

TITLE: REVIEW ON HERBOMINERAL CLASSICAL FORMULATIONS AND UTILITY OF METALS IN KHUMBHARVIRTYA

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ABSTRACT

Kaumarbhritya or Balrogyan is Consider as an eight part of Ayurveda. Acharya kashyapa have Given it important place in its texts book Kashayapa samhita. According to him it is basic line of Ayurveda. In Ayurveda Kaumarbhritya plays an important role .according to him a child is classified into 3 types(Ishwar putara, Madhyam putar, Darid putara according to their financial condition. Kashyap have prescribed age and weight related Drug dosage for children In this segment they have discuss about Child care, Impotence of Brest milk, Child diet, Dhatri and Baby Teething. sage like kashyapa and sharagdhara, Vagbhata have excellently prescribed drug dosage with comparison to the fruits like Vidang Ayurveda described about some majors drugs which is used as a tonics and medications for child healthy baby and they also give importance to the Brest Milk which is the first food of the baby and which helps in growth and repairment of baby body. Present article based on the Herbomineral preparation. Our ancient acharyas have various views according to minerals for treatments of the child disease. In this we also know about the formulation which is prepared by the various companies for the treatments of child Disease. In our ancient achryas suggest the Rasoushadhis like Mercury and other metals and minerals. They are used after various samsakar.

KEYWORDS: Rasaushadi, herbomineral, formulation, Khumbharvirtya, samskar.

INTRODUCTION

Ayurveda is a remarkably individualized system of medicine. "Pediatrics is concerned with the health of infants, children and adolescents, their growth and development, and their opportunity to achieve full potential as adults." sid by(Richard E. Behrman in Nelson's Textbook of Pediatrics). Six Major nutrients are oxygen, carbon, hydrogen, sulfur, phosphorus, nitrogen very essential for body growth and repairment. other minerls are Zinc ,Iron, calcium. The various medicines are Souvarna sukrutam churnam kushtam madhu ghrtam vacha , Matsyakshaka shankapushpi madhu sarpi sakanchanam , Arkapushpi ghrtam kshoudram churnitam kanakam vacha , Sa hemachurnam kaidaryam shwetadurva ghrtam madhu , Bala – pushti – medha. other rs aushides are Rasoushadhis, Utpullikahara rasa, Karpoora rasa, Kumara kalyana rasa, Dantodbhedagadantaka rasa, Bala jwarankusha rasa, Balayakrudari rasa, Balarogantaka rasa , Balarka rasa , Mugdha rasa Rasa parpati. Also further get developed into eight main branches. The Kaumarbhritya is the branch of Ayurveda dealing with care of infants and children, diseases and treatment of Dhatri (wet nurse or care taker of child), milk, its qualities and treatment of milk related disorders and diseases due to bal grahas. ^[1] Many of the other classical texts like charakasamhita, Sushruta samhita, Ashtanga Hridaya have also mentioned Herbo-mineral drugs in their therapies like suvarna prashana samskara ^[2] Acharya Kashyap or Vrudhhajivaka are known as pioneer in Kaumarbhritya with their manuscript named Kashyap Samhita or Vrudhhajivaka Tantra. Kashyap Samhita focuses their importance on child care, but also there are some references which make it complete from all point of view. In ancient time Rasaausadhis are the back bone of the Ayurvedic

therapeutics. These are mainly focused on metals, herbominerals preparation. They are less in dosage and easy to take and These Rasayana have without any odour, and highly potent and bioequivalent and their properties make them more popular and superior over the other medicines and due to this these are main focus of patients as well as pharmaceutical manufacturers. These are not only used in general medicine but also they used in pediatrics practice excellently. Mandor bhasma (Fe_2O_3) is mentioned as Beneficial in child in classics.^[3] Pure gold (Purified suvarna) is mentioned as best rejuvenative medicine for maintenance of foetus.^[4] Mercurial preparation like Mugdharasa is mentioned as "shishurogahara" i.e. drug for infant diseases. Godanti bhasma ($\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$) in balshosha (Child malnutrition) and also used in Balpanchabhadrara.^[5] They have tried to prepare medicine as per minimum dosage frequency and end user need. The oral medicine is like swarnprashana developed on the basis of palatability multiparticulate solid that is combination of honey, butter and gold in semisolid medicinal format so these combination of various metal and mineral drugs show variability, Biopharmaceutics and potential alternatives as per the acceptability of intended pediatric population. Kumar Kalyan Ras is Classical Ayurvedic medicine in solid dosage form (Tablet form). It is used in the treatment of fever, cough, jaundice, diarrhea in children. This medicine should only be taken under strict medical supervision.^[5-16]

