

# A Clinical Significance of *Ekangavirarasa* and *Vatavidhwansarasa*: A Comparative Review

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## ABSTRACT

*Rasaushadhi*, a potent group of herbo-mineral formulations are well documented in Ayurvedic treatises. Among them, *Ekangaveera Rasa* and *Vatavidhwansa Rasa* are well practiced herbo-mineral Ayurvedic formulations used to cure *Vata Vyadhi*. An aim of this thorough review is carried out to screen the references of both the formulations from various classical textbooks, AFI and various research works and its clinical importance in different conditions of *Vatavyadhi*. Out of 6 and 10 references of *Ekangaveera Rasa* and *Vatavidhwansa Rasa*, they are firstly mentioned in Nighantu Ratnakara and Rasaratnasamuchchya respectively and ingredients and indications are varied in these texts. In both the formulations, most of ingredients are the same except *Vishadravya* (*Kupilu*, *Dhatura* and *Vatsanabha*), *Kajjali* and *Rasasindoora*. By screening the indications of various references and previous research work, *Ekangaveera Rasa* is a formulation that acts therapeutically upon the nerve, while *Vatavidhwansa Rasa* can help to reduce pain.

**Key Words** *Ekangavira Rasa*, *Vatavidhwansa Rasa*, *Vishadravya*, Clinical significance

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## INTRODUCTION

*Rasaushadhis* are said to boost the strength and effectiveness of traditional Ayurvedic remedies, promoting general well-being and longevity. They are prescribed in smaller dose, not cause any nauseating sensation during consumption and provide quick results<sup>1</sup>. By virtue of these, they are in well-practised to treat a variety of diseases and practitioners stress precise approaches to mitigate possible toxicity. *Rasaushadh is* are a compound herbo – mineral formulation prepared by the combination of different herbs, metals, minerals *Visha Dravya* and other ingredients. A

practical approach of the principles such as *Samyoga* (Addition), *Vishlesha* (Deletion), *Samskara* (Pharmaceutical processing) and *Yukti* (innovations) plays an important role in the formation of compound formulation which exhilarate the therapeutic efficacy of that particular formulation.

*Ekangavira Rasa* and *Vatavidhwansa Rasa* are compound herbo-mineral formulations, which are widely used in *Vatapradhana Vyadhi*. Among these two formulations, *Ekangvira Rasa* is a drug of choice in *Pakshaghata*, *Ardita*, *Dhanurvata*, *Ardhangavata*, *Gridhrasi*, *Vishvachi*,

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*Avabahuka*<sup>2</sup>, whereas *Vatavidhvansa Rasa* is indicated for *Sarva Vataroga*, *Shula*, *Grahani*, *Maha Kapharoga*, *Sutika Vataroga*<sup>3</sup>. The choice between *Ekangavira Rasa* and *Vatavidhvansa Rasa* in the treatment of *Vataja* conditions is guided by their unique compositions and the inclusion of specific *Bhavana Dravya* (processed and poetized substances) in each formulation.

Ayurveda emphasizes the use of individualized treatments based on the patient's constitution, the nature of the disease, and other factors. Differences in ingredients, *Bhavana Dravya* and preparatory method also change the properties of the particular formulation and make them the drug of choice for different disorders. *Bhavana Dravya*, or the pharmaceutical processing of substances enhances the therapeutic efficacy of these formulations and contributes to their targeted action on *Vata* related disorders. Hence

the present review is aimed to screen the references of *Ekangavira Rasa* and *Vatavidhvansa Rasa* from various classical textbooks, AFI and various research works and its clinical significance in different conditions of *Vatavyadhi*.

## MATERIALS AND METHODS

References of *Ekangavira Rasa* and *Vatavidhvansa Rasa* are screened from various Ayurvedic texts and AFI, which are mentioned in table no.1. For understanding and interpretation of clinical significance of both the formulations, published research works in reputed journals are referred. To have the knowledge of Ayurvedic pharmacology of each ingredient of both the formulations, classical texts are also referred and interpreted accordingly.

