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CONCEPTUAL REVIEW OF VANGA (TIN) WITH SPECIAL REFERENCE TO RASA TARANGINI

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ABSTRACT

Rasa Shastra - mainly deals with mercurial , mineral and metal based medicines indicated in treatment of various diseases. *Rasa Shastra* , clearly explained about various standard operating procedures in preparation of *Ayurvedic* medicines. *Vanga*(Tin), is a *Putiloha*, which is used in form of *Bhasma* therapeutically in different type of diseases. There are many hidden properties of *Vanga* which have ability to the cure most of the diseases. This paper explains about the therapeutic uses of *Vanga* in detail.

Keywords : *Rasa Shastra*, *Vanga* , *Putiloha* , *Vanga Bhasma therapeutic uses*.

Introduction

Ayurveda approach towards healthcare is aimed at balance of the physical , mental function of the human body. *Rasa Shastra* is a branch of *Ayurveda* which deals with all the minerals, metals and other substances known as *Rasa Dravya*. Herbal, Herbo-mineral, mineral / metal based medicines are important tools in treating wide range of diseases.

Vanga is one of the important drug classified under *dhatu varga* having action on *Shukra dhatu*. Many studies have proved the efficacy of *Vanga Bhasma* in treating seminal morbidities.

Vanga (tin) is 2nd *putiloha*¹, with the symbol Sn (latin : stannum) and atomic number 50. Tin melts at a low temperature of about 232⁰ c .

MATERIALS AND METHODS :

Compilation study of *Vanga* with special reference to *Rasa Tarangini* .

Synonyms² :

Synonyms which are used in the classics for *Vanga* are *vanga*, *vangaka*, *ranga* , *rangaka* , *Shukraloha* , *kurupya* , *trapusa* , *trapu*

Nama rupa vijnaniya :

- *Vanga* : transported from *Vanga desha* (bengal)
- *Putigandha* : Emits bad smell on heating
- *Shukra loha* : Originated from *Shukra* of Lord Indra.
- *Kurupya* : If exposed to air for long , it becomes dull

Vanga types – 2

Table No.1 : Showing the *Bheda* of *Vanga*³

<i>Khuraka vanga</i> ⁴	<i>Misraka vanga</i> ⁵
<i>Shrestha</i> (best variety)	<i>Avara</i> (low quality variety)
Soft and clean	Rough outer surface
<i>Chandra loha</i> (Possesses the radiance of silver)	Possesses <i>dhusravarna</i> (greyish) and very hard
Melts abruptly after reaching the melting point	Melts with difficulty
<i>Nisabda</i> (Produces no sound while melting) Note : if adulterated with <i>tamra</i> or with other metals , it produces sound while melting	
Fit for pharmaceutical as well as therapeutic uses	Unfit for both pharmaceutical and therapeutic purposes

Vanga bhasma properties⁶ :

Laghu , *sita* , *ruksha*,*tikta*, *Kashaya*(*tuvara*), *lavana rasa*. *Medya* (promotes the intellect), *medahara* (eradicates excessive fat), *Dipaniya* (good appetizer). *Rasayani* (good rejuventaor), *Kapha hara* , , *Chaksusya* (good for eyes), *Vrishya* , *Shukrala* .

Properly prepared *Vanga Bhasma*, which is used in proper dosage has wide range of therapeutic uses without any adverse effects.

Dose : 1-2 *ratti* (125 – 250 mg)

Therapeutic uses of VangaTable No. 2 Based on *doshas*

<i>Vata</i>	<i>Nadisula in jatrudhwabhaga, Urdhwa vayu</i> ⁷ , mitigates the vitiated <i>Vata dosha</i> in mental ailments ⁸ .
<i>Pitta</i>	Mitigates vitiated <i>pitta dosha</i> ⁹ , <i>Daha</i> ¹⁰
<i>Kapha</i>	Cures <i>Kaphaja roga</i> ¹¹

Table No . 3 Based on *Srotas*

<i>Rasa vaha srotas</i>	<i>Pandu</i> ¹²
<i>Rakta vaha srotas</i>	<i>Gulma</i> ¹³
<i>Medho vaha srotas</i>	<i>Prameha</i> ¹⁴
<i>Shukra vaha srotas</i>	<i>Ksheena-apla Shukra</i> ¹⁵ , <i>Shukra Taaralya</i> ¹⁶

Table No. 4 Based on system wise

Reproductive system	1. Male infertility a. Correct the vitiated <i>Shukra dhatu</i> ¹⁷ b. Improves the sperm count and motility ¹⁸ c. Good production of <i>Shukra dhatu</i> ¹⁹ 2. Corrects the impotency ²⁰
Respiratory system	<i>Rajayaksha</i> (vitiating <i>Kapha dosha</i>), <i>Swasa</i>
Nervous system	Mental ailments (vitiating <i>Vata dosha</i>)
Gastro-intestinal system	<i>Agnimandya</i> ²¹ , <i>Ajeerna</i> ²²

