



A Comprehensive Review of *Bol Baddha Rasa* Described in *Rasayoga Sagara*

Dr. Madan Lal Teli¹, Prof. (Vd.) Govind Sahay Shukla²

¹ Associate Professor, Department of Rasaśāstra and Bhaiṣajya Kalpanā, Mandsaur Institute of Ayurvedic Education and Research, Mandsaur, Madhya Pradesh, India

² Vice-Chancellor, Dr. Sarvepalli Radhakrishnan Rajasthan Āyurved University, Jodhpur, Rajasthan, India

Received: 20 November 2025

Revised: 29 November 2025

Accepted: 21 December 2025

ABSTRACT

Introduction: *Bol Baddha Rasa* is a classical *Kharalīya Rasāyana* formulation described in *Rasayoga Sāgara*. Four distinct variants are mentioned, prepared through *mardana* of *Parada* with *Gandhaka*, *Bola* and other adjuvant drugs. The formulation is primarily indicated in *Rakta-Pitta* disorders, *Prameha*, *Atisāra*, *Śvāsa*, *Pāṇḍu* and *Arśa*. **Materials and Methods:** A comprehensive literary review was carried out from classical texts including *Rasayoga Sāgara*, *Rasa Chandāṁśu* and *Rasa Ratna Samuccaya*, along with published experimental and clinical studies. All four variants were critically analyzed for ingredients, pharmaceutical processing, dosage, *Anupāna* and therapeutic indications. **Results:** All formulations are based on the principle of *Kharalīya Bandhana* of *Parada*, resulting in enhanced stability, bioavailability and therapeutic efficacy. Variation in ingredients reflects disease-specific application. **Conclusion:** *Bol Baddha Rasa* is a potent and versatile *Kharalīya Rasāyana* formulation. Classical claims are partially supported by emerging clinical evidence; however, systematic pharmacological and controlled clinical studies are required for wider scientific acceptance.

Keywords: *Bol Baddha Rasa*, *Kharalīya Rasāyana*, *Rasayoga Sāgara*, herbo-mineral formulations, *Rakta-Pitta* disorders

INTRODUCTION

Rasaśāstra emphasizes the transformation of *Parada* into a therapeutically safe and efficacious form through systematic *Samskāras*. Among various pharmaceutical classifications, *Kharalīya Rasāyana Yogas* hold a significant position due to ease of preparation, rapid onset of action and minimal dosage requirement.

Bol Baddha Rasa is one such formulation wherein *Parada* is rendered *Baddha* by continuous *Vimardana* with *Gandhaka*, *Bola* and specific *Bhāvanādravyas*.^[1] The formulation is extensively indicated in disorders associated with *Rakta-Pitta duṣṭi*, metabolic dysfunctions, gastrointestinal, respiratory and anorectal diseases.

Classical texts describe four variants of *Bol Baddha Rasa*, each tailored for specific pathological conditions. Despite its wide traditional usage, a systematic academic review integrating classical descriptions with contemporary interpretative insights remains limited. The present review aims to bridge this gap.

Aim and Objectives

1. To compile all classical references of *Bol Baddha Rasa*.
2. To review pharmaceutical composition and preparation methods of all four variants.
3. To analyze therapeutic indications based on *Āyurvedic* principles.
4. To correlate classical claims with available experimental and clinical evidence.

Materials and Methods

Relevant classical *Āyurvedic* texts, primarily *Rasayoga Sāgara*, *Rasa Chandāṁśu* and *Rasa Ratna Samuccaya*, were reviewed. Published research articles, postgraduate dissertations and clinical studies related to *Bol Baddha Rasa* were also analyzed. Data



regarding formulation, preparation, dosage, *Anupāna* and indications were systematically extracted and interpreted using *Rasaśāstra* and *Rogavijñāna* principles.