**Table 1** The references of *Ekangavira Rasa* and *Vatavidhvansa Rasa* from different texts

| Sr. No. | Name of <i>Rasa Yoga</i>                   | Reference  |
|---------|--|--|
| 1.      | <i>Ekangavira Rasa</i> (EVR)               | 1. NighantuRatnakara <sup>4</sup><br>2. Bruhatrasarajasundara <sup>5</sup><br>3. Rasa Yoga Sangarha <sup>6</sup><br>4. Bhashaja Samhita <sup>7</sup><br>5. Rasa Tantra Sara – Siddha Yoga Sangraha <sup>8</sup><br>6. AFI <sup>9</sup>   |
| 2.      | <i>Vatavidhvansa Rasa-VVR</i> <sub>1</sub> | 1. Rasaratnasamucchya <sup>10</sup><br>2. Bharat Bhaishajya Ratnakara <sup>11</sup>  |
|         | <i>VVR</i> <sub>2</sub>                    | 3. Rasachandanshu <sup>12</sup><br>4. Nighantu Ratnakara <sup>13</sup><br>5. Yogaratnakara <sup>14</sup><br>6. Rasa Yoga Sagara <sup>15</sup><br>7. Bharat Bhaishajya Ratnakara <sup>16</sup><br>8. Bhashaja Samhita <sup>17</sup><br>9. Rasa Tantra Sara – Siddha PraogaSangraha <sup>18</sup><br>10. AFI <sup>19</sup> |
|         | <i>VVR</i> <sub>3</sub>                    | 11. Rasa Yoga Sagara <sup>20</sup><br>12. Bharat Bhaishajya Ratnakara <sup>21</sup>  |
|         | <i>VVR</i> <sub>4</sub>                    | 13. Rasa Yoga Sagara <sup>22</sup>   |

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|                  | 14. Bharat Bhaishajya Ratnakara <sup>23</sup> |
| VVR <sub>5</sub> | 15. Rasa Yoga Sagara <sup>24</sup>            |
| VVR <sub>6</sub> | 16. Rasa Yoga Sagara <sup>25</sup>            |
| VVR <sub>7</sub> | 17. Rasa Yoga Sagara <sup>26</sup>            |
|                  | 18. RasendrasaraSamgraha <sup>27</sup>        |
|                  | 19. Rasachandanshu <sup>28</sup>              |
|                  | 20. Bruhatrasarajasundara <sup>29</sup>       |
|                  | 21. Bharat Bhaishajya Ratnakara <sup>30</sup> |
| VVR <sub>8</sub> | 22. Rasachandanshu <sup>31</sup>              |
|                  | 23. Bharat Bhaishajya Ratnakara <sup>32</sup> |

**Ekangavira Rasa**

Total 6 references of *Ekangavira Rasa* are having similar ingredients and *Bhavana Dravya* to Nighantu Ratnakara but there is exception found in *Rasa Tantra Sara – Siddha Prayoga Sangraha* i.e specification of *Rasasindura* as *Mrita Parada* and addition of *Eranda Kwatha* as *Bhavana Dravya*.

**Vatavidhvansa Rasa**

Out of 23 references of *Vatavidhvansa Rasa*, the first reference found in *Rasaratnasamucchya*

(VVR<sub>1</sub>), *Bhavana* of mentioned drugs is given after *Putapakavidhi* for the preparation. While in *Bruhatrasarajasundara* (VVR<sub>7</sub>), this formulation is prepared by *Putapakavidhi* only. In addition to this, *Vatavidhvansa Rasa* is also prepared by following the method of preparations for *Kharaliya Rasayana*. The ingredients of *Vatavidhvansa Rasa* mentioned in different texts are enlisted in table no.2.

