



Review Article

UNVEILING THE FORGOTTEN *RASAUSHADHA*: A CRITICAL REVIEW OF 'VADAVANALA RAS'
AS MENTIONED IN *RASA YOGA SAGARA*

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ABSTRACT

Vadavanala Ras is an herbomineral preparation mentioned in various Ayurveda classical books. *Vadavanala Ras*, a mysterious and elusive Ayurvedic formulation, has long been shrouded in obscurity. Despite its potential therapeutic benefits, this ancient remedy has been largely overlooked in modern times, with no available commercial preparations or comprehensive literature reviews. This article aims to resurrect the knowledge of *Vadavanala Ras*, delving into its historical context, pharmacological properties, and potential clinical applications. *Rasayoga Sagara* has mentioned 26 distinct formulations of *Vadavanala Ras* that is presently unavailable in market. This pioneering study seeks to revive interest in this forgotten gem, encouraging further research and development of *Vadavanala Ras* as a valuable addition to the Ayurvedic pharmacopeia.

INTRODUCTION

Ayurveda has a rich tradition of *Rasa Aushadhis* (herbomineral) preparations that have been used for centuries to prevent and treat various diseases. Among these, *Vadavanala Ras*, a formulation described in the text *Rasa Yoga Sagara*, has been chosen for the present study. "In Ayurveda, formulations with the same name but different ingredients or compositions, as well as those with the same composition or ingredients but different names, are present." One such type of drug is the *Vadavanala Ras*. In total 26 types of *Vadavanala ras* has been mentioned in *Rasayoga sagara* with different compositions and therapeutic indications.

Vadavanala Ras is a compound word consisting of terms *Vadava* and *Anala*. *Vadava* means a Mare, *Anala* means Fire.

Mythology: Mare-fire refers to a submarine fire embodied in the form of a destructive being in Hindu mythology. It is described to be a being that manifested with the head of a mare, but a body of blazing flame. The *Vadavagni* is described to emerge from the mouth of a mare called *Vadavamukha* (mare-face).

This mare's mouth is sometimes described to be present under a sea at the South Pole. It is stated to remain under the sea until it finally erupts, leading to the destruction of the earth. It is stated to be a metaphor for insatiable energy.

While describing the *Vadavanala Ras* -1, the author states that 3 *Ratti* (375 mg) of this *Ras* if put in a pot full of water closed with a lid, in 4 *Prahara* (12 hours) the water will dry up, that's why it is called *Vadavanala* as it can dry the water also.

MATERIAL AND METHODS


The book *Rasayoga Sagara* was used for the present study.

Conceptual study

Following are the different *Vadavanala ras* mentioned in *Rasayoga Sagara*.

Vadavanala Rasa (Prathama) - VR 1

Prepare *Bhasma* of *Shudha parada* which is obtained by *Urdwa tiryak* and *Adaha patana* procedures. For this prepare *Kalka* of *Vishnukranta* and do *Mardana* with *Varuni* milk with *Parada* for 1 to 2 *Prahara* then add *Uttara Varuni dugdha*, *Sasyari rasa*, *Hamsapadi rasa*, *Arka kshira*, *Varji kshira*, *Bramhamula rasa*, *Kapikachu rasa*, *Gokshura mula rasa*, *Punarnava*, *Pata*, *Devadali rasa*, *Chincha*, *Shatavari*, *Kshira kanchuki*, all drugs *Swarasa* or milk, do *Mardana* for 10 days continuously with each one, make bolus put it in *Somanala yantra* then 6 to 7 layers mud smeared cloth is applied. Put this on fire for 21 days continuously, put

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cloth dipped in water on the top of *Somala yantra*, otherwise Parada will evaporate, after 21 days stop fire and remove the cloth, after self-cooling open the yantra carefully. White colour *Bhasma* will stick to the upper vessel of *Somanala yantra*, some amount will be collected bottom vessel also, collect this white colour *Bhasma* carefully with paper, mix this *Bhasma* with *Maraka Dravya* the apply this paste on *Dhatu patra* copper etc, then heat it to get the *Uthama Bhasma* it will get special properties. To this *Bhasma* add *Shudha gandaka*, *Shuda haratala*, *Manasila* each 1 Tola, do 1-day dry *Mardana*, then add *Kutaja panchanga nimbulata mula swarasa* do *Mardana* with each for 3 days followed by *Mardana* with *Chakradara* for 1 day. 6 *Angula gosthani musa* is taken and this whole drug kept in it, apply 3 to 4 mud smeared cloth wraps to it after drying put half of it under the earth and other half above the ground. 44 cow dung cakes are placed on it and heated, after self-cooling worship to Bhairavi goddess and make fine powder, put it in a box made up of elephant teeth, and place this box inside a vessel full of water. 3 *Rati ras* is put in a pot full of water close with lid, in 4 *Prahara* the water will dry that's why it is called *Vadavanala* as it can dry the water also. 1 *Ratti* (125mg) drug should be taken with disease specific *Anupana*, in a second body becomes light, *Jwara sirovedana* decreases, hunger will be attained, after hunger patient should take milk or curd rice. If hunger does not subside then give below *Ras*.

