ROLE OF RASA AUSHADHIS IN PAIN MANAGEMENT

1G.Sheela sravanthi  
1PG Scholar department of rasa shastra and bhaishajya Kalpana. Dr.NRS Govt Ayurvedic college. Vijayawada.  
2P.V.N. R Prasad  
2Associate Professor. Department of Rasa shastra and Bhaishajya Kalpana Dr.NRS Govt Ayurvedic college. Vijayawada.

ABSTRACT

Pain is the most common reason patients seek medical advice, everyone experiences some sort of pain at some point of time. Pain is a protective mechanism or a warning to prevent further injury. Pain is an unpleasant sensory and emotional experience associated with actual and potential tissue damage, there are many side effects to the pain killers, which are presently used. Rasa Shastra is a boon to Ayurveda where the herbal drugs which are used along with rasa aushadhis are being more potent and cost effective and quick in action. Present work has done to collect the material of Maha Rasas, Uparas, Sadarana Rasas and Visha Varga Dravyas which are having the Shulagna property and their usage in different types of pain according to different authors.

Keywords: Rasaoushadhis, Maharasa, Uparasa, Sadharana Rasa, Vishavarga, and Shula.

INTRODUCTION: Rasa shastra or the ayurvedic alchemy is an important branch of ayurvedic pharmacology. This branch deals with use of metals, minerals, gemstones and their processing. The minerals and metals are very effective and potent for immunization, rejuvenation and elimination of diseases. Rasaoushadhis work very effectively, fastly with low dose. Comparatively Rasaoushadhis are very cost effective as they are given in smaller doses. Our acharyas have explained about shulagna property for many drugs, we should have proper knowledge about those drugs, their doses, and their usage, which was most neglected part. When we don’t believe their action, so they were not practiced. There are many articles regarding pain management in Ayurveda which gives the information about pain management in a particular disease. This was aimed to keep all dhatus which posses shulagna property in accordance with Maharasa, Uparasa, Sadharana Rasa, Dhatu Varga and Visha Varga.

AIMS AND OBJECTIVES:

- To give the detail description of the Rasaoushadhis which are mentioned in Rasa Sastra for their Shulagna property.

MATERIALS AND METHODS:

- Information was collected from different treatises like Rastarangini, Rasaratna Samucchaya, Rasasastra, etc.

MAHARASA

- Abhraka satwa bhasma – in dose of 1 Valla(1.5 – 2 ratti) is consumed along with powders of Shunti, Maricha, Pippali and Vidanga Each 1 Ratti and Ghee To Eradicate Shula.
- Vimala rasayana is used in dosage 2-3 ratti along with Triphala, Trikatu and ghee in Shula.
- Shilajith is having the property of Shulagna
- Bhasma of Shilajatu along with kantalo ha and vaikranta are mixed to
triphala and trikatu churna given in dose of 200 mg with ghee cures Shula.

- 6200gm of Shilajith is used along with honey in dysuria caused by Sukravarodha.
- 7 Shilajith is given along the decoction of Varuna (crataeva religiosa) etc group drugs in urinary calculi and dysuria.
- 8 Shilajith is added with Guggulu, Sunthi, Pippali and given along with cow’s urine in urusthamba.
- 9 Sattva’s of tutta & bhunaga (earth worm) are mixed and melted to prepare a ring. This ring, if applied over the site of pain, the pain will vanish instantly.
- 10 This ring is kept in water and a mantra is chanted and this water is consumed, pain is relieved immediately. This is referred by bhaluki in bhaluki tantra.
- 11 This tutta mudrika (ring) is heated strongly and immersed in oil or boiled in the oil, pain is reduced if this oil is rubbed at the site of pain.
- 12 If this oil applied in vagina there would be quick & easy delivery of child
- 13 Rasak/Kharpara sattva bhasma is mixed with equal quantity of kantaloha bhasma 1gm of this mixture is taken in magnetic iron vessel mixed with triphala decoction kept overnight. Next day taken with little gingelly oil this cures arthava Shula.

SADHARANA RASAH

- 16 Kampilla relieve the vitiated pitta, it also corrects vitiated kapha and eradicates Shula
- 17 Suddha gauripashanam can cure hrudaya sula and associated jwara. It also cures sandhigata vata (arthritis).
- 18 Kapardika can cure Shula such as Parinama Shula
- 19 Hingula alleviates Amavata
- 20 Hingula alleviates Amavata (rheumatoid arthritis)

