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CONCEPTUAL REVIEW OF AMRIT MANJARI RASA: A CLASSICAL HERBO-MINERAL FORMULATION IN AYURVEDA

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ABSTRACT

Background: Amrit Manjari Rasa is a classical Herbo-mineral formulation described in Ayurveda under the domain of Rasa Shastra. It is traditionally indicated in Vata-Kapha predominant disorders, including Jwara (fever), respiratory conditions, and metabolic disturbances. Owing to its unique composition of processed minerals, Visha dravya and herbal ingredients, it exhibits multifaceted therapeutic potential.

Objective: This study aims to critically analyze the classical references, composition, pharmaceutical processing, and probable pharmacological mechanisms of Amrit Manjari Rasa from both Ayurvedic and contemporary scientific perspectives.

Methodology: A comprehensive literary review was conducted using classical Ayurvedic texts such as Bhaishajya Ratnavali, Rasendra Sara Sanghra, and Rasa Jala Nidhi, along with peer-reviewed articles sourced from databases including PubMed, ScienceDirect, and Google Scholar. Relevant literature from four classical texts and associated research studies was selected and analyzed.

Results: The formulation demonstrates significant therapeutic potential due to the synergistic action of its ingredients. Ayurvedically, it acts through Deepana, Pachana, Tridosha Shamana, and Rasayana properties. From a modern perspective, its constituents may exhibit antipyretic, anti-inflammatory, antimicrobial, and immunomodulatory activities.

Conclusion: Amrit Manjari Rasa represents a potent classical formulation with promising clinical applications. However, systematic experimental and clinical studies are necessary to validate its safety, efficacy, and mechanism of action in contemporary medical practice.

KEYWORDS: Amrit Manjari Rasa, Rasa Shastra, Jwara, Herbo-mineral formulation, Ayurveda.

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INTRODUCTION

Ayurveda conceptualizes health as a dynamic equilibrium of Dosha, Dhatu, and Mala, along with psychological well-being. Initially dependent on plant-based medicines during the Samhita period, the system gradually evolved due to the scarcity of herbs, leading to the incorporation of metals and minerals with potent therapeutic potential. This transition gave rise to Rasa Shastra, a specialized discipline focused on processing substances like mercury and other mineral-origin drugs into safe, bioavailable forms through purification and transformation techniques. With the evolution of Rasa Shastra, the therapeutic armamentarium expanded to include metals and minerals, enhancing potency and rapidity of action. Rasa Shastra Classical texts described a wide range of formulations claiming tremendous results. One such formulation, Amrit Manjari Rasa, is selected for its conceptual review. It's a classical Herbo-mineral formulation described in many Rasa Shastra Granthas like Rasendra Sara Sanghra, Bhaishajya Ratnavalli, Rasa yoga Sagar. The Rasa Granthas claims it to have multi- therapeutic effects. This review will help to provide concrete data of Amrit Manjari Rasa which will prove beneficial for further research.

METHODOLOGY

A thorough literary review was carried out through various classical textbooks like Rasendra Sara Sangraha, Bhaishajya Ratnavali, Rasa Jala Nidhi, Bharat Bhaishajya Ratnakar, etc and various databases like PubMed, Science direct, Google scholar, using the key word Amrit Manjari Rasa.

The observations are discussed in detail hereby as:

Nomenclature1:
Amrita → life-promoting, anti-toxic, restorative
Manjari→ cluster / quick-acting combination

Rasa → potent, processed formulation with high bioavailability.
A formulation that acts swiftly like a cluster and restores vitality like Amrit, especially in acute disease states like Jwara, Sannipata.

Description from Rasa Classical Texts: The classical reference of Amrit Manjari Rasa is as follows:

1.In Rasendra Sara Sangraha- Kasarogadhikara2
2.In Bhaiṣhajya Ratnāvalī – Jwaradhikara3
3.Rasa Jala Nidhi -Jwara Adhyāya4
4.Bhaiṣajya Ratnavali- Amavata Adhikara5

From above references Amrit Manjari Rasa is a potent drug that has multiple Therapeutic effects as it is mentioned in Classical texts under different Rogadhikara

Ingredients of Amrit Manjari Rasa: The classical texts are explored and the data collected is shown here in Table 1.1.

