



Review Article

CINNABAR'S SPECTRUM: A SYSTEMATIC REVIEW OF HINGULA'S THERAPEUTIC POTENTIAL AND PATHYA-APATHYA FROM RASAYOGASAGAR

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ABSTRACT

Hingula (Cinnabar), a mercury-based mineral, is integral to Ayurvedic *Rasa Shastra*. Despite its therapeutic use for ailments like fever and skin disease, its high mercury content (approx. 86%) necessitates rigorous purification (*Shodhana*) to mitigate toxicity. Modern analysis confirms that traditional *Shodhana* significantly reduces heavy metal levels to safe limits. **Aim:** This review systematically analyses *Hingula*-containing formulations from the classical compendium *Rasayogasagar* to evaluate *Hingula* percentage, indications, adjuvants (*Anupana*), and dietary guidelines (*Pathya-Apathya*). **Materials and Methods:** A critical review of *Rasayogasagar* was conducted. Data from 362 *Hingula*-containing formulations were compiled and categorized by dosage form, percentage of *Hingula*, therapeutic indications, and prescribed *Anupana* and *Pathya-Apathya*. **Results and Conclusion:** Analysis of 362 formulations (spanning 13 dosage forms) revealed a strong correlation between *Hingula* percentage and therapeutic use. Low-percentage (0.069-2%) formulations are used for rejuvenation (*Vajikarana*), medium-percentage (2-33%) for common ailments like *Jwara* (fever) and *Atisara* (diarrhoea), and high-percentage ($\geq 50\%$) for severe conditions like *Sannipata*. Prescribed *Pathya* (e.g., milk, rice) and *Apathya* (e.g., salt, oil) are crucial for balancing mercury's heating *Dosha* effects. When properly purified and combined with correct diet, *Hingula* is a potent therapeutic agent.

INTRODUCTION

Hingula, also known as Cinnabar or Red Sulphide of Mercury (HgS), is a mineral compound that has been integral to the traditional system of Ayurveda, particularly within the branch of *Rasa Shastra*, which focuses on the therapeutic use of metals and minerals. Historically, *Hingula* has been valued for its medicinal properties, serving as a primary source of mercury (*Parada*) and being incorporated into various formulations to treat a wide array of ailments, including eye diseases, liver disorders, rheumatoid arthritis, diabetes, fever, and skin diseases. Its therapeutic potential is well-documented in classical Ayurvedic texts such as *Rasarnava*, *Rasa Hridaya*

Tantra, and *Rasa Ratna Samucchaya*, where it is classified under *Sadharana Rasa* and described as a substance with potent but potentially hazardous properties.

However, the use of *Hingula* is fraught with significant safety and toxicity concerns due to its high mercury content, which constitutes approximately 86% of its composition.^[1] Classical Ayurvedic literature has long recognized the inherent toxicity of unpurified *Hingula*, warning of adverse effects such as psychosis (*Moha*), diabetes (*Prameha*), delirium (*Chitta-vibhrama*), blindness (*Andhatwa*), tiredness (*Klama*), skin diseases (*Kustha*), impotence (*Klaibya*), giddiness (*Bhrama*), and emaciation (*Sarira kshinatva*). These texts emphasize that unpurified *Hingula* is unsuitable for therapeutic use and must undergo rigorous purification processes (*Shodhana*) to mitigate its toxic effects and render it safe for medicinal application.

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The purification of *Hingula* is a cornerstone of its safe use in Ayurveda. Classical methods include techniques such as *Bhavana* (levigation), where *Hingula* is repeatedly triturated with acidic substances like ginger juice (*Ardra Swarasa*), lemon juice (*Nimbu Swarasa*), or milk (*Meshi ksheera*), often for seven cycles. Other methods involve *Swedana* (steaming) or *Pachana* (digestion) processes. These procedures not only remove impurities but also transform the physical properties of *Hingula*, such as its color, which changes from shiny red to dark red, indicating successful detoxification. Additionally, classical texts provide antidotes for accidental toxicity, such as a mixture of purified sulphur (*Shuddha Gandhaka*) and ghee, to counteract the adverse effects of unpurified *Hingula*.