Shudha Parada, *Shud gandaka*, *Vasa*, *Meda/Vasa* of sheep, do 1-day *Mardana* put this in *Gostana musha*, close this with mud smeared cloth, 44 cow dung cakes heated, after self-cooling take it in other vessel, any compilations of above *Ras* then give this *Ras* in dosage of 1 *Ratti matra*. *Dhanurvata*, *Kantakubjaka*, *Dantabanda* will be cured with this. Should avoid *Shetala vata* conditions. This *Rasa* can cure many diseases if taken with specific *Anupana*.

Vadavanala Rasa (Dwitiya) - VR 2

5 Tola of *Kantakavedi patra* copper of 1 or 2 *Angula* are taken. 5 Tola of *Shudha Parada* is taken in a pot, cut 20 lemons into hundreds of pieces and place them in this pot, on top of these *Tamra patra* are spread. 40 *Tolas* of *Saindava lavana* is grind with *Kanji* and placed over the *Tamra patra*, remaining space of pot is filled with *Kanji*. Put this pot on severe fire, for 3 days continuously. Pour *Kanji* when the *Kanji* inside the pot is evaporated. After 3 days take out from fire and after self-cooling take out copper foils, they will become silver like. 50 Tola of *Shudha gandhaka* is taken in pot and put copper foils above it apply *Dhatu patra* above these upto mouth of pot. *Sandibandana* is done with mud smeared cloth in 7 to 8 layers. After drying put it on fire for 6 *Prahara* in *Teeksna agni*. After self-cooling open it remove the *Kalka* remaining material is taken in plate and heat it

on fire during afternoon time. After self-cooling, taken this in another *Sarava* mix with *Dhatu rasa sarva* then *Sandibanda* is done with mud smeared cloth in 2 to 4 layers then subject it to 1 *Gaja puta* after drying. After self-cooling powder it, do 7 *Bhavana* with *Ardraka*, *Kantaka shailasya*, *Tripahala jala* followed by 21 *Bhavana* with *Trikatu jala*, later 7 *Bhavana* with each of *Dhatu swarasa*, *Nisahaya rasa*, and *Vatsanabha kasaya*. After drying of it, powder it and should be stored in a glass container.

It should be given in 1 *Valla Pramana* with *Seta jala* or *Panchamruta jala* in *Pratah kala*. It is useful in 20 types of *Prameha*, *Sula*, 18 *Kusta*, *Arsas*, *Guda roga*, *Mandagni*.

Apathya– *Taila*, *Kshara*, *Amla*. *Pathya*– *Madhura bhojana*.

Vadavanala Rasa (Trutiya) - VR 3

1 part of each *Shudha Parada*, *Shudha Gandaka*, *Kulisa bhasma* - calcine of diamond, *Patu* - salt, *Agnijara*, *Samudraphena*, *Kantaloha bhasma*, *Anjana*, *Swarna makshika bhasma*, *Shudha vatsanabha*, *Shudha haratala* should be taken.

Prepare *Kajjali* with *Shudha Parada* and *Shudha Gandhaka*, add the remaining drugs and do *Mardana* with *Arka kshira* for 1 day. Prepare *Kajjali* with *Shudha Parada* and *Shudha Gandhaka*, add the remaining drugs and do *Mardana* with *Arka kshira* for 1 day. Prepare *Chakrikas* and subject them to 1 *Gajaputa*. After self-cooling, the obtained *Bhasma* is subjected to 1 *Bhavana* with each of *Kakamachi*, *Datura*, *Kupilu*, *Brahmi*, *Punarnava*, *Arka*, *Shweta Punarnava*, *Jayanti*, *Shailakarni*, *Bringaraja*, *Trivrit*, *Tulasi*, *Vasa swarsas* or *Kwathas*, followed by 1 *Bhavana* with *Pitta* (bile) of fish, buffalo, peacock, goat and make 3 *Ratti* pills.

In *Saanipataja* and *Kaphaja rogas* with appropriate *Anupana* 1 pill should be taken.

Vadavanala Rasa (Chaturtha) - VR 4

1 part each of *Tamra bhasma*, *Haratala bhasma*, *Shudha Gandaka*, *Samudraphena*, *Agnijara*, *Kantaloha bhasma*, *Pancha Lavana*, *Shudha Tankana*, *Gorochana*, *Tutha* and 12 parts of *Parada Bhasma* are taken in a *Kalva yantra* and tituration is done with *Arka kshira* for 1 day. Prepare *Chakrikas* and kept in a *Sarava* then subjected it to 1 *Gajaputa*."

