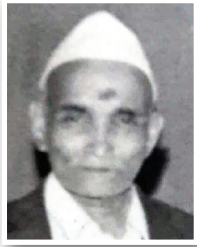


Bahuguni Sangrahya Aushadhi – Sootashekhar Rasa



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Sootashekhar is one of the most commonly used Ayurvedic medicines. Quacks also use this medicine by the name "Matra for Pitta" and have made it quite famous. The formulation Sootashekhar, is one of the most invaluable and effective collectibles. It actually does not need any certification for its versatility.

Ingredients of Sootashekhar Rasa :

Sootashekhar has Suvarna, Tamra, Parad, Gandhak, Vatsanabh, Tankan, Kachora, Shunthi, Marich, Pippali, Bilvamajja, Nagkeshar, Dhattur Beej, Shankha Bhasma, Dalchini, Elaichi, Tamalpatra etc in equal quantities. These are triturated in Brungaraj Swarasa for 21 days.

This Kalpa is primarily used in Amlapitta. Amlapitta is a disorder of the Amashay. Due to Pittaprapakopak Aahar, Pitta in Chaya Avastha turns Vidagda giving rise to Amlapitta (Ma.Ni). The Pitta normally secreted in the Amashay turns excessively Amla in property. This gives rise to symptoms of Amlapitta. Although, symptoms are seen in Amashay, the Pitta Dushti does not

occur in Amashay, it occurs at an earlier stage. Only the manifestation of symptoms takes place in the Amashay. Hence, just pacifying or neutralising the Pitta secreted in the stomach is hardly of any use. Complete relief cannot be obtained unless root cause of the disease and origin of Dosh Dushti are treated. For example, if a river or a stream supplies contaminated water to houses through taps, the source of contamination at the river site must be taken care of rather than cleaning the taps. The water coming from the taps can still be purified using alum salts, but this will not purify the source of the water. Similarly, if Amlapitta recurs even after pacifying the Pitta secreted in the stomach, efforts must be taken to eliminate the root cause of the disease – the Dosha Dushti. Although, symptomatic relief in Amlapitta can be obtained using Shankha-Shouktik Praval etc, it is necessary to use Sootashekhar Rasa to treat Amlapitta from its roots. According to Ayurved, symptoms vary according to the location of the disease but the root cause is Dosha Dushti. Hence, to remove the root cause of a disease, treatment given in accordance to the Dosha is more rational and authentic than symptomatic treatment. There

is a lot of difference between symptomatic treatment and treating the causative Doshas. Symptomatic treatment is a must during the acute phase of the disease but it cannot serve as a wholesome treatment.

The ingredients of Sootashekhar Rasa are such that it eliminates the Dosha responsible for production of vitiated Pitta in the body and harmonise the Dosha levels instead of dealing with the increased Guna of vitiated Pitta. It also plays a role in normalising the Vata Dosha. Thus we can conclude that this popular medicine by the name "Matra for Pitta" is made up of Dravyas which are Vata-Pitta Shamak as well as those which function at Sookshma level in the body. This may be the reason why its Sookshmikaran requires trituration for 21 days or even more.

Speciality of Sootashekhar

There is difference in mode of action of Sootashekhar and that of Kamdudha, Mouktik, Praval, Shankha, Makshik used for Pittashaman. It is a virtue of Sootashekhar that it takes care of Pitta as well as Vata in a disease condition that arises due vitiated and aggravated Pitta and resultant Vata Dushti. Hence, inspite of Sootashekhar being prescribed for Amlapitta in classical texts, its use in various other diseases and conditions have been proved efficacious and fruitful.

Amlapitta, presenting with severe symptoms like Amla Rasatmak Chhardi, when treated with Shankha or Shouktik given along with Sootashekhar gives better results. If there is an increase in Teekshnata or Tikta Rasa, using it with Praval or Makshika is recommended

Depending upon symptiom Ghruta, honey or

Awala Murabba (a preserve made from Indian gooseberry) can be used as an Anupan according to symptoms.

Swaroop of Dosha Dushti :

Dosha Dushti occurs in accordance to Dosha vitiating Ahara-Vihar consumed and Prakruti of the individual. The same Hetu may cause different type of Dosha Dushti in individuals with different Prakritis. The location of the disease, symptoms and their sequence of appearance will differ according to nature of Dosha Dushti. Hence, the same disease has to be treated with different medicines in different individuals considering the kind of vitiated Doshas. Sootashekhar when used along with other medicines selected according to the vitiated Dosha gives better results while treating a patient.

Use in Chhardi :

This Kalpa is useful in Chhardi occurring either due to Amlapitta or as an Upadrava of other Vyadhi. It is beneficial to use Sootashekhar along with Dhattur in symptoms like Mukha Virasata, restlessness, nausea, retching etc. In other types of Chhardi, Praval Panchamrut, Kamdudha, Makshika etc are useful but in those associated with Vatavikruti, Sootashekhar is the more beneficial one.

Pachak property :

Sootashekhar aides in digestion. In condition like Udargaurav, Adhman, Aruchi, Hrullas etc developed 1-2 hours after food intake, nausea, headache, dizziness etc, Sootashekhar given along with ginger juice and Khadishakkar works out very well. The management of Parinaam-shoola type of abdominal pain is slightly

different but severe abdominal pain as a result of inadequate secretion of Pitta can be treated by giving Sootashekhar along with Tamra Bhasma.

The changing environment during the initial phase of Varsha Rhotu, the diminished digestive power along with disobedience of rules of food eating to be followed during this period gives rise to indigestion and subsequently various diseases. Many people suffer from diarrhoea. It leaves them dehydrated, weak and debilitated. Abdominal colic may be present. It is beneficial to use Sootashekhar along with Tamra Parpati in such conditions.