Modern research has begun to validate these traditional practices, providing scientific evidence for the efficacy of purification in reducing toxicity. Analytical studies using advanced techniques like Inductively Coupled Plasma-Atomic Absorption Spectroscopy (ICP-AAS) have demonstrated that the *Shodhana* process significantly lowers the levels of heavy metals in *Hingula*. For instance, one study found that after purification with *Lakoocha Phala Swarasa* (juice of *Artocarpus lakoocha*), the concentrations of lead decreased from 28.99 ppm to 0.63 ppm, arsenic from 4.62 ppm to 0.18 ppm, and mercury from 5 ppm to 0.5 ppm, all falling within the safe limits set by the Ayurvedic Pharmacopoeia of India. Another study reported a reduction in lead content from 3.4 ppm to

0.01 ppm following purification with ginger juice. These findings underscore the critical role of traditional purification methods in detoxifying *Hingula*, aligning with the classical emphasis on *Shodhana* for safe therapeutic use.^[2,3]

Despite these advancements, the use of *Hingula* remains a subject of concern in modern contexts due to the well-documented toxicity of mercury. Mercury is a heavy metal with known deleterious effects on human health, including neurological damage, renal failure, and chronic conditions such as neuropathy and osteoporosis.^[4] While Ayurvedic formulations prescribe *Hingula* in small, controlled doses (ranging from 62.5mg to 250mg), the potential for toxicity, particularly from unpurified or improperly processed forms, necessitates stringent adherence to purification protocols. Furthermore, the environmental and occupational hazards associated with mercury extraction, such as the release of mercury vapor and sulphur dioxide during roasting, highlight additional safety considerations.

MATERIALS AND METHODS

Rasayoga sagara being a comprehensive source for compilation of *Hingula* formulation. Total 362 number of various formulations compiled from *Rasayoga sagar* which contain *Hingula* (Cinnabar) as ingredient. Only the formulations having as *Hingula* are considered for the study. The compiled formulation has been Categorized thirteen dosages form given in (Table 1).

S.No.	Dosage form		Total
	R.Y.S 1 st Part	R.Y.S 2 nd Part	
1	Vati- 64	Vati- 69	133
2	Churna- 83	Churna- 75	158
3	Kupipakwa-7	Kupipakwa-10	17
4	Putapaka- 10	Putapaka- 20	30
5	Bhasma- 1	Bhasma- 4	05
6	-	Avaleha- 2	02
7	-	Pottali- 1	01
8	External use- 7	External use- 9	16

Table 1: Formulations of *Hingula*

S.No.	Formulation No.	Formulation	% of <i>Hingula</i>	Dose	Anupana	Indications
Vati Dosage Form (R.Y.S 1 st Part)						
1	94	Ajirna Kantako Rasa	16.66	1 to 2 Ratti (Kalaya Samana)	-	Ajirna
2	114	Atisara Haro	33.33	3 Ratti	Sheeta	Atisara