**Table 2** List of ingredients of *Vatavidhvansa Rasa* mentioned in different texts

| Sr. no. | Ingredient           | Vatavidhvansa Rasa |                  |                  |                  |                  |                  |                  |                  |
|---------|----------------------|--------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
|         |                      | VVR <sub>1</sub>   | VVR <sub>2</sub> | VVR <sub>3</sub> | VVR <sub>4</sub> | VVR <sub>5</sub> | VVR <sub>6</sub> | VVR <sub>7</sub> | VVR <sub>8</sub> |
| 1.      | <i>Parada</i>        | -                  | 1                | 1                | 1                | -                | 1                | 1                | 1                |
| 2.      | <i>Abhraka</i>       | 1                  | 1                | -                | -                | -                | -                | 2                | -                |
| 3.      | <i>Kansya Bhasma</i> | 2                  | -                | -                | -                | -                | -                | 3                | -                |
| 4.      | <i>Tamra</i>         | 3                  | 1                | 1                | -                | -                | -                | -                | -                |
| 5.      | <i>Makshika</i>      | 4                  | -                | 1                | -                | -                | -                | 4                | -                |
| 6.      | <i>Gandhaka</i>      | 5                  | -                | 1                | 1                | -                | 1                | 5                | 1                |
| 7.      | <i>Haratala</i>      | 6                  | -                | 1                | 1                | 1                | -                | 6                | -                |
| 8.      | <i>Vatsnabha</i>     | 1/16               | 4½               | 2                | 1                | -                | 1                | -                | 1/8              |
| 9.      | <i>Naga</i>          | -                  | 1                | -                | -                | -                | -                | -                | -                |
| 10.     | <i>Vanga</i>         | -                  | 1                | -                | -                | -                | -                | -                | -                |
| 11.     | <i>Loha</i>          | -                  | 1                | 1                | -                | -                | -                | -                | -                |
| 12.     | <i>Tankana</i>       | -                  | 1                | -                | 1                | -                | -                | -                | -                |
| 13.     | <i>Pippali</i>       | -                  | 1                | -                | -                | -                | 1                | -                | -                |
| 14.     | <i>Maricha</i>       | -                  | -                | -                | -                | 5                | -                | -                | -                |
| 15.     | <i>Shunthi</i>       | -                  | -                | -                | -                | -                | -                | -                | -                |
| 16.     | <i>Trikatu</i>       | -                  | 1                | 1                | -                | -                | 1                | -                | -                |

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| 17. | Jaypala      | - | - | 1 | - | - | - | - | - |
| 18. | Pashanabheda | - | - | - | 1 | - | - | - | - |
| 19. | Varatika     | - | - | - | 1 | - | 1 | - | - |
| 20. | Manahshila   | - | - | - | - | - | 1 | - | - |
| 21. | Triphala     | - | - | - | - | - | 1 | - | - |
| 22. | Varuni       | - | - | - | - | - | 1 | - | - |
| 23. | Shigru       | - | - | - | - | - | 1 | - | - |
| 24. | Pushkaramula | - | - | - | - | - | 1 | - | - |
| 25. | Surasa       | - | - | - | - | - | 1 | - | - |

Different *Bhavana Dravya* with the number of classical texts is also enlisted in table no. 3.

*Bhavana* of *Vatavidhvasa Rasa* found in

**Table 3** *Bhavana Dravya* of *Vatavidhvasa Rasa* mentioned in different classical texts

| Sr. no.                         | <i>Bhavna Dravya</i> | <i>Vatavidhvasa Rasa</i> |                  |                  |                  |                              |                    |                  |                  |
|---------------------------------|----------------------|--------------------------|------------------|------------------|------------------|------------------------------|--------------------|------------------|------------------|
|                                 |                      | VVR <sub>1</sub>         | VVR <sub>2</sub> | VVR <sub>3</sub> | VVR <sub>4</sub> | VVR <sub>5</sub>             | VVR <sub>6</sub>   | VVR <sub>7</sub> | VVR <sub>8</sub> |
| 1.                              | <i>Eranda Kwatha</i> | +                        | -                | -                | -                | -                            | -                  | +                | -                |
| 2.                              | <i>Panchakola</i>    | +                        | -                | -                | -                | -                            | -                  | -                | -                |
| 3.                              | <i>Varuni gana</i>   | +                        | -                | -                | -                | -                            | -                  | -                | -                |
| 4.                              | <i>Dashmoola</i>     | +                        | -                | -                | -                | -                            | -                  | -                | -                |
| 5.                              | <i>Chitraka</i>      | +                        | +                | -                | -                | -                            | -                  | -                | +                |
| 6.                              | <i>Ardraka</i>       | -                        | +                | -                | -                | -                            | -                  | -                | -                |
| 7.                              | <i>Trikatu</i>       | -                        | +                | -                | +                | -                            | -                  | -                | -                |
| 8.                              | <i>Triphala</i>      | -                        | +                | -                | -                | -                            | -                  | -                | -                |
| 9.                              | <i>Bhringraja</i>    | -                        | +                | +                | -                | +                            | +                  | -                | -                |
| 10.                             | <i>Kushtha</i>       | -                        | +                | -                | -                | -                            | -                  | -                | -                |
| 11.                             | <i>Arka</i>          | -                        | +                | +                | -                | -                            | -                  | -                | -                |
| 12.                             | <i>Nirgundi</i>      | -                        | +                | +                | -                | -                            | -                  | -                | -                |
| 13.                             | <i>Amalaki</i>       | -                        | +                | -                | -                | -                            | -                  | -                | -                |
| 14.                             | <i>Nimbu</i>         | -                        | +                | -                | -                | -                            | -                  | -                | -                |
| 15.                             | <i>Surana</i>        | -                        | -                | +                | -                | -                            | -                  | -                | -                |
| 16.                             | <i>Tarkari</i>       | -                        | -                | +                | -                | -                            | -                  | -                | -                |
| 17.                             | <i>Dhatura</i>       | -                        | -                | +                | +                | -                            | -                  | -                | -                |
| 18.                             | <i>Dantimoola</i>    | -                        | -                | -                | -                | -                            | +                  | -                | -                |
| <b>Number of <i>Bhavana</i></b> |                      | -                        | <b>3 Times</b>   | <b>7 Times</b>   | -                | <b>24 Yama<br/>(72hours)</b> | <b>7<br/>times</b> | -                | -                |

