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Critical Review of a Herbo Mineral Formulation W. S. R. to Icchabhedi Rasa



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ABSTRACT

Introduction: Icchabhedi Rasa is a herbomineral preparation, well known for its rechana karma. Acharya's in distinct Rasa texts mentioned Icchabhedi Rasa yogas with ingredients, proportions, preparation methods, and indications. Icchabhedi rasa is a multi-indicated formulation like Jwara, Gulma, KaphajaKasa, Kaphajashwasa, Kushta. Hence, there is a need for review and compellation of different Icchabhedi rasa yoga's specified in Rasa texts.

Aim and Objective: To review the literature related to Icchabhedi rasa. To study the method of preparation and rationality behind the indications w. r. t. individual references of Icchabhedi Rasa. **Materials and Methods:** Distinct Rasa texts, Dravyaguna texts, Published articles, and Dissertation works were referred to gather information on Icchabhedi Rasa. **Results:** Data after reviewing six Rasa Texts and Analytical parameters results published in Research article. **Discussion:** Based on different ingredients, preparation methods, and their ratio for a specified indication of Icchabhedi Rasa. Probable mode of action of five varieties of Icchabhedi rasa explained with Rasadi Panchaka of the drugs, method of preparation. **Conclusion:** Icchabhedi Rasa is a significant herbo-mineral formulation mainly practiced as Rechana Yoga. By reviewing Rasa texts, 24 varieties of Icchabhedi Rasa have been compiled with different ingredients and indications. Acharyas explained six distant methods of preparation in the text. Icchabhedi Rasa is efficient with Anupana and Pathya followed as per classics.



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INTRODUCTION:

Virechana (Purgation) is a significant therapy among Panchakarma in which elimination of doshas through Adhomarga (anal route). Icchabhedi Rasa is Kharliya Rasa preparation, mainly used as Rechana yoga. The Icchabhedi indicates that by taking this yoga with chullu Jala (Coldwater) and sita (sugar), rechana occurs¹. The word Rasa symbolize that it consists of minerals. Hence the yoga is termed Icchabedi Rasa. Only a few references are available in the market practice in a few indications. So there is a need for the compilation of varieties. In Classics, there are 24 varieties of Icchabhedi Rasa in distinct Rasa texts with the difference in ingredients, method of preparation, Anupama (adjuvant), and indications that indicate that these concepts influence and play a significant role in chikitsa. Total 6 Rasa texts mentioned Icchabhedi Rasa- Bhaishajya Ratnavali specified three varieties, RasayogaSagara compiled Icchabhedi rasa yoga's mentioned in individual Rasa texts. Rasayoga Sagara compiled and mentioned 18 types of Icchabhedi Rasa. Rasendra Chintamani mentioned two varieties. Bhaishajya Ratnavali specified three varieties, Rasa Tarangini- Rasa Ratna Samucchaya, and Rasendra Sara Sangraha mentioned one-one individual type. Among the six Rasa texts, Acharya Sri Sadananda Sharma explained in detail about matra of Icchabhedi rasa i.e, based on Vaya (age), Kostha, and quoted Contra-indication. The other Rasa texts mentioned Ingredients, Method of preparation, Matra (dose), Anupana (adjuvant), Pathya (diet), Vega Sthambaka Karma (Cessation of urges).

AIMS AND OBJECTIVES:

- To review the classical information and different methods of preparation of Icchabhedi rasa.
- To study the preparation method and rationality behind the indications of Icchabhedi rasa.

MATERIALS AND METHOD:

Different Rasa texts i.e Bhaishajya Ratnavali, Rasa Ratna Samuchaya, Rasayoga Sagara, Rasendra Chintamani, Rasendra Sara Sangraha, Bhavaprakasha Nighantu were reviewed. A total of 24 varieties of Icchabhedi rasa were mentioned, with a change in ingredients. From available resources only two research articles were available.