Table No1. Manufacturer of Kumar kalyan rasa- Reference: Bhesaj Ratnavali Bala Rogadhikara 163 – 166.

S.NO	COMPANY	State	PRODUCTS
1	Ujha Ayurvedic Pharmacy	Ujha(Gujrat)	Janmghuti, Balamrit, Balrakchak pills, Sisu sangivini.
2	Garg Vanaushdhi Bhandar	Aligarh,(Uttarpadesh)	Balvit, Sisosantak Capsule.
3	Gurukul Kangari Pharmacy	Haridwar(Uttarakhand)	Balghuti, Balsarbhat.
4	Charak Pharmaceutical	Bombay(Maharashtra)	Cruminill Syrup, Paedritone Powder, Pedilax, Syrup, Liquitone syrup, Livomyn Syrup.
5	Jawala Ayurvedic Bhawan	Aligarh,(Uttarpadesh)	Chechawrodhak Capsule, Jawala balghuti.
6	Zandu Pharmaceutical	Bombay(Maharashtra)	Infee, Balkadu, Balghuti, Baldava.
7	Dabur Ltd	Ghaziabad(Uttarpadesh)	Jnamghuti, Laltail, Lalshar, Sankhpuspi Tail, Podin hara.
8	Dhanwantri ltd	Aligarh,(Uttarpadesh)	Kumarkalayan ghuti, Balopakaravatti.
9	Dhootpapaswar Ltd	Bombay(Maharashtra)	Garipin, Baljiwan, Kumaraksh.
10	Badiyanath pvt Ltd	Patana	Garipin, Kirmiharsyrup, Janamghuti, Arka podina

Rasaushadhi for internal use in pediatrics-

Yoga Ratnakara-

Rasa Parpati, BR-Balarogantaka rasa, Kumar Kayana rasa, Dantodbheda gadantaka Rasa, BalaRasa (rasendrasara samgraha), Utpullikahararasa (S.B.M.M.), Karpoorarasa (B.R.), Kumara kalyanarasa (B.R.), Dantodbhedagadantakarasa (B.R.), Rasoushadhis in Pediatric Practice -Dr. Santhosh B, Bala rasa (B.R.), Bala jwarankusharasa (Br.Ni.R.), Bala yakrudari rasa (Ay. Vi.), Balarogantaka rasa (B.R.), Balarka rasa (Si.Y.S.), Mugdha rasa (R.T.), Rasa parpati (Y.R.)

Compiled from other texts-

External applications- Dosage form, route of administration.

Formulations with Rasaushadhi predominantly containing Hg, As, Pb and Cu, Tin, Zinc, Au, Ag.

Formulations containing other Rasaushadhi like -Rasaushadhi predominantly containing Fe, Ca.

Formulations predominantly containing other miscellaneous minerals Single drug usage.

Table No.2 Single drug usage

Sr. no	Predominant metal mineral used in formulation	Rasavarga Dravya	R.A	Mode of application/	Dosage form	Indication
1	Ag	Rajata	Dermal	Quenching in liquid	Snehpan	Sadyojat balcharya
2	As ₂ S ₂	Manahshila	Dermal	Wearing as a ornament	Abhushan	Namkaran samskar
3	As ₂ S ₃	Hartala	Dermal	Wearing as a ornament	Abhushan	Namkaran samskar
4	As ₂ S ₂	Manahshila	Eye	application at junction of	Anjan	Kukunaka

