

## A COMPREHENSIVE REVIEW ON ICCHABHEDI RASA – AN HERBO - MINERAL FORMULATION

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### ABSTRACT

*Rasa shastra* is aPharmaco – therapeutic branch of *Ayurved*, incorporates many of the *Herbo-mineral* – metallic pharmaceutical preparations prepared out of the *Parada* namely *KhalviyaRasayana*, *ParpatiRasayana*, *PottaliRasayana*and*KupipakwaRasayana*.*Rasaushadhis* are important for their uniqueness in *Ayurvedic* therapeutics due to lesser doses. *KharaliyaRasayana*is used in wide range for therapeutic utility and is easy for preparation. *Ichhabhedi Rasa* is one such *kharaliya*herbo-mineral formulation mentioned in various *Ayurvedic* text. *Ichhabhedi Rasa* is a classical preparation commonly used for *Virechana*. *Ichhabhedi Rasa* is described in various classical texts with some variation of ingredients. *Jayapala*is the chief ingredient of the preparation having *Katu Rasa*, *UshnaVirya* and *KatuVipaka*. It is well known for its strong purgative action. Though variation is observed in thedescription of these *KharaliyaRasayana* and compilation of these will help to study in comparative manner.

**KEYWORDS** :*Rasa Shastra*, *Rasaushadhis*, *KharaliyaRasayana*, *Ichhabhedi Rasa*

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### INTRODUCTION

The word *Rasashastra* literally means the ‘science of Mercury’.*Rasaushadhi*means *Rasa* – *Parada*, *Aushadhi* – Formulations.<sup>1</sup>The *Rasaushadhis* are known for smaller dosage. They do not cause any nauseating sensation during consumption. These medicines provide quick results and they are usefulness in majority of difficult to cure disease conditions. These medicines are also good appetizers and digestives. *KharaliyaRasayanaKalpa* are formulations prepared by the process of *Mardana*or *Bhavana* in mortar and pestle.*KharaliyaRasayanas* are easy to prepare.*Ichhabhedi Rasa* is one such formulation.<sup>2</sup>The name has been given because personcan have as much number of *vegasa*s per his *iccha*. That is, the person will have the *vega* each time he takes the *vati* with *sheetajala*. The present article is written to give a review on *Ichhabhedi*rasa available in different *AyurvedicSamhitas*.

In current attempt all references were compiled and studied in terms of their composition, method of preparation, dose, adjuvants and indications and contribution of various texts regarding these formulations.

References of *Icchabhedi Rasawas* compiled from various *Rasa* text.

**Table no. 1 show various References of *Icchabhedi Rasa*(IBR)**

Sr. no	Name of Formulation	RYS <sup>3</sup>	BBR <sup>4</sup>	RRS <sup>5</sup>	RKD <sup>6</sup>	AFT <sup>7</sup>	BR <sup>8</sup>	RC <sup>9</sup>	AR <sup>10</sup>	RS <sup>11</sup>	YT <sup>12</sup>	RTSSS <sup>13</sup>
1	IBR – 1	+	+	+	+	+	+	+	+	+	+	+
2	IBR – 2	+	+	+	+	-	+	+	+	+	+	-
3	IBR – 3	+	+	+	+	-	+	-	-	-	-	-
4	IBR – 4	+	+	+	-	-	-	-	-	-	-	-
5	IBR – 5	+	+	+	-	-	-	-	-	-	-	-
6	IBR – 6	+	+	-	-	-	-	-	-	-	-	-
7	IBR – 7	+	+	-	-	-	-	-	-	-	-	-
8	IBR – 8	+	+	-	-	-	-	-	-	-	-	-
9	IBR – 9	+	-	-	-	-	-	-	-	-	-	-
10	IBR -10	+	-	-	-	-	-	-	-	-	-	-
11	IBR -11	+	-	-	-	-	-	-	-	-	-	-
12	IBR -12	+	-	-	-	-	-	-	-	-	-	-
13	IBR -13	+	-	-	-	-	-	-	-	-	-	-
14	IBR -14	+	-	-	-	-	-	-	-	-	-	-
15	IBR -15	+	-	-	-	-	-	-	-	-	-	-
16	IBR -16	+	-	-	-	-	-	-	-	-	-	-
17	IBR -17	+	-	-	-	-	-	-	-	-	-	-
18	IBR -18	+	-	-	-	-	-	-	-	-	-	-

