



LAKSHMI NARAYANA RASA – AN OVERVIEW W.R.T YOGARATNAKARA

¹Dr. Aishwarya. S. Malligere, ²Dr. Varsha Malagi, ³Dr. Rajesh Arkasali

¹PG Scholar, ²Associate Proffesor, ³Dr. Rajesh Arkasali

¹Rasashastra and Bhaishajya Kalpana, ²Rasashastra and Bhaishajya Kalpana, ³Rasashastra and Bhaishajya Kalpana

¹Ayurveda Mahavidyalaya and Hospital, Hubli, India, ²Ayurveda Mahavidyalaya and Hospital, Hubli, India, ³Ayurveda Mahavidyalaya and Hospital, Hubli, India

ABSTRACT

Lakshmi Narayana Rasa (LNR) is a classical Ayurvedic herbo-mineral formulation, widely used in the treatment of various types of *Jwara*, *Vatavyadhi*, *Sootika Roga* and so on. Rooted in the *Rasashastra* tradition, it is primarily composed of ingredients like *Sh. Hingula*, *Sh. Gandhaka*, *Abhraka Bhasma*, *Sh. Tankana*, *Sh. Vatsanabha* added with various other herbs and processed with *Bhavana dravyas* like *Dantimoola Swarasa* and *Triphala Kwatha* as stated in **Yogaratanakara**. This review article aims to provide a comprehensive overview of the formulation as per *Yogaratanakara*. It's properties, method of preparation, dosage, classically mentioned therapeutic applications, *Anupana* and its further scope of studies is being highlighted. Emphasis is placed on its mode of action based on Ayurvedic principles. Hidden in the folds of classical texts, this medicine, though rarely prescribed today, its potent action reflects deep-rooted wisdom and precise alchemical art.

KEYWORDS: *Lakshmi Narayana Rasa (LNR)*, *Yogaratanakara*, *Jwara*, *Vatavyadhi*, *Sootikaroga*.

INTRODUCTION

Ayurveda, the ancient Indian system of medicine, utilizes a wide array of mineral and herbal formulations for the prevention and treatment of various ailments. *Rasaushadhis* in *Ayurveda*, represent a unique and integral branch of traditional Indian medicine. These preparations combine the therapeutic virtues of *Dravyas* with minerals and metals that have undergone *Shodhana* and *Marana* processes to enhance their bioavailability and reduce toxicity. They hold a significant place due to their potent therapeutic efficacy, rapid action, and minimal dosage requirements. *LNR* is a classical Ayurvedic formulation described first in *Yogaratanakara* and in other authoritative texts such as the *Bhaishajya Ratnavali*, *Rasa Chandamshu* etc. It is known for its broad-spectrum activity, and is traditionally employed in the management of *Jwara*, *Vatavyadhi*, and *Sootika*

rogadhikara. LNR exemplifies the integration of mineral and herbal components designed to synergistically enhance therapeutic outcomes. Among all the formulations of LNR, the reference of *Yogaratanakara* is being highlighted in this article.

MATERIALS AND METHODS

Various references quoted in different Ayurvedic texts

1. *Yogaratanakara (Y.R)*¹ – *Vatavyadhi Nidanam*
2. *Bhaishajya Ratnavali (B.R)*² – *Sootika rogadhikara*
3. *Rasa Chandamshu(R.Cha)*³ – *Vataroga Chikitsa*
4. *Bharata Bhaishajya Ratnakara (B.B.R)*⁴ - *Rasa Prakarana*
5. *Rasayoga sagara (R.Y.S)*^{5,6,7,8}
6. *Ayurveda Sara Sangraha(A.S.San)*⁹ – *Rasa Rasayana Prakarana*
7. *Ayurvedic Formulary of India (AFI)*¹⁰

Table 1: Showing the list of ingredients of LNR, their chemical/ botanical names and parts used as per *Yogaratanakara*.

DRAVYA	CHEMICAL/ BOTANICAL NAMES	PART USED
<i>Sh. Gandhaka</i> ¹¹	Purified Sulphur	-
<i>Sh. Tankana</i> ¹²	Purified Borax	-
<i>Abhraka bhasma</i> ¹³	Incinerated Mica	-
<i>Sh. Hingula</i> ¹⁴	Purified Cinnabar	-
<i>Sh. Vatsanabha</i> ¹⁵	<i>Aconitum ferox</i>	<i>Moola</i>
<i>Rohini (Katuki)</i> ¹⁶	<i>Picrorhiza kurrooa</i>	<i>Moola</i>
<i>Sh. Ativisha</i> ¹⁷	<i>Aconitum heterophyllum</i>	<i>Moola</i>
<i>Krshna (Pippali)</i> ¹⁸	<i>Piper longum</i>	<i>Phala</i>
<i>Vatsaka (Kutaja)</i> ¹⁹	<i>Holarrhena antidysenterica</i>	<i>Twak, Patra</i>
<i>Saindhava lavana</i> ²⁰	Rock salt (<i>Sodium chloride</i>)	-

Method of Preparation (as per *Yogaratanakara*):

All the ingredients mentioned above are taken in equal quantity in a *Khalwa Yantra* and *Mardana* is carried out for 3 days each with *Dantimoola Swarasa* and *Triphala Kwatha* and *Vatis* of 2 *Valla Pramana* (3 Ratti or 375 mg) are made and dried in shade and stored.