		<i>Rasa (4th)</i>			<i>Toya</i>	
3	177	<i>Amrita Manjari</i>	16.66	2 Ratti	<i>Ushna Toya</i>	<i>Amavata, Ajirna, Sannipata, Agnimandhya</i>
4	181	<i>Amrita Rasayanam</i>	28.57	2 Ratti	-	<i>Grahani, Visuchika, Atisara</i>
5	264	<i>Ashwakanchuki (2nd)</i>	4.76	1 Mudga	-	<i>Visuchuka, Gulma, Arsha, Kanthamala, Apachi</i>
6	290	<i>Aditya Rasa</i>	6.25	0.5 Ratti		<i>Ajirna</i>
7	292	<i>Ananda Bhairavo Rasa (2nd)</i>	11.11	1 Ratti	<i>Ardra Rasa</i>	<i>Jwara, Atisara, Amavata</i>
8	303	<i>Ananda Bhairavi Vatika (1st)</i>	11.11	1 Chanaka		<i>Sannipata Jwara, Sannipata Atisara, Mutrakrichhra</i>
9	307	<i>Anando Rasa</i>	12.5	1 Ratti		<i>Amatisara, Grahani, Shoola</i>
10	357	<i>Uttara Vahini Vati</i>	14.28	2 Masha		<i>Atisara</i>
11	400	<i>Unmatta Bhairavo Rasa (1st)</i>	2.56	1 Valla		<i>Kapha Roga, Kshaya, Kasa</i>
12	19	<i>Kanaka Sundaro Rasa (5th)</i>	14.28	1 Chanaka		<i>Agnimandhya, Atisara</i>
13	50	<i>Kapha Chintamani Rasa</i>	12.5	1 Chanaka		<i>Vata Kapha Roga</i>
14	95	<i>Karpura Vati</i>	16.66	2 Gunja		<i>Grahani, Raktatisara, Jwaratisara</i>
15	112	<i>Kalpalata Rasa</i>	16.66	1 Ratti	<i>Ksheera</i>	<i>Grahani, Shotha, Chira Jwara, Pandu</i>
16	118	<i>Kalyana Sundaro Rasa</i>	16.66	1 Ratti	<i>Koshna Jala</i>	<i>Urastoya, Hridroga, Vaksho Vata</i>
17	179	<i>Kamavardhano Rasa</i>	9.75	1 Valla	<i>Nagavalli Dala</i>	<i>Atisara, Grahani, Visuchika</i>
18	180	<i>Kamavilasini Vati</i>	7.69	0.5 Valla	<i>Nagavalli Dala</i>	<i>Vajikarana</i>
19	189	<i>Kamini Vidravano Rasa</i>	2	3 Ratti	<i>Dugda</i>	<i>Shukra Stambhaka</i>
20	197	<i>Kameshwaro Modaka (8)</i>	0.89	<i>Amalaki Pramana</i>		<i>Daurbalya</i>
21	199	<i>Kameshwaro Rasa (2)</i>	14.28	1 Ratti	<i>Sita</i>	<i>Vajikarana</i>
22	216	<i>Kala Bhairavi Vati</i>	10	1 Mudga		<i>Grahani, Agnimandhya, Arsha</i>
23	233	<i>Kalagni Rudro Rasa (5th)</i>	4.16	1 Sarsapa		<i>Sannipata</i>
24	235	<i>Kalagni Rudro</i>	11.11	1 Valla		<i>Sannipata</i>

		<i>Rasa (7th)</i>				
25	238	<i>Kalagni Rudro Rasa</i>	2.70	1 Shana	<i>Sita Madhu</i>	<i>Kshaya, Pandu, Kasa, Swasa, Sannipata</i>
26	248	<i>Kashmiradi Gutika</i>	11.11	1 Chanaka	<i>Dugdha+ Sharkara</i>	
27	260	<i>Kasankusho Rasa (2)</i>	20	1 Mudga	<i>Ardraka Rasa</i>	<i>Swasa, Kasa</i>
28	322	<i>Krimikutharo Rasa</i>	3.33	1 Valla	<i>Dhattura Rasa</i>	<i>Krimi</i>
29	351	<i>Kaushikadi Gutika</i>	10.34	1 Kalaya	<i>Tandula Toya</i>	<i>Amashoola, Atisara, Grahani, Raktasrava</i>
30	369	<i>Khechari Gutika (3rd)</i>	16.66	1 Adhaki		<i>Sarva Jwara, Gulma, Udara</i>
31	392	<i>Ganeshwarari Rasa</i>	20	1 Valla	<i>Ardraka Rasa</i>	<i>Sarva Jwara</i>
32	461	<i>Garbha Chintamani Rasa</i>	14.28	2 Ratti	<i>Ardaraka Rasa</i>	<i>Bhaskara Timira</i>
33	464	<i>Garbhapala Rasa (2nd)</i>	6.89	1 Ratti	<i>Draksha Kwatha</i>	<i>Garbhini Roga</i>
34	465	<i>Garbha Vinoda Rasa</i>	26.66	1 Chanaka		<i>Garbhini Roga, Bhaskara Timira</i>
35	525	<i>Grahani Kapato Rasa (17th)</i>	16.66	1 Chanaka		<i>Sarvatisara, Grahani</i>
36	531	<i>Grahani Kapato Rasa (Swalpa)</i>	20	2 Ratti		<i>Grahani, Raktatisara</i>
37	543	<i>Grahanimada Varana Sinho Rasa</i>	3.84	1 Maricha	<i>Madhu</i>	<i>Grahani, Vibandha, Pandu, Gulma, Jwara, Visoochika</i>
38	555	<i>Grahanyari Rasa</i>	16.66	1 Chanaka	<i>Guda+ Madhu</i>	<i>Sarvatisara, Grahani, Shula</i>
39	21	<i>Chandeshwaro Rasa (2)</i>	33.33	1 Ratti	<i>Chitraka Rasa</i>	<i>Sarwa Jwara</i>
40	92	<i>Chaturthikari Rasa (2)</i>	25	1 Mudga	<i>Sita+ Sheeta Jala</i>	<i>Chaturthika Jwara</i>
41	126	<i>Chintamani Rasa</i>	10	1 Ratti	<i>Ardraka Rasa</i>	<i>Vishama Jwara</i>
42	137	<i>Chintamani Vati (2nd)</i>	4	1 Ratti	<i>Dhattura Beeja+ Kanya Rasa</i>	<i>Jwara</i>
43	152	<i>Chhurikaro Rasa (4th)</i>	16.66	1 Maricha		
44	184	<i>Jatiphaladi Vati (4th)</i>	12.5			<i>Arsha, Agnimandhya</i>
45	225	<i>Jwaramurari Rasa (1)</i>	5.71	1 Ratti		<i>Ajirna, Jwara, Gulma, Amavata, Udara,</i>