शुण्टिमरिचसंयुक्तरसगन्धकटङ्कगम् |

जैपालस्त्रिगुणः प्रोक्तः सर्वमेकत्रपेषयेत् ॥

इच्छभेदीद्विगुंजः स्यात्सितयासहपायेत्

पिबेत्तुचुलुकंयावत्तावद्द्वारान्विरेचयेत् ॥

तक्रौदनचदातव्यमिच्छभेदीयथेच्छया | (भै. र. 40/ 65- 66)

Table No. 1: List of Icchabhedi Rasa in different Texts

Reference	Ingredients with Proportion	Bhavana Dravya	Anupana	Matra	Indications	Pathya
B. R ² , R. T ³ , API ⁴ , Rasayoga Sagar ⁵	Sh. Parada- 1P, Sh. Gadhaka- 1 P, Sh. Tankana- 1P, Shunti- 1P, Maricha- 1P, Sh. Jayapala- 3P	Jala	Chullujal a + Sarkara ^{2,5} , ⁴⁸ ,	2 Ratti ^{2,3,} 5	Udara roga ² .	Takra +Audana 3,5
R. chi ⁶ .	Sh. Parada- 1P, Sh. Gadhaka- 2 P, Maricha- 3P, Sh. Tankana- 4P, Shunti- 5P, Haritaki- 6P, Sh. Jayapala- 7P Purana Guda- 28 P	-	Ushna Jala	2 Ratti ⁶	Udara roga, Jalodhara	-
R.chi ⁷	Sh. Parada- 1P, Sh. Gadhaka- 1 P, Sh. Tankana- 1P, Shunti- 1P, Maricha- 1P, Sh. Jayapala- 10P	Jala	Chullujal a + Sarkara ⁷ , Ushna Jala ⁷	2 Ratti	Udara roga	Takra + Aoudana
R.Chi ⁸	Sh. Parada- 1P, Sh. Gadhaka- 1 P, Sh. Tankana- 1P,	Jala	Sheetala Jala	1 Ratti	Aama dosha, Ajirna,	Dadhi+ Bhatha

	Shunti- 2P, Maricha- 1P, Nishotha- 2P Sh. Jayapala- 9P				Gulma, Agnimandya, Bhedana.	
B. R ⁹ , Rasayoga Sagar ¹⁰	Sh. Parada- 1P, Sh. Gadhaka- 2 P, Maricha- 3P Sh. Tankana- 4P, Shunti- 5P, Haritaki- 6P, Sh. Jayapala- 7P Purana Guda- 28P	-	-	2- 3 Ratti ¹⁰ , 3 Ratti ⁹	Rechana	-
B.R ¹¹	Sh. Parada- 1P, Sh. Gadhaka- 3 P, Shunti- 3P, Bibhitaki- 1P, Amalaki- 1P, Pippali-2P, Sh. Jayapala- 20P	Amaloni varasa	Amaloni varasa/ Ushna Jala	2 Ratti	Virechana	Sheetajal a should not be consume d
R. R. S ¹² in the name Surechana rasa.	Sh. Parada- 1P, Sh. Gadhaka- 2 P, Maricha- 2P, Sh. Tankana- 1P, Shunti- 3P, Sh. Jayapala- 8P	-	Sheetal Jala	1 Ratti	Gulma, Shotha, Pliharoga, Vrudhiroga, Jalodhara	-
R.S. S ¹³ in the name of Brhat Icchabhedi rasa	Sh. Parada- 1P, Sh. Gadhaka- 1 P, Sh. Tankana- 1P, Shunti- 2P, Maricha- 1P, Trivruta- 1P, Sh. Jayapala- 9P	Jala	Sheeta Jala	Ratti	Aama dosha, Udara roga, Gulma, Agni dushti, Kaphajarog a	Dadhi+A oudana
Rasayoga	Sh. Parada- 1P,	Jala	Sheetajal	1 Ratti-	Malavarodh	-

