

Shwaskas Chintamani Rasa



Author : Vd. Mrs. Sarita Vaidya

M. D. (Kayachikitsa)
Ayurvedic Physician, Nashik

This Suvarnakalpa described in the treatise Rasayogsagar is beneficial for Pranvaha Srotas. Pranvaha Srotas is an important one among various Srotas present in the human body. Human life or Prana depends upon normal functioning of this Srotas due to which it holds an important place in Chikitsa. Disorders of this Srotas can cause complications in the entire body. Diseases of Pranvaha Srotas are usually chronic and difficult to treat, be it Kas and Pratishtyay or chronic ones like Rajayakshma and Shwas which requires 'Apunarbhav' or Srotas strengthening Chikitsa. Chyavanprash, found in many households, is one such example.

The Kalpa 'Shwaskas Chintamani Rasa' is used for treatment as well as with the purpose of Rasayan. It seems as if the ingredients and Bhavana Dravya of this formulation were carefully chosen after a keen study of the Pranvaha Srotas.

Ingredients :

Shuddha Parad –	1 part	} Kajjali
Shuddha Gandhak –	2 parts	
Suvarna Bhasma –	1 part	
Suvarnamakshik Bhasma –	1 part	
Abhraka Bhasma –	2 parts	
Loha Bhasma –	4 parts	
Mouktik Bhasma –	1/2 part	
Bhavana Dravya –	Kantakari Swarasa	

Godugdha
Yashtimadhu Kwath
Nagvel Patra Swarasa

As this Kalpa has an important role on Pranvaha Srotas let us first discuss about Pranvaha Srotas and organs in it.

प्राणवहाना स्रोतसां हृदयं मूलं महास्रोतश्च।

The symptoms of disease mainly manifest in organs of Pranvaha Srotas which are nose, bronchi, throat and lungs. However, it is also necessary to consider the Moolasthan i.e. Mahasrotas and the related 'Pachankriya Aadya-Ahar-Rasanirmiti' before determining treatment of any disease.

It is pretty clear that the above concept has been taken care of while formulating this Kalpa. Some of the ingredients of this Kalpa are useful in treating the disease while other constituents act as Rasayan or in other words for Srotas strengthening. **Parad and Gandhak** – Kajjali made from these two ingredients help the Kalpa reach even the minute Srotas (Sookshma Srotogami) and promote absorption of the Kalpa. Parad is an excellent Rasayan and Gandhak is a Dravya having action on the Rakta

Dhatu and skin. **रक्तफेनप्रभवः फुफ्फुसः** The genesis of Phuphphusa must be borne in mind. There is 'Araktata' or redness seen in many organs in case of Pranvaha Srotas Dushti. In such conditions, Gandhak helps reduce the Araktata and Daha.

Suvarna Bhasma :

A radiant Dhatu in itself, Suvarna improves Teja and Prabha in the body according to the principle **वृद्धि समानैः सर्वेषां**। Suvarna plays a very important role by protecting the heart and thus life by its Hrudya action on Hrudaya, one of the Moolasthan of Pranvaha Srotas. Owing to one of its most important properties, Vishaghna, it counteracts the Visha produced due to infection in the lungs. Along with being Jantughna, Suvarna is Balya because of which it holds a special place in the formulation. Presence of Suvarna in the Kalpa makes it efficacious even in very small quantities.

Abhraka Bhasma :

This exceptional Vataghna Bhasma plays a very special role on Pranvaha Srotas. Abhraka Bhasma very effectively reduces Vatavruddhi and strengthens the Dhatus.

Its other vital activity is seen on Majjavaha Srotas. Abhraka proves very beneficial for symptoms like Bhrama, Timir occurring due to Pranvaha Srotas Vyadhis like Kas, Peenas, Yakshma etc. For the purpose of this specific function, Abhraka is present in 2 parts in the formulation.

Mouktik Bhasma :

This Bhasma having Sheeta Veerya and Raktaprasadak property enhance the ability of Parad, Gandhak, Suvarna and Abhraka.

Loha Bhasma and Suvarnamakshik Bhasma :

Both these Bhasmas chiefly act on Rakta Dhatu. Their presence in the ratio of 4:1 in the formulation has a specific importance. Phuphphusa is an organ mainly affected in Pranvaha Srotas Vyadhis.

Phuphphusa is a 'Raktaphena Prabhav' organ which is made up of very delicate tissues. In spite of being very delicate it is constantly in motion owing to incessant inspiration and expiration. The strength required for its constant functioning is provided by Rakta Dhatu which is nourished by Loha and Makshika present in the Kalpa.

Bhavana Dravya Vichar

Kantakari Swarasa :

This Dravya is beneficial for any disease of the Pranvaha Srotas and hence helps add value to the Kalpa.

Nagvel Patra Swarasa :

This is an excellent Kaphanashak herb. Tambul Sevan is prescribed after meals to prevent excessive Kapha production during the naturally existing Kaphavastha in this period. Nagvel Patra Swarasa is an excellent Deepak and Pachak. Pachan Vikruti and the resultant Apachit Aahar-Rasa are aggravating factors of Pranvaha Srotas Vyadhis. In such situations, Nagvel plays a very important role.

Yashtimadhu Kwath :

There is no better herb than Yashtimadhu which can bring about Kaphavilayan with so much ease

and also act as an expectorant. As it strengthens the Pranava Srotas and is also an excellent Rasayan, it brings about Vyadhiprashaman.

