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

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**ABSTRACT:**

Herbomineral formulations are popularly used in the treatment by Ayurveda physicians. *Arogyavardhini vati, Gandhaka Rasayana, Mrityunjaya rasa, Pravala pancharita 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
INTRODUCTION

Among herbomineral formulations used in Ayurveda, sudhavargiya aushadhis are common group of formulations which are used in the management of pittaja disorders. Kamadudha rasa is a sudhavargiya kharaliya rasayana which is having sheeta virya, madhura rasa and pittahara action.

AIMS AND OBJECTIVES:

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

MATERIALS AND METHODS:

A logical evidence-based review study from various texts of Ayurveda like Charak Samhita, Sushurut Samhita, Ashtang Hridaya, Madhavnidanam, 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, tridoshahara, balya, dipana, pachana, vishaghna, kasahara, netrya,
indicated in netra roga, raktapitta, kshaya, kasa, visha roga, amlapitta and parinama shoola\textsuperscript{8,9,10,11}.

**Mukta** - Kashaya madhura rasa, laghu snigdha guna, sheeta virya, madhura vipaka, pittahara or kaphapittahara, chakshushya, vishahara, hridya, jwarahara, moothala, indicated in jwara, nilika, vyanga, hridroga, jaloqara, kasa, shwasa, shlipada, rajayaksha, 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, kaphavasthara, 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, kaphavasthara, dipana, pachana, grahi, vrishya, nityra, bhedana and indicated in atisara, hridroga, moothra sharkara, parinama shoola, gulma, shwasa, and pliha roga.

**Varatika bhasma** – tikta, katu, kashaya rasa, laghu rooksha guna, ushna virya, katu vipaka, kaphavasthara, dipana, grahi, nityra, vrishya, indicated in parinama shoola, gulma, vrina, karna shoola, grahani, kshaya, kasa and raktapitta.


**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. Udarada
10. Raktapitta
11. Pliha vriddhii
12. Yakrit vriddhii
13. Jalodara
14. Cirrhosis of the liver
15. Urticaria
16. Gastrointestinal bleeding
17. Hyperacidity syndrome
18. Non ulcer dyspepsia
19. Hemorrhoids
20. Gudadaha
21. Mootra 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, jatamansi 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 pravalapanchamrita rasa.

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

**Pliha vriddhi** - It is given with pravala pishti, Usheerasava and Rohitakarishta.

**Yakrit vriddhi** - 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 Patolakaturohinyadi kashaya.

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

Gudadaha - with Usheerasava and Triphala tablets.

Moora 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 mrigashrunga 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 Kharjurasaadav12

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, Annadrawa shoola, urodaha, udaradaha, moorha 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 *pitta*ja 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.

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