

CRITICAL ANALYSIS OF MS AROGYALAVANA IN COMPARISON WITH RASENDRA CHUDAMANI

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ABSTRACT:

Background: The art of writing emerged as a way of preserving knowledge that was previously transmitted orally from one generation to the next through recording thoughts and ideas, it became possible to transmit knowledge not only to the future generations but also distant land. Manuscript, which means 'written by hand', is a recording of information created by someone at some time. *Sanskrit* was the most popular medium of instruction for a long time. The primary aim of the manuscripts was to preserve knowledge. *Arogyalavana* is untouched **MSS** (Manuscripts) present in oriental institute of Baroda, it is a single folded sheet with 2 folios. Aim & objectives: To study **MS** (Manuscript) *Arogyalavana* & Compare the formulations in **MS** with formulations in *Rasendra chudamani* (*Ras.ch*). **Methodology**- Unpublished **MS** *Arogyalavana* is collected from Oriental Institute Baroda. Formulations in the **MS** compared with *Rasendra chudamani* (*Ras.ch*). **Observation**: In this Manuscript Two *Kalpas* are given out of which first one is *Arogyalavana* & other 4 *Kaplas* are *Kshar Kaplana*. In these contents, Preparatory method, *Anupana* & Indications are given. **Conclusion**: This **MS** *Arogyalavana* includes Preparatory method, *Anupana* and uses. It is a collection of more *Kalpas* with preparatory methods, indications. Formulations like *Arogyalavana* and other should be further studied and clinically explored to see its efficiency. **MS** like this are treasure house of knowledge and should be explored for further studies.

KEYWORDS: *Manuscript, Kshara, Lavana, Arogya, Ayurved.*

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1. INTRODUCTION:

The art of writing emerged as a way of preserving knowledge that was previously transmitted orally from one generation to the next through recording thoughts and ideas, it became possible to transmit knowledge not only to the future generations but also distant land. [1] Manuscripts are authentic handwritten records that are at least 75 years old. Primary aim of Manuscript is to preserve knowledge hence; the Manuscripts were copied widely without any restriction in the script that was used, to avoid them being lost over time. [2] Numerous documents from libraries around on a variety of topics. Thousands of Ayurvedic Manuscripts, many of which remain unaltered, are housed in libraries throughout several countries.

Many formulations have been documented in the traditional literature of the *Ayurvedic* medical system. These formulations have used procedures that are quite

similar to those employed in modern medicine today to formulate different dosage forms in order to achieve the desired effect for the optimum period of time.

Arogyalavana is the one of the untouched MS present in the Oriental Institute Baroda with accession number: 20654 and 2 folios, in *Sanskrit* language. Formulations in the MS compared with *Rasendra chudamani* (*Ras.ch*). [3]

Aim and Objective-

1. To study MS *Arogyalavana*.
2. To compare the formulations in MS with formulations in *Rasendra chudamani* (*ras.ch*)

2. METHODOLOGY-

1. Unpublished MS *Arogyalavana* is collected from oriental institute Baroda.
2. Manuscript was transcribed.
3. Formulations in the MS compared with *Rasendra chudamani* (*ras.ch*)

Observation

About MS - placed in Oriental Institute of Baroda.

1.	Accession number	20654
2.	Extent-	2 folios, 17 lines in 1 st folio & 14 lines in 2 nd folio. No Numbering or Decoration on folios.
3.	It starts with	“ <i>Atha Arogyalavana</i> ”
4.	Ends with	“ <i>iti vajrakshara</i> ”
5.	Description	MS is incomplete as information about the Author and time period is not mentioned. Bold and Readable handwriting with occasional edits appended. Condition is Good. In <i>Gadhyā</i> form. Old Devnagari script. No scribal error. It's old and musty paper. [4]

About the Formulation

Arogyalavana: The description begins with the invocation of *Arogyalavana*, followed by details about

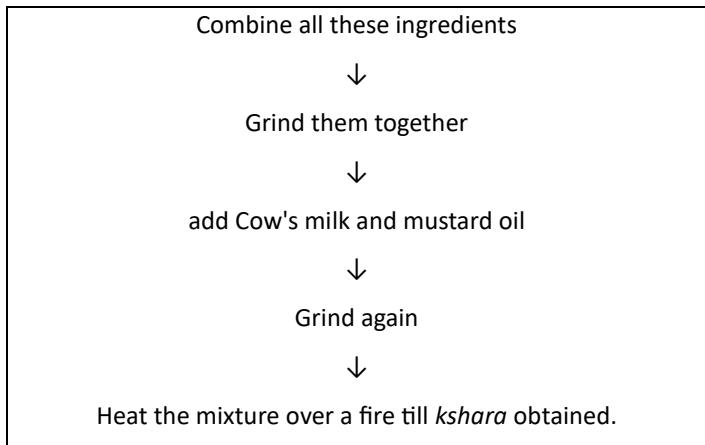
its Ingredients, Preparation Method, and the Benefits of

its use.