				conjunctiva with lid)		
5	As ₂ S ₂	Manahshila	Dermal	Preparation by tailpaka method	Abhyang (external oleation)	Paribhavantar vyadhi
6	Feso ₄ 7H ₂ O	Kasisa	Dermal	Preparation by tailpaka method	Lepa	Gudakutta
7	Cuso ₄ 10 H ₂ O	Tuttha	Dermal	Preparation by tailpaka method	Lepa	Gudakutta
8	Sb ₂ S ₃	Strotonjana	Dermal	Preparation by tailpaka method	Lepa	Gudakutta
9	Feso ₄ 7H ₂ O	Kasisa	Dermal	Mix with water	Lepa	Gudakutta
10	Cuso ₄ 10 H ₂ O	Tuttha	Dermal	Mix with water	Lepa	Gudakutta
11	As ₂ S ₂	Manahshila	Dermal	Mix with water	Lepa	Gudakutta
12	As ₂ S ₂	Manahshila	Dermal	Preparation by tailpaka siddhi method	Abhyang	Petrugraha
13	As ₂ S ₂	Manahshila	Dermal	Preparation by tailpaka siddhi method	Abhyng	shakunigraha
14	Au	Suvar na	Dermal	Preparation by tailpaka siddhi method	Abhyng	Shakunigraha
15	Fe ₂ O ₃	Gairika	Dermal	Preparation by tailpaka siddhi method	Abhyng	Shakunigraha
16	As ₂ S ₂	Manahshila	Dermal	Quenching in liquid	Snan(liquid for bath)	Shakunigraha
17	As ₂ S ₃	Hartala	Dermal	Quenching in liquid	Snana	Shakunigraha
18	As ₂ S ₂	Manahshila	Dermal	Preparation by tailpaka siddhi method	Abhynga	Andhaputanagraha
19	As ₂ S ₃	Hartala	Dermal	Preparation by tailpaka siddhi method	Abhynga	Andhaputanagraha
20	Hg	Parada	Dermal	Insence burning in goshala,Bath with rasadrvyas in Goshala	Dhupana,Snana	Mukhmandika
21	As ₂ S ₂	Manahshila	Dermal	Incense burning in goshala	Snana	Mukhmandika
Ashtang Hridaya						
12	Feso ₄ 7H ₂ O	Kasisa	Dermal	By mixing with a water/dry form	Lepa/avchurnana	Vrana in ahiputana
	Cuso ₄ 10 H ₂ O	Tuttha	Dermal	By mixing with a water/dry form	Lepa/avchurnana	Vrana in ahiputana
	Sb ₂ S ₃ Strotonjana		Dermal	By mixing with a water/dry form	Lepa/avchurnana	Vrana in ahiputana
Sushrut samhita						
13	As ₂ S ₂	Manahshila	Dermal	Preparation by tailpaka siddhi method	Abhyanga	Putanagraha pratishedha
	As ₂ S ₃	Hartala	Dermal	Preparation by tailpaka siddhi method	Abhyanga	AndhaPutanagraha pratishedha
Yog-ratnakar						
14	Sb ₂ S ₃	Strotonjana	Dermal	Apply by proper mixing with water	Lepa	Ahiputana
15	As ₂ S ₂	Manahshila	Eye lids	Apply by proper mixing with water	Lepa	Netraroga
16	Fe ₂ O ₃	Gairika	Dermal	Apply thick layer of medicated drugs by proper	Pradeha	Shakunigraha

				mixing with water		
17	As ₂ S ₂	Manahshila	Dermal	Preparation by tailpaka siddhi method	Abhynga	Putanagraha
	As ₂ S ₃	Hartala	Dermal	Preparation by tailpaka siddhi method	Abhynga	Putanagraha
Chakradatta						
18	Hg	Parada	Kati-nasa	keep mercury in varatika and wear as a ornament	Dharana	Ahitundika
	Feso ₄ 7H ₂ O	Kasisa	Kati-nasa	keep mercury in varatika and wear as a ornament	Dharana	Ahitundika
19	Hg	Parada	Kantha-pradesh	keep mercury in varatika and wear as a ornament	Dharana	Anamaka
	Caco ₃	Varatika	Kantha-pradesh	keep mercury in varatika and wear as a ornament	Dharana	Anamaka
20	Fe ₂ O ₃	Gairik	Eye lids	Apply by proper mixing with water	Lepa	Netraroga
21	As ₂ S ₂	Manahshila	Eye	Apply by proper mixing with water	Varti	Netraroga
22	As ₂ S ₃	Hartala	Eye	Apply by proper mixing with water	Varti	Netraroga
23	Fe ₂ O ₃	Gairik	Eye	Apply by proper mixing with water	Varti	Netraroga