						<i>Kushtha, Amlapitta, Kasa, Swasa</i>
46	257	<i>Jwarankusha Rasa</i>	7.14	1 Chanaka		<i>Sarva Jwara, Timira Bhaskara</i>
47	260	<i>Jwarankusha Rasa (Tapadi)</i>	28.57	1 Mudga	<i>Ardraaka Rasa</i>	<i>Jwara</i>
48	286	<i>Jwarantako Rasa (3rd)</i>	9.09			<i>Jwara</i>
49	06	<i>Tarunarka Rasa (1st)</i>	0.92 to 1.85	2 Mudga		<i>Balaroga, Striroga, Sannipata</i>
50	08	<i>Tarunarka Rasa (3rd)</i>	50	1 Sarshapa		<i>Sarva Jwara</i>
51	65	<i>Talaka Yoga (1st)</i>	49.48	1 Bindu	<i>Tambula</i>	<i>Sarvaroga, Mandagni</i>
52	69	<i>Talakavati (1st)</i>	25	1 Valla	<i>Tambula</i>	<i>Drasthi and Shravana Roga</i>
53	70	<i>Talakavati (2nd)</i>	12.5	1 Mudga		<i>Vishama Jwara, Grahani</i>
54	193	<i>Trinetra Rasa (4th)</i>	3.57			<i>Vataroga, Prameha, Amavata, Jalodara, Vatarakta, Mandagni, Ghrana, Akshi, Karna, Jihva Roga</i>
55	248	<i>Trivikrama Rasa (3rd)</i>	25	2 Ratti		<i>Raktatisara</i>
56	289	<i>Dadrukustha Vidravana</i>	11.11	1 Kolasthi		<i>Kustha, Vicharchika, Dadru</i>
57	297	<i>Daradadi Vati (1)</i>	16.66	4 Mudga		<i>Kasa</i>
58	298	<i>Daradadi Vati (2)</i>	11.11	32 Masha		<i>Swasa, Kasa, Mandagni, Kustha, Upadansha, Kandu</i>
59	319	<i>Dugdha Vati (1st)</i>	33.33	1 Mudga	<i>Dugdha</i>	<i>Shotha, Pandu, Kamala</i>
60	320	<i>Dugdha Vati (2nd)</i>	28.57	1 Mudga	<i>Dugdha</i>	<i>Shotha, Grahani, Atisara, Jwara</i>
61	329	<i>Dwadashayasam</i>	3.70			<i>Vatarakta, Kustha, Shotha, Kandu, Mandagni, Amavata, Shleshmodara, Akshiroga</i>
62	339	<i>Dhanwantarivati</i>	33.33	1-3 Ratti		<i>Vibandha, Shula, Pleeha, Amashula, Jwara, Gulma, Shotha</i>
63	368	<i>Navajwarari Rasa</i>	10	1 Gunja	<i>Shitambu</i>	<i>Navajwara</i>
64	393	<i>Nagavallabha Rasa</i>	16	1 Mudga	<i>Madu+ Ardraaka</i>	<i>Meha, Kasa, Kshaya</i>