Table no. 1- Ingredients used in the preparation of *Arogyalavana*:

1. <i>Varuna</i> (<i>Crateva religiose</i>)	2. <i>Sinhiphala</i> (<i>Solenium indicum</i>)
3. <i>Arkapatra</i> (<i>Calotropis procera</i>)	4. <i>Putikapatra</i> (<i>Ageratum conyzoides</i>)
5. <i>Mahishaksha</i> (<i>Commiphora mukul</i>)	6. <i>Rason</i> (<i>Allium sativum</i>)
7. <i>Utpala</i> (<i>Nymphaea alba</i>)	8. <i>Sindutha</i> (Type of salt)
9. <i>Chirbilwa</i> (<i>Holoptela integrifolia</i>)	10. <i>Sovarchala</i> (Black salt)
11. <i>Vyosha</i> (<i>Trikatu i.e zingiber officinale, piper longum, piper nigrum</i>)	12. <i>Samudra lavana</i> (<i>Sodi muris</i>)
13. <i>Vida</i> (<i>Ammonium chloride</i>)	14. <i>Badar</i> (<i>Ziziphus mauritiana</i>)
15. <i>Pathya</i> (<i>Terminalia chebula</i>)	16. <i>Ajmoda</i> (<i>Apium graveolens</i>)
17. <i>Ramatha</i> (<i>Ferula asafoetida</i>)	18. <i>Jeeraka</i> (<i>Cumin cyminum</i>)
19. <i>Chitraka</i> (<i>Plumbago zeylanica</i>)	

Flow chart no. 1: Preparation method: *Arogyalavana*



glandular enlargement in abdomen), *Shoola* (pain) [5], *Anaha* (suppression of urine, constipation), *Aruchi* (anorexia) and *Pandu* (Jaundice).

It cures conditions like *Mutragranthi* (Tumor of bladder), *Pratishyaya* (cold), *Kasa* (Cough), Breathlessness, *Ashamri* (sprangury stone), *Pleha vriddhi* (enlargement of the spleen), *Aamdosha*, *Vaat-Kapha Hridrog* (heart diseases), *Grahani* (Disease of the Duodenum), *Arsha* (Haemorrhoids), Indigestion, Dysentery, *Urdhvavata*, *Asthila* (vaat related disease), and *Vaatkundlika* (Spasmodic stricture) while also stimulating the digestive fire. This is *Arogya lavana*.

Benefits of this *Kalpa*:

Consuming this along with *Mastu* (watery part of curd), helps in the elimination of conditions like *Gulma* (any

Surana kshara

Table no. 2- Dravyas used in the preparation of *Surana kshara*:

1. <i>Saindhava</i> (<i>Sodi chlordinum</i>)	2. <i>Vansh</i> (<i>Bambusa vulgaris</i>)
3. <i>Surana</i> (<i>Amorphophallus campanulatus</i>)	4. <i>Rametha</i> (<i>Ferula asafoetida</i>)

5. <i>Pippali (Piper longum)</i>	6. <i>Shunthi (Dry Zingiber officinale)</i>
7. <i>Karchur (curcumz zeodoria)</i>	8. <i>Maricha (Piper nigrum)</i>
9. <i>Chitraka (plumbago zeylenica)</i>	10. <i>Pipali Moola (Root of piper longum)</i>
11. <i>Devodaru (cedrum deodara)</i>	12. <i>Haritaki (Terminalia chebula)</i>
13. <i>Ajmoda (Apium graveolens)</i>	14. <i>Ajaji (Cuminum cyminum)</i>
15. <i>Nimbuka (citrus lemon)</i>	16. <i>Adraka (Wet Zingiber officinale)</i>

Flow chart no. 2: Preparation method: *Surana kshara*

<i>Surana + saindhava + Vansh</i> Put all these substances in a clay vessel and heat them using cow dung cakes.
↓
Upon processing, mix the powders of <i>Rametha</i> , <i>Pipali</i> (Long Pepper), <i>Shunthi</i> (Dried Ginger), <i>Karchur</i> (Wild Turmeric), <i>Maricha</i> (Black Pepper), <i>Chitraka</i> (Leadwort), <i>Piplimula</i> (Long Pepper Root), <i>Devdaru</i> (Himalayan Cedar), <i>Haritaki</i> (Chebulic Myrobalan), <i>Ajmoda</i> (Celery Seeds), and <i>Ajaji</i> (Cumin).
↓
Then, add the <i>Bhavana</i> (moistening and trituration process) of <i>Nimbuka Adraka</i> and grind thoroughly using a mortar and pestle (<i>Kharal</i>).