After self-cooling, the *Chakrika*'s are removed and 10 days *Bhavana* is done with *Ardraka swarasa* followed by 2 days *Bhavana* with *Chitraka swarasa* after that ¼ of *Shudha vatsanabha* is added and subjected to 1-day *Mardana* with *Chitraka kwatha*. Prepare a bolus and keep it in a *Bhudara yantra* then subjected to *Laghu puta*. After self-cooling prepare pills of 1 *Ratti*.

By taking 1-1 pill along with *Dasamula kwatha* or milk, *Vataroga* gets subsided.

In *Vata kapha pradana vyadhi* give this pill with *Trikatu* and *Chitraka*, where as in *Vata* predominant *Gridhrasi* with *Katutumbi*. Should avoid cold winds.

Vadavanala ras (Panchama) - VR 5

Take equal quantities of *Bhasmas* of *Vajra*, *Kantaloha*, *Abhraka*, *Tamra*, *Shudha Parada*, *Gandaka*, *Tutha*, *Nilanjana*, *Samudraphena*, *Agnijara*, and *Pancha lavana*. Prepare *Kajjali* and then add all the *Bhasmas*, followed by *Mardana* with *Dasamula kwatha*. Perform *Sandibandana* in *Sarava* with 2-4 rounds of mud-smear cloth and keep it in *Putra* (*Bhudara puta*). Afterward, prepare pills of 1 *Ratti*. Depending on the time and the specific disease, administer 1 pill with *Anupana*. This *Vadavanala ras* preparation is indicated for *Dhanurvata*, *Sannipataja roga* and all *Udara roga*. With *Roganusara anupana* of specific disease give 1-1 pill.

Vadavanala Ras (Sasta) - VR 6

1 Part each of *Kantaloha Bhasma*, *Shudha parada*, *Shudha gandaka*, *shudha haratala*, *Panchalavana*, *Samudraphena*, *Nilanjaana*, *Tutta*, *Rajata*, *Pravala*, *Varatika bhasmas*, *Vaikranta*, *Sambuka*, *samudrasukti*, should be taken.

Above should be mixed with 12 parts of *Parada Bhasma*, then do *Suska mardana* for 1 day, later do *Mardana* with *Arka kshira*, *Snuhi kshira*, *Chitrka kwatha* for 3 days and make a bolus/ball, wrap it in a copper wrapper subject it to 1 *Gaja puta*. After *Swangasheeta* (self-cooling) add $\frac{1}{4}$ part of *Shudha vatsanabha* to it. By giving 1-1 *Ratti* with *Trikatu churna*, *Chitraka churna*, it destroys *Vata*, *Kapha pradhaana*, *Tridosha pradana* and *Sannipataja roga*.

Vadavanala Ras (Saptama) - VR 7

Kaanta, *Swarna makshika*, *Shanka nabhi*, *Vaikrantha*, *Nilanjana* these are taken in *Bhasma* form *Saindava lavana*, *Shudha Manasila*, *Shudha Haratal*, *Ahiphena* are taken.

Prepare *Kajjali* with *Parada* and *Gandaka*, then add remaining drugs and do *Bhavana* with *Snuhi kshira*, make bolus and put it in *Sarava* which is mud smeared cloth subjected to 1 *Gaja puta*. Similarly do 3 *Putas* are done. With disease specific *Anupana* in dose of 1 *Ratti* can cure *Sarva roga*.

Vadavanala Ras (Astama) - VR 8

Swarna bhasma and *Rajata bhasma* 1 part, *Shudha Parada* and *Shudha Gandaka* 2 parts, *Kanta loha Bhasma* and *Shudha vatsanabha* 1 part each, *Shudha haratala*, *Pravala*, *shukti*, *Samudraphena* each 2 parts should be taken.

Kajjali is prepared with *Parada* and *Gandaka*, and add the remaining ingredients then do *Mardana* with *Arka kshira* 1 day followed by *Chitraka kwatha* for 1 day. Prepare bolus/balls and subjected to *Gajaputa* in *Sarava* which is smeared with mud cloth in 7 layers. After self-cooling subject this *Bhasma* to *bhavana* with

5 *Pittas* (bile of *Sukara*, *Chaga*, *Mahisha*, *Matsya*, *Mayura*) then prepare 1 *Ratti* pill. In dosage of 1 *Valla* it is useful in *Dhanurvata* with *Vatagna anupana*, *Gulma*, *Pliha*, *Bhagandara*, *Grahani*, *Mandagni* with disease specific *Anupana*.

Vadavanala Ras (Navama) - VR 9

Shudha Parada, *Shudha Gandaka*, *Pippali*, *Pancha Lavana*, *Maricha*, *Triphala*, *Trikshara* all should be taken in equal parts in fine powder form. Prepare *Kajjali* with *Shudha Parada* and *Shudha Gandhaka* and then add remaining ingredients, *Bhavana* is done with *Nirgundi swarasa* for 1 day. By taking this *Vadavanala ras* in the dose of 1 to 3 *Masha* it cures the *Mandagni*.

