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

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ICV-70.44- ISRA-1.318
VOLUME 4 ISSUE 3

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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 *vринапахари 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*

**How to cite this article:** Dr Prof Shripatish Acharya G, Miss Rajeshwari S Acharya, Clinical Indications Of Gandhaka Rasayana An Experiential And Scientific View IRJAY March: 2021, Vol-4, Issue-3; 201-204; DOI: https://doi.org/10.47223/IRJAY.2021.4302
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.[1][2]

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[3][4].
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[5][6]
Mootrakrichchha (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)[7][8]
Mootrakricchha (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 bhasmas, Chandraprabha vati and Sarivadyasava.

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

Furunculosis - It is given with


**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.

**Acknowledgement-None**

**Conflict of interest-None**

**Financial Support-None**

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