Sagar ¹⁴	Sh. Gadhaka- 1 P, Pippali- 1P, Shunti- 1P, Maricha- 1P, Sh. Jayapala- 3P		a /Sarkara,	3 Ratti	ajanyaVyad his	
Rasayoga Sagar ¹⁵	Sh. Parada- 1P, Sh. Gadhaka- 1 P, Saindhava - 1P, Shunti- 1P, Maricha- 1P, Sh. Jayapala- 3P	Jala	Sheeta Jala	1 Ratti	Prabala Malarodhaja nyavyadhi's	Sheetaup achara
Rasayoga Sagar ¹⁶	Sh. Parada- 1P, Sh. Gadhaka- 3 P, Sh. Tankana- 1P, Shunti- 2P, Maricha- 1P, Sh. Jayapala- 18P	Jala/ DantiKw atha	Sheeta Jala	1 Ratti,	Rechana	Dadhi+ Bhatha
Rasayoga Sagar ¹⁷	Daradam/ Hingula- 1P Sh. Tankana- 1P Shunti- 1P Pippali- 1P Kamkushta / Dantibeeja- 4P Sh. Jayapala- 4 P	Jala	Go- Ksheera	3 Ratti	Vishtamba , Aadhmana	-
Rasayoga Sagar ¹⁸	Sh. Jayapala- 1P Sh. Parada- 1P Sh. Tankana- 1P Bibhitaki- 1P YavaKshara- 1P Yavani- 1P Maricha- 1P Haritaki- 1P	Jala	-	-	Mala sanchayajan yavyadhi ,	-

	Erandabeeja- 1P Sh. Gandhaka- 1P					
Rasayoga Sagar ¹⁹	Sh. Parada- 1P, Sh. Gadhaka- 2 P, Shunti- 1P, Chitraka- 1P, Badara- 1P, Nishotha- 6P, Sh. Jayapala- 6P	Chitraka Svarasa/ Chitraka Kwatha	Mishri	Chanak aPrama na	Rechana in Krurakoshta	-
Rasayoga Sagar ²⁰	Sh. Parada- 1P AbrakaBhasma- 1P Sh. Tankana- 1P Sh. Gandhaka- 1P Sh. Jayapala- 6P TamraBhasma – 6P	Bringaraj aSvarasa/ AdrakaS varasa/ Nirgundi Svarasa	Sharkar ²⁰	3 Ratti ²⁰	Navajwara ²⁰	Dadhi + Bhatha, Sheetaup achara
Rasayoga Sagar ²¹	Sh. Parada- 1P, Sh. Gadhaka- 3 P, Shunti- 3P, Bibhitaki- 1P, Amalaki- 1P, Pippali-2P, Sh. Jayapala- 20P, Guda- 20P	Amalonis varasa	Amalonis varasa + Ushna Jala	Kalaya Praman a	Rechana	Upavasa
Rasayoga Sagar ²²	Shunti- 1P Sh. Parada- 1P, Sh. Tankana- 1P, Arkaksheera- 1P Sh. Jayapala- 3P	Jayapala Svarasa/ Jayapala Kvatha	Guda	3 Ratti	Vatavyadhi, Sannipataja Jwara, Ajirna, Amajirna. Aadhmana	Sarkara+ Dadhi + Aoudana
Rasayoga Sagar ²³	Sh. Parada- 1P, Sh. Gadhaka- 1 P, Sh. Tankana- 1P,	-	-	1 Ratti	SukhaVirec hana	-

	Kamkushta- 1P, Haridra- 1P, Maricha- 1P, YavaKshara- 1P, Haritakibeeja kosha- 1P, Erandabeeja kosha- 1P Sh. Jayapala- 9P					
Rasayoga Sagar ²⁴	HartalaBhasma- 1/2P, TuthaBhasma- 2P, NavasagaraBhasma - 1P, Sh. Gandhaka- 1/2P, Madanaphala- ½ P,	Phenle Drava (Arishtak asvarasa)	-	1 Masha	Chardi, Jwara	-
Rasayoga Sagar ²⁵	Sh. Parada- 1P, Sh. Tankana- 1P, Maricha- 1P Sh. Gandhaka-1P, Shunti- 1P, Sh. Jayapala- 2P	Nimbusv arasa	Guda	3 Ratti	Sukarechak a	Chullujal a
Rasayoga Sagar ²⁶	Sh. Parada- 1P, Sh. Gandhaka- 2P, TamraBhasma- 3P, Sh. Jayapala- 4P, Sh. Tankana- 5P, Erandabeeja- 6P, Shyonakhabeeja- 7P, Aaragavadha- 8P, Haritaki- 9P,	Arkakshe era	Takra	1 Masha	Rechana	Jala