Indications

Table No. 5 Indicated in diseases

Disease	Formulation	Anupana
<i>Prameha roga</i>	a. <i>Vanga Bhasma & Guduci sattva</i> b. <i>Vanga Bhasma & Rasa sindura</i> c. <i>Vanga Bhasma</i> ²³	<i>Madhu</i> <i>Suitable adjuvant</i> <i>Tulasi swarasa</i>
<i>Sweta pradara</i>	<i>Vanga Bhasma, Loha Bhasma Sukti Bhasma & Sarjarasa churna</i> ²⁴	<i>Suitable adjuvant</i>
Infertility (male) Sperm count and motility Vitiating <i>Shukra dhatu</i> Improve Sperm count Good production of <i>Shukra dhatu</i> <i>Shukra Taaralya</i>	<i>Vanga Bhasma & Jatiphala churna</i> <i>Vanga Bhasma & Samudraphena churna</i> <i>Vanga Bhasma, Salmali mula churna & Haridra chura</i> <i>Vanga Bhasma, Laghu Salmali churna & Abhraka Bhasma</i> <i>Vanga Bhasma & Kali Musali churna</i>	<i>Madhu</i> <i>Suitable adjuvant</i> <i>Suitable adjuvant</i> <i>Suitable adjuvant</i> <i>Suitable adjuvant</i>
Impotency	<i>Vanga Bhasma & Apamarga churna</i>	<i>Suitable adjuvant</i>
<i>Vrana meha</i> ²⁵	<i>Vanga Bhasma & Rasa sindura</i>	<i>Haridra swarasa</i>
All types of wounds ²⁶	<i>Vanga Bhasma</i>	<i>Varunadi ganokta dravya</i>
<i>Tvak roga</i> ²⁷	<i>Vanga Bhasma</i>	<i>Khadira twak kwatha</i>
<i>Rajayakshma</i>	<i>Vanga Bhasma</i>	<i>Suitable adjuvant</i>
<i>Mutra vikara</i>	<i>Vanga Bhasma</i>	<i>Suitable adjuvant</i>
<i>Rakta pitta</i>	<i>Vanga Bhasma & Puga phala churna</i>	<i>Suitable adjuvant</i>

<i>Gulma</i>	<i>Vanga Bhasma & Tankana churna</i>	<i>Suitable adjuvant</i>
<i>Pandu</i>	<i>Vanga Bhasma</i>	<i>Ghrita</i>
<i>Mukha dourgandhya</i> ²⁸	<i>Vanga Bhasma & Karpura</i>	<i>Campaka swarasa</i>

Special properties

- *Balya*²⁹
- *Kshayahara*³⁰
- *Rasayana*³¹
- *Chaksushya*³²
- *Varnya*³³

SWARNA VANGA³⁴

Prepared with *Suddha Vanga*, *Suddha Parada*, *Suddha gandhaka*, *Suddha navasagara*; all these drugs are taken 1 part (36g) each

Therapeutic use :

Swarna Vanga is therapeutically as efficient as *Bhasma* of *Vanga* when administered judiciously along with the adjuvant specified in administration of *Vanga Bhasma*.

Disease	Formulation	Anupana
<i>Sweta pradara</i>	<i>Swarna Vanga</i> , <i>Jatamansi</i> , <i>Yasada Bhasma</i> (desired ratio) for 7 days	<i>Asoka Kwatha</i>
<i>Chronic Sukra meha</i>	<i>Swarna Vanga</i> for one month	Suitable adjuvant
<i>Vrana meha</i>	<i>Swarna Vanga</i> , <i>Kakkola churna</i> (equal quantity) <i>Swarna Vanga</i>	Cold water or <i>Bala swarasa</i> <i>Haridra swarasa</i> and Honey
<i>Ratri meha</i>	<i>Swarna Vanga</i> , <i>Kakkola churna</i> (equal quantity)	<i>Sariva Hima</i> Suitable adjuvant
<i>Deformities of Shukra dhatu</i>	<i>Swarna Vanga</i> , <i>Rasa sindura</i> (equal quantity) for month	Honey
<i>Improve sperm count</i>	<i>Swarna Vanga</i> , <i>Yasada Bhasma</i>	Honey
<i>Improve physical strength and virility</i>	<i>Swarna Vanga</i> , <i>Salmali churna</i> (desired ratio)	Suitable adjuvant

Discussion :

Guna of *Vanga Bhasma* are *Laghu*, *Sara*, *Ruksha*, *Ushna*, *Tikshna*, *Sita*. Therapeutic actions (*karma*) of *Vanga Bhasma* are *Vrishya*, *Medhohara*, *Ruchikara*, *Lekhana*, *Krimihara*, *Dhatu Sthauhyakara*, *Varnya*, *Chaksushya*, *Dipana*, *Pachana*, *Balya*, *Medhya*, *Rasayana* etc. Therapeutic actions like *Vrsya*, *Rasayana* & *Balya* help in treating the disorders of Sperm and maintaining health. *Vanga* has to undergo *Shodana* – ***Samanya Sodhana***³⁵ in liquid media i.e *Tila taila*, *Takra*, *Gomutra*, *Kanji*, *Kulattha Kwatha* 7 times in each; ***Vishesha Sodhana***³⁶ in *Haridra yukta nirgundi swarasa*, *Jarana* with ***Aswattha vriksha twak churna***³⁷ and ***Marana***³⁸ (*Ardha Gaja puta* for 7 times) processes to prepare *Vanga Bhasma*. This is the standard operating procedure for the preparation of *Vanga Bhasma*.

Conclusion :

Vanga is believed to be originated from the *Shukra* (semen) of *Lord Indra*³⁹, the king of Gods hence called as *Shukraloha*⁴⁰. The judicious administration of properly prepared *Vanga Bhasma* works as a wonderful medicine for all ailments of a person. *Vanga* is known as *Shukra loha*, because it works on *Shukra vaha Srotas* and helps in mitigation of *Shukra dosha* and finally improves good production of healthy sperm. *Swarna Vanga* is one type of formulation containing *Vanga* is also very effective in *Shukra* related disorders.

Vanga has many hidden therapeutic uses, which helps to overcome the life style disorders that we face in our day to day life. *Vanga Bhasma* with minimum dosage gives miracles in treating the diseases.

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