

Literary review of laghu malini vasant kalpa

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Abstract-

Rasashastra and bhaishajya Kalpana is a branch which deal with the preparation of medicine by using herbal, animal and metal origin. metal and minerals are in frequently used in Indian system of medicine since long back without any untoward effects, laghu Malini vasant is a well-known kharliya rasayan, with rasaka and maricha as a chief ingredients and close resemblance is observed in method of their preparation, laghu Malini vasant Rasa are rasaka and Maricha containing formulations mentioned in jwaradhikara. laghu Malini vasant is mainly used in first trimester of pregnancy and in management of shwetpradar and raktapradar.

Keyword: laghu Malini vasant, kharliya rasayan, rasaka, Maricha

Introduction- acharya vaghbbhat has offered a word of honour to Ayurveda shastra by describing it as etada sadyarti nashanam ,I.e swiftly cures diseases acclaim of Sadhya vyadhi vinashanam,that Ayurveda has achieved. it is a certain extent because of rasa

chikitsa that is treating elements with metallic or herbal mineral preparations Though Rasa term is attributed principally to mercury in Indian alchemy, more than 50% formulations attributed as rasaushadhi are devoid of mercury. Quality of rasaushadhis like quick action in lower dose without feeling any untoward taste and increased shelf life of herbal constituents is the beauty of kharaliya rasayan (drugs prepared using mortar and pestle). Laghumalini vasant Ras is effective on rasvahinya rasvahgranthi & raskarya.

Aim- To compile all available references of laghumalini vasant Ras.`

Material and Methods- vasant malati ras is not a mere a single formulation but a variety of formulations across different text have been a quoted as vasant malati ras name of drug itself throws on the action of the compound i.e., it is a rejuvenating formulations which aids to nurture depleted body constituents vasant malati ras is observed in Ras padhati a book of 13th A.D. Rasyogsagar a

compitatory book of Rasaushadhi for 1st time has compiled 8 formulations.

Composition and Indications of laghumalini vasant Ras as per reference of yogratnakar.

<i>Laghu malini vasant</i>	<i>Ingredients -Rasaka-2 parts Maricha-1 part</i>	<i>Indications-Jeerna jwara, raktaatisara, raktajvikara, Pittajvikara,vishamjwara, raktapradara, Raktapradara, raktarasha ,netraroga, Balroga, Garbhaposhak.</i>
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Procedure of preparation of laghu malini vasant from different texts-

<i>TEXT</i>	<i>CONTRIBUTION / MODIFICATION</i>
<i>Rasa paddhati(19)</i>	<i>Levigation with freshly prepared cow butter is said to be done for 3 days.</i>
<i>Vasava Rajiyam(20)</i>	<i>In place of lemon juice levigation by nimbajala is Stated.</i>
<i>Yog Ratnakar(21)</i>	<i>Some formulation has been quoted with other names Vyadhi Gaja kesari.&Rasakeshwar both formulations contain same ingredients as that of Laghumalini vasant. Rasa. Both of these formulations states method of shodhana of rasaka. In Rasaraja /Vyadhi Gaja kesari formulation quantity of freshly prepared by cow butter to be taken and no. of levigations by lemon juice to neutralize it to be given ,are mentioned .no other Ref prior this one has quoted this fact for laghu malini vasant rasa.in rasakeshwar too no.of levigations by lemon juice to be given are mentioned maricha which is second important ingredient is said to be taken after removing outer cortex</i>
<i>Rasatantrasar & siddha yog sangraha (22)</i>	<i>Two compositions are given for Laghu malini vasant Rasa with and without hingula. Hingula containing Laghu malini vasant is cited from Aurveda kala nidhi text with hingul in equal proportion to that of Rasaka. Another composition is similar to that of yog ratnakar Author opines to use yashada bhasma or yashada pradhana karvellaka as alternative to Rasaka.The same formulation is named as rasaraja in Rasasara sangraha jwarmurari nava jwarmurari is also the names which come for this formulation.</i>
<i>AFI Part I(2s)</i>	<i>Reference is taken from yogratnakar jwaradhikara states that since genuine rasaka bhasma is not generally available yashada bhasma which has same property is used in place of rasaka bhasma.</i>
<i>Ayurveda Pharmacopia Bajaj peyasamhita (23)</i>	<i>States to use Hingula & shweta maricha (outer coat removed) for vasant malati rasa.</i>
<i>Chikitsa</i>	<i>Duration of levitation by lemon juice is stated as 21 days.</i>

Result- As per Ras yog sagar a compilation book of Rasaushadhi, Laghumalini vasant Rasa is observed to be quoted by maximum texts.

Conclusion- laghumalini vasant Ras is kharaliya rasayan with Rasaka and maricha as chief ingredients and close resemblance is observed in method of their preparation.

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