Vati form. (R.Y.S 2nd Part)						
01	139	<i>Paradadivati (8)</i>	14.28	1 Ratti	<i>Go Ghrita</i>	<i>Upadansha</i>
02	147	<i>Pashupatasro Rasa (3rd)</i>	20	1 Mudga	<i>Ardraka Rasa</i>	<i>Jwara</i>
03	180	<i>Pippalyadi Vati</i>	16.66	0.5 Nishka	<i>Pathya, Shunthi, Pippali Choorna</i>	<i>Madhuvata</i>
04	202	<i>Pushpadhanva Rasa</i>	7.69	2 Valla	<i>Madhu + Grita + Sharkara</i>	<i>Vajikarana</i>
05	227	<i>Prachanda Bhairavo Rasa (1st)</i>	4.54			<i>Apasmara, Vataroga, Unmada, Vataroga, Kasa, Swasa, Kshaya, Prameha, Timira, Jwara</i>
06	232	<i>Pratapa Martanda Rasa (2)</i>	16.66	1 Ratti	<i>Guda</i>	<i>Jwara</i>
07	233	<i>Pratapa Martanda Rasa (3)</i>	40	1 Maricha		<i>Jwara</i>
08	244	<i>Pratapalankeshwaro Rasa</i>	7.54	1 Tandula	Multiple	<i>Sannipata, Rajyakshma, Kushtha, Vataroga, Grahani</i>
09	295	<i>Pramehantako Rasa (4th)</i>	3.92		<i>Sharkara+ Navaneeta</i>	<i>Meha, Sarvaroga</i>
10	308	<i>Pralayanalo Rasa</i>	6.25	1 Ratti		<i>Sannipata</i>
11	335	<i>Pleehantako Rasa</i>	4.16			<i>Uadara, Pandu, Vishama Jwara, Ama, Shoola, Kasa, Swasa, Shotha</i>
12	338	<i>Pleehanava Rasa</i>	12.5	1 Valla	<i>Madhu</i>	<i>Pleeha, Jwara, Mandagni, Kasa, Swasa</i>
13	341	<i>Phanibhushana Rasa</i>	10	2 Valla		<i>Sannipata</i>
14	346	<i>Phiranaga Nashini Vati (1)</i>	25	1 Nishka	<i>Nagavalli Rasa</i>	<i>Phiranga</i>
15	348	<i>Phiranaga Nashini Vati (3rd)</i>	16.66			<i>Phiranga</i>
16	357	<i>Phirangari Rasa (2nd)</i>	10	1 Kola		<i>Phiranga Upadrava</i>
17	401	<i>Brahmivati</i>	2.08	3 Gunja		<i>Swasa, Apasmriti, Sannipata, Unmada, Apatantra, Yakshma, Grahani, Dhanurvata</i>
18	435	<i>Bhuktapaka Vati</i>	3.70	1 Valla		<i>Vibandha, Mandagni, VishamaJwara, Shoola</i>
19	448	<i>Bhuteshwara Rasa (3rd)</i>	20	1 Masha	<i>Ardraka Rasa</i>	<i>Jwara, Sannipata</i>
20	464	<i>Bhairavi Vati</i>	9.09	1 Mudga		<i>Kasa, Swasa, Sarvaroga</i>
21	466	<i>Bhoga Sundari Vati</i>	2.22	1 Kshudra Kola		<i>Vajikarana</i>
22	467	<i>Bhoga Sundari Vati</i>	5	1 Kshudra Kola	<i>Paya</i>	<i>Vajikarana</i>
23	491	<i>Madakari Gutika</i>	0.71			<i>Vajikarana</i>
24	498	<i>Madanakamadeva Vati</i>	5.55			<i>Vajikarana</i>