Sevan & Anupana

Consume it with *Nimbuka*, *Matulinga Rasa* (Citrus Lemon Juice), or warm water.

Moreover, all incompatible foods and habits are strictly prohibited in this regimen.

Benefits of this *Kalpa*:

Adhyaman, *Mudavata*, *Sarvavata roga*, *Gulma* (any glandular enlargement in abdomen), *Udara roga* (abdominal diseases), It is applied in the management of various types of *shool* (Pain).

In addition, it is effective in curing conditions like *Arsha* (Haemorrhoids), *Vatarog*, *Kukshishool* (pain in abdominal region), *Ajirna* (indigestion).

Lasana kshara:

Table no. 3- *Dravyas* used in the preparation of *lasana kshara*:

1. <i>Nistush Malencha kanda</i> (<i>Allium sativum</i>)	2. <i>Sindutha (Sodi chloride)</i>
3. <i>Vacha (Acorus calamus)</i>	4. <i>Hingvaamal (Ferula asafoetida)</i>
5. <i>Marich (Piper nigrum)</i>	6. <i>Dadima (Punica granatum)</i>
7. <i>Ajmoda (Apium graveolens)</i>	8. <i>Shunthi (Dry Zingiber officinale)</i>
9. <i>Jeeraka (Cumin cyminum)</i>	10. <i>Swaranamakshika (Chalcopyrite)</i>
11. <i>Vidang (Emblica ribes)</i>	12. <i>Nirgundi (Vitex negundo)</i>

Flow chart no. 3: Preparation method: *Lasana kshara*

Grind *Nishthush Malecha Kanda* (Peeled Garlic) and *Sindutha* in a mortar, while gradually adding *Vaatnashak Tail* (oil that pacifies *Vata*) during the process.



After this, bury it in deep soil and ignite the fire.



Once it cools down, grind it in a mortar and consume the powder. Then, mix the powders of *Hingvaamla*, *Maricha* (Black Pepper), *Dadima* (Pomegranate), *Ajmoda* (Celery Seeds), *Shunthi* (Dried Ginger), *Jeeraka* (Cumin), *Vidanga*, and *Swarnamakshika*.



After this, give *bhavana* (wet grinding with medicated liquid) with *Adarka Beejpuraka Rasa* (a preparation made with ginger juice).

Anupana: Consume it with lukewarm water.

Benefits of this *Kalpa*:

The use of this helps in treating conditions like *Gulma* (abdominal distension), *Udara Roga* (Abdominal diseases), *Pliha Shool* (Spleen Pain), *Vibandha* (Constipation) [6], and *Vata* Disorders.

Arka kshara

Just as the *kshara* preparation was made using the previous method, prepare the *Arka kshara* in the same manner.

Flow chart no. 4: Preparation method: *Arka kshara*

Take the *Arka Patra* (Ark leaves) and *Lavana* (salt)



Give *Putpaka* till the get *kshara*

Benefits of this *Kalpa*: The use of this helps in alleviating conditions like *Pliha - Udara Roga* (diseases of Spleen and Abdomen). This is *Arka kshara*.

Vajra kshara

Table no. 4- *Dravyas* used in the preparation of *Vajra Kshara*:

1. <i>Samudra lavana</i> (<i>Sodi muris</i>)	2. <i>Saindhava</i> (<i>Sodi chloride</i>)
3. <i>Kancha</i> (<i>Mucuna Pruriens</i>)	4. <i>Yavkshara</i> (an Alkali prepared from the ashes of burnt barley)
5. <i>Suvarchala</i> (<i>Unaqua Sodium chloride</i>)	6. <i>Tankana</i> (<i>Borax</i>)
7. <i>Swajikakshara</i> (Alkaline salt)	8. <i>Arkaksheer</i> (Milk extract of <i>Calotropis Procera</i>)
9. <i>Snuhiksheer</i> (Milk extract of <i>Euphorbia Neriifolia</i>)	10. <i>Trushna</i> (<i>trikatu</i> i.e <i>Emblica Officinale</i> , <i>Terminalia chebula</i> , <i>Terminalia bellirica</i>)
11. <i>Triphalaraja</i>	12. <i>Rajni</i> (<i>Curcuma longa</i>)
13. <i>Vanhi</i> (<i>Plumbago zeylenica</i>)	14. <i>Rametha</i> (<i>ferula asafoetida</i>)

Flow chart no. 5: Preparation method: *Vajra kshara*

Take the *churna* (powders) of *Samudra* (Sea salt), *Saindhava* (Rock salt), *Kancha* (Specific type of Salt), *Yavkshara* (Alkali from barley), *Suvarchala* (Alkali from the plant), *Tankana* (Borax), and *Sarjikakshara* (Alkali from Soda).