Sr no	Formulation	Single drug usage	Formulations with Rasaushadhi predominantly containing Hg, As, Pb and Cu	Formulations with Rasaushadhi predominantly containing Tin, Zinc, Au, Ag,	Formulations predominantly containing other miscellaneous minerals
Ashtang hridaya					
1	Guggulvadi Pradeha	-			As ₂ S ₂ , As ₂ S ₃
Rasaratna-samucchaya					
2	Shailayadi Dhupa				Black bitumen

Table No.3 Internal Formulations with Rasaushadhi predominantly containing Hg, As, Pb and Cu .

ABBREVIATION NF(Name of formulation),PDM(Predominant metal mineral used in formulation,RU(Rasaushadhi),MOD(Mode of application),DF(Dosage form).

NF	PD M	RU	MOD	DF	Indication
Ashtanga Sangraha					
Suvarna prashana	Au	Suvarna	Mixture with cow ghee and honey	Lehana in Harenu matra	Medha,Bala and ayu janana
Saraswata Ghrita	Au	Suvarna	Mixture with cow ghee	Pana and Anjana	Enhances Medha,Smruti,Ayu,Buddhi and acts as rakshoghna and vishaghna

Vagvivarh ana yoga	Au	Suvarn a	Mixture with cow ghee and honey	Lehana for 1year	Boosts medha,acts rakshoghana and increases excellence of vacha(voice)
Ashtanga Hridaya					
Suvar na prasha na	Au	Suvarn a	Mixture with cow ghee and honey	Lehana	Medha,Bala and ayu janana
Suvar na prasha na	Au	Suvarn a	Mixture with cow ghee and honey	Lehana in form of 4 differet herbal compoud forms for 1 year.	Enhances Bala, Varna ,Vapu,medha.
Mrutti ka bhaks hana rechan a yoga	S	Gandha ka	With sahapana of godugdha	In vati form in mashdwaya pramana for 5 days	For Rechana of ashuddha mruttika
	Pbo	Mrudda rshrun ga	With sahapana of godugdha	In vati form in mashdwaya pramana for 5 days	For Rechana of ashuddha mruttika
Bal- Karsh ye suvarn adi yoga	Au	suvarna	With sahapana of madu and ghrita	Suvarna Bhasma with 4 different herbal composition	It enhances Vapu,medha,Bala of child
Parpat i rasa	Hg	parada	With sahapana of honey	Parpati with 1/12 part of hingu and Jiraka in 4gunja pramana	It posseses Tridoshshamana property and also rehabilitates shwasa,kasa pinasa,panduta,pliha, agnisada,shula and jwara.
	S	Gandha ka	With sahapana of honey	Parpati with 1/12 part of hingu and Jiraka in 4gunja pramana	It posseses Tridoshshamana property and also rehabilitates shwasa,kasa pinasa,panduta,pliha, agnisada,shula and jwara.
Pippal yadi churna	B ₄ O ₇ 10H ₂ O	Tankan a	By tritulating in Ajamutra	In churna form with 2Tanka pramana	Utfullika
Rasa-Ratna Samucchaya					
Ashwa gandh a ghrita	Cu	Tamra	Prepare with ghrita- siddhi With sahapana of ghrita	Ghrita pana	It is acts as pushtikar,enhances varna,bala and sukha
	-	Parada Bhasm a	Prepare with ghrita-siddhi With sahapana of ghrita	Ghrita pana	It is acts as pushtikar,enhances varna,bala and sukha
Rasayogasagara					
Bala- Chand rarasa	Au	Suvarn a Bhasm a			It acts as chardighna,kshyaghna,Atisaranashaka, shulashamaka,Hrullasa,aruchi,garavish a,dushivisha, Pinasa,shwasa and raktapittashamaka.
	Fe ₂ O ₃	Suvarn a Gairika			It acts as chardighna,kshyaghna,Atisaranashaka, shulashamaka,Hrullasa,aruchi,garavish a,dushivisha, Pinasa,shwasa and raktapittashamaka.
Balaya krutari loham		Sahasra puti Abhrak a Bhasm a	Triturate with Guduchi swarassa	Give in Dhanyadwaya vati form	It cures Yakrut,jwara,pliha,pandu,shotha,viban dha,pandu,kasa,mukharoga and udararoga