	Nishotha- 10P, Palashabeeja- 11P, Maricha (fried)- 16P, Chitraka – 32P					
Rasayoga Sagar ²⁷	Sh. Parada- 1P, Sh. Gandhaka- 1P, Sh. Tankana- 2P, Trikatu- 3P, Sh. Jayapala- 8P	-	-	3 Ratti	Vataroga, Shotha, Pandu roga, Shoola, Gulma	Sheeta Jala
Rasayoga Sagar ²⁸	Patita/ Swedita Parada- 1P, Sh. Gandhaka-1P, Shunti-1P Pippali-1P Kamkushta/ Tintripphala (Mrddasringa) -1P Sh. Jayapala- 1P	Ghrita, Nishotha Kvatha	Ushna Jala	1 Ratti	Jalodhara, Ama dosha	Dadhi + Bhath
Rasayoga Sagar ²⁹	Sh. Parada- 1P, Sh. Gandhaka- 1P, TamraBhasma- 1P, Manshila- 1P, Kupilu- 1P, Pippali-1P, Nishotha- 1P, Shunti- 1P, Maricha- 1P, Sh. Jayapala- 9P	Arkakshe era	Sarkara+ AdrakaS warasa	3 Ratti	Nava jwara	Takra + Bhatha / Mugdoud ana

Note: B.R- Bhaishyaja Ratnavali, R.T-Rasa Tarangini, R. Chi- Rasendra Chintamani, R.R.S- Rasa Ratna Samucchaya, R.S.S- Rasendra Sara Sangraha, Sh -Shoodita.

Pharmaceutical Part: By reviewing various Rasa texts following different methods of preparation were found.

Method: 1²

First, take Shodita Parada and Shodita Gandhaka in Khalva Yantra. Triturate until it becomes susleshna (smooth)- Kajjalabasa(black color), and kajjali should be prepared. Add individual drug churna in the required quantity to Kajjali. Triturated till it becomes a homogenous mixture. Then jala Bhavana is to be given until getting Vati Kalpa siddhi laxana. Then the vati of the size of 2 ratti is to be prepared.

Method: 2¹¹

Kajjali should be prepared from Shodita Parada and Shodita Gandhaka. Add churna of the drugs as per reference. Triturate continuously and prepare the homogenous mixture. Then Amaloni (Changeri) swarasa Bhavana is to be given. The above mixture should be made into a bolus and covered with Arka Patra. Heat provided with gomaya Agni. Then two rattipramanavati are to be prepared.

Method: 3¹³

Firstly Shodita Parada and Shodita Gandhaka received in Khalva yantra, kajjali prepared. Add individual drug churna in the mentioned quantity. Then Arka Patra swarasa Bhavana is to be given. Then it is to be covered with Arka Patra and heat provided with gomaya Agni. Then vati of the size of two rattipramana is to be prepared.

Method: 4²⁰

Prepare churna of all drugs individually and add individual churna in Khalva yantra. Bhringarajasvarasa/ Aadrakasvarasa/ Nirgundisvarasa Bhavana should be given for three days. Then vati of 3 ratti size is to be prepared.

Method: 5²²

Firstly churna of individual ingredients should be prepared. Add individual churna in Khalva yantra and triturate till it becomes a homogenous mixture. Bhavana of Jayapalakvatha is to be given. Then, mix with Nishotha Kwatha and should be dried by keeping in Sunlight.

Method: 6²⁷

Patita and swedita Parada and Sh. Gandhaka received in tapta Khalwa yantra. Kajjali should be prepared in Mandaagni. Then remaining drugs are to be added with constant mardana. Then ghrita should be added. Then should be removed from Agni. Bhavana delivered with Nishothakwatha. Then vati of 1 ratti size is to be prepared.

Table No. 2: List of Contra-Indications of Icchabhedi Rasa

Rasa Texts	Contra-Indications
Rasa Tarangini ³⁰	GarbiniStree, SootikaStree, Bala, Vridha, Krisha, Ksheena, Gudabhramsa, Baddha- Guda, Antrakala Sotha.
Rasayoga Sagar ²⁶	VataRoga, Durbala, Balaka, Vrudha, Shokatura.