Vadavanala Ras (Dasama) - VR 10

Shudha Parada 1 part, *Shudha Gandhaka* 2 parts, *Tamra bhasma* 1 part, *Trikatu* 3 parts, *Chitraka mula* and *Kusta* each 1 parts should be taken. Prepare *Kajjali* with *Shudha Parada* and *Shudha Gandaka* then add the remaining drugs in powder form, then do *Mardana* with *Jwalamukhi (Langali)* for 1 day and roll pills of *Badara asthi* size. 1 pill depending upon the *Kala* and with disease specific *Anupana* this *Vadavanala ras* can cure *Prasuthi vata roga*.

Vadavanala Ras (Ekadasa) - VR 11

Shudha Parada, *Shudha Gandaka*, *Swarna makshika*, *Yavakshara*, *Tamra bhasma*, *Abhraka Bhasma* all should be taken in equal parts then do *Mardana* with each of *Chitraka mula swarasa* and *Nagavalli swarsasa* for 1 day then prepare pills of 2 *Ratti* dose. Take 1 pill with betel leaf and then consume the *yoga* (preparation) prepared with the powders of *Hingu*, *Saindava lavana*, *Souvarchala lavana*, *Dadima* and *Bilva* in equal parts with 1 tola *Pramana* of *Bringaraja swarasa* taken with *Sura* as *Anupana*. This *Vadavanala ras* can cure *Sarva gulma* and *Parinama sula*.

Vadavanala Ras (Dwadasa) - VR 12

1 Tola each of *Shudha Parada*, *Shudha Gandaka*, *Shudha Hartala*, *Shudha Manasila*, *Shudha Vatsanabha*, *Abhraka bhasma*, *Daru visha* (mercuric chloride), *Sarpa visha*, and *Shudha jayapala* 150 pieces should be taken. All the above should be made into powders.

Parada and *Gandaka* are made into *Kajjali*, now add all the other ingredients and subjected to 1 *Bhavana* with each of *Matysa pitta*, *Mahisha pitta*, *Mayura pitta*, *Chyaga pitta* and make pills of 1 *Gunja pramana*.

This *Vadavanala ras* dose is 125mg, to be taken with cold water, *Narikela jala* as *Anupana*. It can cure *Sannipataja roga*.

Vadavanala Ras (Trayodasa) - VR 13

1 part of *Maricha*, 1 part of *Tamra bhasma*, 2 parts of *Shudha Vatsanabha* are made into fine powders, add sufficient quantity of *Langali swarasa*

and prepare *Chakrikas*, then subject them to *puta*. Later pills of 1 *Ratti* are prepared.

With disease specific *Anupana* by taking this pill can cure different *Sannipataja roga*. In general, can be given with *Trikatu* in *Tridoshaja roga* and *Prabala vata vyadhi* with *Vatagna anupana*.

Vadavanala Ras (Chaturdasa) – VR 14

Shudha Parada and *Naga bhasma* each 8 parts, *Shudha vatsanabha* and *Saindava lavana* each 10 parts, *Haridra* and *Trikatu* each 9 parts, *Chitraka mula*, *Gandaka bhumi amlaki* each 3 parts all these are made into fine powders. Then 1 *Bhavana* should be done with each of *Sobhanjana*, *Ardraka*, *Karira*, *Beejapura*, *Nimbu*, *Nagavalli*, *Palash amula swarasa*, later dried and made into powder.

Dose 3 *Ratti* along with disease specific *Anupana*.

Vadavanala Ras (Panchadasa) – VR 15

Equal parts of *Shudha Parada*, *Shudha Gandaka*, *Tamra bhasma*, *Abhraka bhasma*, *Shudha Tankana*, *Samudra lavana*, *Yava kshara*, *Swarjika kshara*, *Saindava lavana*, *Nagara*, *Apamarga*, *Palasha kshara*, *shudha Vatsanabha* are taken and made into fine powders.

Prepare *Kajjali* then add all above powders then *Mardana* is done with each of *Chanakamla*, *Hastikarna*, *Ardraka swarasa* for 1 day then subjected it to *Laghu puta* later pills of 1 *Masha* are prepared.

Dose: 1 *Masha*, indicated in *Sarva gulma*, *Grahani* with disease specific *Anupana*.

Vadavanala Ras (Shodasa) – VR 16

1 part each of *Hingulotha Parada*, *Shudha Gandaka*, *Tamra bhasma*, *Kanta loha bhasma*, *Vanga bhasma*, *Shudha Shilajit*, *Tutha*, *Rasanjana*, *Haratala*, *Shudha shanka*, *Kaparda bhasma* should be taken.

2 parts of *Shudha jayapala* and 1 part each of *Hapusa*, *Pancha lavana*, *Pancha kola*, *Vidanga*, *Pippali mula*, *Priyangu*, *Ajamoda*, *Dwi kshara*, *Kusta*, *Ela*, *Lavanga*, *Jeeraka dwayam*, *Shati*, *Danti mula*, *Trivrit*, *Triphala*, *Gajapippali* are taken.