	Fe	Loha bhasma	Triturate with Guduchi swarasa	Give in Dhanyadwaya vati form	It cures Yakrut,jwara,pliha,pandu,shotha,vibandha,pandu,kasa,mukharoga and udararoga
		Parada bhasma	Triturate with Guduchi swarassa	Give in Dhanyadwaya vati form	It cures Yakrut,jwara,pliha,pandu,shotha,vibandha,pandu,kasa,mukharoga and udararoga
Balargantak o rasa	Hg	Shuddha parada	Prepare kajjali of parada,Gandhaka and Suvarnamakshika in lohapatra then triturate with Bhangarajaswarasa,nirgundi,Kakamachi swarasa,,suryabhu,Bheka parni,,Shweta aparajita swarasa and ½ part of maricha	Give in sarshapa pramana Gutika	Effective in tridoshaja jwara,panchavidha kasa and other diseases.
	S	Gandhaka			
		Suvarnamakshika			
Balasu ndara rasa		Shweta - vaikranta	Triturated with amlavetasa swarasa for 1 week	Lehana with Masha pramana gutika	It enhances growth of child in 1 year.
	Hg	Shuddha parada	Mix with honey and vaikrant and triturate for 3days.		
Balasuryoday o rasa	Hg	Shuddha parada	All drugs mix with kajjali of Parada – gandhaka and triturated with swarasa of Ghritakumari and ardraka and then after giving 100 varahputa give 7 bhavanas of Ghritakumari and ardraka prepare in guti form	In 1masha pramana with anupana of Kshira,Ghrita and Madhu	It is beneficial conditions Jirnajwara,sannipata,pandu,Arochaka, Bhagandar,Arsha,Mutraghata,Mutrada ha,Apamara,bhrama, Unmada,kamala,purana dwardwaja chardi,sarvagata kshaya,dhatugata jwara,eighty vatarogas and twenty kapha rogas
	Hgs	Hingula			
	S	Shuddha Gandhaka			
		Abhraka Bhasma			
		Naga Bhasma			
Balasu ryoday o Rasa 2nd	Hg	Shuddha Parada	With one part of parade,3 parts of gandhaka,2-2 parts of loha ,rajata and tamra bhasma ,3		

			parts of naga bhasma,4 parts of hartala		
	S	Shuddha Gandha ka	bhasma and vanga bhasma,5 parts of		It cures jwara ,swasa,kasa,chardi,pandu,shula,prameh a,gudaraja,pliha,gulma,vatavyadhi,ksha ya,udararaja,pinasa,hikka ,raktapitta,kaphajashwasa ,lingadosha,yonidosha,mutrakriccha.
	Cu	Tamra bhasam a	abhraka and kantalo bhasma with		
	Fe	Lohabh asama	preparing kajjali of		
	As ₂ S ₃	Haratal a bhasma	parada and gandhaka and all the		
	Fe	Kantalo ha bhasam a	drugs one by one then give		
	Pb	Naga bhasam a	bhavana of vasa swarasa and ekshurasa		
		Vanga bhasma			
		Rajata bhasma			
Balarka-rasa	Hgs	Hingula	Mix properly these ingredients in 1 karsha pramana and triturate with water	Give with anupana of water	Beneficial in vatashleshmavikara,Atisara,Krimi,Kasa ,Jwara.
Mahagandhaka	Hg	parada	Take shodhita parada and gandhaka in 1 karsha pramana triturate with	Give 6 Gunja /day	Jwaraghna,Dniroi pana,Grahaniroga,prava hika and balagraha.
	S	Gandhaka	jatiphala,kar katashrungi,l avanga.arish tapatra,elabe eja toya and give puta		
Lokanath-rasa	Hg	Parada(30 parts)	Triturate all drugs for 7days with ja mbira nimbu swarasa and give proper puta.	Give 3 gunja pramana with pippali and honey.	It cures Pliha, dhatugata jwara,kshaya,beneficial for garbhini,shishu and weak child.
	S	Gandhaka			
	As ₂ S ₃	Haratala (30 parts)			
	As ₂ S ₂	Manahsila (30 parts)			
	Na ₂ B ₄ O ₇ ·10H ₂ O	Tankanaka (30 parts)			
		Suvarnamakshika(30 parts)			
		Tamrabhasma			