*Ekangavira Rasa* (EVR) and *Vatavidhvasa Rasa* *Dravya* and *Visha Dravya* as mentioned in table (VVR<sub>2</sub>) have similar ingredients except *Bhavana* no. 4.

**Table 4** Difference between ingredients of *Ekangavira Rasa* (EVR) and *Vatavidhvasa Rasa* (VVR<sub>2</sub>)

| Sr. No | <i>Ingredients of Rasa Yoga</i>              |                          | <i>Bhavana Dravya of Rasa Yoga</i> |                          |
|--------|--|--------------------------|------------------------------------|--------------------------|
|        | <i>Ekangavira Rasa</i>                       | <i>Vatavidhvasa Rasa</i> | <i>Ekangavira Rasa</i>             | <i>Vatavidhvasa Rasa</i> |
| 1.     | <i>Gandhaka</i>                              | <i>Gandhaka</i>          | <i>Triphala</i>                    | <i>Triphala</i>          |
| 2.     | <i>Mritaparada/<br/>Rasasindura (RTSSPS)</i> | <i>Parada</i>            | <i>Trikatu</i>                     | <i>Trikatu</i>           |
| 3.     | <i>Kanta Loha Bhasma</i>                     | <i>Loha Bhasma</i>       | <i>Chitraka</i>                    | <i>Chitraka</i>          |
| 4.     | <i>Naga Bhasma</i>                           | <i>Naga Bhasma</i>       | <i>Nirgundi</i>                    | <i>Nirgundi</i>          |

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| 5.  | Vanga Bhasma        | Vanga Bhasma   | Kushtha         | Kushtha     |
| 6.  | Tamra Bhasma        | Tamra Bhasma   | Bhringaraja     | Bhringaraja |
| 7.  | Abhraka Bhasma      | Abhraka Bhasma | Arka            | Arka        |
| 8.  | Tikshna Loha Bhasma | -              | Ardraka         | Ardraka     |
| 9.  | Nagara              | Nagara         | Amalaki         | Amalaki     |
| 10. | Maricha             | Maricha        | Kupilu          | Nimba       |
| 11. | Pippali             | Pippali        | Eranda (RTSSPS) | -           |
| 12. | -                   | Tankana        | Shigru          | -           |
| 13. | -                   | Vatsanabha     | Dhattura        | -           |

The differences found in dosage and *Anupana* of *Ekangavira Rasa* and *Vatavidhvansa Rasa* are noted in table no. 5 with reference from various classical texts of *Ayurveda*.

**Table 5** The comparison between dosage and *Anupana* of *Ekangavira Rasa* and *Vatavidhvansa Rasa*

| Sr. No | Name of <i>Rasa Yoga</i>  | Dose                 | <i>Anupana</i>   | Reference        |
|--------|---------------------------|----------------------|------------------|------------------|
| 1.     | <i>Ekangavira Rasa</i>    | 1-2 Ratti            | Rasnadi Arka     | RTSSPS           |
|        |                           | 2-4 Ratti            | Vatahara Dravya  | BS               |
|        |                           | 1-3 Ratti            | Ardraka Swarasa  | AFI              |
| 2.     | <i>Vatavidhvansa Rasa</i> | 1 Kolasthi           | -                | VVR <sub>1</sub> |
|        |                           | 2 Ratti              | Madhu            | VVR <sub>2</sub> |
|        |                           | 2 Ratti              | Maricha churna   | VVR <sub>3</sub> |
|        |                           | 1 Ratti              | -                | VVR <sub>4</sub> |
|        |                           | 1- 2 Ratti           | Ardraka Swarasa  | VVR <sub>5</sub> |
|        |                           | 6 Ratti (Vallayugma) | Ardraka Swarasa  | VVR <sub>6</sub> |
|        | 3 Ratti (Valla)           | -                    | VVR <sub>8</sub> |                  |

For VVR<sub>2</sub> in *Rasa Tantra Sara Siddha Prayoga Sangraha*, the dose is mentioned of 1-2 Ratti (250 mg to 500 mg) thrice a day with *Ardraka Swarasa*, *Bhringrajara* and *Madhu* in *Tivravataroga* and *Eranda Taila*, *Ghee* and *Koshnajala* for *Amavata*.