Kajjali is prepared with *Parada* and *Gandaka*, then add all the remaining ingredients in fine powder form, and do 7 *Bhavanas* with *Triphala kwatha*, later dried in sun then again add *Haritaki kwatha* and do 7 *bhavana* later prepare pills of 5 *Ratti* are prepared and stored after drying.

1 pill along with *Ardraka swarasa* should be taken in disease conditions like *Kusta*, *Medo roga*, *Amavata*, *Sleepada*, *Galaganda*, *Gandamala*, *Bagandara*, *Nadivrana*, *Dusta vrana*, *Antra dusti*, *Amlapitta*, *Raktapitta*, *Pittaja sula*, *Haleemaka*, *Vatarakta*, *Vata kaphaja roga*, *Upadamsa*, *Peenasa*, *Pancha gulma*, *Anaha*, *Pleeha*, *Sotha*, *Jwara*, *Udara Roga*, *Kasa*.

Vadavanala Ras (Saptadasa) – VR 17

Shudha Parada, *Shudha Gandaka*, *Tankana*, *Shunti*, *Maricha*, *Pippali*, *Saindava lavana*, *Shudha karpura* each 1 part, *Shudha vatsanabha* 1/16 part, all should be taken in fine powder form.

Prepare *Kajjali*, then add all the remaining ingredients, then do *Mardana* for 7 days with each of *Nimbu rasa*, *Kasamarda rasa*, *Panchakola kasaya*, *Jambira swarasa*, *Bringaraja swarasa*, *Nirgundi swarasa*, *Bhallataka kwatha*, *Ardraka swarasa* then prepare 1 *Ratti* pills and store them.

Along with *Ardraka swarasa* it is given in *Visuchika*, *Vilambika*, *Ajeerna*.

Dose 1 *Masha*.

Vadavanala Ras (Astadasa) – VR 18

Shudha Parada, *Shudha Gandaka*, *Manasila*, *Haratala* each 1 parts should be taken in a *Kalva yantra* and do 3 days *Mardana* with *Nirgundi swarasa* and *Nimbu swarasa*. Later prepare *bolus/ Chakrikas* and put them in *Gosthana musha* then subjected to *puta*. After self-cooling collect the material obtained.

Dose 1 *Ratti*, with disease specific *Anupana* it is useful in *Sannipataja roga*, *Visha roga*.

Pathya- Dugdhanna.

Vadavanala Ras (Unnvimshat) – VR 19

Trisindhura (*Abhraka*, *Kanta*, *Loha sindura*), *Haratala bhasma*, *Shudha vatsanabha*, *Tamra bhasma*, *Renuka*, *Chitrakamula* each 1 parts, *Shudha parada*, *Shudha gandaka*, *Shudha kupilu* are taken.

Shudha Parada and *Shudha gandaka* are made into *Kajjali* then add the remaining drugs in fine powder form and do *Mardana* with *Karanja twak rasa* for 21 days followed by *Mardana* with each of *Kshira traya* for 1 day. Make half *Ratti* pills and store them.

By taking this half *Ratti* pill with disease specific *Anupana* it can cure *Vata kshaya*, *Asmari*, *Kusta*, *Sannipata roga*, *Bhagandara*, *Kurmasana*, *Linga bhanga*, *Katishuula*, *Guda bhramsa*, *Apasmara*, *Unmada*, *Karna akshi shira sula*, *Galagraha*, *Talu chidra*, *Pleeha*, *Phangu*, *Sotha*, *Gala rohini*, *Peenasa*, *Prameha*, *Grahani*, *Sleshma vikara*, *Vishamajwara*, *Antra vridhi*, *Sira swedana*, *Arshas*, *Pandu*, *kamala*, *Aruchi*, *Mutrakrichra*.

This is the *Vadanala rasa*, which is *Uttama rasa*. It is *Sarva loka hita*.

Vadavanala Ras (Vimshati) – VR 20

1 part each of *Shudha Haratala*, *Naga bhasma*, *Shudha Parada*, *Shudha gandaka* 2 parts, *Maricha* 16 parts are taken.

Prepare *Kajjali* later add other ingredients and do *Mardana*.

By giving 1 *Ratti* with *Ghrita*, it can cure *Visuchika*, *Sarva sula*, *Pliha*, *Udara roga*, *Gulma*, *Grahani roga*, *Swasa*, *Kasa*, *Gala roga*, *Vata roga*, *Agnimandya* this is *Vadanala rasa*.

Vadavanala Ras (Ekavimshati) – VR 21

1 Tola each of *Shudha Parada*, *Shudha Hingula*, *Musta* are taken in a *Kalva yantra* and *Mardana* is done for 1 *Prahara*. 1 Tola of *Shudha Vatsanabha* powder should be added to the above and *Mardana* is done for 1 day. Again, on second day 1 Tola of *Shudha vatsanabha* is added and *Mardana* for 1-day, same process is repeated for 7 days. By giving it in dose of 1 *Tandula* it destroys *Suptavata*, *Sannipataja roga*.