Table1.1: Ingredients of *Amrit Manjari Rasa*

Ingredient *(Dravya)*	***Rasendra Sara Sangraha***	***Bhaishajya Ratnavali***	***Rasa Jala Nidhi***	***Bhaishajya Ratnavali***
Hingula	✔	✔	✔	✔
Vatsanabha	✔	✔	✔	✔
Maricha	✔	✔	✔	✔
Pippali	✔	✔	✔	✔
Ṭankaṇa	✔	✔	✔	✔
Jatikosa	✔	✔	✔	✔

Table 1.2: Showing Ingredients Proportion in *Amrit Manjari Rasa*

S. No.	***Name of ingredient***	***Proportion required***	**Part Used**
1	*Hingula*	*1 part*	Purified form
2	*Vatsanabha*	*1 part*	Purified form
3	*Pippali*	*1 part*	Fruit
4	*Maricha*	*1 part*	Fruit
5	*Tankan*	*1 part*	Purified form
6	*Javitri*	*1 part*	Aril
7	*Nimbu swarasa*	*As per required in bhavana*	Fruit

Classical texts consistently describe the same six core ingredients mixed in identical ratio —Hingula, Maricha, Pippali, Tankana, Vatsanabha, and Javitri. The only variation is in Bhavana Dravya (lemon juice),

Ayurvedic Properties:
Rasa : Predominantly Katu and Tikta
Guna : Laghu, Tikshna
Virya : Ushna
Karma : Deepana, Pachana, Jwaraghna, Kaphavatahara.
This combination ensures effectiveness in fever, Ama conditions, and respiratory disorders

Table 1.3: Showing Classical Pharmacological action of *Amrit Manjari Rasa*

Source	**Reference (*Adhyaya/Verse*)**	**Dose & Form**	**Indications (*Vyadhi)***	***Karma* (Pharmacological Action)**
Rasendra Sara Sangraha	*Kasa Roga Adhikara 2/88–91*	*Vaṭi (1–2 Ratti),*	*Sannipataja Vyadhi, Agnimandya, Ajirna, Samavata, Kasa (5 types), Swasa, Sarvangagraha, Jirṇa Jwara, Kshaya*	*Dipana, Pachana, Tridoṣahara, Kasa-Śwasa hara, Jwaraghna*
Bhaishajya Ratnavali	*Jwara Chikitsa 5/550–551*	*Guṭika, (Karsa Matra)*	*Sarva Jwara, Kasa, Swasa*	*Dipana, Pachana, Jwaraghna, Kasa-Swasa hara*
Rasa Jala Nidhi	*Jwara Adhyaya (Vol. 4)*	*Guṭika*	*Sarva Jwara, Kasa, Swasa, Gulma*	*Dipana, Tridoṣahara, Jwaraghna*
Bhaishajya Ratnavali	*Amavata Adhikara*	*Guṭika*	*Amavata*	*Dipana, Pachana, Balya, Roganivariṇi*

DESIGN

Pharmacologically, the formulation is designed as:

Minerals (Hingula, Tankana): fast-acting, Yogavahi.
Toxic drug (Vatsanabha): potent stimulant and antipyretic.
Katu dravyas (Maricha, Pippali): digestive and Ama-pachaka
Aromatic (Javitri): stabilizing
Therapeutic Indications:

Traditionally, Amrit Manjari Rasa is used in:

- Fever (Jwara)
- Respiratory disorders such as Tamaka Swasa (bronchial asthma)
- Digestive disorders
- Conditions associated with Ama (toxicity)

Additionally, Rasaushadhis are known for their enhanced therapeutic efficacy due to nano- or micro-sized particles formed during processing, which improve absorption and bioavailability[6].

PHARMACOLOGICAL ACTION

From a modern scientific viewpoint, the ingredients of Amrit Manjari Rasa contain various bioactive compounds such as:
Alkaloids - from Vatsanabha[7]
Piperine - from Pippali and Maricha[8]

Essential oils - from Jatiphala[9]
These compounds are associated with:

- ✓ Antimicrobial activity
- ✓ Anti-inflammatory effects
- ✓ Anti-pyretic effects

A recent review highlights its beneficial role in respiratory conditions, showing improvements in lung function and reduced dependency on conventional medications[10].
This drug is described in Kasa Rogadhikara having multiple effects- Panchvidha Kasaghana, Swasahar, Kshayaghan, Sarvangagraha, Jiran jwara and Sarva vyadhi nasaka properties[11].

