

REVIEW ON A HERBO MINERAL DRUG – LAGHU SOOTASHEKARA RASA

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ABSTRACT

Ayurveda consider *tridosha* as *mula*(origin) for *sareera*(body). When these are in equilibrium, it maintains body, destructs when equilibrium is lost. Among the *naanatmaja vikara 40 vikaras* are included in *pitta dusti*. At present, gastritis (acid peptic disease) is a common problem in society due to various behavioural and environmental factors. Further excessive use of NSAID's (non steroidal anti inflammatory drugs) and infection of *Helicobacter pylori* also contribute major part in pathogenesis of APD. APD is gastrointestinal disorder that has been recognized since ancient time. In *Ayurveda*, it is similar to *amlapitta* and is common throughout the world and prevalence has been estimated approximately 11–14% for men and 8–11% for women. The

usage of synthetic drugs such as antacids, H₂ receptor blockers and proton pump inhibitors have abbreviated due to their side effects. These crisis lead to the search for natural products from plant or mineral origin possessing potential anti-ulcer activity. *Rasaushadhis* (herbo-mineral ayurvedic medicines) are unique dosage forms having benefit of longer shelf life, better therapeutic efficacy at low dose. *Laghusootashekara rasa* having *shuddha gairika, shunti* as ingredients given *bhavana* with *nagavalli swarasa* combination does *pittaharana* and doesn't increase *vata* and indicated in *Amlapitta, Pittaja vikara*, like *suryavartha, raktapitta*. In the present review, an attempt is made to understand the possible mode of action of *Laghusootashekara Rasa* on *pittaja vikara* and its anti-ulcer activity.

KEYWORDS: *Laghusootashekara rasa, pitta vikara*, anti ulcer formulations.

INTRODUCTION

“*Agnirevam sareere pittantara gata kupitaakupita shubhaashubha karoti*” (fire in the universe itself situated in body as *pitta dosha*, if vitiated causes grief, if maintained normalcy does good to the body). With the reference of previous verse we can consider that *agni* (temperature/ fire) in the universe have direct relationship with the *agni* (temperature / fire) present inside the body. Society is facing the dreadful consequences called global warming where there is increase in global temperature. As a result there are more *pitta vikaras* seen in recent era. Since this concept is not accepted by contemporary scholars, *ayurvedacharyas* have great responsibility to check this *pitta*. There are many formulations explained in classics. Among them *Laghusootashekara rasa* is a simple herbo- mineral formulation which has *shuddha gairika*, *shunti* as ingredient and *bhavana* is given with *nagavalli rasa*. This formulation is easy to prepare, palatable, easy to dispense. *Sootashekara rasa* of *rasayana sangraha amlapiita adhikara* has *Shuddha parada*, *shunti* and *shuddha gairika* as ingredients and indicated in *pittaja roga*. As it doesn't contain *parada*, the name *laghu*(refers to minimum ingredients) has been prefixed.

MATERIALS AND METHOD^[1]

Swarnagairikam shuddham dwe bhagam vishwabheshajam /

Bhagaikam melayeteaa tu kalwe bhavayetsudi //

Nagavalyaarasaineva jayate shekara laghu: /

Gunjadwayamita dadyat pitta dosha prashantaye //

Ingredients

Table 1

Drug	Proportion	Part used	Rasa	Guna	Veerya	Vipaka	Karma	Rogagnata
<i>Shuddha gairika</i>	2 parts	-	<i>Madhura, Kashaya</i>	<i>Snigdha, Seeta</i>	<i>Seeta</i>	<i>Madhura</i>	<i>Raktaghna,</i>	<i>Raktapittahara, Vishaghna, Ati kandu hara, Udarda hara</i>
<i>Shunti churna</i>	1 part	Rhizome	<i>Katu</i>	<i>Laghu, Snigdha, Ushna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Toyaamsha avashoshini</i>	<i>Kaphavaatavibhand a hara</i>
<i>Nagavalli</i>	Q.S	<i>Patra swarasa</i>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Sara,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Balya, kshariya, sleshma and vaata hara</i>	-

Method of preparation

2parts of *Gairika* which has been purified with *goghrita barjana* or *godugdha bhavana* is taken in a clean *khalwa yantra* and powdered. To this 1 part of *shunti churna* is added and *mardana* is carried out for 1 *muhurtha kaala* for homogenous mixing. To this mixture Q.S *nagavalli patra swarasa* is added and *bhavana* is carried out for 3 days. Final product is collected and *vati* is prepared and stored in air tight container.