\*( IBR=Icchabhedi Rasa )

**Table no. 2 Reference and Ratio of *Icchabhedi Rasa* ingredients mentioned in *Bharat Bhaishjya Ratnakar*<sup>4</sup>**

Name of ingredients	BBR(1)	BBR(2)	BBR(3)	BBR(4)	BBR(5)	BBR(6)	BBR(7)	BBR(8)
<i>Parada</i>	+ 1tola	-	+ 1part	+ 1part	+ 1part	+ 1part	+ 1part	+ 1masa
<i>Sunthi</i>	+ 1tola	+ 1tola	+ 5part	+ 2part	+ 3part	-	+ 1part	+ 3masa
<i>Chitraka</i>	+ 1tola	-	-	-	-	-	-	-
<i>Maricha</i>	+ 1tola	-	+ 3part	+ 1part	+ 2part	-	+ 1part	-
<i>Gandhaka</i>	+ 2tola	-	+ 2part	+ 1part	+ 2part	+ 1part	+ 1part	+ 3masa
<i>Nishotha</i> ( <i>trivruta</i> )	+ 6tola	+ 4tola	-	-	-	-	-	-
<i>Jayapala</i>	+ 12tola	+ 8tola	+ 7part	+ 9part	+ 8part	+ 4part	+ 3part	+ 20 part
<i>Tankana</i>	-	+ 1tola	+ 4part	+ 1part	+ 1part	+ 1part	+ 1part	-
<i>Pippali</i>	-	+ 1tola	-	-	-	+ 1part	-	+ 2masa

<i>Hingula</i>	-	+ 1tola	-	-	-	-	-	-
<i>Hemapatra</i>	-	+ 2tola	-	-	-	-	-	-
<i>Haritaki</i>	-	-	+ 6part	-	-	-	-	-
<i>Bibhitaki</i>	-	-	-	-	-	-	-	+ 1masa
<i>Amalaki</i>	-	-	-	-	-	-	-	+ 1masa

\*( BBR = Bharat BhaishjyaRatnakar )

Table no. 3 Reference of *Ichhabhedi Rasa* ingredients mentioned in *Rasendra Sara Sangraha*<sup>5</sup>

Name of ingredients	RSS (1)	RSS (2)	RSS (3)	RSS (4)	RSS (5)
<i>Parada</i>	+ 1part	+ 1part	+ 1part	+ 1part	+ 1part
<i>Sunthi</i>	+ 2part	+ 3part	+ 1part	-	+ 1part
<i>Maricha</i>	+ 1part	+ 2part	+ 1part	-	+ 1part
<i>Gandhaka</i>	+ 1part	+ 2part	+ 1part	+ 1part	+ 1part
<i>Jaypala</i>	+ 9part	+ 8part	+ 14part	+ 4part	+ 3part
<i>Tankana</i>	+ 1part	+ 1part	+ 1part	+ 1part	+ 1part
<i>Pippali</i>	-	-	+ 1part	+ 1part	-
<i>Haritaki</i>	-	-	+ 1part	-	-
<i>Bibhitaki</i>	-	-	+ 1part	-	-
<i>Amalaki</i>	-	-	+ 1part	-	-
<i>Abhrakabhasma</i>	-	-	+ 1part	-	-
<i>Tamrabhasma</i>	-	-	+ 1part	-	-
<i>Hartala</i>	-	-	+ 1part	-	-
<i>Vatsanabha</i>	-	-	+ 1part	-	-
<i>Dalchini</i>	-	-	+ 1part	-	-

\*(RRS = Rasendra Sara Sangraha)

Table no. 4 Reference of *Ichhabhedi Rasa* ingredients mentioned in *Rasa Kamdhenu*<sup>6</sup>

