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Review on *Bhimarudro Rasa*

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ABSTRACT

Agada tantra is a subject which deals with various poisons and its treatment. For the management of different poisons many formulations are mentioned in the treatises of Ayurveda. One such *Agada yoga* that is mentioned in the context of snake bite management is *Bhimarudro Rasa* mention in *Bhaishajya Ratnavali* on treatment of snake bite and treat the sever conditions occurs due to intake of poison.

It contains eleven ingredients including three *Kritrim Visha*, three *Sthavar Visha* and five herbs. The easy availability of the ingredients and simplicity of the preparation and preservation of the formulation may encourage the physician to use this formulation in poisoning conditions. So, an effort has been made to review this formulation in order to its pharmacological properties for its medicinal use.

KEY WORDS – *Agad tantra*, *Bhimrudro Rasa*, Snake bite, Poison.

INTRODUCTION

Agada Tantra is a branch of *Ayurveda* that deals with the treatment of various poisons, according to the eight branches of Ashtang Ayurveda.¹ If we search at what a toxin is, we can see that it is a substance that, when introduced into or applied to the body, is capable of damaging health or destroying life. It adversely affects tissues and cause illness or death in the organism.² "*Vishad Jannatwama Visham*" is the definition of *Visha* mentioned in *Ayurvedic* texts which means "the substance that causes *Vishad* (sadness) to the World."³ *Visha* is classified into different types, with *Sthavar* (Plant) and *Jangam* (Animal) being the most common.

In *Ayurveda*, *Agada* is referred to as an antidote for poisoning. A mixture of antitoxic medications and certain antioxidant, immunomodulator, or hepatoprotective substances make up the Herbo mineral or polyherbal formulation known as *Agada*.

Bhimrudro Rasa is the formulation in the form of *vati/gutika* (tablet) and is palatable, *Bhimrudro Rasa* is indicated in Snake Bite and treat the sever conditions occurs due to intake of poison.

MATERIALS AND METHODS

The study being a literary review, the sources of data will be collected from all *Ayurveda* compendias and also from the contemporary textbooks, relevant Journals and websites.

Bhimarudro Rasa ⁴

Bhimarudro Rasa is one of the *agada yogas* mentioned in *Bhaishajya Ratnavali* chapter *Vishadhikar*.

The drugs of the *Bhimarudro Rasa* according to *Bhaishajya Ratnavali* are *Shuddha Manshila*, *Sudhha Haratala*, *shuddha Hingul*, *Shuddha Vatsanabha*, *Marich*, *Apamarg Mula*, *Dhattura Mula*, *Karvir Mula*, *Shirish Mula*, *Rudraksha*, *Vishnukanta*.

Table No. 1 Ingredients of *Bhimarudro Rasa*

Sr. No.	Name of the drug	Synonames	Symbol	Quantity
1	<i>Shuddha Manshila</i>	<i>Manogupta</i>	As ₂ S ₂	1 Part
2	<i>Sudhha Haratala</i>	<i>Malla Gandhaja</i>	As ₂ S ₃	1 Part
3	<i>shuddha Hingul</i>	<i>Shwetrekhya</i>	HgS	1 Part
			Botanical Name	
4	<i>Shuddha Vatsanabha</i>	<i>Amrtam</i>	<i>Aconitum ferox</i>	1 Part
5	<i>Marich</i>	<i>Vellaja</i>	<i>Piper nigrum</i>	1 Part
6	<i>Apamarg Mula</i>	<i>Shikhari</i>	<i>Achyranthes aspera</i>	1 Part
7	<i>Dhattura Mula</i>	Kanka	<i>Dhatura metel</i>	1 Part
8	<i>Karvir Mula</i>	Hayamar	<i>Nerium Odorum</i>	1 Part
9	<i>Shirish Mula</i>	<i>Shukpriya</i>	<i>Albizia lebbeck</i>	1 Part
10	<i>Rudraksha</i>	<i>Shivaksha</i>	<i>Elaeocarpus ganitrus</i>	Quantity sufficient
11	<i>Vishnukanta</i>	<i>Gokarnika</i>	<i>Clitoria ternata</i>	Quantity sufficient

Method of preparation⁴

All the drugs mentioned in Table no.1 are taken in equal quantity mixed well & 100-100 bhavana (trituration) is done with *Rudraksha* and *Vishnukanta Swarasa*.

Susukshma Pishtam, a crucial sign in *Ayurveda*, is extremely fine. To prepare it, *Ashtavaidya* Vaidyamadam Cheriya Narayana Namboothiri recommends grinding it for 3-4 hours daily, equivalent to 6 *yaama* (18 hours total), for six months. This extensive process ensures its effectiveness.

Rasa panchaka (Properties) of individual ingredients of Bhimarudro Rasa.**Table no. 2: Showing the pharmacological properties of ingredients of Bhimarudro Rasa.**

Sr. No.	Name of Drug	Rasa (taste)	Guna (property)	Virya (potency)	Vipaka	Prabhava
1	Shuddha Manshila ⁵	Tikta, katu	Ushna, Snigha, Guru	Ushana	-	Vishnashak
2	Sudhha Haratala ⁶	Tikta, Kashaya, Katu	Ushna, Snigha, Guru	Ushna	-	-
3	shuddha Hingul ⁷	Tikta, Kashaya, Katu	Ushna, Laghu	Ushna	Katu	-
4	Shuddha Vatsanabha ⁸	Madhura	Laghu, Rukhsa, Tikсна, Vyavayi, Vikasi	Ushna	katu	Rasayan
5	Marich ⁹	Katu	Laghu, Tikshna	Ushna	Katu	-
6	Apamarg Mula ¹⁰	Katu, Tikta	Laghu, Ruksha, Tikshna, Sara	Ushna	Katu	-
7	Dhattura Mula ¹¹	Kashay, Madhur, Tikta	Laghu, Rukhsa, Vyavayi, Vikasi	Ushna	Katu	-
8	Karvir Mula ¹²	Kashay, Tikta, Katu	Laghu, Rukhsa, Tikсна	Ushna	Katu	-
9	Shirish Mula ¹³	Kashay, Tikta, Madhur	Laghu, Rukhsa, Tikсна	Alpa Ushna	Katu	Vishaghna
10	Rudraksha ¹⁴	Madhura	Guru, Snigdha	Shita	Madhura	-
11	Vishnukranta ¹⁵	Katu, Tikta	Laghu, Ruksha, Tikshna	Shit	Katu	-