DHATU VARGA

- 21 Rajatha bhasma cures nadi Shula
- 22 Somanathiya tamra bhasma in dose of 2 valla(250-500mg) cures Parinama Shula, Udara Shula.
- 23 Tamra bhasma when given along with powder of Karanja bija cures colic
- It also cures splenomegaly and pain along with shanka bhasma and trikatu
- 24 Tamra bhasma along with rasa sindhura and powder of kantakari phala used in Suryavarta(migraine)
- 25 Tiksna loha alleviates Shula
- 26 Nagabhasma alleviates Amavata

UPARATHINAS

- 27 Perojaka bhasma possesses Kashaya, Madura rasa. Its internal use cures Udara Shula
- 28 Vyomashma - unani system uses it in abdominal colic

SUDHA VARGA

1. Sudha:
- Churnodaka corrects digestion and cures Udara Shula
- 30 Dose: children: 30 – 60 drops
- Adult: 24 ml
- 31 daily gargling with Churnodaka will cure stomatitis
- Churnodaka judicially administered along with milk will cure Amlapitta.
• Lime stone is added with jaggery and thoroughly made into a paste and tied on swollen and/or aching joints.

2. Shankha bhasma -
• Shankha bhasma is administered daily in suitable doses along with Amalaka churna to cure Amlapitta roga
• In Parinama Shula shankha bhasma along with lavana panchaka added with either trikatu churna or guda.
• To cure sannipathika sula, shankha bhasma is given along with trikatu churna, saindava lavana and suddha hingu.
• Shankha dravaka 1 drop of the medicine, administered along with enough quantity of water and food the person soon feels the pangs of hunger, it cures all 8 types of Shula rogas.

3. Shambuka bhasma
• In Parinama Shula Shambuka bhasma is given along with warm water.
• In Udara Shula Shambuka bhasma is added with Pancha lavana and Krishna Maricha churna in equal quantities and administered.

4. Shukti bhasma:
• To cure all types of Shula roga Shukti bhasma is administered along with Triphala and Trikatu powders.
• In Hridaya Shula Shukti bhasma is given along with Amalaki curna and Kakamachi swarasa

5. Godanti bhasma
• In headaches Godanti bhasma is used as it is having sita guna.

6. Mrgasringa bhasma
• To cure severe Hridaya Shula srunga bhasma is administered daily in suitable dosage along with cow’s milk or butter.

• To cure Hridaya Shula and parswa Shula, the srunga bhasma is administered daily in the dose of 1 ratti along with honey.

KSHARA VARGA

1. Yava kshara.
• Ama Shula – rasamrutam 7/20
• In makkala Shula, yava kshara is administered daily in suitable dose along with warm water or ghee.
• In Basti sula yava kshara added with equal quantities of Maricha churna and Shunti churna administered daily twice or thrice along with warm water.
• To cure muthrakricha roga associated with burning sensation and inflammation, yava kshara is given daily in suitable dose along with fine powders of Ela added with sugar.

In Tridosaja udara Shula yava kshara is administered daily in suitable dosage along with Shankha bhasma, Trikatu and Saindhava lavana with warm water.
• In parswa basti- Hridaya Shula, yava kshara is given along with Shigru kasaya and honey
• In Basti Shula & Ashmari – Yava kshara is administered along with pasana bheda kasaya, varuna kasaya and gokshura kasaya

2. Surya ksara
• Purified Soraka (potassium nitrate) is useful in muthrakricha.

VISA VARGA

50 Langali
• Lt name: Gloriosa superba
• Family: liliaceae
• External application – palms & soles, head for delayed labour.
• Application of moola kalka over affected part bring down the pain and inflammation.
Vatsanabha
- Lt. name: Aconitum ferox
- Family: Rananculaceae
- Action: encourages more micturation and sweating
- Dose: 1/16-1/8 ratti (8-16 mgs)
- It is useful in Nethra sotha, karna sotha, karna Shula, Gridhrasi and Kati Shula.
- Its application over affected parts will bring down the poisonous effects of snake bite, scorpion bite and other poisons.
- Suddha Vatsanabha is useful in all types of taruna sotha in the body occurring due to different reasons.
- It also cures sparsasahatwa and body ache during night times.

Formulations:
- Hinguleswara ras – Amavata
- Anandabhairava ras – Ajirna sula with raja jambu patra swarasa.
- Jaya vati – Suryavarta, ardavabhedaka and other pains of fifth cranial nerve, along with Bala mula Kalka.

Visatinduka
- Lt name: Strychnos nuxvomica
- Family: loganiaceae
- Alkaloids: strychnine, brucine
- Half-life: 12 hours
- Dose: 1/4 -1 ratti
- Suddha kuchala is useful in chronic Amlapitta and abdominal pain associated with it due to constipation.
- Suddha kuchala is useful in Kati Shula at night during sleep.