25	515	<i>Madebha Shinho Rasa</i>	7.14	1 Masha		<i>Jwara, Pandu, Raktapitta, Gulma, Kshaya, Kasa, Murchha, Agnimandya</i>
26	573	<i>Martanda Rasa</i>	7.69	1 Ratti		<i>Jwara, Hridroga, Amlapitta, Shoola, Gulma, Khaya, Pandu</i>
27	652	<i>Mritasanjivana Rasa (1st)</i>	8.33	1 Laghu Sharshapa	<i>Nagavalli Rasa, Ardraka Rasa, Tulasi Rasa</i>	<i>Swasa, Sannipata</i>
28	656	<i>Mritasanjivana Rasa (5th)</i>	50	1 Sweta Sarshapa		<i>Visoochika, Atisara</i>
29	667	<i>Mrita Sanjivani Vati (4)</i>	0.58	1 Ratti	<i>Madhu</i>	<i>Raktatisara, Grahani, Shoola</i>
30	691	<i>Mrityunjaya Rasa (17)</i>	33.33	1 Ratti	<i>Sita</i>	<i>Nava Jwara</i>
31	80	<i>Rasa Prayoga</i>	11.11	2 Ratti		<i>Agnimadhya</i>
32	109	<i>Rasa Shekhara Rasa</i>	1.13	1 Chanaka		<i>Kushtha, Upadansha, Vrana, Sphota,</i>
33	171	<i>Rama Bana Rasa (3)</i>	10	1 Ratti	<i>Tulasi Rasa</i>	<i>Jwara</i>
34	184	<i>Rama Bana Rasa (3)</i>	11.11	1 Masha		<i>Jwara</i>
35	195	<i>Retorodhini Gutika (1)</i>	16.66		<i>Payasa</i>	<i>Vajikarana</i>
36	228	<i>Laksminarayana Rasa (1)</i>	10	2 Valla	<i>Ardraka Rasa</i>	<i>Jwara, Sannipata, Visoochika, Atisara, Grahani, Sootika Vata</i>
37	254	<i>Linga Maheshwara Rasa</i>	4.76	2 Valla		<i>Upadansha, Vrana, Gandamala,</i>
38	348	<i>Vangeshwaradi Vati</i>	0.85	3 Karsha	<i>Dugdha, Madhu+ Ghrita</i>	<i>Jwara, Atisara, Grahani, Vajikarana, Kshinata</i>
39	428	<i>Vasanta Malati Rasa (1)</i>	15.62	2 Ratti	<i>Madhu+ Pippali</i>	<i>Jwara, Kasa</i>
40	462	<i>Vata Raja Vati (1)</i>	3.07	1 Valla		<i>Swasa, Kasa, Bhagandara, Kushtha, Jwara, Pandu, Prameha, Raktapitta, Gulma, Sangrahani</i>
41	498	<i>Vichitraveerya Rasa</i>	4.54			<i>Jwara</i>
42	527	<i>Vidhyadhari Gutika</i>	3.12	1 Kola		<i>Kasa, Swasa, Kshaya, Gulma, Prameha, Vishama Jwara, Pandu, Kushtha, Grahani, Arsha, Bhagandara</i>
43	561	<i>Vishamantaka Rasa</i>	12.5	3 Ratti		<i>Jwara</i>
44	581	<i>Veeravikrama Rasa</i>	1.33	2 Gunja	<i>Snuhi Ksheera</i>	<i>Sannipata</i>
45	640	<i>Vranagajankusha Rasa</i>	4.76			<i>Nadivrana, Gandamala, Bhagandara, Dadru, Kushtha, Shirogada</i>
46	76	<i>Sharabhedra Rasa</i>	5.88	1 Ratti		<i>Sarva Jwara, Tridosahara</i>
47	230	<i>Shadashiti Guggulu</i>	0.33	1 Tanka	<i>Ghrita+ Madhu</i>	<i>Vajikarana, Shaddhatugata Vata, Yakshma, Jwara, Prameha, Mutrakuchhra, Shoola, Ashmari</i>
48	232	<i>Shadanana Rasa</i>	16.66	1 Ratti		<i>Jwara, Mandagni</i>

