



Rasa Yoga's in Sahasrayogam

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ABSTRACT

Kerala, 'GOD'S own country' is well known for specific Ayurvedic treatment. , The kerala Ayurvedic Therapies' are famous world wide now a days. These therapies include certain traditional methods, Yoga's and other Kalpana's based upon the practical Knowledge of ancient practitioners [Apta's]. This knowledge is scattered in different texts, which is the basic secret of the success of these treatments. Basically the major treaties are used in kerala for 'Chikitsa', are *sahasrayagam*, vai *dyamanorama* and '*sarvaroga chikista sangraha*'. Whole treatment of kerala physician's is based on these books and since centuries, the people of this region are testing sweet fruits of these 'CHIKITSA KALPAVRUKSHA'.

Among kerala Ayurvedic Physicans, '*Sahasrayogam*' is enjoying the status of practical prescriber. The book is also considered as the hand book of ayurvedic remedies. The book was originally written in 'Sanskrit' and translated to 'Malayalam'. The book 'Sahasrayogam' means thousand compound preparation/formulations, but on rough estimate the number varies from 700-1200 in various versions. Some of the slokas in the text consist of 'Malayalm' Vernacular names of certain drugs.

Keywords: rasa yoga, sahasrayogam,

INTRODUCTION

CONTRIBUTION TO CHIKITSIA ASPECT;

The formulations described in the book consist of different kalpanas like kashayam, Tailam, Ghritam, Chooram and Lehya, Arista, Vati, Gutika, with so many polyherbal preparations.

Single drug recipes are also indicated for the treatment of different diseases. In addition to the classical herbal recipes some of the traditionally useful simply herbal recipes are also included in the book.

MATERIAL AND METHODS

GUTIKA YOGA

PREPARATION	MAIN INGREDIENT'S	INDICATIONS
Suryaprabha gutika	Parada, Vara, gandhka, Hingu, Yavani, Visha etc.	Kasa Swasa, Jwara
Lohagudadi gutika	Loha guda (mandura), Triphala churna, Vatapattra bhasma etc.	Pandu roga
Kittadi gutika	Mandurbhasma, Kantalohabhasma, Chitrak Krishna abhraka bhasma, Sweta abhraka bhasma, parada, Gandhaka etc.	Sula, Udara, Swasa, pandu, Agni mandya
Ramachandiswara ras	Tamrabhasma, Rasabhasma, Gandhka, Vatsanabha etc.	Sarva sannipata
Sanninpataka gutika	Triphala, Gandhaka, parada etc.	Sanipata Jwara
Tamrabharava guti.	Tamra bhasma, Parada, Kshara traya etc.	Sannipata Jwara
Rasadi gutika	Parada, Gandhaka, Manasila, Tamra bhasma, Saindhava lavana etc.	Chitta Vibhrama
Seeta Nagankusha Rasa	Akhupashana Khapari etc	Sheet jwara

Sarva Jwarahara matra	Akhu Pashana, Tuttha etc	Sarva Jwara
Suchimukha ras	Parada, Gandhaka,, Tuttha, Tankana, Manasila, Haritala, Jaipul, Makshika, Visha etc.	Unmada, Sannipata Jwara, Visha dosha, Prameda, Dhanurvata
Rogatrayi ras	Parada Gandhaka, Amrutam etc	Sannipata Jwara
Ananda ras	Vatsanabha, Gandhaka, Parada, Talaka etc.	Seethanga Sannipata

Chandabhaskara ras	Parada, Vatsanabha, Gandhka, Parada, Talaka etc	Panda, Sopha, Udara, Udavarta, Gulma, pliha, Krimi,Ajeerna, Amasula ,Asmari, Meha, Mutra, Krichra,Asmari Vrana, Sarva vyadhi hara
NeelaKanta ras	Parada, Ganahaka,Loha, Visha, Tankana, Tamra bhasma, Vidanga etc.	Swasa, Kasa, Kashaya, Gulma,Prameha, Vishama Jwara,Midhma, Grahani dosha , Pandhu,Bhagandar,Nutra Krichra, Moodha-garbha, Vata roda
Gangeswara ras	Abhrakha, Vatsanabha, Loha bhasma, Gandhaka, parade, pippali etc	Swasa, Kasa, Pinasa, Mandagni,Vataroga,Amla pitta
Jati lingadi vati	Jatilingam(hingulam),Haritala, Manasila,Vatsanabha, tankana etc.	Kasa,Swasa,Hikka, Kshaya

Shakha phani ras	Parada, Visha, Gandhaka, Hinhu etc	Pancha,gulma, Grahani, Arsa, Atisar, Sarvaroga har
Triguna ras	Parada,Gandhaka, etc	Kampavata (Parkinsonism)
Gulmantaka ras	Ayaschurna, Gandhaka, Manasila, Parada etc	Vata gulma, Kasa, SWara sada,Agninmandya,SWitra, Jalahgulma,Pliha, Arsa,Kushta