Name of ingredients	RKD (1)	RKD (2)	RKD (3)
<i>Sunthi</i>	+ 1part	+ 1part	
<i>Parada</i>	+ 1part	+ 1part	+ 1part
<i>Tankana</i>	+ 1part	+ 1part	+ 1part
<i>Sahudaka</i>	+ 1part	-	-
<i>Jayapala</i>	+ 3part	+ 5part	+ 9part
<i>Gandhaka</i>	-	+ 1part	+ 1part
<i>Maricha</i>	-	+ 1part	+ 1part
<i>Hidimbika</i>	-	-	+ 1part
<i>Haridra</i>	-	-	+ 1part
<i>Yavakshar</i>	-	-	+ 1part
<i>Haritaki</i>	-	-	+ 1part
<i>Eranda</i>	-	-	+ 1part

\*(RKD = Rasa Kamdhenu)

Table no. 5 Reference of *Ichhabhedi Rasa* ingredients mentioned in *Bhaishajyaratnavali*<sup>8</sup>

Name of Ingredients	BR (1)	BR (2)	BR (3)
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<i>Sunthi</i>	+	1part	+	4part	+	3part
<i>Maricha</i>	+	1part	+	3part	-	
<i>Parada</i>	+	1part	+	1part	+	1part
<i>Gandhaka</i>	+	1part	+	2part	+	1part
<i>Tankana</i>	+	1part	+	4part	-	
<i>Jayapala</i>	+	3part	+	7part	+	20part
<i>Haritaki</i>	-		+	6part	-	
<i>Guda</i>	-		+	28part	-	
<i>Bibhitaki</i>	-		-		+	1part
<i>Amalaki</i>	-		-		+	1part
<i>Pippali</i>	-		-		+	2part

\*(BR = BhaisajyaRatnavali)

Table no. 6 Reference of *IchhabhediRasa* ingredients mentioned in *Rasendra Chintamani*<sup>9</sup>, *Ayurvediya Rasashastra*<sup>10</sup>, *Rasayana sara*<sup>11</sup>, *Yoga Tarangini*<sup>12</sup>

Name of Ingredients	RC (1)	RC (2)	AR (1)	AR (2)	RS (1)	RS (2)	YT (1)	YT (2)
<i>Parada</i>	+ 1part	+ 1part	+ 10gm	-	+ 1tola	-	+ 1part	+ 1part
<i>Gandhaka</i>	+ 2part	+ 1part	+ 10gm	-	+ 2tola	-	+ 1part	+ 1part
<i>Maricha</i>	+ 3part	+ 1part	+ 10gm	-	+ 1tola	-	+ 1part	-
<i>Tankana</i>	+ 4part	+ 1part	+ 10gm	+ 20tola	-	+ 1tola	+ 1part	+ 1part
<i>Sunthi</i>	+ 5part	+ 1part	+ 20gm	-	+ 1tola	+ 1tola	+ 1part	+ 1part
<i>Haritaki</i>	+ 6part	-	-	+ 40tola	-	-	-	-
<i>Jaypala</i>	+ 7part	+10part	+ 20gm	+ 30tola	+ 12tola	+ 8tola	+ 5part	+ 3part
<i>Guda</i>	+28part	-	-	-	-	-	-	-
<i>Trivrit</i>	-	-	+ 20gm	-	+ 6tola	+ 4tola	-	-
<i>Hingula</i>	-	-	-	+ 4tola	-	+ 1tola	-	-
<i>Kuberaksha</i>	-	-	-	+ 10tola	-	-	-	-
<i>Chitraka</i>	-	-	-	-	+ 1tola	-	-	-
<i>Pippali</i>	-	-	-	-	-	+ 1tola	-	-
<i>Hemapatra</i>	-	-	-	-	-	+ 2tola	-	-

\*(RC = RasendraChintamani, AR = Ayurvedic Rasa Shastra, RS = Rasayana Sara, YT = Yoga Tarangini)

Table no. 7 Reference of *Ichhabhedi Rasa* ingredients mentioned in *RasatantraSara Sangraha* *EvumSidhaprayoga Sanghra*<sup>13</sup>, *Ayurvedic Formulary of India*<sup>7</sup>

Name of Ingredients	RTSSS	AFI
<i>Parada</i>	+ 1tola	+ 1part
<i>Gandhaka</i>	+ 1tola	+ 1part
<i>Tankana</i>	+ 1tola	+ 1part
<i>Sunthi</i>	+ 1tola	+ 1part
<i>Maricha</i>	+ 1tola	+ 1part
<i>Jayapala</i>	+ 3tola	+ 3part

\*(RTSSS = Rasatantra Saraevumsiddhaprayogasnaghras, AFI = Ayurvedic Formulary Of India)

Table no. 8 *Anupana, Sahpana*, Dose, Indication, *Pathya* mentioned in all classical texts.

