹ | <i>Piper longum</i> | Fruit | <i>Katutiktamadhura rasa, snigdhalaghuguna, anushnavirya, madhuravipaka, vatahara, kaphahara, deepan, ruchya, Rasayana, rechan, hrudya, vrushya, tridoshahara</i> |
| 4. | <i>Tulasi</i> ²⁰ | <i>Occimum sanctum</i> | Leaf | <i>Katu, tikta, kashaya rasa, laghu, ruksha, tikshnaguna, ushnavirya, katuvipaka, deepanhrudya, kaphahara, pittahara, vatahara, krimiaghna</i> |
| 5. | <i>Bhringaraj</i> ²¹ | <i>Eclipta alba</i> | Whole plant | <i>Katutikta rasa, rukshnatikshnaguna, ushnavirya, katuvipaka, balya, kaphahara, vatahara, rasayana, amahara, vishahara, keshya, dantya, tvachya, chakshushya</i> |

Table No. 6: Detailed therapeutics according to various references

| Therapeutics | <i>SameerPannaga Rasa Type1 RasaYogSagara</i> | <i>SameerPannaga Rasa Type 1 RasaChandamshu</i> | <i>SameerPannaga Rasa Type 2</i> | <i>SameerPannaga Rasa Type 3</i> |
|------------------------------|--|--|---|---|
| Dose | 1 <i>Gunja</i> (125mg) | Not mentioned | 2 <i>Gunja</i> (250 mg) | 1 <i>Gunja</i> (125mg) |
| Anupana | <i>ArdrakaSwarasa or Sharkara or Triphala</i> | <i>ArdrakaSwarasa or Nagavalliswarasa or Sharkara or Trikatu</i> | <i>Nagavallidala</i> | <i>Nagavallidala</i> |
| Bhavana Dravya | <i>Bringarajswarasa</i> | <i>Bringarajswarasa</i> | <i>TulasiSwarasa</i> | No <i>Bhavana</i> |
| Duration for Bhavana | 7 Days | 7 Days | 1-2 Days | No <i>Bhavana</i> |
| Indication | All types of <i>Vatavikaras, Mahavata</i> and <i>murchha</i> | All types of <i>Vatavikaras, Mahavata</i> and <i>murchha</i> | <i>Sannipata, Unmada, Sandhibandha, Kapharoga</i> | <i>Sannipata, Kaphaunmada, sandhibandha, Kaphavicar</i> |
| Method of preparation | <i>Kharaliya</i> | <i>Kharaliya</i> | <i>SharavaSamputa</i> | <i>Kupipakwa</i> |