Pharmaceutical Classification

1. Category: *Kharalīya Rasāyana Yoga*

2. Primary Process: *mardana*

3. Dosage Form: *Guṭikā*

4. Nature: Herbo-mineral formulation

Classical Description of *Bol Baddha Rasa*'s Variants

Bol Baddha Rasa (I)² is described as a classical formulation prepared using *Śuddha Parada*, *Śuddha Gandhaka*, *Guḍūcī Sattva*, and *Bola* taken in equal proportions. All the ingredients are triturated thoroughly in a *Kharala* with *Śālmalītvaksvarasa* or *kasāya* until a uniform and homogeneous mass is obtained, after which pills of 3 *Ratti* (approximately 375 mg) are prepared. This formulation is indicated in conditions such as *Rakta-Pitta duṣṭi*, *Pittaja Vidradhi*, *Prameha*, *Vātarakta*, *Pradara*, and *Bhagandara*. The recommended dose is one pill, administered with honey or milk as *Anupāna*.

Bol Baddha Rasa (II)³ is a more complex formulation composed of *Rasa Bhasma* and *Gandhaka* in a 1:2 ratio, along with *Bola*, *Tāśaka*, *Haridrā*, *Karkoṭī*, *Mākṣika*, *Kaṣṭakārī*, *Yavakṣāra*, *Lāṅgalī*, *Jīraka*, *Saindhava*, and *Madhuka*. The drugs are subjected to *Bhāvanā* with *Ārdrakasvarasa* to enhance their therapeutic efficacy. This formulation is mainly indicated in *Kaphajavikāra*, *Kāsa*, *Śvāsa*, and *Pāṇḍu*. It is administered in a dose of one pill, usually with honey or ginger juice as the *Anupāna*.

Mahān Bol Baddha Rasa (III)^{4,5} contains *Śuddha Parada*, *Gandhaka*, *Tankana*, *Chandrārka*, *Mudar bija*, *Vijayā*, *Ahiphena*, *Elā*, *Nāga Bhasma*, and *Vāṅga Bhasma*. The formulation is prepared by giving *Bhāvanā* with *Kaṭakakaṣāya* three times, which contributes to its potent therapeutic action. It is indicated in disorders such as *Atisāra*, *Somaroga*, *Kṣaya*, *Pāṇḍu*, *Prameha*, and various *Mutra-vikāra*. The usual dose is 1 *Ratti* (approximately 125 mg), administered with honey or milk.

Bol Baddha Rasa (IV)⁶ is prepared using *Parada* and *Bola* in a ratio of 1:2. The formulation undergoes a special pharmaceutical process involving *Vimardana* with *Śālmalīkaṣāya*, followed by *Pūṭa* in a *Bhūdhara Yantra*, which imparts enhanced stability and therapeutic potency. This variant is specifically indicated in *Arśa* of all types. It is administered along with *Babbūla*, *Triphalā*, or *Kūṭajakaṣāya*, mixed with honey as the *Anupāna*.

Table 1: Bol Baddha Rasa Formulations in Rasayoga Sāgara⁷

| Variant | Name | Ingredients (Major) | Anupāna | Therapeutic Indications |
|---------|------------------------------|--|---------------------|--|
| I | Bol Baddha Rasa | <i>Parada</i> , <i>Gandhaka</i> , <i>Guḍūcī Sattva</i> , <i>Bola</i> | Honey / Milk | <i>Rakta-Pitta</i> , <i>Prameha</i> , <i>Vātarakta</i> |
| II | Bol Baddha Rasa | <i>Parada Bhasma</i> , <i>Gandhaka</i> , <i>Haridrā</i> , <i>Yavakṣāra</i> | Ginger juice | <i>Kāsa</i> , <i>Śvāsa</i> , <i>Pāṇḍu</i> |
| III | Mahān Bol Baddha Rasa | <i>Nāga</i> , <i>Vāṅga Bhasma</i> , <i>Ahiphena</i> | Honey / Milk | <i>Atisāra</i> , <i>Prameha</i> |
| IV | Bol Baddha Rasa | <i>Parada</i> , <i>Bola</i> | <i>Kūṭajakaṣāya</i> | <i>Arśa</i> |