Pathya is *Sita*, *Dadhi*.

Vadavanala Ras (Dwivimshat) – VR 22

Shudha Parada, *Shudha vatsanabha* each 1 part, *Shudha Gandaka*, *Shudha Haratala*, *Danti beeja* each 6 parts, *Tankana* 5 parts, *Shudha dattura beeja* 4 parts, *Trikatu* 3 parts are taken.

Prepare *Kajjali*, then add remaining drugs in powder form, then do *Mardana* for 1 day with each of *Chitraka mula rasa* and *Ardraka swarasa* then prepare pills of 2 *Ratti* size.

Depending on condition 1 pill should be taken with disease specific *Anupana*, this *Vadanala ras* can cure *Sannipataja roga*.

Pathya mentioned are *Narikela udaka*, *Sarakara udaka*, *Kshira annam*.

Vadavanala Ras (Trayovimshat) – VR 23

Take big size *Vana palandu* (*Mota jangli kanda*) make a hole of two inches in the middle, smear it with cow dung and make it smooth and when it is dried light a fire from below. When the fire reaches halfway of the *Kanda* put mercury in the middle of *Kanda*, mix *Agnijara* with water and put it on mercury or keep mercury in the flame for 1-2 days and make a *Tikka* and put it on top. After lighting it like this for an hour, stop fire and put a lamp on mercury and tie it with cloth and clay. Or take it out from the fire and put it in two lamps, do *Sandibandana* with 2-3 rounds of mud smeared cloth and give low flame fire and make *Tikka* put it on as before. Keep doing this till it is reduced to ashes by adding double quantity of *Gandaka* and doing

DISCUSSION

Jarana. After this add double quantity of *Swarna Bhasma* do *bhavana* with *Agnishika swarasa*. after that add *Pancha pitta* and *Katuki swarasa* do *Bhavana* for 1 day with each. By taking this in the dose of 1 *Ratti* with proper time and disease specific *Anupana* it can cure all *Tridoshaja roga* this is *Vadavanla ras* which can dry up the ocean also.

Vadavanala Ras (Chaturvimshat) – VR 24

Trikatu 12 parts, *Saindava lavana* 18 parts, *Haridra* 2 parts, *Kerabhaka* (*Akarakaraba*) 1 part, *Shudha vatsanabha* 1 part, *Naga bhasma* 1 part, *Rasa sindura* 3 parts, all these ingredients are taken in *Kalva yantra* and *Mardana* is done.

In dosage of 3 to 6 *Ratti*, with disease specific *Anupana* it is *Prabala agnikara* (increases the *Agni*), this is *Vadavanala rasa*.

Vadavanala Ras (Panchavimshat) – VR 25

Shudha Parada 1 part, *Shudha Gandaka* 2 parts, *Shudha Vatsanabha* 3 parts, *Pippali* 4 parts, *Shudha Langali* 5 parts.

Kajjali is prepared with *Shudha parada* and *Shudha gandaka*, now add the remaining drugs in powder. 1 *bhavana* should be done with *Nimbu Swarasa* and make pills of 1 *Maricha* size.

This is *Vadavanala ras* and can cure *Vata rogas*, all *Kaphaja roga*, *Kusta roga*, *Pliha*, *Gulma*, *Udara roga*, *Gridhrasi*, *Katisula*, *Sula*, *Medo roga*, *Mandagni*.

Vadavanala Ras (Shadimshah) – VR 26

Shudha Parada, *Shudha Gandaka*, *Shudha hingula*, *Shudha Somala*, *Shudha jayapala*, *Shudha Haratala*, *Shudha Vatsanabha* are taken in equal parts.

Kajjali is prepared with *Shudha parada* and *Shudha gandaka*, then add all the remaining drugs in powder form, do *Mardana* with *Karavellaka swarasa* then prepare pills of 1 *Mudga* size.

By giving 1 pill with *Sarakara* it can cure *Vata* and *Kapha roga*, *Vrana*, *Visphota*, *Upadamsha*.

Kshira anna is mentioned as its *Pathya*.

