



A Review On Different Hemagarbha Pottali Rasa In Ayurvedic Samhitas

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Abstract

Hemagarbha Pottali Rasa is one of the prominent *Rasaushadhis* described in several Ayurvedic classics, renowned for its *Rasayana*, *Balya*, and *Tridoshahara* properties. Variations such as *Hiranyagarbha*, *Mahahemagarbha*, and *Swetahemagarbha* appear throughout *Rasayogsagar*, *Rasayana Sangraha*, *Yogaratnakar*, and other authoritative texts. The objective of this review is to consolidate the different classical references, therapeutic indications, dosage, and *Anupana* of *Hemagarbha Pottali Rasa*. Data were collected from primary Ayurvedic texts and correlated analytically. The review highlights that *Hemagarbha Pottali* is mainly indicated in *Kasa*, *Shwasa*, *Rajyakshma*, *Jwara*, *Grahani*, and *Tridoshaja* disorders. Its unique *Pottali Kalpana* ensures high potency and stability. This review aims to serve as a foundational document for analytical, pharmacognostic, and pharmacological validation of this ancient formulation.

Keywords: Hemagarbha Pottali Rasa, Hiranyagarbha, Rasaushadhi, Rasayana, Pottali Kalpana, Rasa Shastra.

Introduction

Ayurveda, the ancient Indian science of life, describes numerous herbo-mineral formulations that have stood the test of time due to their clinical efficacy and therapeutic precision. Among these, *Pottali Kalpana* occupies a special place in *Rasa Shastra* as a unique dosage form that ensures quick action and enhanced bioavailability due to its specific processing and compact form [1].

The term *Hemagarbha* literally means "containing gold" (*Hema* = gold; *Garbha* = core or essence). This formulation generally contains *Swarna Bhasma*, *Abhraka Bhasma*, and other *Rasa Dravyas* blended with herbal extracts, then wrapped and processed through a controlled heating technique (*puta*). The resulting *Pottali* is therapeutically potent, easy to administer, and has a long shelf life [2].

Classical references across *Rasayogsagar* [3], *Rasayana Sangraha* [4], and *Yogaratnakar* [5] describe multiple variants of *Hemagarbha Pottali Rasa*, including *Hiranyagarbha Pottali*, *Mahahemagarbha Pottali*, and *Apurva Hemagarbha Pottali*, each with unique therapeutic indications. The formulation is mainly prescribed for *Kasa*, *Shwasa*, *Rajyakshma*, *Jwara*, *Atisara*, and *Grahani* disorders [6–8].

The present review aims to compile and critically analyze all classical references of *Hemagarbha Pottali Rasa* to provide a comprehensive overview for researchers and Ayurvedic practitioners.

Materials and Methods

Data Sources

Primary data were collected from authoritative Ayurvedic classics, commentaries, and Nighantus including:

- *Rasayogsagar* (Part I & II) [3]
- *Rasayana Sangraha* [4]
- *Yogaratnakar* [5]
- *Rasachandanshu* [6]
- *Rasaratnasamuchchaya* [7]
- *Rasakamdhenu* [8]
- *Nighantu Ratnakar* [9]
- *Aushadha Kriya* [10]
- *Vaidya Vilasa* [11]
- *Rasa Sara Sangraha* [12]
- *Rasadipika* [13]
- *Rasendra Sara Sangraha* [14]
- *Siddha Bhaishajya Manimala* [15]

Methodology

All classical mentions of *Hemagarbha Pottali Rasa* and its variants were identified, and their data on formulation, indications, dose, *Anupana*, and references were compiled systematically from the above sources. This comparative analysis formed the basis of **Table** which illustrates the diversity of *Hemagarbha* formulations across different classics [5].