		(5 parts)			
Vasant amalat i Rasa	Au	Suvarna	With all the ingredients in powder form it is triturated with 3 karsha	Give in 2gunja pramana with honey and pippali.	It is beneficial in Balagraha.
	Hgs Pb	Hingula Nagabh asma			
			gonavanita and nimbu swarasa upto become separate from		
		Vanga bhasma	navanita and prepare tablets.		
		Abhrka bhasma			
Ajirna mandy avati		Rasaka rpura 1/4part	Triturate with tambulapatra swarasa and gardabha kshira for 1-1 yama.	Give in mudga pramana with stanya.	All types of balaroga.
		Hingul a1/4 part			
Kastur ika vati1st		Rsasind ura1/4 part	Triturate it with stanya for 3 yama	Give with stanyanupana in mudgamatra pramana.	All types of balaroga.
	Hgs	Hingul a 1/4part			
		Rasaka rpura1/ 4 part			
Kastur ika		Rasasin dura	All ingredient	Give in 1gunja pramana with stanya	
			s should be triturated with snake poison for 2yama and 4yama with chitrakamula ,maricha,vyaghritwaka,akarabha,pippali in 1pala quantity.	or madhu.	All types of balroga.
vati2n d					
	Hgs	Hingul a			
		Rasakr pura			
Goroc hana vati 1st		Kantlo ha bhasma	Triturate for 11 days kalinjaru rasa and 2days with mukta varshi swarasa bhavana	Prepare mudga pramana vati and give with anupna of madhu and stanya	Useful in conditions like sannipata,agnimandyaanf shitadhikya and in other dieseses with different anupanas.
		Manahs hila			
		Rasaka rpura			
Goroc hana vati 2nd		Rasaka rpura	Triturichanah shte wina kwath for 4 yama and lavanga ,shataptra arka kwath for 2yama.	Give in 2 gunja pramana with anupana of stanya.	Beneficial in kantaroga,kubjata,sannipata,shleshmajwara,shitajwara,dhanurvata,sarvangashula.
		Rasasin dura			
		Abhrasi ndura			

Jwaraf anigar uda rasa		Shuddh a parada	Triturate for 4 ya ma with dhatturamul a kwath.	Prepare marichpramana gutika and give with different anupanas.	Balaroga.
		Shuddh a gandha ka Hingul a			
Jwara nkush a rasa		Shuddh a parada	Take each ingredient in ¼ ratio and triturate with bhringaraja swarasa for 4yama.	Prepare tablet in marichpramana.	In bala jwara with Krishna tulsi swarasa and give in mudga pramana for child of 6 months upto 6yrs.
		Shuddh a gandha ka Hingul a Tankan a Haratal a			
Baddh adarad a 2nd		Manahs hila Tuttha Hansap aki hingula	Triturate 1 pala manahshila with jambira nimbu swarasa	Give with satalakanda,nirgundi,var unamula,twak,yavanikalk a,krishnatulsi swarasain ½ tandula pramana	Beneficial in jwara,ajirna,jwaratisara,shwasa,kasa,sa nnipata.
Balam andya hara taila		Rasaka rpura	Prepare with other ingredients with tailpaka method.	4-5 bindu(drops)	Ati ugra graham doshas,udara,pitta- shleshmaja jwara.
Rasak arpura vati		Rasaka rpura	Triturte rasakarpura and maricha for2 yama with vajridugdha then triturate with water.	Apply in marichpramana with madhu and stanya.	In all Balaroga.
Rudra pratap a rasa		sauvira Abhrak a manahs hila Malla Haratal a	Triturate these drugs with sehunda kshira,Krish na nirgundi,kar avellaka,rakt akarpasa,nili mula,shimbi patra swarasa with each of 4yama period.	Lehana in mudga prmanadwaya with sharkara,madhu and ghrita,stanya and with andataila	Vatavyadhi in childs.
	S	Gandha ka			
	Hg	Parada			
Shank hadrav a2	Na ₂ B ₄ O ₇ 1 OH ₂ O	Tankan a	Triturate with jambira nimbu swarasa	Lehana through suvarnapatra in 4bindu pramana .	It protects child from all types of diseases and shwasaroga.
Anang nigado rasa		Tamra Haratal a			Used in balgrahas.