Table No. 3: List of Dose⁴of Icchabhedi Rasa (based on Vaya)

Sl. No	Matra in Ratti	Group
1.	1 ratti	Adult dose
2.	½ ratti	Children dose

Table No. 4: List of dose³¹ of Icchabhedi Rasa (based on Koshta)

Sl. No	Matra	Koshta
1.	1 ½ ratti	Mrudukoshta
2.	2 ratti	Krurakoshta

Table No. 5: List of Rasadi Panchaka of Ingredients of Icchabhedi Rasa²

Sl. No	Ingredient	Rasa	Guna	Virya	Vipaka	Dosha – ghanta	Karma
1.	Sh. Parada	Shadrasa	-	Sheeta	Madhura	Tridoshashamana	Rasayana
2.	Sh. Gandhaka ^{32, 33}	Madhura, Katu, Kashaya	Sara	Ushna	Madhura	Kapha- Vatagna	Dipana, Aamapachana, Antidote of Parada, Dooshivisha hara
3.	Sh. Tankana ³⁴	Katu	Ruksha, Tikshna, Sara	Ushna	Katu	VataNashaka, KaphaVishleshak	Dipana, Balya, Kasa-Swasahara
4.	Shunti ³⁵	Katu	Laghu, Snigdha	Ushna	Katu	Vata- Kaphaghna	Dipana, Bhedana
5.	Maricha ³⁶	Katu	Laghu, Tikshna	Ushna	Katu	Kapha- Vatghna, Pittakara	Dipana, Kasahara, Swasahara
6.	Sh. Jayapala ^{37,38}	Tikta	Tikshna	Ushna		Vata- Kaphaghna	Rechana
7.	Jala ³⁹	Nirdeshya Rasa	Laghu	-	-	Tridoshaghna	Rasayana, Balya, Pachana, Pathya
8.	Shita Jala ⁴⁰	-	-	-	-	Pitta Shamaka	DahaPrashamana, Raktashodhaka, Shrama hara
9.	Sharkara ⁴¹	Madhura	-	Shita	-	Vata-Pitta Shamaka	DahaShamaka, Chardighna, Jwaraghna

Research Updates:

An Analytical study conducted by Darshana Mehkarkar⁴² *et.al*, on three batches of Icchabhedi Rasa¹¹, prepared. The author explained about Shodhana of Jayapala, Preparation of Kajjali, and Preparation of Icchabhedi Rasa in three batches. Analysis of three batches of Icchabhedi Rasa was performed and the mean values of three batch Quality control parameters were tabulated as below. The author states that 110 gms of raw drugs yield 100 gms of the end product viz. within the pharmacopoeial standards.

A Clinical study was conducted by P Shah⁴³ on Eka kushta in which two groups were planned i.e, as one group virechana with Icchabhedi rasa (Group A) and another group with Trivruth Leha (Group B). The author concluded that group A is better because Eka Kushta is TridoshaVyadhi with a prominent Vata- Kapha. But both the groups showed improvement in symptoms.

RESULTS:

Table No. 6: List of data collection from Rasa Texts:

Sl. No	Parameters	Results
1.	Varieties	24
2.	Method of preparation	06
3.	Bhavana Dravya's	14
4.	Anupana	09
5.	Matra	05
6.	Indications	17
7.	Pathya's	10

Table No. 7: List of Mean Values of Analytical parameters of three batches of Icchabhedi Rasa

Sl. No	Parameters	Values
1.	Ash value	42.34 w/w
2.	Acid soluble ash	7.33 w/w
3.	Alcohol soluble extractive	13.47 w/w
4.	Water soluble extractive	23.78 w/w
5.	Loss on drying	3.95 %
6.	p ^H	8.14
7.	Hardness	1.23 kg/cm ³
8.	Uniformity of weight	128.006 mg
9.	Dissolution time	15 min
10.	Disintegration time	20.66 min

DISCUSSION:

Icchabhedi Rasa is maximum practiced as Rechana Yoga. Rechana subsides both Pitta and Kapha dosha dushti. Among 17 indications, the mode of action of Icchabhedi Rasa in Udara roga, Gulma, Jwara, KaphajaKasa - Shwasa, and Kushta is considered for discussion. Udara roga is mentioned by almost all Aacharya's. Next to Udara roga, Aacharya specified Kapahajavyadhii, eGulma, KaphajaKasa- Shwasa, Kushta as indications. Aacharya mentioned that Icchabhedi Rasa²⁰ subside Jwara within four hours.

