



## An Overview Of Chintamani Rasa

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### Abstract

Ayurveda, the ancient science deals with health care. Since ages, the knowledge had been passed on through guru to shishya from generation to generation. Later on, this knowledge starts to get recorded in form of manuscripts. India is rich in its knowledge of manuscripts and classical texts. Several unique disease conditions and medical formulations as well as its therapeutic utilities are contained in these manuscripts. Critical understanding of manuscripts help in better understanding of many undiscovered formulations for its therapeutic utility. The manuscript 'Gutikaadhikar' is explored in the present study. Entire text deals with total folios and 129 formulations under four chapters. Content of Gutikaadhikar has been compared with contemporary famous texts such as Vrindamadhava, Sharnghadharasamhita, Cakradatta, Rasaratnasamucchaya and Basvarajiyam.

### Introduction

Manuscript is the term used to describe a knowledge-based handwritten work on paper, birch bark, palm leaf, cloth, metal, or any other medium that has important scientific, historical, philosophical, or artistic significance.<sup>1</sup> The Antiquities and Art Treasures Act of 1972 establishes the legal guidelines for manuscript custody.<sup>2</sup> According to the Act, an antique is "any manuscript, record, or other document that has been in existence for at least 75 years and is of scientific, historical, literary, or artistic worth." According to this definition, a manuscript is any handwritten document that is at least 75 years old and has value for science, history, literature, or aesthetics.<sup>3</sup> Due of their proximity to the original work, manuscripts serve as the main source of information. In order to get the most out of them, they must be processed. The scientific study of manuscripts is known as manuscriptology. The preparation of raw materials (paper, birch bark, palm leaf, inks, and styli), the study of the evolution of scripts and alphabets, higher and lower criticism methodologies, translation, interpretation, text reconstruction, preservation, conservation, and storage of manuscripts are just a few of the many specialisations covered by this field<sup>4</sup>. The treasure of the wisdom containing the ancient knowledge came down to us in the form of manuscripts. India has a huge collection of Ayurvedic manuscripts.<sup>5</sup>

The Latin terms "Manu" and "scriptus," which both imply "written by hand," are the source of the English word "Manuscript." Manu means hand in this context, while scriptus means to write<sup>6</sup>. A manuscript is any handwritten document that is valuable in terms of science, history, literature, or aesthetics<sup>7</sup>. The evidence for our highly developed ancient science is found in manuscripts. There are multiple renditions of the same text in various locations, and as a result, various readings regarding the same subject are seen making it difficult to determine the real meaning. Thus, a critical edition of all ancient Ayurvedic literature in various manuscripts is required<sup>8</sup>.

Many formulations are found in manuscripts. Some of which are already mentioned in different classical texts and are commonly used in practice. One such formulation is Chintamani Rasa. It is a known formulation containing Ras dravyas. This formulation is indicated in Jwara, Atisara, Ajeerna, Vatavyadhi etc<sup>9</sup>. 12 formulations with name Chintamani Rasa are mentioned in a book named Bharat Bhaishajya Ratnakar. This book is a compilation of different formulations from various classical texts.<sup>10</sup>

Manuscript "Gutikaadhikar" is discussed in this present article. This manuscript is obtained from oriental library, Sanskrit section, Acc. No 1565, Vadodara. Writer of *Gutikaadhikar* is *Dhanvantri*. There are 10 folios & a total of 240 shlokas and elaboration. This manuscript is complete and consists of basic fundamental of tridosha and their kshaya and vrudhi and treatment based knowledge of Rasa, which are very important and not negligible for chikitsa as well.

Two different formulations with name Chintamani Rasa are mentioned in this manuscript.