References	Bhavnadravya with duration	Anupana/Sahpana	Dose	Indication	Pathya
<i>BBR(1)</i> <sup>4</sup>	<i>Chitrakadikwatha</i>	Cold water or milk - <i>Sahpana</i>	<i>Chanaka</i> size	<i>Virechana</i>	-
<i>BBR(2)</i> <sup>4</sup>	-	Fresh milk - <i>Sahpana</i>	3 <i>Ratti</i>	<i>Virechana</i> , <i>Vibandha</i> , <i>Gulma</i> , <i>Udavarta</i> , <i>Aruchi</i> , <i>Arsha</i> , <i>Bhagandara</i>	-
<i>BBR(3)</i> <sup>4</sup>	-	Hot water - <i>Sahpana</i>	2 <i>Ratti</i>	<i>Gulma</i> , all types of <i>Udararoga</i>	-
<i>BBR(4)</i> <sup>4</sup>	-	Cold water - <i>Sahpana</i> Hot water - <i>Anupana</i>	1 <i>Ratti</i>	<i>Virechana</i>	Curd, Rice
<i>BBR(5)</i> <sup>4</sup>	-	-	1 <i>Gunja</i>	<i>Virechana</i> , <i>shula</i> , <i>kustha</i> , 11 types of <i>Pittajaroga</i> , <i>Bhagandar</i> , <i>Hrdaroga</i>	-
<i>BBR(6)</i> <sup>4</sup>	-	Cold water - <i>Sahpana</i> Hot water - <i>Anupana</i>	1 <i>Ratti</i>	<i>Virechana</i>	-
<i>BBR(7)</i> <sup>4</sup>	-	Cold water - <i>Sahpana</i>	2 <i>Gunja</i>	<i>Virechana</i>	Butter milk, Rice
<i>BBR(8)</i> <sup>4</sup>	<i>Amlaloni</i>	<i>Amlaloni</i> rasa and hot water - <i>Sahpana</i>	<i>Chanaka</i> size	<i>Virechana</i>	
<i>RSS(1)</i> <sup>5</sup>	-	Cold water - <i>Sahpana</i> Hot water - <i>Anupana</i>	1 <i>Gunja</i>	<i>Virechana</i>	Curd, rice
<i>RSS(2)</i> <sup>5</sup>	-	-	1 <i>Gunja</i>	<i>Virechana</i> , <i>shula</i> or <i>udararoga</i> , 11 types of <i>kustharoga</i> , <i>pittaroga</i> , <i>hrdyroga</i> , <i>bhagandar</i>	-

RSS(3) <sup>5</sup>	Bhringrajswarasa for 2 days	-	65mg	Virechana, sannipatik ajwara	Fish, muttan and ghee
RSS(4) <sup>5</sup>	-	Cold water – Sahpana Hot water – Anupana	-	Virechana	
RSS(5) <sup>5</sup>	-	Sugar with cold water	2 Gunja	Virechana	Buttermilk, rice
RKD(1) <sup>6</sup>	Jaypalarootkwatha or swarasa and trivritkwatha	Guda	3 Ratti	Sannipatta, vataroga, ajirna, amajirna, adhmaana	Sugar, curd
RKD(2) <sup>6</sup>	Sikhigana (citrakadidecoction) for 1yama	Cold water	2 Gunja	Relives all diseases	=
RKD(3) <sup>6</sup>	=	=	1 Gunja	Virechana	=
BR(1) <sup>8</sup>	Water	Sugar and cold water	2 Ratti	Constipation, udararoga	Buttermilk, rice
BR(2) <sup>8</sup>	=	Cold water	2 or 3Ratti	Udararoga	=
BR(3) <sup>8</sup>	Amlaloni rasa – 1 bhavana	Amaloni rasa with hot water	2 or 3 Ratti	All types of udararoga	=
RC(1) <sup>9</sup>	With guda	Hot water	2 Ratti	Udararoga, jalodara	=
RC(2) <sup>9</sup>	-	Sugar	2 Ratti	Virechana	Buttermilk, rice
AR(1) <sup>10</sup>	Witharkapatraswarasa for 6hr	Cold water	1 Gunja	Udara, gulma, kapharoga	=
AR(2) <sup>10</sup>	Nirgundipatraswarasa for 3 days	=	1 Gunja	Virechana	=
RS(1) <sup>11</sup>	Chitrakakwatha	Cold water or fresh milk	Chanaka size	Virechana	=
RS(2) <sup>11</sup>	=	Fresh milk	3 Ratti	Vishtbha, gulma, udavarta, aruchi, arsha, bhagandara	=
YT(1) <sup>12</sup>	Sikhigana(citrakadi drugkwatha) for 1 yama	Cold water	2 Gunja	Relives all diseases	=
YT(2) <sup>12</sup>	=	Cold water	1 Ratti	Virechana	=
RSSS(1) <sup>13</sup>	=	Cold water	1 Ratti	Udararoga	Curd, rice
AFI(1) <sup>7</sup>	=	Cold water	250mg	Anaha, udararoga	