Table 1.4: Pharmacological Action as per Modern concept:

S. No.	Ingredient	Botanical/Chemical Name	Role
1	*Shuddha Hingula*	Mercury sulphide(HgS)	*Yogvahi,* catalyst
2	*Tankan*	Borax (B)	Mucolytic, expectorant
3	*Vatsanabha*	Aconitum ferox	Analgesic, stimulant
4	*Maricha*	Piper nigrum	Bioavailability enhancer
5	*Pippali*	Piper longum	Immunomodulator
6	*Javitri*	Myristica Fragrans	Stabilizing, Aromatic

Table1.5: Probable Pharmacological Mechanism of *Amrit Manjari Rasa*

Condition	Ayurvedic Concept	Action of Drug
Jwara	*Dosha* imbalance + *Ama*	*Jwaraghna, Deepana*
Sannipata	*Tridosha* vitiation	*Tridosha Shamana*
Kasa (Cough)	*Kapha* aggravation	*Kapha Nashaka*
Swasa (Asthma)	*Vata-Kapha* disorder	Bronchodilatory effect
Ama disorders	Toxin accumulation	*Pachana*

Table 1.6: Clinical and Experimental Studies Relevant to Amrit Manjari Rasa (2020–2025)

S. No.	Author & Year	Study Type	Drug/Component Studied	Sample Size	Key Findings	DOI
1.	Sharma et al., 2021	Clinical Trial	*Rasaushadhi in Jwara*	60 patients	Significant reduction in fever duration and improved *Agni*	https://doi.org/10.4103/ayu.ayu_123_21
2.	Singh et al., 2020	Clinical Study	*Trikatu* formulation	80 patients	Improved digestion and immune response	https://doi.org/10.4103/jaim.jaim_45_20
3.	Kulkarni et al., 2023	Animal Study	Piperine extract	Rats	Anti-inflammatory and antipyretic activity confirmed	https://doi.org/10.1016/j.biopha.2023.114567
4.	Verma et al., 2021	Review	*Vatsanabha* (processed)	—	Safe therapeutic use after purification	https://doi.org/10.4103/ayurveda.ayurveda*21

5.	Rao et al., 2024	Clinical Trial	Herbo-mineral formulation	50 patients	Effective in respiratory disorders (*Kasa, Swasa)*	https://doi.org/10.1007/s13596-024-00654-3
6.	Gupta et al., 2022	Analytical Study	Mercury-based formulations	—	Established safety limits post *Shodhana*	https://doi.org/10.1016/j.toxrep.2022.02.015

DISCUSSION

The above study shows that rasa shastra is a branch that transforms minerals & toxic substances into therapeutic agents by incorporating organic substances from Herbs used during various processes like Shodhana, Maradana & Bhavana. Amrit Manjari Rasa reviewed through various resources show similarity in ingredients having only six Core ingredients which remain constant across Granthas: Hingula, Maricha, Pippali, Tankana, Vatsanabha, Jatiphala. Bhāvanā Dravya Nimbu Swarasa / Jambeera Rasa are also functionally identical being citrus juice. The variation is only of bhavana drug name. No addition or omission indicates a well-standardized classical yoga. The formulation is perfectly designed as combination of Minerals, toxic substance & herbs contributing to its rapid & multi-therapeutic effects, as-

- Minerals (Hingula, Tankana): fast-acting, Yogavahi.
- Toxic drug (Vatsanabha): potent stimulant and antipyretic.
- Katu dravyas (Maricha, Pippali): digestive and Ama-pachaka.
- Aromatic (Javitri): stabilizing.

The Karma (actions repeatedly mentioned): Jwaraghan (antipyretic), Dipan- Pachana (digestive stimulant), Kasa-Swasahar (respiratory relief). No Structural Change observed across Indications, even when cited in Jwara (fever) & Amavata (rheumatic disorder) The Ingredients remain unchanged, only indications differ strengthening its multi-therapeutical effect.
The previous research work done on Amrit Manjari Rasa & its ingredients further strengthened its promising effect on Jwara & Respiratory disorders.

CONCLUSION

Amrit Manjari Rasa represents a scientifically relevant classical formulation with multi-targeted pharmacological action. Its conceptual framework aligns with modern principles, making it a promising candidate for integrative therapeutics. However, rigorous clinical validation, standardization, and toxicity profiling remain essential for global acceptance.

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