Probable Mode of Action

From the *Āyurvedic* perspective, the formulation primarily acts through *Rakta-stambhana* and *Rakta-śodhana* properties, which are attributed to the synergistic action of *Bola*, *Guḍūcī*, and *Gandhaka*. The dominance of *Tikta* and *Madhura rasa* contributes to effective *Pitta-śamana*, thereby alleviating *Pittaja* disorders. The presence of *Parada*, endowed with *Yogavāhitva*, enhances the bioavailability and deeper tissue penetration of the associated drugs, ensuring rapid and targeted therapeutic action. Additionally, the formulation exhibits *Dīpana* and *Pācana* effects, which help in correcting *Agni* and digesting *Āma*, thereby restoring metabolic balance.

From the *contemporary* perspective, the ingredients collectively demonstrate significant anti-inflammatory and hemostatic activities, which support the control of bleeding and inflammation. Their immunomodulatory effects aid in strengthening host



defense mechanisms, while antimicrobial and antidiarrheal properties contribute to the management of infectious and gastrointestinal conditions. Furthermore, the formulation exhibits metabolic regulatory actions, which help in maintaining systemic homeostasis and improving overall physiological function.

Review of Experimental and Clinical Evidence⁸

A clinical study by Meenakshi Pal *et al.* demonstrated statistically significant improvement in *Asrgdara* patients treated with *Bol Baddha Rasa*, showing reduction in bleeding duration and improvement in hemoglobin levels without significant adverse effects. These findings substantiate classical claims of *Rakta-stambhaka* and *Pitta-śamana* properties.

Discussion

Bol Baddha Rasa, as described in *Rasayoga Sāgara*, exemplifies the applied wisdom of *Kharalīya Rasāyana* wherein *Parada* is therapeutically transformed through controlled *Vimardana* and *Bandhana* processes. The concept of *Baddha Parada* signifies stabilization of mercury, reduction of its inherent toxicity, and enhancement of its therapeutic efficacy. Classical authorities such as *Rasa Ratna Samuccaya* and *Rasa Chandāṁśu* emphasize that properly processed *Parada*–*Gandhaka* combinations exhibit rapid action, minimal dose requirement, and deeper tissue penetration due to *Yogavāhitva* properties.

The presence of multiple variants of *Bol Baddha Rasa* reflects the disease-oriented adaptability of *Rasaśāstra* formulations. Variant I, containing *Guḍūcī Sattva* and *Bola*, is primarily targeted towards *Rakta-Pitta* and *Pittajavikāra*. *Bola* is well documented for its *Rakta-stambhaka* and *Grahi* properties, while *Guḍūcī* contributes *Rasāyana*, *Pitta-śamana*, and immunomodulatory effects. The use of *Śālmalītvak* as *Bhāvanādravya* further supports hemostatic and wound-healing actions, justifying its indications in *Pradara* and *Bhagandara*.

Variant II demonstrates a strategic shift towards *Kaphaja* and *Prāṇavahasrotas* disorders. Drugs such as *Haridrā*, *Yavakṣāra*, *Kaṣṭakārī*, and *Jīraka* provide *Kaphavātahara*, *Dīpana*, and *Śvāsa-Kāsa hara* actions. The *Ārdrakasvarasa Bhāvanā* enhances bioavailability and bronchodilatory effects, aligning with both classical descriptions and modern pharmacological understanding of ginger's anti-inflammatory and mucolytic properties.

Mahān Bol Baddha Rasa (Variant III) represents an advanced formulation incorporating *Nāga* and *Vaṅga Bhasma*, which are traditionally acclaimed for their role in *Prameha*, *Mutra-vikāra*, and metabolic disorders. The inclusion of *Ahiphena* provides potent *Grahi* and *Atisāra-hara* action, while repeated *Bhāvanā* with *Kaṭakakaśaya* enhances intestinal absorption and anti-diarrheal efficacy. This variant illustrates the classical principle of intensifying therapeutic potency through repeated *Bhāvanāśamkāra*.