Different *Hemagarbha Pottali Rasa* In Ayurvedic Samhitas :

Sr. no	Pottali name	Indication	Dose	Anupana	References
1	<i>Hiranyagarbha/ Balagnikumar</i>	<i>DantatisatisaraGrahani, Jwar, Agnimanda, Praveha, Kamala, Pandu, Halimak,, Vatrog, Rasayana</i>	1 Gunja	<i>Madhu Ghrita, Nagveli patra Swarasa</i>	Rasa chikitsa
2	<i>Hemagarbha</i>	<i>Sannipataj Jwar , Kasa Shwasa, Kshaya ,Vata, Kapha, Grahani .</i>	Grusta	<i>Aardrak Swarasa, Parnakhande Swaras</i>	Rasamruta
3	<i>Hiranyagarbha</i>	<i>Kasa, Shwasa, Kshaya Vata Kapha Grahani Atisar Agnimandha Bala , Vrudha</i>	2- 3 Gunja	<i>Anupanvibheden</i>	Yogaratnakar,Rasayana sangraha, Nighantu Ratnakar,Vaidya Vilasa, Kasa,Kshaya
4	<i>Hemagarbha</i>	<i>Kasa, Shwasa, Kshaya Vata Kapha Grahani Sarvrog</i>	1/8 to 1 Ratti	<i>Aardrak Swarasa, Madhu</i>	Rasa chandhanshu.
5	<i>Hiranyagarbha(S warnagarbha)</i>	<i>Grahani, Kshaya Vata Kapha Atisar , Kasa Shwasa, Agnimandha Bala , Vrudha</i>	2- 3 Gunja	<i>Anupanvibheden</i>	Rasayanasar, Grahanyadhisar
6	<i>Hiranyagarbha(H emagarbha)</i>	Netraroga	-	-	Rasayanasar
7	<i>Hiranyagarbha(M ahaHemagarbha)</i>	Sarvvyadhinivarna, Rograjadika	-	-	Yogaratnakar, Nighantu Ratnakar,