Bhavana of *Arkaksheer* (Milk from the Ark plant) or *Snuhiksheer* (Milk from the Euphorbia plant) for a duration of three days



Wrap it with *Arka Patra* (Ark leaves) and give *Putpaka*.

Add equal quantities *churna* of *Triushana*, *Triphalaphalraja*, *Jeeraka* (Cumin), *Rajni*, *Vanhi*, and *Rametha*.

Benefits of this *Kalpa*:

Just as the *Pinakin Dhanush* (Lord Shiva's bow) vanquishes all enemies, *Vajra Kshara* similarly destroys all ailments.

This *kshara* is used for all types of Abdominal Disorders, including *Gulma*, *Shool* (pain), and *Shotha* (swelling).

Anupana

Vaataj Roga - with *Sukhoshana jala* (Lukewarm water)

Pittaja Roga - with *Ghrita* (Ghee)

Kaphaja Roga - with *Gomutra* (Purified cow urine)

Tridoshajanya Roga - with *Arnala* (Gruel)

3. DISCUSSION:

There are many classical texts in *Rasashastra*. However, since the time period of the MS *Arogyalavana* is not available, we selected *Rasendra Chudamani* for comparison. *Rasendra Chudamani*, written by Acharya *Somadeva* in the 12th century AD, is one of the significant ancient texts in this field of *Rasa Shastra*. In Chapter 9, it describes 21 *Vargas* (groups) of *Aushadha Dravyas* (medicinal substances), such as *Kshara Varga*, *Mutra Varga*, *Amla Varga*, *Lavana Varga*, etc. It is one of the text where *Kshara varga* is described in details, and description of *Arka Kshara* is also found in this text. Hence, *Rasendra Chudamani* was chosen to study the similarities and differences in the methods of preparation.

The comparative study of *Kshara Kalpana* as described in *Rasendra Chudamani* and Manuscript *Arogyalavana* highlights the richness and diversity of classical Ayurvedic pharmaceutical practices. The method of preparing *Kshara Kalpana* in the manuscript *Arogyalavana* is largely similar to that described in

Rasendra Chudamani. Notably, the primary formulation in *Arogyalavana* is *Arogyalavana* itself, which also gives the manuscript its name. While *Rasendra Chudamani* offers a comprehensive and authoritative account of various drug preparation techniques with in *Rasashastra*, MS *Arogyalavana* contributes specific insights into only *Arogyalavana Kshara Kalpana*, despite the anonymity of its authorship. The presence of *Kshara* formulations in both texts reflects the therapeutic versatility of *Kshara*, especially in the treatment of conditions like *Arsha*, *Bhagandara*, and *Nadi Vrana*, as well as systemic disorders such as *Shwasa* and *Mootrakrichha*. [7] The analysis reveals that while the core principles of *Kshara* preparation are maintained, procedural variations exist, which may influence the pharmacological outcomes of the formulations. These differences underscore the importance of understanding the contextual application and transformation of *Kalpana*, as each yields distinct therapeutic effects. Therefore, studying such manuscripts not only enriches our knowledge of traditional practices but also opens avenues for standardization and clinical validation of ancient formulations in modern Ayurvedic practice.

Comparison of *Arka kshara* preparation in MS *Arogyalana* and *Rasendra chudamani*.

MS A.	RS Chu
Take the <i>Arka Patra</i> (Ark leaves) and <i>Lavana</i> (salt) ↓ Give <i>Putpak</i> till the get	Heat <i>Arka kshara</i> in an iron vessel. ↓ Add water, filter the mixture, allow the filtered liquid to settle, on the second day, collect the clear

<i>kshara</i>	supernatant water. ↓ Heat the collected water until it evaporate and <i>Kshara</i> is formed.
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4. CONCLUSION:

Arogyalavana is untouched and unexplored MS present in oriental institute of Baroda, it is single folded sheet with 2 folios. There are 2 *kalpana* are mentioned *lavana* and *kshara* *kalpana*. As compared with *Rasendra chudamani* which is a complete *Ras shastra* text but with only one *kalpana* i.e Arka *Kshara* is found, whereas the rest *Kalpana* i.e- *Arogyalavana*, *Surana kshara*, *lasana kshara* mentioned in MS are not found in this or in any other text. The preparatory methods of *Arogyalavana* in both these are slightly different.

This MS *Arogyalavana* includes Preparatory method, *Anupana* and uses. It is a collection of more *Kalpas* with preparatory methods, indications. Formulations like *Arogyalavana* and other should be further studied and clinically explored to see their efficiency.

In this MS study for better understanding book of *Ras shastra* were cross referred and other should be further referred to bring the formulations in practice. MS like this are treasure house of knowledge and should be explored for further studies.

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