Abstract

Rasayan is considered as one of the (part) of the Ayurveda. Charaka had described to fulfill the aim of the Ayurveda i.e., drugs act by preventing the old age and diseases in the healthy person. Charaka stated about two types of medicine, one which promotes resistance to the body and another which cures the diseases and Rasayan therapy play a key role in achieving these goals. The main aim of Rasayan therapy is to promote formation of or resistance which in modern terminology can be called as promoting the strength of immune system. Bhallataka, a medicinal drug has the ability to penetrate deeply into the tissues and rejuvenate the body that’s why it was used to held in high esteem by ancient sages of Ayurveda. Maharshi Charak emphasized the Rasayana property of Bhallataka and described ten types of preparations with it. He considered bhallataka as the best drug to cure the kaphaj vyadhi. Charak has categorized Bhallataka has Dipaniya -an appetizer, Bhedaniya- to break accumulated doshas, mutra sangrahamiya- antidiuretic and Kusthaghna - antidermatosis. In the present study, review of the drugs had been made from Ayurveda classics. Because it is important to have an awareness regarding the Poisonous drugs, when used in the proper form & prescribed dose they act as a potent therapeutic agent. It is a fact that virtually any substance can be harmful at high enough concentrations as rightly quoted that “All substances are poisons; there is none which is not a poison. The right dose differentiates a poison from a remedy.”

Key words: - Rasayan, Bhallataka, Ten preparations of Bhallataka

INTRODUCTION

Rasayan is considered as one of the (part) of the Ayurveda. Charaka had described to fulfill the aim of the Ayurveda i.e. drug acts by preventing the old age and diseases in the healthy person. Charaka stated about two types of medicine, one which promotes resistance...
to the body and another which cures the diseases, and Rasayan therapy play a key role in achieving these goals. The main aim of Rasayana therapy is to promote formation or resistance which in modern terminology called as promoting the strength of immune system. (1)

Bhallataka a medicinal drug has the ability to penetrate deeply into the tissues and rejuvenate the body that’s why it was used to held in high esteem by ancient sages of Ayurveda. Maharshi Charaka emphasized the Rasayana property of Bhallataka and described ten types of preparations with it. He considered Bhallataka as the best drug to cure the kaphaj vyadhi. (2)

Charaka has categorized Bhallataka as Dipaniya -an appetizer, Bhedaniya- to break accumulated doshas, mutra Sangrahaniya-antidiuretic and Kusthaghna -antidermatosis (3)

In the present study, review of the drugs had been made from Ayurveda classics. Because it is important to have an awareness regarding the poisonous drugs, when used in the proper form & prescribed dose they act as a potent therapeutic agent.

It is a fact that virtually any substance can be harmful at high enough concentrations as rightly quoted that “All substances are poisons; there is none which is not a poison. The right dose differentiates a poison from a remedy.” (4)

Aims And Object

- To discuss and elaborate Rasayana karma of poisonous Bhallataka.
- To discuss and elaborate properties of Bhallataka.

Material and methods

This paper is based on textual review. Material related to Rasayana effect of Bhallataka was collected from Charaka Samhita, modern text, and various websites to collect information on the relevant topic were referred.

Sanskrit term Rasayana is a combination of two terms. “Rasa” means the best or finest part or constituent fluid or essential juice of body. “Ayana” means going, circulating etc. Thus, Rasayana means the best constituent fluid circulating in the body. Rasayana is the treatment that delays the ageing process, increases life span, memory, strength and is capable of pacifying diseases. It is aimed to achieve optimum quality of body constituents (Dhatu ). Rasayana means rejuvenation and anti-ageing therapies in Ayurveda. It also includes all measures for geriatric healthcare and immunity enhancement. Rasayana essentially denotes medicinal nutrition, rejuvenation, longevity, immune-enhancing and geriatric health care. (5)

The Rasayana are not necessarily drugs they may be in the form of a Rasayana food, or a positive healthy life style with a Rasayana effect or a Rasayana drug or all the three together. The Rasayana remedies promote good qualities of the cells and tissues of the body through improved nutrient effect, boosting the digestion, metabolism and/or augmenting the microcirculation and tissue perfusion.

Visha-Upavisha Dravyas from therapeutic point of view are considered highly valuable on accordance of their
quick effectiveness even in smaller doses. But at the same time are very dangerous also as these may prove fatal to human beings if used without proper care & in higher doses. Therefore, understanding the Visha Drayas its important uses, medicinal applications, benefits, toxic symptoms and its management. The history of visha (poison) and its treatment ways back to centurie. Ayurved dedicated as one of its branches as Danshtrachikitsa, Agadatantra or Vishatantra, Vishagara vairodhika prashamana which is dedicated solely to the concept and treatment of visha. These references provide ample evidence to prove that toxicology was a well-developed branch in ancient India. It was believed that Moksha (Salvation) is the ultimate aim of life and it was also believed that this can be attained through Rasa karma with the proper use of Visha-Upvisha dravyas which will fulfill this desire. It is said in the texts that Visha & Upvisha when used properly, would prove highly beneficial to the body or even as lifesaving drug like an ‘Amrita’ (Nectar); otherwise, they are considered to be fatal to the mankind. Probably because of this reason their use was very much limited in the ancient times when different Shodhan methods weren’t developed, but with the emergence of Rasashastra in the field of Ayurvedic medicines, helped much in making their use safe and more frequent in therapeutics. (4)