					Rasachandhanshu, Rasayana sangraha, VaidhyakChintamani, Kshaye Kase,
8	<i>Hiranyagarbha</i>	<i>Raktakshobha,</i> <i>Jirnajwar, Ojakshaya,</i> <i>Rajyakshama</i>	$\frac{1}{2} - 1$ Ratti	<i>Krushna</i> <i>Ajadugdh</i> <i>Adrak Swarasa,</i>	Rasyogsagar part 2
9	<i>Hiranyagarbha</i>	<i>Netraroga, Daha,</i> <i>Sarwavsula Abhishanda</i> <i>Netra Rog</i>	3 Masha to 3Ratti	<i>Dughdha</i>	Rasayansar"
10	<i>Hemagarbha</i>	<i>Kasa shwasa, Kshaya</i> <i>Vata Kapha Grahani</i> <i>Atisar</i>	4 Ratti	29 Marich <i>Churna+</i> <i>Gogritha</i>	Yog Ratnakar, sharangadhar
11	<i>Hemagarbha</i>	<i>Kasa shwasa, Kshaya</i> <i>Vata Kapha Grahani</i> <i>Aruchi Kampvata</i>	$\frac{1}{2}$ to 1 Ratti	<i>Madhu</i>	sharangadhar
12	<i>Hiranyagarbha</i>	<i>Kasa Shwasa, Vata Rog,</i> <i>Shithilata, Amavata,</i> <i>Unmad</i>	1 Ratti	<i>Shrungwerrasa</i> , <i>Anupana</i> <i>Vibheden</i> <i>Sarvarognihar</i> <i>an</i>	Rasayogsagar, Rasayan sara sangharaha
13	<i>Hemagarbha</i>	<i>Kasa, Shwasa</i> <i>Sarvrogan</i>	1 Ratti	<i>Anupanvibhede</i> <i>n</i>	Yogratnakar, Bharat Bhaishjya Ratnakar
14	<i>Hemagarbha</i>	<i>Rajyakshama</i>	4 Gunja	<i>Madhu</i>	Rasa sara sangharaha Rasaratnasammuchaya
15	<i>Hemagarbha</i>	<i>Kasa shwasa, Kshaya</i> <i>Vata Kapha Jwar</i> <i>Sarvrog Dantband, Shul</i> <i>,Gulma</i>	$\frac{1}{2}$ to 1 Ratti	<i>Shrungwerrasa</i> , <i>Madhu</i>	Rasayogsagar,Rasayana Sangraha
16	<i>Hemagarbha</i>	<i>Kasa shwasa, Sarvrog</i>	1 Ratti	<i>Anupanvibhede</i> <i>n</i>	Yogratnakar Rasayogsagar part 2
		<i>Kshayadi samasta</i> <i>vyadhi</i>	1 Ratti	<i>Ragonusar</i> <i>Anupana</i>	Sidhabhaishjya manimala ,Rasayogsagar
17	<i>Hemagarbha</i>	<i>Kasa,Shwasa, Kshaya</i> <i>Vata Kapha Grahani</i> <i>Sarvrog</i>	$\frac{1}{8}$ to 1 Ratti	<i>Aardrak</i> <i>Swarasa, Madh</i> <i>u</i>	Aushadhi gundharmashastri
18	<i>Hiranyagarbh(H</i> <i>emagarbha)</i>	<i>Sannipattaj jwar, Kasa</i> <i>shwasa, Kshaya Vata</i> <i>Kapha Grahani Sarvrog</i>	$\frac{1}{2}$ to 1 Ratti	<i>Aardrak</i> <i>Swarasa, madh</i> <i>u</i>	Vaidha Chikitsasara
19	<i>Hemagarbha</i>	<i>Shwasa , Kasa Sarv</i> <i>shul, Samasta Roga.</i>	1 to 2 Ratti	<i>Ragonusar</i> <i>anupana</i>	Nighantu ratnakar.
20	<i>Hiranyagarbha</i>	<i>Darun , Ekadoshaj,</i> <i>Dwidoshaj , Tridoshaj</i> <i>Samastaroga</i>	1 to 2 Ratti	<i>Aardrak</i> <i>Swarasa, madh</i> <i>u ,Ragonusar</i> <i>anupana</i>	Rasayana sangraha, Yogaratnakar, (rasayanadhikar)
21	<i>Hiranyagarbha</i>	<i>Darun , Ekadoshaj,</i> <i>Dwidoshaj ,Tridoshaj</i> <i>Samastaroga</i>	1 to 2 Ratti	<i>Aardrak</i> <i>Swarasa, Madh</i> <i>u ,Ragonusar</i> <i>Anupana</i>	Rasayana sangraha, Yogaratnakar, (rasayanadhikar)
22	<i>Hiranyagarbha</i>	<i>Dwidoshaj ,Tridoshaj</i> <i>Jwar,</i>	2 Ratti	<i>Ragonusar</i> <i>Anupana</i>	Rasayana sangraha, Yogaratnakar,jwaradhik ara), vaidha chikitsa,
23	<i>Hemagarbha</i>	<i>Kasa Shwasa, Kshaya</i> <i>Vata Kapha roga</i> <i>,Sangrahani Sarvrog</i>	1 Ratti	<i>Ragonusar</i> <i>Anupana</i>	Rasakamdhenu (rajasmani)
24	<i>Hemagarbha(Ap</i> <i>urva)</i>	<i>Sarvarog ,Ekadoshaj,</i> <i>Dvidoshaj ,Tridoshaj</i> <i>rog , Pakshagat</i> <i>Dhanurvat , Khanja,</i>	1 Gunja	<i>Aardrak</i> <i>Swarasa, madh</i> <i>u</i>	Rasayogsagar,rasayansa ra

