

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

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### 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, ShakaVarga*

*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 - Vataprakopaka, 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 over 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.

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