\*1Yama – 3 hours, Ratti-125mg, Chanaka–chickpeassize.

## DISCUSSION:

There are eighteen formulations are available on *Ichhabhedi Rasa* according to *Rasa Yoga Sagar*. Here *Bharat Bhaishjya Ratnakar*, (a compiled book) is taken for references. In *Bharat Bhaishjya Ratnakar* six *Rasa* text books are used for compilation and eight varieties of *Ichhabhedi Rasa* are mentioned in this text. In different *Samhitas* different *Bhavana Dravyas* are mentioned like *Chitrakadi Kwatha*, *Amalaloni Swarasa*, *Water*, *Bhringraj Swarasa*, *Jayapala Root Kwatha*, *Trivrit Kwatha*, *Guda*, *Arkapatra Swarasa* and *Nirgundi Patra Swarasa*. The dose of *Ichhabhedi Rasa (IBR)* varies from 65mg to 3 *Ratti* and maximum texts explained 1 to 2 *Ratti* dose. Cold water is mentioned as *Anupana* in maximum texts as it is indicated in *Virechana*. But in *Bharata Bhaishajya Ratnakara* authors has mentioned Hot water as *Anupana*.

Crotonic acid is one of the chemical constituent of *Jayapala* which crystallizes as needles from Hot water. Hence, this formulation should be taken along with *Sheetajala* are mention in one article<sup>14</sup>. *Takraor Curd* should be taken along with *Odanaas Pathya*. After complete cessation of *Vegas*, *Sheetajala* should not be taken for one *yama* as there may be chances of recurrence of *Vegas*. It contains *Shuddha Parada*, *Shuddha Gandhaka*, *Shuddha Tankana*, *Sunthi*, *Maricha*, *Pippali*, *Amalaki*, *Haritaki*, *Bibhitaki*, *Shuddha Jayapala* which are mostly mentioned in all *Rasashastra* *Samhitas*, but some ingredients are added / removed in other *Samhitas*. In *Bharat Bhaishjya Ratnakara* other ingredients are mentioned like *Chitraka*, *Hemapatra*. In *Rasendra Sara Sangraha* other ingredients like *Abhraka Bhasma*, *Tamra Bhasma*, *Hartala*, *Vatsnabha*, *Dalchini* are mentioned. In *Rasa Kamdhenu* other ingredients like *Hidimbika*, *Haridra*, *Yava Kshar*, *Eranda* have been said. In *Bhaishjya Ratnavali* other ingredient is *Guda*.

## CONCLUSION

*Ichhabhedi Rasa* is mentioned as *Kharaliya Rasayana* in almost every *Samhita*. The addition or removal of the ingredients have been done on the basis of the action it is intended to perform. This makes *Ichhabhedi Rasa* a different and unique formulation which is said to be used as a purgative when taken along with *Sheetajala*. The reason for mentioning *sheetajala* is to induce purgation and also may be to avoid the structural formation of needles which crystallizes as needles and may obstruct the *vega*. Of these 18 different references available, only a few references are in use for preparation of this formulation which makes it special for its action.

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