The differences found in indications of *Ekangavira Rasa* and *Vatavidhvansa Rasa* is noted in Table no. 6.

**Table 6** Comparison between indications of *Ekangavira Rasa* and *Vatavidhvansa Rasa*

| Sr. No. | Name of <i>Rasa Yoga</i>  | Indication   |
|---------|---------------------------|--|
| 1.      | <i>Ekangavira Rasa</i>    | <ul style="list-style-type: none"> <li>• Pakshaghata</li> <li>• Ardita</li> <li>• Dhanurvata</li> <li>• Ardhangavata</li> <li>• Gridhrasi</li> <li>• Vishvachi</li> <li>• Avabahuka</li> <li>• Sarvavatmaya</li> </ul> |
| 2.      | <i>Vatavidhvansa Rasa</i> | <ul style="list-style-type: none"> <li>• Vata &amp; Vatakapha Vikara</li> <li>• Shula</li> <li>• Grahani</li> <li>• Arsha</li> <li>• Mudhata</li> <li>• Mandagni</li> <li>• Pakshaghata</li> </ul>                     |

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- *Apatanaka*
- *Apatantraka*
- *Due to Vatakshobha, Shira-Kukshi- Ura-Parshva Shula.*
- *Makkalashula in Prasuta Stri*

### Pharmaceutical process

*Ekangavira Rasa* and *Vatavidhvansa Rasa* are prepared according to the process of *Kharaliya Rasayana* in which powdered drugs are levigated with the prescribed liquid media. The pharmaceutical process mentioned in Ayurvedic Formulary of India (AFI) of both the formulations are as follows;

#### *Ekangavira Rasa and Vatavidhvansa Rasa*

*Kajjali* is prepared from *Mrita Parada/Rasasindura* and *Shuddha Gandhaka*. After that each herbal drug and *Rasaushadhi* are triturated separately and converted into fine powder. Then all the powdered drugs are mixed well to form a uniform mixture. Finally, the mixture is levigated with each *Bhavana Dravya* for 3 times.

### DISCUSSION

*Ekangavira Rasa* has been firstly mentioned by the author of *Nighantu Ratnakara* in 18<sup>th</sup> century. Total 6 references of *Ekangavira Rasa* are found in different Ayurvedic texts as mentioned in *Nighantu Ratnakara*. Out of 11 ingredients, it contains 6 *Bhasma* i.e. *Kantalauha*, *Tikshana Lauha*, *Naga*, *Vanga*, *Abhraka* and *Tamra* along with *Mrita Parada*, *Shuddha Gandhaka* and *Trikatu Churna*. Some poisonous drugs such as *Kupilu*, *Dhattura* and *Arka* are used as *Bhavana Dravya*. Apart from these, in RTSSPS, *Rasa*

*Sindura* is taken as *Mrita Parada* and added of *Eranda Kwatha* as *Bhavana Dravya*.

It is indicated in *Vata* and *Vatakaphapradhana* disorders such as *Pakshaghata*, *Ardita*, *Dhanurvata*, *Ardhangavata*, *Gridhrasi*, *Vishwachi*, *Avabhuka* due to its *Atitikshana* properties. It possesses the properties like *Vataprashamana*, *Brihana*, *Rasayana*, *Vishaghna* and *Akshepahara*. *Kupilu* is an important ingredient of *Ekangvira Rasa* which is useful in *Ardhanga Ardita* because of its *Vataghna* and *Nadi Balavardhaka* properties<sup>33</sup>. *Naga*, *Vanga* and *Lauha Bhasma* is also having *Balya* and *Vatashamaka* properties, while *Tamra Bhasma* and *Abhraka Bhasma* are having *Akshepanashaka* *Vatashamaka* and *Balya* with muscle relaxant properties respectively<sup>34</sup>. *Naga* and *Vanga Bhasma* are mentioned as *Snayushakti Vruddhikara* and *Nadimandala Balakara*. *Rasa Sindoor* plays a vital role in controlling *Vata* (strengthens function of motor neurons). *Bhavana Dravya* has properties like *Vedana Shamaka*, *Shothahara*, *Sanghahara*. Bioavailability is increases due to *Vyavayi* nature of *Visha Dravya* and *Deepana*, *Pachana* property of others. *Chitrakamoola* contains alkaloid plumbagin has a neuroprotective activity<sup>35</sup>. In pathophysiology of paralysis and spinal cord injury, musculoskeletal impairment, lack of sensation in muscle, stiffness and pain in muscle movement, spasms are observed. In that