Matra: 2 *Valla Pramana* (3 Ratti or 375 mg)

Anupana: *Ardraka Swarasa* or *Roganusaara*

Indications: *Ekadoshaja Jwara*, *Sannipataja Jwara*, *Visoochika*, *Vishama Jwara*, *Atisara*, *Grahani*, *Rakta-Amatisara*, *Prameha* and *Shoola*.

Table 2: Showing the list of ingredients and their properties

DRAVYA	RASA	GUNA	VEERYA	VIPAKA	KARMA
Sh. Gandhaka	Katu, Tikta	Laghu, Sara	Ushna	Katu	Pachana, Krimighna, Kushtaghna, Garavisha nashaka, Rasayana
Sh. Tankana	Katu	Ruksha, Teekshna, Saraka	Ushna	Katu	Lekhana, Amapachaka, Shothahara, Tridosha shamaka
Abhraka bhasma	Madhura	Snigdha	Sheeta	Madhura	Deepana, Sarva Dhatu Poshaka, Bala- Buddhi vardhaka, Raktaprasadaka
Sh. Hingula	Tikta, Kashaya, Katu	Laghu, Teekshna, Snigdha	Ushna	Katu	Kapha-Pittahara, Deepana Pachana, Agnivardhaka, Jwaraghna, Rasayana
Sh. Vatsanabha	Madhura	Laghu, Ruksha, Teekshna, Vyavayi, Vikasi	Ushna	Katu	Jwarahara, Yogavahi, Shothaghna, Vata Kaphahara, Agnimandya hara.
Rohini (Katuki)	Tikta	Laghu, Ruksha	Sheeta	Katu	Deepana, Bhedana, Lekhana, Kapha-Pittahara
Sh. Ativisha	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Jwarahara, Deepana, Pachana, Grahi, Shothahara
Krshna (Pippali)	Katu	Laghu, snigdha, Teekshna	Ushna	Madhura	Deepana, Vrushya, Rasayana, VataKaphahara
Vatsaka (Kutaja)	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Jwaraghna, Deepana, Grahi, KaphaPittahara
Saindhava lavana	Lavana, Madhura	Snigdha, Laghu	Sheeta	Madhura	Deepana, Pachana, Vrshya, Hrdya, Tridoshashamana, Vibandhajit.

Table 3: Showing the list of Bhavana Dravyas and their properties

BHAVANA DRAVYA	BOTANICAL NAMES	GUNA AND KARMA	PHYTOCHEMICALS
1. <i>Dantimoola</i> <i>Swarasa</i>	<i>Baliospermum montanum</i>	<i>Guna, Teekshna, Deepana, Rechana, Kapha-vatahara, Kandughna, Kushtaghna, Krimighna</i>	Baliospermin, Montanin
2. <i>Triphala kwatha</i> • <i>Amalaki</i>	<i>Embelica officinalis</i>	<i>Tridosahara, Vrshya, Vayasthapana, Chakshushya</i>	Gallic acid, Ascorbic acid, Tannins
• <i>Haritaki</i>	<i>Terminalia chebula</i>	<i>Laghu, Ruksha, Tridosahara, Anulomana, Lekhana Rasayana, Prajasthapana, Chakshushya, Hrdya.</i>	Chebulagic acid, Chebulinic acid, Ellagic acid
• <i>Vibhitaki</i>	<i>Terminalia bellirica</i>	<i>Laghu, Ruksha, Kapha-pittahara, Bhedhana, Chakshushya.</i>	Gallic acid, Ellagic acid

MODE OF ACTION

1. **Tridosha Shamana: Vata-Kapha Hara-** The *Ushna, Teekshna, and Sukshma guna* of ingredients like *Vatsanabha, Pippali, Tankana* and *Gandhaka* help in pacifying aggravated *Vata* and *Kapha* doshas and **Pitta Shodhana**- While primarily *Vata-Kapha* balancing, the formulation also does *shodhana* of vitiated *Pitta* when it manifests in *Jwara*.

2. **Agnideepana & Amapachana: Abhraka bhasma, Sh.Hingula, Sh.Tankana, Saindhava Lavana** and even all herbal drugs of the formulation improve *Agni*. Clears **Ama** from the *Mahasrotas* (GI tract). Corrects **Mandagni** and improves *Jeerna shakti*.

3. **Jwaraghna:** LNR is especially potent in *all types of Jwara*, particularly those of **Sannipataja** or **Vishamajwara** types. *Ushna veerya* drugs like **Sh. Ativisha, Sh. Vatsanabha, Sh. Hingula** break the *Jwara Samprapti* by clearing *Swedavaha srotas* (by inducing *Sweda*).