Probable Mode of Action of Icchabhedi Rasa:

1. Probable mode of action in Udara roga: Acharya explained Samprapti of Udara roga⁴³ involved Vatadi- dosha prakopa, Agni dusthi, Udakavahasrotodusthi, Rasa dusthi, Swedadusthi, Prana dusthi, Agni dusthi, Apana dusthi, and these leads to the accumulation of doshas in udarapradesha. Vatadi- dosha prakopa, Agni dusthi, Udakavahasrotodusthi, Rasa dusthi, Swedadusthi, Prana dusthi, Agni dusthi, Apana dusthi, and these lead to accumulation of doshas in udarapradesha.

Shunti and Maricha mainly do Agni dipana, the main nidana of udararogautapatti. Sh. Tankana tackles with upasneha of Vata, caused due to Dushita Kapha as it as Kaphavishleshakaguna and as it is balya –helps in dhathuposhana. Yogavahiguna of Sh.

Parada and Sh. Gandhaka helps the drug reach the srothas. Ushna and tikshnaguna help in Dhatvagnidipana. Here Dipana is expressed in two contexts i.e Jataragnidipana and Dhatu agnidipana. Dooshitadosa's, dooshita rasa from Samuthithasthana was brought to Antra because of Yogavahiguna of Shoodita Parada (Purified Mercury), and Shoodita Gandhaka (Purified Sulphur). Dustha rasa from Udara, after clearing the srotas to the Antra, then it is expelled out through virechana is tackled by Sh. Jayapala (as it has rechana karma).

2. Probable mode of action in Gulma: Acharya explained Samprapti of Gulma⁴⁴ involved Vata Prakopa, Mandagni, Rasa dusthi, Mamsadusthi, and this dooshita dosha's accumulation forms gulma.

Trikatu is mainly Kapha- Vatashamaka, which is beneficial as dooshita Vata combines with Kapha, which influences vimargagamana. So Trikatu helps in the shamana of Kapha-Vatadushti. Shunti does agnidipana. Sh. Tankana does Kaphavishleshanaguna aids to tackle the dooshitaVata combined with dooshita Kapha, which aids to further srotosanga. Yogavahiguna of Sh.Parada and Sh. Gandhaka helps the drug reach the srothas (fine channels of the body) due to its ushna, and tikshnaguna helps in Dhatvagnidipana. Here Dipana karma is referred to as Jataragnidipana, Dhatu Agni dipana, which helps resolve dooshita dosha. Yogavahiguna of Shoodita Parada (Purified Mercury) and Shoodita Gandhaka (Purified Sulphur) aids to bring dooshita dosha from samuthithasthana to Antra. Dustha rasa from Udara, after clearing the srotas to the Antra, then it is expelled out through virechana is tackled by Sh. Jayapala (as it has rechana karma). Amalonisvaarsa possesses guna's like Tridoshashamaka helps tackle all tri dosha which is the main nidana for causing Gulma. Dipana helps Dhatvaagnidipana, grahiguna help in the absorption of dooshita dosha from samuthanasthana, which aids in the direction of Kostha. Arka Patra svarasa has gunas like Sara helps to increase the Antra movement (peristaltic movement), Gulmaghna aids in the resolution of the gulmaakara, Dipana, and Pachana helps to Dhatvagnidipana and pachana of dooshitadosa in sthana, Svedajanana helps to dooshitadosa excretion, Rasayana which helps to improve strength. Gomaya heating specified that increasing ushna and tikshnaguna improves dipana and pachana of the yoga. It increases the efficacy of yoga.

3. Probable mode of action in Jwara: Acharya explained that Pitta pradhanatridoshadushti, Mandagni, Rasavahasanga, swedavahasanga, udakavahasanga, rasa dusthi are involved in samprapti of Jwara⁴⁵.