Table 1: Different ingredients in various types of Vadavanala Ras (V.R)

Ingredients	V R 1	V R 2	V R 3	V R 4	V R 5	V R 6	V R 7	V R 8	V R 9	V R 10	V R 11	V R 12	V R 13	V R 14	V R 15	V R 16	V R 17	V R 18	V R 19	V R 20	V R 21	V R 22	V R 23	V R 24	V R 25	V R 26	T O T A L
<i>S.Parada</i>	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	Y	Y	24
<i>S.Gandhaka</i>	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	N	Y	Y	N	Y	Y	23
<i>Abraka</i>	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1
<i>Vaikrantha</i>	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	2
<i>Makshika</i>	N	N	Y	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	3
<i>Shilajit</i>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	1

Haratala	Y	N	Y	Y	N	Y	Y	Y	N	N	N	N	N	N	N	Y	N	Y	Y	Y	N	Y	N	N	N	Y	12
Manashila	Y	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	4
Anjana	N	N	Y	N	Y	N	Y	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	5
somala	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	1
Agnijara	N	N	Y	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	4
Kaparda	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	1
Hingula	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	2
Swarna	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	3
Rajata	N	N	N	N	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	2
Tamra	N	Y	N	Y	Y	N	N	N	N	Y	Y	N	Y	N	Y	Y	N	N	Y	N	N	N	N	N	N	N	9
Loha	N	N	Y	Y	Y	Y	N	Y	N	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	7
Naga	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y	N	N	N	Y	N	N	3
Vanga	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	1
Varatika	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1
Sukti	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1
Sambhuka	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1
Sankha	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	1
S.Phena	N	N	Y	Y	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	5
Yava kshara	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	4
Tankana	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	Y	N	Y	N	N	N	N	Y	N	N	N	N	5
sarja kshara	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	2
Vatsanabha	N	Y	Y	Y	N	N	N	Y	N	N	N	Y	Y	Y	Y	N	Y	N	Y	N	Y	Y	N	Y	Y	Y	15
Kupilu	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	2
Ahiphena	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1
Jayapala	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	Y	N	N	N	Y	4
Datura	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1
Bhallataka	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	1
Arka kshira	Y	N	Y	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	5
snuhi Kshira	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	2
Langali	N	N	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	Y	N	4
Pippali	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N	Y	Y	N	6
Maricha	N	N	N	N	N	N	N	N	Y	Y	N	N	Y	N	N	N	Y	N	N	Y	N	Y	N	Y	N	N	7
Sunti	N	Y	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Y	N	Y	N	N	5
Chitraka	N	N	N	Y	N	N	N	Y	N	Y	Y	N	N	Y	N	N	N	N	Y	N	N	Y	N	N	N	N	7
P.lavana	N	N	N	Y	Y	Y	N	N	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	5
S.lavana	N	Y	N	N	N	N	Y	N	N	N	Y	N	N	Y	Y	N	Y	N	N	N	N	N	N	Y	N	N	7

S.parada – Shudha Parad, S.Gandaka – Shudha Gandaka, P.lavana- Pancha lavana, S.Lavana- Saindava Lavana. Y- YES / Present, N-NO / Absent.

Table 2: Indicated Diseases, Anupana, Dose for various types of Vadavanala Ras (V.R)

Drug	Diseases	Anupana	Dose	Pathya/Varjya
VR 1	<i>Dhanurvata, Kantakubja, Danta banda</i>	-	-	-
VR 2	<i>Prameha, Sula, Kusta, Vataroga, Arsas, Guda roga, Mandagni</i>	<i>Rogochita anupana</i>	<i>3 Ratti</i>	<i>Taila, Kshara amla rasa</i>
VR 3	<i>Kaphaja, Sannipataja roga.</i>	<i>Rogochita anupana</i>	<i>3 Ratti</i>	-
VR 4	<i>Vata kaphaja roga, Vata roga</i>	<i>Trikatu, Chitraka</i>	<i>1 Ratti</i>	-
VR 5	<i>Danurvata, Sannipataja roga, Udara roga</i>	<i>Rogochita anupana</i>	<i>2 Gunja</i>	-
VR 6	<i>Vata roga, Sannipataja roga</i>	<i>Trikatu, chitraka</i>	<i>1 Ratti</i>	-
VR 7	<i>Sarva Amaya</i>		<i>1 Gunja</i>	-
VR 8	<i>dhanurvata with Vatagna anupana, Gulma, Pliha, Bhagandara, Grahani, Mandagni</i>	<i>Rogochita anupana</i>	<i>1 Valla</i>	-
VR 9	<i>Mandagni</i>	-	<i>1 to 3 Masha</i>	-
VR 10	<i>Prasuthi vata nashana</i>	-	-	-
VR 11	<i>Sarva Gulma, Parinamaja Sula</i>	<i>Rogochita anupana</i>	-	-
VR 12	<i>Sannipataja roga</i>	<i>Narikela jala</i>	-	-
VR 13	<i>Sannipataja roga, Prabla vata vyadhi</i>	<i>Trikatu</i>	<i>1 Ratti</i>	-
VR 14	<i>Mandagani, Aruchi, sula, Vata roga</i>	-	<i>3 Ratti</i>	-
VR 15	<i>Sarva Gulma, Grahani</i>	-	<i>1 Mash</i>	-
VR 16	<i>Kusta, Ama maruta, Sleepada, Gandamala, Bhagandara, Nadi vrana, Dusta vrana, Antra vridhi, Amlapitta, Raktapitta, Haleemaka, Pakti sula, Vatarakta, Vata kapha upadamsa, peenasa, Gulma, Anaha, Pliha sotha, jwara, Udara roga, Kasa</i>		<i>5 Ratti</i>	-
VR 17	<i>Ajeerna, Vilambika, Visuchika</i>	<i>Ardraka swarasa</i>	<i>1 Ratti</i>	-
VR 18	<i>Sannipataja roga, Visha roga</i>	-	<i>1 Gunja</i>	<i>Pathya milk Dugdhoudanam</i>
VR 19	<i>Vata kshaya, Asmari, Kusta, Sannipata roga, Bhagandara, Kurmasana, Linga bhanga, Katishuula, Guda bhramsa, Apasmara, Unmada, Karna Akshi shira sula, Galagraha, Talu chidra, Pleeha, Phangu, Sotha, Gala rohini, Peenasa, Prameha, Grahani, Sleshma vikara, Vishamajwara, Antra Vadavanala Rasidhi, Sira swedana, Arshas, Pandu, Kamala, Aruchi, Mutrakrichra</i>	-	<i>Half Ratti</i>	-
VR 20	<i>Visuchika, Sarva sula, Pliha, Udara roga, Gulma, Grahani, Swasa, Kasa, Gala, Vata roga, Agnimandya</i>	<i>Ghrita</i>	<i>1 Ratti</i>	-
VR 21	<i>Supta vata, Sannipataja roga</i>	-	--	<i>Pathya sarkara, Dadhi</i>
VR 22	<i>Sanipataja roga</i>	<i>Narikela jala, Sarakar udakam</i>	<i>2 Gunja</i>	<i>Pathya Kshira anna</i>
VR 23	<i>Tridoshaja roga</i>	-	-	-
VR 24	<i>Agnimandya</i>	-	<i>3 to 6 Ratti</i>	-
VR 25	<i>Vata roga, Sleshma roga, Kusta, pliha, Gulma,</i>	-	<i>1 Maricha</i>	-