The use of Visha dravyas as Medicines has been narrated by Acharya Charaka as “Even an acute poison can become an excellent drug if it is properly administered on the other hand even a drug, if not properly administered, becomes an acute poison”. Upavisha are the group of drugs, which are less toxic in nature and not so lethal but produce certain toxic symptoms on consumption or administration. The symptoms produced in the body due to Upavisha are less toxic, less severe, usually not life threatening and their toxicity can be controlled by therapeutic measures. (3)

An ideal Rasayana prolongs life, improves memory and intellect, promote health, and provides immunity against diseases thereby helps an individual to lead an energetic life. It improves lusture and complexion of the body, tones the voice and speech and increases the acuity of all the sensory, motor organs along with vitality and vigour. Bhallataka possess all these quality inspite of being poisonous drug and act as a good Rasayana (restorative and promotive action) by which a healthy person attains prasashta rasadi dhathus along with its medhya (intellect) prabhava. The fruit has the ability to cure any Kapha disorder of the human system. From relieving constipation to improving intelligence and digestion. (3)
Properties of bhallataka

Ten yoga of Bhallataka Rasayana. (11)

1. Bhallataka ghrita
2. Bhallataka-ksheeram
3. Bhallataka-kshaudra
4. Guda-bhallataka
5. Bhallataka-yusha,
6. Bhallataka-taila
7. Bhallataka-palala
8. Bhallataka-saktu,
9. Bhallataka-lavana,
10. Bhallataka-tarpana.

Some preparations of Bhallataka are as follows: (11)

Bhallataka ksheeram

- The fruits of Bhallataka – undamaged, undiseased, mature in taste, size and potency, looking like ripe jamboo fruits should be collected in the month of jyeshtha and ashadha and be stored within the granary of barley or black gram.

- After four months, in the month of Agrahayana or Pausha they should be taken out for use by one who has made his body fit through the intake of cold, unctuous and sweet substances.

- At first ten fruits of Bhallataka should be crushed and boiled in ten times of water, when 1/8 extract remains, it should be filtered and
taken mixed with milk after smearing the inner part of the mouth with ghee.

- Gradually increasing the dose by one fruit per day it should be led to thirty which is the maximum dose. In this way the total number of fruits taken comes to one thousand. When the drug is digested, one should take shali and shashtika rice with milk added with ghee.

- After the treatment is over, the patient should live on milk diet for the period double to that of treatment. By this one attains stable life span of one hundred years without senility.

**Bhallataka kshaudram**

- The fruits of *Bhallataka* should be crushed and filled in a heating pot which is put on a firm and oiled (with ghee) pitcher already dug underground up to the neck covered with alid.
- Then after pushing it with black earth, it should be heated with cow dung fire. The extract which is collected in the lower pitcher should be taken out.
- It should be taken mixed with 1/8 honey and double the quantity of ghee. Regular use of this makes a person of the stable life span of one hundred years without senility.

**Bhallataka taila:**

The *Bhallataka taila* should be taken in quantity of 2 kg .560 gms and cooked along with milk and paste of madhuka in 1/8th quantity. This should be repeated hundred times.

**Benefits of bhallataka**

- The fruits of *Bhallataka* are irritant, inflaming and are like fire but they assume nectar like properties if used as prescribed. Their use in the above ten forms is described which should be prescribed considering the disease, constitution, and suitability.
- There is no disorder of *Kapha* and obstructive condition which is not ameliorated by *Bhallataka* quickly. Moreover, it promotes intellect and agni.
- In early days, the old great sages like Chyavana etc, who desiring vital strength, attained immeasurable life span by using these beneficial *Rasayana* formulations.
- After attaining longevity, they performed as desired, spiritual penance, celibacy and self-medications and ascended to the heaven. Hence those who desire longevity, vital strengthhand happiness should use the *Rasayana* methodically and carefully.

**Discussion**

- *Rasayana* effect is not a specific pharmacological action but it is a complex phenomenon operating through a comprehensive mechanism involving the fundamental factors like create excellence of Sapta dhatu by prashast rasadi-samvahan to promote immunity, agni to improve metabolism and strotas to improve endocrine and exocrine secretions.
- It may ultimately lead to the achievement of the comprehensive effect as stated by Charaka “Labhopayo Hi Shastanam – Rasadinam Rasayanum”. (12)
- *Bhallataka* is effective at the level of agni by its ushna veerya, laghu guna and katu,tikta kashay rasa. Snigdha
guna and madhur vipaka promote the nutritional value which helps in obtaining the best quality of dhatus.

- As Bhallataka belongs to Upvisha group, it possesses the laghu, ruksha, aashu, vishad, vyavayi, teekshna, ushnaguna this may be eliminating the “ama” and strotoshodhana (i.e., Micro channels of all systems) hence nourishment of all the tissues. It reveals the Rasayaneffect in the body.

**Conclusion**

This is a small attempt on review of Bhallataka, inspite of being included in poisonous plant category, Bhallataka draw an attention towards Rasayan effects and There is no disorder of Kapha and obstructive condition which is not cured quickly by Bhallataka, also it promotes intellect and agni.

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