Chintamani Rasa – Ajaji, Pippali, Shunthi, Pancha Lavana, Maricha, Gandhaka, Abhraka, Kshaartraya, Parada, Vatsanabh  
Chintamani Rasa – Trikatu, Gandhak, Parad, Nag, Vang, Abhrak, Trikshar, Chitrak, 2-Jeerak, Haritaki, Nagbali, Karir  
Bhawana Dravya – Nibuk Adrak

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Formulation	Ingredients	Dose	Anupan	Indication
Chintamani Rasa <sup>9</sup> (3)	Parad, gandhak, Loha bhasma, tamraBhasma,Rajata, Swarna Bhasma, Hartal, Kharpar Bhasma, Kansyabhasma, Vanga Bhasma, Pravala Bhasma, Muktapishti, Swarnmakshik Bhasma, kasisa Bhasma, Tankana, Manahshila, Karpur	2 ratti	RSS	Ashtvidha, Dhatugat, VishamaJwara
Chintamani Rasa <sup>9</sup> (4)	Parada, Gandhak, Triphala, Trikatu, Shudhmanahsila, Rajata bhasma, Swarna bhasma, Muktapishti, Shudhhartala, Kasturi	1-2 ratti		VishamaJwara
Chintamani ras <sup>10</sup> (1)	Parad, Vatsanabh, Gandhak, Tankana, Tamrabhasma, Yavakshar, Trikatu, Jaipala, Triphala	1 ratti		Sannipat, jeernajwara, Visham jwara, Kasa, Shwasa
Chintamani Rasa <sup>10</sup> (2)	Parada, Gandhak, Vatsanabh Loha Bhasma, DhaturaBeej TamraBhasma, Chitrakmool Shunthi, Pippali, Maricha RSS	2 ratti 250mg	Adhrakswaras and madhu	SannipatajaJwara, Sarva Jwara
Chintamani rasa <sup>10</sup> (3)	Rassindur-12gm Abhrak Bhasma-12gm Loha Bhasma-6gm Swarna Bhasma-3gm  (Ghirkumariras Ki 1 Bhavna)	125mg	Madhu yaraganusaar	Prameha, Aruchi, Daha, Vaman, Jwara, Pradar
Chintamani rasa <sup>10</sup> (4)	Parada, Gandhak, Abhrak Bhasma, Loha Bhasma, Vanga Bhasma, Shilajit, Rajata Bhasma, Swarna Bhasma,	125mg	GodhumaKwath	Prameha, Shawasa, Kasa
Chintamani rasa <sup>10</sup> (5)	Rajata Bhasma, Swarna Bhasma, Tamrabhasma, Shudh Parad, ShudhGandhak, Trikatu, Mahahshila, Kasturi	2 ratti		Jwara
Chintamani rasa <sup>10</sup> (6)	Parada, Gandhak, Abhrak Bhasma, Vatsanabh, Jaipala,	125mg		Jwara, shool, Udara Roga, sangrahani
Chintamani rasa <sup>10</sup> (7)	Hartala, Tamra Bhasma, Tutha	1 masha	Mishri	Jwara
Chintamani rasa <sup>10</sup> (8)	Parada, Gandhak, Tamra Bhasma, Vatsanabh, TintidiChurna	125mg		TridoshajaAtisara, Sangrahani
Chintamani rasa <sup>10</sup> (9)	Parada, Vaikranta Bhasma, Rajata Bhasma, Tamra Bhasma, Lauha Bhasma, Mukta Bhasma, Gandhak, Swarna Bhasma	125mg	Madhu	Arsha, Kshaya, Kasa, Aruchi, JeernaJwara, Pandu, Prameha,
Chintamani rasa <sup>10</sup> (10)	Parada, Gandhak, Vatsanabh	2-3 ratti	Madhu	Gulma, Tuni, Pratituni. Aadhman
Chintamani rasa <sup>10</sup> (11)	Parad, Gandhak, Tankana, Shunthi, Maricha, Haritaki,, Jaipala	Chanak	Ushna Jala	Jwara, Ajeerna, Jalodar, Kamla, Shotha, Shoola, Pandu, Udar roga
Chintamani rasa <sup>10</sup> (12)	Shudh Parada, ShudhGandhak TamraBhasma, AbhrakBhsama Amla Churna, Haritaki Bibhitaki, Sunthi, Pippali Maricha, Jaipala RSS	2 rati 125mg	Adhrakswaras&madhu	Shool, Aama Roga

### Discussion

**Conclusion:** This article highlights the formulation Chintamani Rasa mentioned in Manuscript “Gutikaadhikar”. This formulation is indicated in various therapeutic indications. This manuscript focuses on various aspects of diseases as well as formulations along with their uses. Critical understanding of this manuscript will not only helps in understanding

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