A REVIEW ARTICLE ON PREPARATION OF SWARASA OF VASA PATRA W.S.R. TO SHARANGDHARA SAMHITA

Dr. Vikram Singh Bagari*1, Dr. Rakesh Salve2 and Dr. Milind Chatrabhuji3

1PG Scholar, Dept. of RSBK, Parul Institute of Ayurved, Parul University, Vadodara.
2Associate Professor, Dept. of RSBK, Parul Institute of Ayurved, Parul University, Vadodara.
3PG Scholar, Dept. of RSBK, Parul Institute of Ayurved, Parul University, Vadodara.

ABSTRACT

Vasa Swarasa is a formulation of swarasa kalpana in Bhaishajya Kalpana. There are many different pharmaceutical procedures to make swarasa of vasa patra. Among many classical texts, Sharangadhara Samhita describes four types of Vasa Swarasa preparation methods viz. Swarasa, Hima, Phanta and Putapaka methods. This review will summarize details of all four methods of preparation of vasa patraswarasa as per described in referenced book.

INTRODUCTION

Swarasa is liquid dosage form of medicament predominately used for internal administration as well as to prepare different secondary kalpanas. The use of this kalpana is in practice since vedic period for. Although these methods are described to obtain swarasa from fresh drug but when fresh drugs are not available then for the preparation of swarasa the other methods have been explained. Almost every Acharyas have given description about Swarasa Kalpana in his classics which is described below–,

The juice extracted from a fresh drug by pounding it and squeezing through cloth is known as swarasa.

One kudava powder of drug is soaked into two times of water and left for day and night. Then by filtering swarasa can be obtained.

In case of dry drug which does not give out any juice, the coarse powder of drug is boiled in eight times of water and reduced to a quarter and is used as swarasa.
**Review of Vasa**

Latin Name: Adhatoda vasica  
Family: Acanthaceae  
Synonyms: Ashtarukh, Ashtarush, Bhishakamata, Vaidyamata, Vasica, Simhaparna, Simhamukhi, Simhi etc.

**Vernacular Names**

Sanskrit – Vasa,  
Gujarati - Arduso,  
Marathi – Adulasa,  
English - Malabar nut

**Classification**

C.S. - Tikta Skandha,  
S.S. - Tikta Skandha, Shaka Varga  
A.S. - Agrasamgrahaniya, Surasadi Gana,  
A.H. – Viratarvadi Gana, Sarivadi Gana  
Bh.Ni., Raj. Ni., Shaligram, Dh. N. – Guduchyadi Varga,  
Rajvallabh Ni. – Vanaushadi Varga,  
Madanpala Ni. - First Varga,  
Kaidjadeva Ni. – Aushadi Varga

**Types**

According to Bhavprakash:  
Rakta - Jacobina tinctoria Hensl.  
Krishna – Justicagendarrusa Burm.  
Others: Rakta, Krishna, Shweta  
Species available: Adhatoda zeylanica, Adhatoda vasica, Adhatoda justice, Adhatoda beddomei (Kerala)

**Habitat**

Large shrubs 1-2 ft. and tall, stem terete glabrous, branches many with ascending leaves opposite elliptic lanceolate, 10-20 x 3-8 cm tapering at base, entire acuminate, glabrous as petioles 1-2.5 cm long. Flowers in short dense, axillary pedunculate spikes, 2-8 cm long peduncles 3-10 cm long stout; bracts elliptic, 1.2 x 0.5, 0.4 cm acute with ciliolate margins.
Calyx 8-10 mm long, divided near to base; sepals oblong, lanceolate, acute corolla, white with pinkish tinge in the throat 2.5-3 cm long a base, 1-2 cm long filaments hairy at base, anthers acute but not tailed at base, capsules clavate 1.5-2 x 0.6-0.8 cm; shortly and bluntly pointed solid stalk flattened. Seeds - orbicular oblong 5-6 mm long glabrous.

**Properties of Vasa**

*Rasa* - Tikta, Katu

*Veerya* - Sheeta

*Vipaka* - Katu

*Guna-Ruksha, Laghu*

*Doshghnata* - Vataprapakopaka, Kaphapittashamak

*Rogaghnata* - Jwara, Raktapitta, Gulma, Kasa, Shwasa, Rajayakshma, Medoroga, Kamala, Kustha, Visarpa, Shotha, Masurika, Netraroga.

**Parts Used** - Root, Flowers, Leaves and Panchanga

**MATERIAL AND METHODS**

According *sharangadharasamhita* four methods of *swarasa* preparation

1: *Swarasa* method

2: *Hima* method

3: *Phanta* method

4: *Putapaka* method

1: The juice, extracted from a fresh drug by pounding it and squeezing through cloth is known as *Swarasa*. So, it can be concluded that for the swarasa preparation a green drug is first made into paste from then with the help of cloth pouch is made and by applying pressure to this pouch swarasa can be obtained.

2: One *kudava* powder of drug is soaked into two times of water and left for day and night. Then by filtering it swarasa can be obtained.

This method given by Acharya Charaka and Shanranghadhar is similar to the *Hima kalpana*.

3: In case of dry drug which can not yeild out any juice, the coarse powder of drug is boiled in eight times of water and reduced to a quarter which can be also used as *Swarasa*. 
4: Some drugs in wet and fresh form cannot produce swarasa by usual method then this method is applied. In this method leaves etc are taken and made into paste this paste is made into bolus form. Then it is wrapped by leaves of Kashmari, Vata etc. and tied with thread and it is covered with paste of godhuma the thickness should be two angulis. After drying it is subjected to fire till it becomes red then the bolus is taken out. After removing the paste of godhuma and leaves the paste of drug is collected and kept ever cloth and squeezed for obtaining swarasa.

DISCUSSION

Swarasa Kalpana is one among Panchavidha Kashaya Kalpana. It is having two special characteristics. The most potent kalpana amongst the five; and having the lowest shelf life amongst the five. Here in the case of vasa swarasa, swarasa kalpana is made by the techniques of other kalpanas and still known as swarasa kalpana. This is the point to be noted from the text Sharangadhara Samhita. Other than Swarasa Kalpana, Hima, Phanta and Putapaka can be made as a separate kalpana but instead of that, only swarasa is made here by all those different procedures.

CONCLUSION

Swarasa being prepared by methods other than swarasa kalpana also shows the same characteristics as shown by swarasa kalpana only i.e. highly potent and having lesser shelf life. Thus it is clear that Vasa Swarasa by other can be prepared methods of swarasa kalpana when the original swarasa kalpana cannot be made.

REFERENCES