		Suvarna			
		Rajata			
		Suvarna makshika			
		Abhraka			
		Parada			
		Gandhaka			
Kumarkalyanarasa		Rasasindura		Apply with anupana of godugdha and sats.	Used in jwara,shwasa,vamana,paarigarbhika,grahadosha,kamala,atisara,karshya,agnimandya.
		Suvarna			
		Abhraka			
		Ioha			
		Suvarna makshika			
Krimikantakaras		Tamra			Krimiroga,jwara,chardi,atisara,agnimandya,kasa,shwasa.
chandrashekhara		Abhraka	Triturate it with girikarni swarasa for 1yama	Give in masha matra pramana.	Useful in Balajwara.
		Loha			
		Tamra			
		Mandura			
		Tankana			
Jwarankushrasa	Hg	Parada	Triturate with nagavallidala swarasa bhavana	Give in valla pramana	Useful in all kinds of balroga.
		Abhraka			
		vanga			
	Ag	Raupya			
	Cu	Tamra			
	Fe	Tikshnalo			
		kasisa			
Nagarjuna churna		Haratala		Give in churna form.	Useful in balagraha,kshirapashishu,ajirna,vishtambha,karshya,jwara,akshirogas.
		Manahsila			
		Parada			
		Gandhaka			
Chakradatta					
Suvarnashana	Au	suvarna		Lehana with madhu and sarpi.	Increases varna and ayu.
Mishmishadi leha		krishnanjana	Do a fine powder.	Use as lehana in churna form with madhu.	It relieves vama and jwara.
		Gairika			
		loha			
Bhaishajya Ratnavali					

Suvarna gairika churna	Suvarna gairika	Do a fine powder	Use as lehana with honey.	Useful in hikka.
Amradi yoga	Gairika	Do a fine powder	Lehana with honey	Useful in mukhapaka.

Conclusion and Discussion

Rasa Aushadi plays an important role in case of children diseases. If mother is healthy than its child is also fit from physical and Mental level this detail description of mother and child is given and also discusses about diet of woman while pregnancy and how she keep it up her healthy health Swarna bindu prashana contains three ingredients. Suddha Medhya Aushadhi siddha ghruta, Shuddha swarna bhasma, Shuddha madhu. Madhu is collection of pollen grains by bees. In day today life it is observed that pollen grains acquire a great percentage in producing allergic reactions leading to many diseases. The main reason for using madhu in Swarna bindu prashana is that when madhu is administered in low doses in childhood. Gradually Honey develops resistance for allergens and it remains unaffected by allergens. Swarna Bindu Prashana while Modern medicine explains about vaccines. Vaccines produce immunity against specific diseases where as swarna bindu prashana produces non specific immunity along with many other effects. Immune System towards diseases become very powerful (Rog pratikarak shakti) , Physical strength becomes powerful , Grasping power, sharpness, analysis power, recall memory becomes very strong. Improves digestion power. Tones up skin colour (fair skin) .Growth of mind and body becomes faster than usual. Anti toxic power increases, hence fighting against poison in any form becomes strong in the child (eg. Pesticides in fruits, vegetables etc) .This gives strong protection from infection. It helps in preventing diseases that come during teeth growing phase. It saves from diseases that occur due to seasonal change. It also saves us from different kinds of Allergies. Overall, it makes a child healthier than most other children.

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