Variant IV, involving *Pūṭa* processing in *Bhūdhara Yantra*, signifies an intermediate pharmaceutical approach between *Kharalīya* and *Kupipākva* techniques. The additional thermal processing enhances drug stability, shelf life, and chronic disease applicability, particularly in *Arśa*. The use of *Kūṭaja*, *Triphalā*, and *Babbūlakaśaya* as *Anupāna* further reinforces local hemostatic, anti-inflammatory, and bowel-regulating actions.

From a contemporary standpoint, experimental studies on individual ingredients of *Bol Baddha Rasa* demonstrate anti-inflammatory, antimicrobial, antidiarrheal, immunomodulatory, and metabolic regulatory activities. Preliminary clinical observations and postgraduate dissertations have reported encouraging outcomes in *Asrgdara*, *Prameha*, and gastrointestinal disorders, with minimal adverse effects when administered in classical dosage. These findings support the classical claim that properly processed herbo-mineral formulations are safe and effective when used judiciously.

However, despite extensive textual validation and preliminary clinical support, *Bol Baddha Rasa* still lacks standardized physicochemical characterization, toxicity profiling, and large-scale randomized clinical trials. Addressing these gaps is essential for wider scientific acceptance and global integration of this formulation into evidence-based Ayurvedic practice.^{9,10,11}

Conclusion

Bol Baddha Rasa is a classical, potent *Kharalīya Rasāyana* formulation with broad therapeutic utility. Classical descriptions are supported by emerging clinical evidence, particularly in bleeding and metabolic disorders. Further experimental and controlled clinical studies are warranted to establish standardized treatment protocols.

REFERENCES

1. Pandey DD. *Rasa Chandāṁśu*. Varanasi: Chaukhamba Krishnadas Academy; 2010. p.370.



2. Pandey DD. *Rasa Chandāṁśu*. Varanasi: Chaukhambha Krishnadas Academy; 2010. p.370.
3. Sharma HP. *Rasayoga Sāgara*. Vol I. Varanasi: Chaukhambha Krishnadas Academy; 2004. p.112.
4. Vāgbhaṭa. *Rasa Ratna Samuccaya*. Shastri AD, editor. 9th ed. Varanasi: Chaukhambha Amarabharati Prakashan; 1995.
5. Sharma HP. *Rasayoga Sāgara*. Vol I. Varanasi: Chaukhambha Krishnadas Academy; 2004. p.112.
6. Sharma HP. *Rasayoga Sāgara*. Vol I. Varanasi: Chaukhambha Krishnadas Academy; 2004. p.112.
7. Sharma HP. *Rasayoga Sāgara*. Vol I. Varanasi: Chaukhambha Krishnadas Academy; 2004. p.112.
8. Pal M, et al. Clinical evaluation of *Bol Baddha Rasa* in *Asṛgdara*. *Int J Res Ayurveda Pharm*. 2016;7(1):Jan–Feb.
9. Central Council for Research in Ayurvedic Sciences (CCRAS). *Safety and efficacy of herbo-mineral formulations*. New Delhi: CCRAS.
10. Kulkarni PH. *Rasaśāstra: The metal-based therapeutics of Ayurveda*. New Delhi: Rashtriya Ayurveda Vidyapeeth.
11. World Health Organization (WHO). *Guidelines on safety monitoring of herbal medicines in pharmacovigilance systems*. Geneva: WHO.

How to cite this article:

Dr. Madan Lal Teli et al. Ijppr.Human, 2026; Vol. 32 (1): 45-48.

Conflict of Interest Statement: All authors have nothing else to disclose.

This is an open access article under the terms of the Creative Commons Attribution-NonCommercial-NoDerivs License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made.