



International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 1.318

ISSN:2581-785X

Review Article

Volume: 3

Issue: 12

Clinical Indications Of *Kamadudha Rasa* A Scientific And Experiential Review

Dr Prof Shripathi Acharya G¹, Miss Rajeshwari S Acharya²

- 1- Director Academic and WHO Collaborator ,Muniyal Institute of Ayurveda Medical Sciences , Manipal India .
- 2- SDM College of Ayurveda ,Udupi India .

ABSTRACT:

Herbomineral formulations are popularly used in the treatment by Ayurveda physicians . *Arogyavardhini vati, Gandhaka Rasayana , Mrityunjaya rasa, Pravala panchamrita rasa, and Yogaraja guggulu* are commonly used such preparations. *Kamadudha rasa* is one such preparation which is *pittahara* in action and given in *pittaja* disorders . *Kamadudha rasa* is having ingredients like *pravala bhasma , mukta bhasma , mukta shukti bhasma , shankha bhasma , varatika bhasma , shuddha gairika and guduchi satva*. All these ingredients are having *sheeta virya and pittahara actions* . They can be given in *urodaha , udaradaha , amlapitta , parinama shoola , annadrava shoola* and hyperacidity syndrome . These mainly contain mainly calcium and supplements it to the body tissues . The present paper highlights about the clinical indications of *Kamadudha rasa* in a scientific and experiential view.

Key words : *Kamadudha rasa, Ayurveda , Pittahara action*

Article received on-3 Dec

Article send to reviewer on-3 Dec.

Article send back to author on-15 Dec.

Article again received after correction on -21 Dec.

Corresponding Author : Dr Prof Shripathi Acharya G, Director Academic and WHO Collaborator, Muniyal Institute of Ayurveda Medical Sciences, Manipal India.

Email : shripathi_acharya@yahoo.co.in

How to Cite the Article : Dr Prof Shripathi Acharya G, Miss Rajeshwari S Acharya, Clinical Indications of *Kamadudha rasa* a scientific and experiential Review, IRJAY, December : 2020 Vol- 3, Issue-12; 142-148,

Doi: <https://doi.org/10.47223/IRJAY.2020.31217>

INTRODUCTION

Among *herbomineral* formulations used in Ayurveda, *sudhavargiya aushadhis* are common group of formulations which are used in the management of pitta disorders^{1,2,3}. *Kamadudha rasa* is a *sudhavargiya kharaliya rasayana* which is having *sheeta virya*, *madhura rasa* and *pittahara action*^{4,5,6}.

AIMS AND OBJECTIVES: -

To make a scientific and evidence-based understanding about, *Kamadudha rasa* which may prevent from various *pittaj* disorder.

MATERIALS AND METHODS:

A logical evidence-based review study from various texts of Ayurveda like *Charak Samhita*, *Sushrut Samhita*, *Ashtang Hridaya*, *Madhavidanam*,

Kashyap samhita etc. and various research articles on *Kamadudha rasa*.

DISCUSSION

Kamadudha rasa has following Ingredients

1. *Mukta Pishti*
2. *Mukta shukti bhasma*
3. *Pravala Pishti*
4. *Shankha bhasma*
5. *Varatika bhasma*
6. *Shuddha swarna gairika*
7. *Amrita satwa..*

The ingredients has following Actions describe in *various samhitas*

Pravala – *Madhura*, *amla rasa*, *laghu rooksha guna*, *sheeta virya*, *madhura vipaka*, *tridosahara*, *balya*, *dipana*, *pachana*, *vishaghna*, *kasahara*, *netrya*,

indicated in *netra roga, raktapitta, kshaya, kasa, visha roga, amlapitta and parinama shoola*^{8,9,10,11}.

Mukta - *Kashaya madhura rasa, laghu snigdha guna, sheeta virya, madhura vipaka, pittahara or kaphapittahara, chakshushya, vishahara, hridya, jwarahara, mooltrala*, indicated in *jwara, nilika, vyanga, hridroga, jalodara, kasa, shwasa, shlipada, rajayakshma, chardi, hikka, vatavyadhi, prameha, unmada*, *netra roga, asthi shosha and nidra nasha*.
12.

Shankha bhasma - *katu, kashaya rasa, laghu rooksha guna, sheeta virya, katu vipaka, kaphavatahara, grahi, pachaka, shoolahara, balya, varnya, useful in parinama shoola, amlapitta, agnimandya, yuvana pifika, visharoga, grajani and atisara*.

Mukta shukti bhasma – *tikta, katu kashaya rasayukta, laghu rooksha guna, ushna virya, katu vipaka, kaphavatahara, dipana, pachana, grahi, vrishya, netrya, bhedana and indicated in atisara, hridroga, mooltra sharkara, parinama shoola, gulma, shwasa, and pliha roga*.

Varatika bhasma – *tikta, katu, kashaya rasa, laghu rooksha guna, ushna virya,*

katu vipaka, kaphavatahara, dipana, grahi, netrya, vrishya, indicated in parinama shoola, gulma, vrina, karna shoola, grahani, kshaya, kasa and raktapitta.

Guduchi - *Tikta rasa, Rasayana, Jwarahara, Kasahara, Shwasahara, Vatarakta nashaka, Immunomodulator, Hypoglycemic in action..*

Clinical indications of Kamadudha rasa.