	<i>Udara, Gridhrasi, Katisula, Sula, Medo roga, Mandagni</i>		<i>pramana</i>	
VR 26	<i>Vata roga, Kapha roga, Vrana, Vishpota, Upadamsha</i>	-	-	<i>Pathya Sarkara, Dugdhaoudana</i>

There are 26 *Vadavanala ras* described in the *Rasyogasagara*. Out of these 24 formulations has the *parada* and the remaining two i.e., VR24 has *Rasa sindhura* and VR 13 has no *Parada*. *Gandaka* is present in 23, *Vatsanabha* present in 15, *Haratala* in 12 formulations. *Ksharas* like *Yava kshara*, *Sarja kshara*, *Tankana* were used in different formulations.

Swarna is present in VR3, VR8, VR 23. *Rajata* in VR6, VR8. *Tamra* is present in 9 formulations, *Loha* in 7 formulations. *Vatsanabha* and *Langali* are present in total of 15 and 4 formulations respectively.

VR13 is the only formulation which doesn't contain *Parada*, *Gandaka* and has *Vatsanabha*, *Langali* indicated in *Prabala vata vyadhi*. VR 25 which contains *Parada*, *Gandaka*, *Pippali*, *Vatsanabha*, *Langali* is indicated *Medoroga*, *Vata roga*.

As the name itself implies it increases the *Agni* (digestive fire) stimulating the metabolism and enhancing the body's ability to process food efficiently. It acts on different *Dhatwagni* which can be observed by its indications. For example, in VR17 *Ajeerna*, *Vilambika*, *Visuchika* are mentioned as its indications we can interpret this formulation is acting on *Rasa Dhatwagni* as *Ajeerna* is due to *Rasa dhatwagni dusti*. Most of the formulations are indicated in *Vata roga* also. So, this formulation acts mainly on the *Kapha Pradhana vata roga*. It acts as *Kapha* and *Vata dosa samaka*, as no *Seeta dravyas* are present in any of these

formulations, they act as *Pitta dosha (Agni) vardaka*. Some of these formulations are indicated in *Sannipataja roga*.

For a few formulations specific *Pathya/Apathya* are also mentioned. In VR2 *Taila*, *Kshara amla rasa* are mentioned as *Apathya*. In VR 18 *Dugdhoudanam* was mentioned as *Pathya*. For VR 21 *Sarkara*, *Dadhi* are *Pathya*. For VR22 *Kshira anna* is *Pathya*, VR 26 has *Sarkara*, *Dugdhaoudana* as *Pathya*.

CONCLUSION

Thousands of formulations had mentioned in various Ayurveda classical texts which contain centuries of old wisdom on formulations that have been tested and refined over generations. Studying them ensures that valuable therapeutic insights are not lost. Different texts mention, different compositions of a formulation with same name like *Vadavanala ras*, *Sankha vati*, etc. Right drug with right dose to the right patient at right time through right route save the patient from diseases. These formulations are designed by acharyas as per the need of the patient, available ingredients etc. Exploring these variations allows for better customization in treatment.

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