Dose: 2 *gunja* (250mg/day)

Anupana: *Sita* and *Dugdha*.

Indication: *Pittaja vikara*, *Kandu*, *Pittaja Shirashula*, *Ardhavabhedhaka*, *Suryavartha*, *Bhrama*, *Nidranaasha*, *Atisweda*, *Naasagata raktapitta*.

DISCUSSION

Pitta is having teekshna (sharpness), *ushna* (heat), *sara* (mobility), *laghu* (lightness), *snigdha*, etc. properties by which it brings biochemical changes at the cellular and tissue levels. *Pitta* maintains digestion, thirst, appetite energy production and body temperature, colour, complexion. *Pitta* is *Drava* (liquid) in consistency, inspite of which, it performs actions similar to *Agni*, in the course of process of digestion, largely due to its actual *Teja* (heat) component (discarding its liquidity-*Drava*). This fact is inferred from the way in which *Pachaka Pitta* (digestive component of biological fire) performs *pachana* (digestive) Karma (action). The capacity of digestion also depends on the qualitative increase of *Ushna Guna* of *Pitta*. Conceptually it was concluded that substances having the properties like *ruksha*, *kasaya*, *laghu* had the effect to decrease the *drava guna* of *pitta* and maintaining the proper function of *agni*. Similarly substances having *madhura*, *seeta* properties, decreased the *ushna* property of *pitta* to maintain the proper function of *agni*.^[2]

Gairika

Gairika is having *madhura rasa*, *snigdha guna*, *sheeta veerya* and *madhura vipaka* which are opposite to the qualities of *pitta*, *Gairika shodhana* is done with *godugdha* or *goghrita*, hence it acts as *rasayana*. *Gairika* forms a coating over mucous membrane of stomach and helps in rejuvenating the cells. Most of the above mentioned diseases are caused by vitiation of *pitta dosha*, *rasa* and *rakta dhatu*. In this *samprapti*, *loha* is one of the best option. Because of *teekshnata* and *ushnata* of *loha bhasma*, it cannot be used, as there is *vikruta agni* so *gairika* is used which has iron in it.

Shunti

laghu guna and madhura vipaka of shunti does pittaharana, shunti is having toyamsha avashoshana quality which inturn reduce the sara guna of vikruta pitta hence helps in conditions like raktapitta. Compositional analysis favored by determination of the efficacy of individual phenolic acids towards their potential ulcer-preventive ability revealed that between cinnamic (50%) and gallic (46%) phenolic acids, cinnamic acid appear to contribute to better H⁺, K⁺-ATPase and Helicobacter pylori inhibitory activity, while gallic acid contributes significantly to anti-oxidant activity.^[3]

Nagavalli

Nagavalli is having kashaya and tikta rasa and it is raktashodhaka hence can be used in suryavartha, bhrama, raktapitta. The allylpyrocatechol (APC), the major antioxidant constituent of Piper betel can protect gastric ulceration due to its antioxidative and mucin protecting properties.^[4]

Laghusootashekara reduces amlata and teekshnata of pitta. It is prasadaka and stambhaka in nature. Nagavalli is having anti histamic activity hence can be used in kandu and other kaphaja vikaras.

CONCLUSION

Laghusootashekara rasa a simple herbo mineral compound with multi-dimensional activity. Though the compound acts on pittaja vikaras predominantly, its activity on vata and kaphaja vyadhi should be evaluated scientifically as it contains shunti and nagavalli swarasa.

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