Formulations:
- Navajivana Ras is used in abdominal pains due to constipation or chronic Atisara and all types of vataja Shula.
- Agnitundi ras is useful in back ache

Sulanirmulana rasa is practically proven medicine for Vataja Shula and Udara Shula

Ahiphena
- Lt name: Papaver somniferum
- Family: Papaveraceae
- English name: opium poppy
- Useful parts: seeds, seed oil, unripe capsules, flowers, latex.
- Action: Balya, grahi ,nidrajanaka, slows down normal heart rate, pacify the hyper active nerves.
- Dose: exudate – 30 – 125 mg
- Khas khas 1-3gm
- Fatal dose –opium- 2gm
- Morphine-0.2 gm
- Codeine- 0.5 gm

Formulations:
- Vedanantaka rasa one pill(250mgs) is administered twice or thrice to cure all types of pain in any part of body.
- Ahiphena is useful in curing Karna Shula.
- Ahiphena is used in pain during fracture, dislocations of bones and other different types of pains due to various reasons.
- when cotton soaked in Ahiphena is placed over infected tooth for a while Danta Shula will be reduced instantly.
- In acute Amavata Ahiphena induces sleep, and relieve pain

Datthura
- Lt name: Datura stramonium
- Family: Atropaceae
- Useful parts: seeds, flower, root bark, leaves.
- Dose: seeds – 50-100mg
- warm Datthura patra swarasa is instilled daily into ears to cure severe Karna Shula.
66 Datthura beeja churna is made into pills with water and placed in tooth cavity of Krimidanta roga to cure the tooth ache.

67 In sthana shotha and associated pain Datthura patra swarasa is triturated with desired quantities of Haridra and Ahiphena and applied daily as lepa over affected part.

68 In Shotha and its associated pain Datthura Patra is triturated with desired quantities of Ahiphena and water this mixture is applied over affected part daily.

Vijaya (Bhanga)

69 Suddha Vijaya is useful in Dhanu Shthamba Roga, Antra Shula, Vrka Shula, Pitta Sosa Shula.

70 Suddha Vijaya cures menstrual disorders and associated pain.

Formulations:

71 Trailokya vijayavati is useful in pain during menstruation.

Gunja

72 Gunja patra Kalka is used applied over affected joints in Amavata to reduce the inflammation and pain. It is also useful for application in all types vataja Shula.

73 Dose of Gunja bija is ½-1.5 ratti.

74 Gunja beeja lepa is applied over the affected joints to reduce the local inflammation and pain.

75 Gunjadya tailam is useful in vataja Shula

76 Taila paka done with 4 parts Gunja patra swarasa and 1 part of tila taila, is used for Abhyanga to cure all types of inflammations and pains in the body.

DISCUSSION: Pain is the feeling one experience at a movement, and this pain is the driving force for a person to approach a doctor to get rid of it. Ayurvedic medicine is in existence since long time to say from the beginning of creation itself. A person rush to a doctor for the treatment of pain which he needs instantly. There are many allopathic drugs for pain management but when it comes to our Ayurvedic system, it is considered only for chronic ailments. Rasasastra is separate branch which was initially developed with the aim of conversion of lower metals to higher metals; later on it is merged up with Ayurveda and now became inseparable with this life science. Pain is caused due to various diseases with different origins this study is aimed to keep all rasaoushadhis used in different pains at one place to make it easy for the practitioners to know and to practice the same in emergencies.

CONCLUSION: There is thinking that Ayurveda is slow working medicine, actually this is the main drawback of system. There are many rasaousada formulations mentioned by acharya which are quick in action. One should have proper and complete knowledge about the dose and purification procedures as well as their side effects to use the rasaousadas and visas which are having fast acting properties for the instant relief of pain.

There are many articles regarding pain management in Ayurveda which gives the information about pain management in a particular disease. Here I have tried to summarise all the rasa drugs with shulagna property at one place which can be used in different types of pains in
different diseases, which will be very useful to the practitioners in their regular practice for the quick and easy management of pain.

REFERENCES:
3. Dr. A.D. Satpute, Rasa Rathna Samuchchaya; Chapter -2, Verse.no-202, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , Page no.28.
4. Dr.A.D. Satpute, Rasa Rathna Samuchchaya; Chapter -2, Verse.no-202, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , Page no.41
5. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -2 , Verse.no-107, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , Page no.42
6. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -2 , Verse.no-133, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , Page no.46
7. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office , Page no.237
8. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office , Page no.237
9. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office , Page no.237
10. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -2 , Verse.no-129-130, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , page no.46
11. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -2, Verse.no-132, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , page no.46
12. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -2 , Verse.no-133, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , page no-47
13. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -2 , Verse.no-162, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 , page no-52
14. Dr. Ravindra Angadi , Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition) , Chapter-21, Verse.no-244; Varanasi Chowkambha Surbharathi Prakashan, , 2015
16. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office, Page no-283
17. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -3, Verse.no-188, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 .
18. Dr. Ravindra Angadi , Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition) , Chapter-11, Verse.no-142; Varanasi Chowkambha Surbharathi Prakashan, , 2015
19. Dr.A.D. Satpute, Rasa Rathna Samuchchaya ; Chapter -3, Verse.no-128, Delhi, Chowkambha Sanskrit Pratishtth , re.printed.2014 .
20. Sri Gulrajsharma Mishra, Ayurveda prakasa of acharya sri Madhava , Chapter -2 , Verse.no-72 ,
Varanasi, Chowkambha Bharathi Academy, 2014.


22. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-14, Verse.no-51; Varanasi Chowkambha Surbharathi Prakashan, 2015

23. Dr. A.D. Satpute, Rasa Rathna Samuchchaya; Delhi, Chowkambha Sanskrit Pratishth, re.printed.2014.

24. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office, Page no -326

25. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office, Page no -326

26. Dr. A.D. Satpute, Rasa Rathna Samuchchaya; Chapter -5, Verse.no-81, Delhi, Chowkambha Sanskrit Pratishth, re.printed.2014.


29. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office, Page no -402

30. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-11, Verse.no-219; Varanasi, Chowkambha Surbharathi Prakashan, 2015; page no.187

31. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-11, Verse.no-221; Varanasi Chowkambha Surbharathi Prakashan, 2015; page no.222

32. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-11, Verse.no-227; Varanasi Chowkambha Surbharathi Prakashan, 2015


34. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office, Page no -405

35. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-23; Varanasi Chowkambha Surbharathi Prakashan, 2015

36. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-25; Varanasi Chowkambha Surbharathi Prakashan, 2015

37. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12,
Verse.no-24; Varanasi Chowkambha Surbharathi Prakashan, 2015
38. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-40; Varanasi Chowkambha Surbharathi Prakashan, 2015
39. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-61; Varanasi Chowkambha Surbharathi Prakashan, 2015
41. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-71; Varanasi Chowkambha Surbharathi Prakashan, 2015
42. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-72; Varanasi Chowkambha Surbharathi Prakashan, 2015
43. Dr. P. Hima Sagara Chandra Murthy, Rasa Sastra- the mercurial system, Varanasi Chowkamba Sanskrit Series office, Page no - 412
44. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-108; Varanasi Chowkambha Surbharathi Prakashan, 2015
45. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-12, Verse.no-109; Varanasi Chowkambha Surbharathi Prakashan, 2015
46. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-13, Verse.no-10; Varanasi Chowkambha Surbharathi Prakashan, 2015
47. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-13, Verse.no-13; Varanasi Chowkambha Surbharathi Prakashan, 2015
48. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-13, Verse.no-14; Varanasi Chowkambha Surbharathi Prakashan, 2015; page no.211
49. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-13, Verse.no-14; Varanasi Chowkambha Surbharathi Prakashan, 2015; page no. 211
50. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-14, Verse.no-36; Varanasi Chowkambha Surbharathi Prakashan, 2015
52. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English
commentary (1st edition), Chapter-24, Verse.no-31; Varanasi Chowkambha Surbharathi Prakashan, 2015; page no.437
53. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-60; Varanasi Chowkambha Surbharathi Prakashan, 2015
57. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-193; Varanasi Chowkambha Surbharathi Prakashan, 2015 -page no.453
58. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-197; Varanasi Chowkambha Surbharathi Prakashan, 2015; page no.453
60. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-215; Varanasi Chowkambha Surbharathi Prakashan, 2015; page no.455
64. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-290; Varanasi Chowkambha Surbharathi Prakashan, 2015


70. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-405; Varanasi Chowkambha Surbharathi Prakashan, 2015

71. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-428; Varanasi Chowkambha Surbharathi Prakashan, 2015 page no 477

72. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-446; Varanasi Chowkambha Surbharathi Prakashan, 2015

73. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-452; Varanasi Chowkambha Surbharathi Prakashan, 2015


75. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-458; Varanasi Chowkambha Surbharathi Prakashan, 2015; page no480

76. Dr. Ravindra Angadi, Rasa Tarangini of Sri Sadananda Sarma text with ‘Transcendence’ descriptive English commentary (1st edition), Chapter-24, Verse.no-461; Varanasi Chowkambha Surbharathi Prakashan, 2015

Corresponding Author:
Dr. G. Sheela sravanthi,
PG Scholar department of rasa shastra and bhaishajya Kalpana. Dr.NRS Govt Ayurvedic college. Vijayawada
Email: dr.sandhya1110@gmail.com

Source of support: Nil
Conflict of interest: None
Declared