4. **Pranavaha Sroto Shodhana:** The *Deepana* and *kapha-hara* gunas of drugs like **Abhraka Bhasma** and **Sh. Tankana** clears **Kapha accumulation** in the respiratory system making it effective in **Kasa, Shwasa**.

6. **Grahi:** The *Grahi* guna of *Kutaja* helps in conditions like **Atisara, Visoochika, Grahani, Ratka-Amatisara**

7. **Rasayana Karma: Abhraka Bhasma** and **Sh.Gandhaka** are considered best *Rasayanas*, promoting *Ayu* and *Ojas*. Does **Dhatu Poshana** and increases the **Vyadhikshamatva**.

8. Vedanasthapana and Shothahara: Herbs like *Sh. Vatsanabha*, *Pippali* have *Shothahara* and *Shoolahara* properties and hence crucially useful in *Sootika Vatarogas*.

DISCUSSION

The presence of divine symbolism in its name- "**Lakshmi**" representing health and prosperity, and "**Narayana**" symbolizing protection and preservation, further underlines its purpose in nurturing both *Deha* and *Manas*.

R.Y.S states 4 formulations in the name of **Lakshmi Narayana Rasa – Prathama, Dwitiya, Tritiya** and **Chaturtha**. Out of these, only *LNR Prathama* resembles with the one that is stated in *Y.R* and the other 3 formulations have different ingredients and indications.

This article asserts on *LNR* as stated by *Yogaratanakara*. This formulation resembles the *Rogaghnata, Matra, Anupana*, with those stated in *B.R, R.Cha, B.B.R, A.S.San, R.Y.S(LNR – Prathama)* and *AFI*.

Vatsanabha, a *Visha Dravya* that is used as one of the main ingredients, contain **Aconitine** that has an **Antipyretic, Analgesic** and **Anti-inflammatory action**, which contributes in reducing Fever. *Triphala* which is being used as a *Bhavana dravya* in the preparation mainly contain **Gallic acid, Ascorbic acid, Tannins**, and **Ellagic acid** contributes Modulation of cytokines by reducing levels of pro-inflammatory cytokines which are often elevated in fever and Immune enhancement by clearing infections more efficiently, reducing fever duration.

As documented in *Ayurveda Sara Sangraha*²¹, if a *Sootika* is exposed to cold breeze, there will be severe *Vata prakopa* that can cause *Jwara*, and if this *Jwara* is not treated properly, may lead to complications like *Shirashoola, Sarva Shareera shoola, Dourbalya* or *Murcha*. In this condition, the author advises the administration of *LNR* with *Dashamoola Kwatha* or *Dashamoola Arka* or *Dashamoolarishta* which reduces *Prakupita Vata* and also helps in *Rakta vriddhi*.

Pharmacologically, *Lakshmi Narayana Rasa* functions through **balancing the Tridoshas**, enhancing *Agni*, and rejuvenating *Dhatus*. The inclusion of carefully processed minerals not only increases bioavailability but also ensures the therapeutic efficacy of the formulation while maintaining safety when used under medical supervision.

In modern therapeutic contexts, this formulation continues to hold relevance, especially in integrative medicine where *Ayurvedic* treatments are used alongside conventional therapies. Its adaptogenic and immunomodulatory actions have made it a valuable tool in managing acute and chronic illnesses.

CONCLUSION

Lakshmi Narayana Rasa, a *Kharaliya* preparation, which is mentioned in *Yogaratanakara* is renowned for its **Rasayana** and **Balya** properties. It is particularly effective in managing **all kinds of Jwara, Visuchika, Atisara, Grahani, Rakta- Amatisara and many other diseases**.

In conclusion, ***Lakshmi Narayana Rasa* stands as a testament to the depth and sophistication of Ayurveda**, offering a time-tested remedy that supports holistic healing, vitality, and well-being. However, due to its complex mineral composition, its administration should always be guided by a qualified Ayurvedic practitioner to ensure its benefits safely and effectively.

SCOPE FOR FURTHER STUDIES

Lakshmi Narayana Rasa holds rich potential for scientific validation and global acceptance. Bridging traditional knowledge with modern research methodologies can not only enhance its therapeutic relevance but also support the broader integration of Ayurvedic formulations into contemporary healthcare. Such research can pave the way for the safe, evidence-based use of herbo-mineral formulations and contribute to the development of next-generation Ayurvedic therapeutics.

Pharmaceutical Standardization: Developing modern analytical techniques (e.g., HPTLC, ICP-MS, XRD) for the authentication and standardization of ingredients and final formulation.

Toxicity studies: due to the presence of *Vatsanabha*, its acute toxicity, Sub-acute Toxicity studies can be conducted.

Comparative Studies: Comparison with Modern Drugs: Evaluating the effectiveness of *Lakshmi Narayana Rasa* against standard allopathic treatments in diseases such as acute and chronic fevers, or chronic fatigue syndromes.

Clinical Efficacy and Safety Trials by conducting Randomised Control Trials (RCTs)- There is a need for well-designed clinical trials to evaluate the efficacy of *LNR* in specific conditions such as chronic fevers, neurological disorders and *sootikaroga*.

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