Raja Virechana Churnam	Parada, Gandhaka, Gouri Pashanam, Tankana, Trikatu etc.	Supreme Purgative
Sootikaatanak nasini gutika	Paradam, Gandhaka, Abhrakabhasma, Tamra bhasma, Tuttha	Sutikaroga, Jwara, Trishna, Aruchi, sophia, Deepana

Sootikamaya nasini ras	Parada, Talaka, Ganghakra, Loha, Abhraka, Vanga, Tamra etc.	Garbhini Jwara
Sleepadantaka ghutika	Parade, Vatsavabha, Gandhaka, Manasila, Jaipal etc	Sleepada, pliha roga
Vettumaran gutikha	Hingulam, Tankana, Vatsanabhi, Ajamoda etc	Jwara Vasuri Jwara, Vataroga, Sannopata,
Venkaradi matra	Tankana bhasma, Rajta bhama, Swarna bhasma, Mukta bhasma, Rudraksha bhasma, Vidruma bhasma, Parada etc	Sannipata Jwara vishama Jwara
Jwarankusa ras	Parada, Manasila, Harital, Vyosha etc	Jwara
Rama bana ras	Parada, Gandhaka, Vatsanabhi, Dattura bija etc.	All kinds of fevers
Ananda bhairavi ras	Tankana, Vatsanabha, Hingu etc	Jwara, Sannipata

Ramabana ghutika	Amala, sara gandhaka, Jatipala, Jaiphala etc	Nava-Jwara
Bhoota bhairava ras	Parada, Gandhaka, Tamra etc	Sannipata Jwara

Jwarankusha ras	Parada, Gandhaka, Visha, Maricha etc.	Tridosha Jwara
Maha Jwarankusa ras	Parada, Vatsanabha, Ghandhaka, Vyosha etc.	Sarva Jwara
Tapa Jwarankusa matra	Hingula, Vatsanabha, Kushta etc.	Tapa Jwara

BHASMA KSHARDI YOGA (in churna form)

PREPARATION	MAIN INGREDIENT'S	INDICATION
Sula hara churna	Parada, Ghandhaka, Sauvarchlanana, Saindhava Lavana, Yavakshara etc	Sarva sula
Gandhaka churna	Parada, Gandhaka	Ashtadasa kushta
Palasha kshara	Palasa samula, Sukti churna, Sankha churna, Sankha bhasma, Sudha churna etc	Arsas for external use only
Swayam bhasma	Parada, Gandhaka, Loha etc	Sula

LEHYA YOGA

Lehya is semi solid Preparation of drugs Prepared with addition of Jaggery or sugar and boiled with Prescribed Swarasa or Kashaya. In certain Lehya's some Rasa drugs are used. Some of them are very unique Which the only specialty of text (Sahasrayogam) are

PREPARATION	MAIN INGRDIENT'S	INDICATION
Ellum Tippalyadi leha	Loha churna, Makshika churna, Badaea, Pippali etc.	Arsas, Pliha and Pandu roga
Gandhaka rasayan	Gandhaka, Loha bhasma, Chitra tandula etc.	Improves longevity, eyesight, Astadasa Kushta, Pancha gulma, Arsas and Pandu

VATI FORM

There are some Formulae mentioned with Rasa and Gandhaka with other mineral origin. Minerals are mostly made in Bhasmas. Where Gandhk and Parada are mentioned, Kajjali is made first then other drugs are added. The vati Containing minerals can be used for an indefinite Period i. e., one of the benefit because of Rasa yoga.

PREPARATION	MAIN INGREDINT'S	INDICATION
Mandura vataka (pranada ghutika)	Swarna makshika, Mandura, Gomutra etc.	Pandu, Kushta, Ajeerna, Sopha, Uru sthambha, Arochaka, Arsas, Kamala, Pliha roga
Kasatti nutiri	Trikatu and Manasila	For dhuma pana in Kasa

EXTERNAN APPLICATIONS;

PREPARATION	MAIN INGREDIENTS	INDICTION
KulanKhattinu Kuzhambu	Manasila, Tuttha, Bees Wax etc	Kunakha
Vrana lepa	Tuttha, Girivara sindur, Karanja etc	Nadi vrana, Dushta vrana

CONCLUSION

RASA YOGA IN THE BOOK

Though the treatment includes lot of herbal formulations and Practices, some of Rasayogas are very unique. In spite of herbal Practices, these yoga's are being used since centuries. In these yoga, specific yoga's are containing only Parada without Gandhaka i. e., Nirgandha Rasa yogas. Along with these formulations, so many Preparations which contain Parada in Lehya, choornam and Malhara form. Also other Rasashastra drugs e. g. Harital, Mansila are used abundantly, occupy the major space of book.

The yoga's containing Rasa oushadhi, which are used during Pregnancy and after delivery are different and specific, which are not used elsewhere except this region e. g. 'sutika amaya nashini vati'. Some preparations are used as antipyretic in acute conditions like 'Masurika jwara', Shirshoola e. g. Vettumaran Gulika are the part of the text.

There are collections of certain Rasa preparation from medieval period, also from siddha traditions of ancient era. This has contributed to the credibility of the book.

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