Karma (Pharmacological action) of individual ingredients of Bhimarudro Rasa

Shuddha Manshila- It cures disease like Kasa, Shwasa, Bhutopadrava, Agnimandhya, Kshaya, Anaha, Kandu. If consumed for more days it acts as Rasayana, cures Jwara, Varnya, Visha Nashaka.⁵

Shuddha Haratala- Cures Kaphaj, Raktaj, Vishaj, vikara, Vatavruddhi. It acts as Bhutghna and stops menstrual discharge. It is Snighdha Ushna and Katu Rasatmak. It increases appetite and cures Kustha.⁶

Shuddha Hingul- Its acts as *Kapha-Pitta nashak*, *Tridoshaghna* and *Karma* is *Rasayana*, *Sarvadoshaghna*, *Vrishya*, *Vishahar* *Amayeeek prayog*, *Deepana*, *Netraroghar*, *Plihahar*, *Kamalahar*, *Jwarahar*, *Kusthahar*, *Amavatahar*, *Pramehahar*.⁷

Vatsanabha- It is *Madhur rasatmak*. Its *Karma* is *Dipan Pachana*, *Shul Prashmana*. It acts as *Vatakphahara*, *Jvarahara*, *Jangam vishahara*, *madakari* and *kusthaghna*. *Prabhava* of *vatsnabha* is *Rasayana*.⁸

It is effective in *Jvara*, *Kustha*, *Madhumeha*, *Shwas- kasa*, *Shotha*, *Plihodara* and *agnimandya*.

Maricha- is *katu rasatmak*. It acts as *Kaphavatahara* *Dipana* and *Pramathi*.

Guna of *maricha* is *laghu Tikshna* and *Virya* is *Ushna*, *Vipak* of *maricha* is *Katu*, it is effective in *Pinasa*, *Kasa*, *Pravahika*, *Hridroga*, *Krimi* and *Shula*.⁹

Apamarg- It acts as *Kaphavatghna*, *Arshaghna*, *Kandughna*, *Udaraghna*, *Raktaagrahi*.

In *Ardhavybedak*, *Nidra*, *Tandra* Condition use *Beej Churna Nasya*. In *Vishavikar* it acts as a *Shoolprashaman*.¹⁰

Dhattura- it is used in *shwas- kasa*, *Bhrama*, *Pralapa*, *pravahika*, *Amlapitta*, *Parinamshool*, *Shukrasrava*. It acts as *Kaphavatashamak*, *Jantughna*, *Kusthghna*, and *Vedanashapan*.¹¹

Karvir- It used as *Hridrogaj Shwas*, *Netraroga*, *jwara*, *Kusta*, *Kandu*, *Vrana*. It acts as *Kaphavatghna*, *Ropan*, *Vranshodhan*, *Hridya*.¹²

Shirish- It acts as *Vishaghna*, *Tridoshaghna*, *Shukrasthambhak*, *Raktashodhan*. It is used in *Kustha*, *Kasa*, *Netraroga*, *Visha roga*.¹³

Rudraksha- It is used in *Shwas*, *Unmad*, *Apsmar*, *Masurika*, *Visphot*, *Kamala*. It acts as *Rkhaoghna*, *Hridya*, *Bhutnashan*, *Medya*, *Tridoshashamak*, *Nidrajanan*.¹⁴

Vishnukranta- It acts as *Vishaapaha*, *Medhya*, *Kanthya*, *Netrya*, *Kushtaghna*, *Mutral*, *Tridoshaghna*, *Amapachana*, *Shothavrana*.¹⁵

DISCUSSION

Bhimarudro Rasa is mentioned to treat the patients of snake bite and poisoning cases with similar symptoms. The formulation is simple with only a few ingredients. Since the formulations' main constituents are *kashaya* (astringent) and *katu* (pungent), they aid in regaining consciousness. When taken internally, the *laghu guna* (lightness property) of the ingredients causes it to function quickly, while the *Snigdha guna* (unctuous property) of the substance's aids in the counteraction of the poison. *Shothahara* (antioedematous), *vedanasthapana* (analgesic), *kandughna* (antipruritic), *dahaprashamana* (relieves burning sensation), *pittahara* (pacifies pitta humour), and *jwarahara* (anti-pyretic) actions of the specific ingredients counteract the other symptoms of snake bite, such as *shotha* (swelling), *toda* (pricking and knotty pain), *kandu* (itching),

daha (burning sensation), and *jwara* (fever). As a whole this medicine is capable of counter acting the snake poison due to its numerous and varied properties and actions.

CONCLUSION

Bhimarudro Rasa is an easily prepared and preserved Ayurvedic formulation with readily available ingredients. Its multifaceted pharmacological properties make it valuable in treating snake bites and poisoning cases with similar symptoms. In remote areas, where Anti-Snake Venom treatment is scarce, *Bhimarudro Rasa* can help delay poisoning progression and maintain patient consciousness. Further research is needed to understand its exact mechanisms and potential applications in emergency care.

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