Godugdha :

According to scriptures, cow's milk should be consumed after intake of Suvarnakalpa. Adverse effects of Suvarnakalpa, if any, can be prevented by consumption of cow's milk. Bhasmas are made from metals. Godugdha or cow's milk having Tarpan and Rasayan properties help their proper utilisation in the body.

Thus, all four Bhavana Dravyas help enhance the properties of the Kalpa.

All metals obtained from crust of the earth undergo Sanskar such as Shodhan and Maran after which they exhibit their action on Pruthvi – Apa – Teja – Vayu – Aakash and consequently on Srotas originating from Aakash Mahabhoota. This is the significance of medicine preparation methodology of Ayurved.

Every Kalpa prepared in this manner is beneficial for diseases of Pranavaha Srotas specially Tamak Shwas, Kas, Rajayakshma, Peenas etc.

I have used this Kalpa and obtained good prognosis in many patients in my practice till date. I wish to discuss few cases here.

Shwaskas Chintamani in Tamak Shwas :

A patient aged 54 years came with a history of Tamak Shwas since 20 years. 8 months back the patient had a complaint of Parshwashoola. Breathlessness had aggravated since then. Patient was admitted in the ICU for 15 days. After discharge, patient was brought to me. On

examination, patient was suffering from severe breathlessness, chest pain and severe malaise. She was taking Airocort spray 6 times a day and Tab Deriphyllin thrice a day. Skipping even one dose of any of these medicines used to cause severe discomfort to the patient. Shwaskas Chintamani Rasa was prescribed to this patient in a dose of 60 mg along with Ghruta and Sharkara to be taken at Rasayan Kala i.e. at 7 am in the morning and Vata Kala i.e. at 7 pm in the evening.

Over a span of just three days breathlessness reduced and dose of Airocort spray was gradually reduced from 6 to 4 whereas dose of Tab Deriphyllin was reduced to 1 tablet OD on the 5th day. On the 7th day all modern medicine was stopped and patient was given only Shwaskas Chintamani Rasa.

After 15 days, dose of Shwaskas Chintamani Rasa was reduced to once a day, to be taken in the morning. Now the patient is completely fine. There has been no asthma attacks. Spray needs to be taken once a day.

Many such patients of Tamak Shwas have obtained excellent relief by undergoing suitable Shodhan therapies like Vaman or Virechan followed by Shaman treatment with Shwaskas Chintamani Rasa.

Allergic Rhinitis

Now-a-days, due to pollution and change in dietary habits and lifestyle, occurrence of diseases like rhinitis have increased substantially.

A patient aged 45 years suffering from the same, pursuing a profession which required him to travel frequently.

He presented with symptoms of incessant sneezing early in the morning and watery nasal discharge followed by nasal congestion and difficulty in breathing. It was relieved only with Otrivin nasal drops followed by oral Airocort spray. He needed to use these atleast 4-5 times in a day. As patient was Kaphapradhan, he was given Vaman treatment in Vasant Rhotu by following necessary protocol. After Sansarjan Krama, Shwaskas Chintamani Rasa was given as a Apunarbhava and Balya treatment in a dose of 60 mg twice a day – once at 7am in the morning and other at bedtime along with Drakshasava as Anupan. The patient was also asked to take Goghrita Nasya twice a day – at morning and night. Nasal congestion and difficulty in breathing both reduced considerably in 8-10 days. Otrivin and Airocort both were stopped. This Kalpa is extremely beneficial in allergic rhinitis occurring due to change in climate. It also repairs the Khavaigunya of Pranavaha Srotas and improves its strength and immunity.

Shwaskas Chintamani Rasa in Kas Vyadhi :

Many patients present with symptoms like Jwar, Pratishya, Kas etc. Jwar and Pratishyay usually get cured easily however sometimes dry cough persists for a long time. Shwaskas Chintamani Rasa is useful in such cases. It should be given in a dose of 60 mg twice a day along with Ghruta and Sharkara.

This Kalpa along with Dadimavelaha also relieves Shwas due to severe Pandu.

Precautions while taking Shwaskas Chintamani Rasa :

Consumption of Ghruta along with this Kalpa and warm milk in case of Vata predominance is

necessary. In Pitta predominant individuals it is beneficial to give 1 part Shwaskas Chintamani Rasa with 2 parts of Praval Pishti along with Ghruta as Anupan

Any Suvarnakalpa is like a sharp weapon. If Shodhan and Maran of metals/Dhatu are carried out properly, these medicines create wonders just like Amrut. On the other hand, if these Sanskars are not carried out authentically then it might lead to drastic effects of these formulations. In this era of Pratyaksha, or in other words, scientific researches, preserving Aaptavachan or doctrines of Ayurved, spreading them to every corner of the world and proving its efficacy in locations where it has already set foot on ground are responsibilities of every Vaidya. Earlier all Vaidyas used to prepare medicines on their own. However it is not possible now-a-days. This is the reason for emergence of an altogether new branch for commercial manufacture in field of medicines. Today, Vaidyas examine patients and diagnose diseases but for treatment purposes they have to depend completely on medicine manufacturers or pharmaceutical companies for various medicines. The authenticity and genuineness of medicine preparation process decides a physician's success.

Among all Ayurvedic pharmaceutical preparations, manufacturing of 'Suvarnakalpa' is an extremely tedious and a critical job. Shree Dhootapapeshwar Ltd has been shouldering this responsibility very successfully for the past many years. Even today, development of standardisation methods of Suvarnakalpa by them have led to rise of trust in Suvarnakalpa even among experts from modern medicine.