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condition, muscle strengthening is important for physical activity. As it contains the drugs which have aforementioned properties, it is quite effective in strengthening of muscles and spasms. This formulation should not be prescribed in *Pittanubanda Vatavyadhi*.

The first reference of *Vatavidhvansa Rasa* is found in *Rasaratnasamucchaya*. After reviewing classical texts for references of *Vatavidhvansa Rasa*, total 23 references are screened from 12 Ayurvedic texts. Only the text, *Rasa Yoga Sagara* has mentioned seven different varieties of this formulation with different ingredients and preparatory methods. In *Rasaratnasamucchaya*, different pharmaceutical process is used for the preparation of *Vatavidhvansa Rasa* from other references.

Analysing the ingredients of the formulation, most of the drugs are having *Katu*, *Tikta Rasa*, *Ushna Virya* and *Vata-Kapha Shamaka* in nature. It acts as a *Vatavruddhi Shamaka* or *Vatavahini Kshobha Shamaka*. *Vatsanabha* is *Yogavahi*, *Tridoshaghna*, *Mutrala*, *Swedajanana*, *Shoolanirmulana*. It is indicated for *Vataja Vedana*<sup>36</sup>. *Vatsanabha* is also indicated in different conditions like *Gridhrasi*, *Katishoola*, *Sira Shoola* and others. *Bhavana Dravya* like *Eranda Taila* and *Dashmoola* are *Vatanulomana* and *Panchakola*, *Chitraka*, *Varunadi Gana* are *Deepana* and *Vatakapha Shamana* in nature. Because of that it is indicated in *Adhmana*, *Anaha*, *Udararoga*, *Gulma*, *Shwasa*, *Kasa*, *Shoola*. This *Rasayana* is used in *Vata* dominant *Apatanaka*, *Apatantraka*, *Akshepa*, Acute attack

of *Pakshaghata*. It is used in *Navina Amavata*. When there is *Vrushchikadanshavat Tivrashula*, *Shotha*, *Pralapa* and other symptoms, *Vatavidhvansa Rasa* acts as *Amashoshaka* and *Vedanashamaka*<sup>37</sup>.

Bio-activity of ingredients and *Bhavana Dravya* of *Ekangvira Rasa* has quoted in one research article done by Lanjewar et.al<sup>38</sup>. In one research work done by Mahesh S. et.al, anti-inflammatory and analgesic activities of *Vatavidhvamsana Rasa* have been proved in experimental modal<sup>39</sup>. *Ekangvira Rasa* can be drug of choice in restoring the motor activities (*Gati*) and Sensory activities (*Gandhana*) of *Vatadosha*. Symptoms Due to *Kshaya* and *Margavarodha* of *Vata* in *Vatavaha srotasa* and *Nadi* such as *Cheshta Nasha* (Loss of activities), *Sandhishaitilya* (Loosens of the joints), *Mukhavakrata* (Deviation of mouth), *Vakagraha* (Stammering of speech) and *Sagnynahani* (Loss of sensation) would be subsided. Whereas *Vatavidhvansa Rasa* is drug of choice in condition of *Vatavruddhi*, *Kshobha* (Spasm), *Jadyata* (Stiffness), *Kaphaprakopa*, *Srotorodha*, *Shotha*, *Samavata* and *Tivravedana*.

## CONCLUSION

The unique approach of *Samshlesha* (Addition) and *Vishlesha* (deletion) principles in designing of formulation according to individual needs underscores the holistic and personalized nature of this ancient healing system. *Ekangavira Rasa* and *Vatavidhvansa Rasa* share the common application in *Vatapradhana Vyadhi* as their

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distinct compositions and *Bhavna Dravya* make them suitable for different manifestations of *Vataja* conditions. *Ekanaveera Rasa* is a formulation that act therapeutically upon the nerve, while *Vatavidhvansa Rasa* can help to reduce pain.

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