		<i>Dantabandhan, vat , Kaphaj rog .</i>			
25	Kanaka Pottali Rasa1	-	-	-	Rasa chintamani
26	Kanaka Pottali Rasa2(Kanchana Pottali Rasa)	Rajyakshma	-	-	Rasadipika
27	<i>Hiranyagarbha (Pithemgarbha)Pottali</i>	<i>Sarvarogniharan Vajikaran</i>	1 Ratti	<i>Anupan Vibheden</i>	Rasayogsagar,Rasayana Sangraha
28	<i>Hiranyagarbha(s wetahemagarbha)</i>	<i>Kasa, Shwasa, Kshaya Vata Kapha ,Jwar Sarvrog Dantband, Shul ,Gulma</i>	½ to 1 Ratti	<i>Shrungwerrasa , Madhu</i>	Rasayana Sangraha
29	<i>Hiranyagarbha</i>	Rajyakshma	4 Gunja	Mrugankavacha	Rasendra sara sangraha , yakshachikitsa
30	<i>Sadharana Hemagarbha Pottali</i>				Rasayana Sangraha
31	<i>Hemagarbha Pottali 5</i>	-	-	-	Aushadha Kriya pg no 89
32	<i>Hemagarbha Pottali6</i>	<i>Sarvarogeshu</i>	-	Anupananusar	Aushadha Kriya pg no90
33	<i>Hemagarbha Pottali7</i>	<i>Garbhini</i>	-	-	Aushadha Kriya pg no91
34	<i>Hemagarbha Pottali 8</i>	<i>Bahuroganivarayet</i>		<i>Anupanabhedh ena</i>	Aushadha Kriya pg no92
35	<i>Hemagarbha Pottali 9</i>	-	-	-	Aushadha Kriya pg no92-93
36	<i>Hemagarbha Pottali 10</i>	<i>Ekadoshaja, Dwidoshaja,Tridoshaja</i>	-	<i>Adraka Swarasa, Madhu.</i>	Aushadha Kriya pg no.93

Discussion

1. Nomenclature Variations

The names *Hemagarbha* and *Hiranyagarbha* are often used interchangeably across classics [3,5,7]. However, suffixes like *Maha*, *Sweta*, or *Apurva* indicate distinct textual variants or modifications for specific disorders [6,10].

2. Therapeutic Indications

Almost all versions emphasize efficacy in *Kasa* (cough), *Shwasa* (asthma), *Rajyakshma* (tuberculosis), and *Grahani* (malabsorption) [3,4,5]. Additional indications include *Agnimandya*, *Jwara*, *Vataroga*, and *Sarvarogha* properties, highlighting its wide therapeutic spectrum [7,9].

3. Dose and Anupana

The dosage varies between **1/8 Ratti to 4 Ratti (15–500 mg)** depending on disease and patient constitution [3,4]. Common *Anupanas* include **Aardraka Swarasa** (ginger juice), **Madhu** (honey), **Ghrita** (ghee), and **Dugdha** (milk), which tailor the drug's effect to specific systems [5,8,12]. For instance, *Madhu* with *Aardraka* is preferred in respiratory conditions, whereas *Dugdha* is used in *Rasayana* therapy.

4. Pharmaceutical Significance

The *Pottali* method ensures compactness and potency. The metal and mineral ingredients undergo repeated *Shodhana* and *Marana* processes that enhance their therapeutic action while minimizing toxicity [1,4,6]. The use of *Swarna Bhasma* contributes to *Ojovardhaka* and *Immunomodulatory* actions [2,14].

5. Clinical Implications

Given its *Tridoshahara* and *Rasayana* actions, Hemagarbha Pottali Rasa is considered beneficial in chronic, degenerative, and respiratory disorders. Its rejuvenative effects correspond with modern pharmacological activities such as **antioxidant, adaptogenic, hepatoprotective, and immunostimulant** properties [4,7,9,12].

6. Textual Correlation

Texts like *Rasayogsagar* [3] and *Rasayana Sangraha* [4] describe the maximum number of Hemagarbha variants, showing its historical significance and widespread use. *Aushadha Kriya* [10] mentions up to **ten different Hemagarbha Pottalis**, indicating its evolution as a versatile *Rasaushadhi*.

Conclusion

Hemagarbha Pottali Rasa is an outstanding example of Ayurvedic pharmaceutics blending mineral and herbal science. Its repeated mention across multiple classics highlights its importance in treating *Kasa*, *Shwasa*, *Rajyakshma*, and *Tridoshaja* disorders. The differences in *Anupana* and dosage reflect clinical flexibility based on patient-specific conditions. Modern analytical and pharmacological studies are essential to standardize and validate its efficacy and safety for contemporary clinical practice.

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