Sh. Tankana does Kaphavishleshanaguna and helps to tackle the dooshitaVata combined with dooshitaKapha, which resolves srotosanga. Yogavahiguna of Sh.Parada and Sh. Gandhaka helps the drug to reach the srothas. Then due to its ushna and tikshnaguna, Dhatvagnideepana occurs and resolves Aama. Yogavahiguna of Sh. Parada, and Sh. Gandhaka helps to bring dustha rasa from udara, after clearing the srotas to the Antra. Then it is expelled out through virechana is tackled by Sh. Jayapala (as it has rechana karma). AbhrakaBhasama possesses dipana karma that helps to do agnidipana. Balya helps intensify strength, Anolomaka helps to vimargagamana of dooshita Vata, Jwarahara helps to cure jwara. Tamra Bhasma possesses Dipana karma helps dipana karma of other dravya, Lekhana helps to clear srotosanga. Hartala Bhasma acquires Dipana karma helps in dipana of both jataragni and dhatvaagni, Balya boosts strength. Manhashila Bhasma possesses Lekhanaguna aids to clear srotosanga, Dipanaguna helps to agnidipana, Jwarahara karma helps to cure jwara. Kasisa Bhasma acquires Lekhana karma, Bhedana karma clean up the adhered aama in the srotas and resolves srotosanga. Rasayana helps to increase immunity power. Madanaphala possesses Lekhana karma clears srotosanga, Swedajanana helps in proper utapatti and excretion of sweda, Jwaraghna helps to cure jwara. Navasagara acquires Pachana karma aids aamapachana, Pitta saraka helps to clear dooshita pitta, Dipana karma helps to does agnidipana. Arishataka Phalasvarasa possesses Rechana karma aids to dooshita pitta excretion. Bringarajasvarasa consists of Rasayana karma that helps to increase immunity. Balya helps to increase strength, Vata anulomana corrects the marga of Vata, Dipana karma helps to agnidipana, Pachana does aamapachana, Jwaraghna karma helps to cure jwara. Nirgundisvarasa possesses Dipana karma helps to increase agnidipana. Mutrajanana karma helps in the excretion of dooshitadosa, Balya increases the strength, Rasayana karma increases immunity. Aadrakasvarsa possesses Bhedini karma helps Agnidipana. Mutrala karma helps the excretion of dooshita dosha, Jwaraghna helps to cure jwara, Vatanulomana correct the marga of dooshitaVata, Balya helps to increase strength.

4. Probable mode of action in KaphajaKasa – Shwasa: Shoodita Parada (Purified Mercury) and ShooditaGandhaka (Purified Sulphur) enter srotas due to its Yogavahiguna and does srotoshudhi, ShooditaTankana does Kaphavishlesha, Shunti, and Maricha helps in Kaphashamaka due to its Ushnatikshnaguna.

5. Probable mode of action in Kushta: ShooditaTankana does Kaphavishlesha, which is brought to koshta by shunti and Maricha due to its ushnatikshnaguna. Then it is excreted from the body through Virechana by Rechanaguna of Jayapala.

The common ingredients of Icchabhedi rasa from all the above references are Shoodita Jayapala (purified croton seeds), Shoodita Parada (Purified Mercury), Shoodita Gandhaka (Purified Sulphur), Shunti, Maricha, and Shoodita Tankana. The probable action of these ingredients summarized as Shoodita Jayapala (Purified croton seeds) has rechana karma, due to which dushita dosha expel through Adhomarga). Shoodita Parada has yogavahiguna that helps to reach srotas. Shoodita Gandhak has yogavahiguna that helps to reach srotas.

Shunti has ushna and tikshnaguna that helps in Aama Pachana. Maricha has ushna and tikshnaguna that helps in Aama Pachana. Shoodita Tankana has Kaphavishlesha karma that pacifies pichila and Sandra guna of Kapha and acts as an antidote of Jayapala.

FURTHER SCOPE:

- Clinical study of Icchabhedi Rasa with different Anupana in different conditions.
- Clinical study on different varieties of formulation explained by different Acharyas.
- Modification of tablet into the newer dosage form.

CONCLUSION:

Icchabhedi rasa in classics explained diversities in ingredients, proportions, Bhavana dravya, anupana, and pathya with distant indications. By reviewing these Rasa texts, 24 varieties of Icchabhedi Rasa are portrayed with distinct indications and six specified methods of preparations. The maximum of the drugs is ushna, tikshnaguna helps in Aama dosha, and Kaphajaroga's in expelling dosha's from the body through rechana.

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