1. *Amlapitta*
2. *Parinama shoola*
3. *Annadrava shoola*
4. *Kamala*
5. *Sheetapitta*
6. *Nidra nasha*
7. *Pittaja bhrama*
8. *Urodaha*
9. *Udaradaha*
10. *Raktapitta*
11. *Pliha vriddhi*
12. *Yakrit vriddhi*
13. *Jalodara*
14. *Cirrhosis of the liver*
15. *Urticaria*
16. *Gastrointestinal bleeding*
17. *Hyperacidity syndrome*
18. *Non ulcer dyspepsia*
19. *Hemorrhoids*
20. *Gudadaha*
21. *Mooltra daha*

22. Cramps in legs
23. Hypocalcemia status
24. Tetany
25. Osteoporosis
26. Osteomalacia
27. Osteoarthritis
28. Chronic non healing ulcer of the skin
29. Gastric ulcer
30. Duodenal ulcer
31. Chronic gastritis
32. Hiccough

Amayika prayoga

Amlapitta - It can be given with *Bhunimbadi kashaya* , *Agnitundi vati* and *Avipattikara choorna* .

Parinama shoola - It can be given with *Patoladi kashaya* , *Sootashekhara rasa* and *pravala pishti* .

Annadrava shoola - It is given with *Nabhi vati* or *shoolari vati* , *yavadi kashaya* and *triphala tablet* .

Kamala roga – It is given with *phalatrikadi kashaya* , *Arogyavardhini vati* , *bhumyamalaki swarasa* and *godanti bhasma* .

Sheetapitta - It is given with *Laghusootha shekhara vati*, *Sarivadyasava* and *Haridra khanda* .

Nidranasha – It is given with *Sarpagandha vati* , *jatamamsi choorna* and *Saraswatarista*

Pittaja bhrama - It is given with *Laghu sootha shekhara vati* and *Usheerasava* .

Urodaha - It is given with *Ushiradi peya*, and *madiphala rasayana* .

Udaradaha - It is given with *Bhunimbadi kashaya* and *pravala panchamrita rasa*.

Raktapitta - It is given with *Raktapitta kulakandana rasa* and *Usheerasava* .

Pliha vridhi - It is given with *pravala pishti*, *Usheerasava* and *Rohitakarishtha*.

Yakrit vridhi - It is given with *phalatrikadi kashaya* *Usheerasava* and *Arogyavardhini vati* .

Jalodara - It is given with *Punarnavadi mandoora* , *punarnavashtaka kashaya* and high protein diet .

Cirrhosis of the liver - It is given with *Punarnavadi mandoora phalatrikadi kashaya* *guduchi kashaya* , salt restriction, and high protein diet.

Urticaria - It is given with *Haridra khanda*, *Sarivadyasava* and *Laghu sootha shekhara vati*

Gastrointestinal bleeding - It is given with cold milk and *Usheerasava* .

Hyperacidity syndrome - It is given with *Patoladi kashaya* or *yavadi kwatha* ,*sootashekhara rasa* and *pravala pishti* .

Non ulcer dyspepsia - It is given with *Lashunadi vati* , *Chitrakadi vati* and *Patolakaturhinyadi kashaya* .

Hemorrhoids - It is given with *triphala tablet* , *Abhayarista* and *Arshohara leha* .

Gudadaha - with *Usheerasava* and *Triphala* tablets .

Mootra daha – with *Gandhaka rasayana* and *Chandraprabha vati* .

Cramps in legs – with *Varatika bhasma* and *yogaraja guggulu* .

Hypocalcaemia status – with Vitamin D.

Tetany - with milk and *Varatika bhasma* .

Osteoporosis - with *Lakshadi guggulu* and milk.

Osteomalacia – with *mrigashruniga bhasma* and *Swarna malini vasanta* .

Osteoarthritis - It is given with *yogaraja guggulu* or *Kaishora guggulu* or *Trayodashanga guggulu maharasnadi*

kashaya . *Maha narayana taila* external application .

Chronic non healing ulcer – with *Shiva gutika* , *Chandraprabha vati* , *Asanadi kashaya* and *maha manjishtadi kashaya* .*Tankana sindoora* for external application .

Gastric ulcer and Duodenal ulcer – with *Patoladi kwatha* , *sootashekhara rasa* , *shoolari vati* and blanced diet.

Chronic gastritis - with *Bhunimbadi kashaya* and *Madiphala rasayana* .

Hiccough - With *Kharjuradi mantha* or *Kharjurasava*¹²

CONCLUSION

Kamadudha rasa is a *sudhavargiya kharaliya rasayana* which is commonly given in *pittaja* disorders . It is given with proper adjuvant in various disorders gives relief to the patients .Patients of *pittaja* disorders like *Amlapitta* , *parinama shoola* , *Annadrava shoola* , *urodaha* , *udaradaha* , *mootra daha* , *Gudadaha* , *pittaja bhrama* , *Nidranasha*, etc, it gives good results . Because of its ingredients which are mostly containing calcium , are having *madhura kashaya rasa*, *snigdha sheeta guna* and *sheetavirya pacifies pitta dosha* . There are

least side effects even on prolonged usage of this formulation.

1. *Kamadugha rasa* is a calcium containing formulation useful in *pittaja* disorders .
2. Even after prolonged usage, it will not produce any serious adverse drug reactions .
3. In some cases it produces rhinorrhoea , cold , cough and expectoration and dyspnoea after its prolonged usage. It is contraindicated in Renal calculus patients

Acknowledgement :- Nil
Financial Assistant:- Nil
Conflict of interest :- Nil

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