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### Clinical Indications Of *Gandhaka Rasayana* An Experiential And Scientific View

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#### ABSTRACT: -

Herbal and Herbo mineral formulations are commonly used in the treatment of various disorders by Ayurveda physicians in India and Indian subcontinent. They are potent in action when compared to herbal formulations. *Arogyavardhini vati*, *Mrityunjaya rasa*, *Pravala panchamrita rasa*, *Kamadugha rasa*, *Agnitundi rasa*, and *vrinapahari rasa* are few *Rasaushadhi* (Herbo mineral) formulations which are commonly used in the management of non-communicable disorders. *Gandhaka rasayana* is a herbo mineral formulation which is commonly used in skin and urinary tract disorders. It is given in *Mootrakricchra* (Dysuria), *Mootradaha* (Burning micturition), UTI, and skin disorders like scabies, furunculosis, Taenia infection, *Padadari*, (Cracked heels) paronychia etc. It is having actions like *dipana* (appetizer) *pachana* (digestives), *krimighna* (anthelmintics), anti-infective, antibacterial, bactericidal, antimicrobial *Rasayana* (Rejuvenator) and immunomodulator actions. The present paper highlights about the clinical indications of *Gandhaka rasayana* in an experiential and scientific view.

**Key words:** Ayurveda, Antibacterial, *Gandhaka rasayana*



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## INTRODUCTION

Ayurveda is an age old science of health which emphasize on the health than to cure disease. So, nowadays people are coming back to the nature from synthetics, hence, the Ayurveda will be the future medicinal science of the world, not only the India. In the era of fast food, there is change or irregularity in diet and diet timings and also sedentary life style. In addition to change in diet and life style, one is always under tremendous mental stress. Herbomineral preparations are considered in Ayurveda as Rasausadhis which are appreciated for their smaller dosages, quicker effectiveness, long durability etc. Herbomineral formulations are widely practiced in Ayurveda system of medicine. *Gandhaka rasayana* is one such preparation which doesn't contain *Parada* (Mercury). Hence it is given in children and old age also. It can be preserved for a longer time also as it is a Rasa Shastriya preparation. It is commonly given in infective conditions of skin and urinary tract.<sup>[1][2]</sup>

## AIMS AND OBJECTIVES

To study and analyze the clinical indications of *Gandhaka Rasayana* tablets in an experiential and scientific view.

## MATERIAL & METHODS

A literary search on *Gandhaka* (Sulphur) Ayurvedic Rasasastra texts of the reviewed, texts like *Ayurveda Prakasha*, *Rasa Brihat rasarajasundara* and *Rasa* the sources for literature review. These sources were arranged in the chronological order for analysis. Compilation and reference are done on Samhitas, Sangraha granthas, contemporary treatises, journals, internet and personal experiences.

### Actions<sup>[3][4]</sup>.

*Krimighna* (anthelmintics), *Raktashodhaka* (Blood Purifier), Anti-infective, Antibacterial, Bactericidal Immunomodulator, Immunity booster, *Kaphavata hara*, *Dipana* (appetizer), *Pachana* (digestives), *Ropana* (healer), *Mootradahahara* (relieving burning micturition), *Kushthaghna*.

### Clinical Indications<sup>[5][6]</sup>

*Mootrakrichchra* (dysuria), *Mootradaha*(burning micturition), UTI, Dysuria, Chronic Pyelonephritis, Scabies, Furunculosis, Chronic non healing ulcer, *Karna srava* (Discharge from ears), *Karna shola* (earache), *Padadari* (cracked heels), Paronychia, *Galashundi* (Uvulitis), *Kasa* (cough), *Shwasa* (asthma).

1. Taenia cruris
2. Taenia corporis
3. Taenia capitis
4. Otitis media

### *Amayika prayoga* (Internal applications)<sup>[7][8]</sup>

***Mootrakricchra* (Dysuria)** – It is given with *Chandanasava* and *Chandraprabha vati*.

***Mootradaha* (burning micturition)**- It is given with *Sarivadyasava* or *Chandanasava*.

**UTI** – It is given with mixture of *Sarivadyasava*, *Chandanasava* and *Chandraprabha vati*.

**Dysuria** – It is given with *Chandanasava*.

**Chronic pyelonephritis** – It is given with *Trivanga bhasma* , *Chandraprabha vati* and *Sarivadyasava*.

**Scabies** – It is given with *Sarivadyasava* or *Mahamanjishtadi Kashaya*, *Tankana* (Borax), *Sindoora* (lead sulphide) external application.

**Furunculosis** - It is given with

*Mahatiktakam kashayam* and *Arogyavardhini vati*.

**Chronic non healing ulcer** – It is given with *Shilajativadi loha*, *Chandanadi loha*, *Pravala Panchamrita loha*, *Mahatiktakam kashayam* and externally *Tankana* (Borax), *Sindoora* (lead sulphide) is applied.

**Karna srava (Discharge from ears)** – It is given with *Sarivadyasava*<sup>9</sup> and *Shuddha gandhaka choorna*.

**Karna shola (Ear ache)**– It is given with *Dashamoolarishta* or *Pippalyasava*.

**Padadari (cracked heels)** - It is given with *Sarivadyasava* and external application of *Gandhakadya malahara*.

**Paronychia** - It is given with *Sarivadyasava* and external application of *Gandhakarpura malahara*.

**Galashundi (Uvulitis)** – It is given with *Vrinapahari rasa*, *Mrityunjaya rasa* and *Dashamoolarishta*.

**Gala shoola (Throat pain)**– It is given with *Sheetamshu rasa* and *Pippalyasava*.

**Kasa (Cough)** – It is given with *Vasakarishtha* and *Sitopaladi choorna*<sup>10</sup>.

**Shwasa (Asthma)** – It is given with *Pushkaramoolasava*<sup>11</sup> and *Mrityunjaya rasa*.

**Taenia cruris** – It is given with *Mahatiktakam kashayam* and *Chakramarda taila* external application.

**Taenia corporis** – It is given with *Mahatiktakam kashayam* and *nalapamaradi oil* external application.

**Taenia capitis** – It is given with *Mahatiktakam kashayam*.

**Otitis media** – It is given with *Sudha gandhaka choorna* and *Mahatiktakam kashayam*.

## DISCUSSION

*Gandhaka rasayana* is a *Sagandha yougika* which is given in various skin and urinary

diseases. The main ingredient of *Gandhaka rasayana* is being *Shuddha gandhaka* which is having actions like *Dipana* (appetizer), *Pachana* (Digestive), *Krimighna* (anthelmintics), *Raktashodhaka* (Blood Purifier), Anti-infective, Antibacterial, Bactericidal Immunomodulator, Immunity booster. It can be effectively given in diseases like *Mootrakrichchra* (dysuria), *Mootradaha* (burning micturition), dysuria, scabies, furunculosis, taenia infection, chronic non healing ulcers, varicose ulcers, *Kasa* (cough), *Shwasa* (asthma) and other skin infections. Due to bactericidal and *Raktashodhaka* (Blood Purifier) actions, it is effective in skin infections. Because of urinary antiseptic and anti-infective, bactericidal actions, it is found effective in UTI.

## CONCLUSION

*Gandhaka rasayana* is a *Kharaliya rasayana* formulation, which is effective in urinary and skin disorders. It can be given for prolonged period also with minimum adverse drug reactions. With suitable and disease specific adjuvants, it is given with various types of disorders with good outcome. It can be preserved for longer time as it is a *Rasashastriya* formulation.

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