Many a times, food poisoning may occur due to consumption of sweets stored in unhygienic conditions or out in the open in shops, exhibitions or fairs or due to stale dairy products like bengali sweets, basundi etc. Consumers may suffer from diarrhoea, vomiting and uneasiness in the chest region. Excessive dehydration may show symptoms like sunken eyeballs, dizziness and restlessness. In such conditions, using Suvarna Parpati, Sootashekhar, Tamra Parpati one after the other gives good results. Tamra Parpati and Sootashekhar are useful in Cholera.

Sootashekhar in Jwar :

Vata Prakop Lakshana are usually seen in the second week of Sannipatik Jwar especially Antrik Jwar (Typhoid). In complications like Tandra, tremors, shivering, disoriented speech, aggressive behaviour like tearing of clothes etc, only two Ayurvedic medicinal preparations have been proved useful namely Mahavatavidhwansa and Sootashekhar. Mahavatavidhwansa is used in condition of Kapha association in Dosha Dushti along with severe Vata Prakop. In case of Pitta

association, Sootashekhar is useful. If Dosha Dushti reaches the Urah-Pradesh, symptoms like Kas-Shwas develop. Sometimes, Shleshmak (pneumonia) may develop. In such complications, Sootashekhar along with Sameerpannag works well.

Koshtha Dushti occurs in Antrik Jwar. Patients may develop symptoms like Anaha, Adhman, Atop, breathlessness, Hrudgrah etc. Bhrungaraj Swarasa along with Sootashekhar and Gandhak Rasayan proves to be beneficial.

Sootashekhar, Shankha and Kamdudha is useful in Atisar arising in Antrik Jwar. Sootashekhar also relieves symptoms like Nidranash and Alpanidra. Hence, Sootashekhar is of paramount importance for treating Doshas responsible for various different symptoms in Sannipatik Jwar.

Apart from Sannipatik Jwar, Sootashekhar can be used in other Jwar especially Vishamjwar or Jeerna Jwar along with other formulations. Sootashekhar used in combination with Vatsanabh can treat Angamarda in Vatakaphaja Jwar.

In case of fever with chills, patient may become delirious if body temperature reaches 105°F or more. Sootashekhar is beneficial in such conditions. Profuse sweating occurs which normalises the body temperature.

Praval Satva should be used in combination with Sootashekhar in cases of Pittaja Jwar presenting with severe symptoms like Sarvang Daha, Mootra Daha, Jwar etc. This Kalpa can also be given along with Awala Murabba, Gulkand or cool beverages made from Usheer, rose petals or pomegranate in Jwar occurring in Ushna Rhotu.

Shirahshoola and Bhrama :

Shirahshoola occurs due to various reasons. Some of them are high blood pressure, constipation, common cold etc. Pittaprapok is usually seen as a causative factor of Shirahshoola. As a result, symptoms like Bhrama, Glani, Tandra may develop. Sootashekhar is beneficial in such conditions.

Sootashekhar must be consumed along with Makshika Choorna before sunrise in order to treat Sooryavarta (migrane).

In females, vitiated Dosha in the Garbhashay or Pradar Vikruti may give rise to Shirahshoola. Sootashekhar given along with Praval Satva or any other drug of choice according to the condition proves beneficial.

Sootashekhar during fasting : Frequent fasting, irregular meals, working in close proximity to fire seen especially in females, excessive exposure to sunlight seen especially in men may give rise to symptoms like dryness in throat, Swarkshaya, Bhrama, Glani and sometimes excessive sweating. Sootashekhar taken along with milk, Shunthi and sugar gives excellent results.

Sheetapitta presents itself with rashes all over the body, itching, redness and burning sensation. Local application of Ghee and Marich should be done along with Shodhanopachar followed by intake of Sootashekhar, Kamdudha and Makshika.

Sootashekhar in Bhang intoxication : Bhang may cause red patches over the body or other complications. It causes hallucinations and ear lobe becomes warm. There is Vataprapok. Thoughts and speech becomes irrelevant. While

laughing eyes suddenly become still. Pulse becomes rapid and there is circulatory overload on the heart. Palpitation may occur. In such situations, a combination of Sootashekhar with Makshika or Mouktik given in small quantities along with Awala Murabba at regular intervals of half an hour gives tremendous relief.

Classical properties of Sootashekhar are as follows :

रसोऽयमम्लपित्तघ्नो वान्तिशूलामयापहः।
 पंचगुल्मपंचकासान् ग्रहण्यामयनाशनः॥
 त्रिदोषोत्थातिसारघ्नः श्वासमंदाग्निनाशनः।
 उग्रांहिक्रामुदावर्तं दाहयाप्यगदापहः।
 मण्डलान्नत्रसन्देहः सर्वरोगहरः परः।
 राजयक्ष्महरः साक्षाद्रसोऽयं सूतशेखरः॥

Vaidya Krushnaji Vaman Karve, earned the Ayurved degree Ayurvedteertha from Ayurved Sevashram and Ayurved Mahavidyalaya, Ahmednagar, an institution established by Vaidya Gangadharshastri Gune.

Later, he was active as a Professor at Ayurved Mahavidyalaya of Shree Dhootapapeshwar, Panvel. He also started practicing Ayurved in Panvel as well as Bhiwandi. He continued his practice in Bhiwandi, Thane district, till 1981.

Vaidya K. V. Karve published the articles from the book 'Ayurvedeeya Aushadhikaran' written by Vaidya Dhamankar Shastri in various Ayurved magazines by reading them from students view point and added his important inputs.