49	255	<i>Sandhivatahara Rasa</i>	33.33			<i>Sandhivata, Vatavyadhi</i>
50	256	<i>Sandhivatari Rasa</i>	10	1 Ratti		<i>Sandhi Vata</i>
51	270	<i>Sannipata Bhairava Rasa</i> (8)	50	1 Masha		<i>Sannipata</i>
52	272	<i>Sannipata Bhairava Rasa</i> (10)	35.48	1 Gunja	<i>Ardraka Rasa</i>	<i>Sannipata</i>
53	276	<i>Sannipata Bhairava Rasa</i> (14)	33.33	1 Mudga	<i>Madhu</i>	<i>Sannipata</i>
54	326	<i>Sarvarogahara Rasa</i> (1)	1.84	1 Kola		<i>Vataroga, Kushtha, Prameha, Apasmara, Kshaya, Nadivrana, Shosha, Swasa, Shotha, Amavata, Pandu, Kamala, Arsha</i>
55	327	<i>Sarvarogahara Rasa</i> (2)	4.90	1 Ratti		<i>Jwara, Sannipata, Pandu, Swasa, Kasa, Pinasa, Shoola, Gulma, Udara, Prameha, Somaroga, Vataroga</i>
56	350	<i>Sarvarogya Vati</i>	0.74	1 Chanaka		<i>Visuchika, Hikka, Grahani, Pandu, Shoola, Gulma, Adhmana, Vilambika, Kasa, Swasa, Arsha, Vidradhi</i>
57	461	<i>Suchikabharana Rasa</i> (6)	50	1 Sarshapa		<i>Sannipata</i>
58	474	<i>Suchikabharana Rasa</i> (19)	8			<i>Sannipata</i>
59	521	<i>Sutikahara Rasa</i> (1)	12.5	1 Kalaya		<i>Sutika Roga</i>
60	546	<i>Setubandha Vati</i>	16.66	1 Gunja	<i>Pippali + Ghrita</i>	<i>Atisara, Shoola</i>
61	619	<i>Hinguladi Gutika</i> (1)	20	1 Mudga		<i>Kasa, Swasa, Jwara, Mandagni, Gulma</i>
62	620	<i>Hinguladi Gutika</i> (2)	2	1 Chanaka		<i>Vajikarana</i>
63	621	<i>Hinguladi Gutika</i> (3)	12.5			<i>Balaroga</i>
64	623	<i>Hinguladi Gutika</i> (5)	25	1 Mudga		<i>Atisara, Grahani</i>
65	626	<i>Hinguleshwara Rasa</i> (2)	47.05	2 Ratti	<i>Dhanya + Jeeraka</i>	<i>Atisara, Grahani, Pravahika, Agnimadhya</i>
66	710	<i>Kshetrapala Rasa</i>	12.5	0.5 Yava		<i>Agnimandya, Shotha, Grahani, Jwara</i>
67	45	<i>Karpuradi Vati</i>	2.24	1 Gunja	<i>Madhu</i>	<i>Grahani, Raktatisara</i>
68	48	<i>Kameshwara Modaka</i>	5	4 Nishka		<i>Vajikarana</i>
69	59	<i>Jwara Chintamani Rasa</i>	5	1 Gunja		<i>Sannipata Jwara</i>

Churna form. (R.Y.S 1st Part)						
01	03	<i>Agatsisootarajo</i> (2)	14.28	1 Gunja	<i>Trikatu + Madhu</i>	<i>Atisara, Agnimandhya</i>
02	05	<i>Agnikaro Rasa</i>	5			<i>Madagni</i>
03	57	<i>Agnikumaro Rasa</i> (15)	5.55	1 Ratti	<i>Ardraka + Sharkara</i>	<i>Gulma, Pleea, Jalodara, Grahani, Pandu, Kamala,</i>

						Swasa, Kasa
04	112	Atisarasetu	16.66	1 Ratti	Tandula Toya	Atisara
05	116	Atisaraharo Rasa (4)	14.28	1 Ratti	Vaijaya + Madhu	Jwaratisara
05	118	Atisarebha Sinho Rasa (1)	20	1 Ratti	Vaijaya + Madhu	Sarvatisara
06	134	Abhaya Nrisinho Rasa	5	1 Ratti	Jeeraka + Madhu	Sarvatisara, Sangrahani
07	199	Amritarnava Rasa (4)	22.21	1 Ratti	Amalaki Swarasa	Jwara, Prameha, Karshya
08	233	Ardhanari Nateshwara (4)	7.14			
09	243	Ardhanari Nateshwara (14)	4.64	1 Valla		Jwara
10	286	Agnachandeshwaro Rasa	66.66	1 Yava	Ardraka Rasa	Jwara
11	289	Atankatanka Rasa	10	1 Valla	Sharkara + Ardraka	Jwara
12	291	Anand Bhairavo Rasa (1)	14.28	1 Gunja		Atisara, Grahani, Gulma, Swasa, Kasa, Apasmara
13	293	Anand Bhairavo Rasa (3)	20	1-2 Ratti	Madhu + Kutajaphala Twacha Choorna	Atisara
14	294	Anand Bhairavo Rasa (4)	15.38			Sannipata
15	296	Anand Bhairavo Rasa (6)	14.28	1 Ratti		Swasa, Atisara, Grahani, Sannipata, Apasmara, Prameha, Ajirna, Vataroga
16	297	Anand Bhairavo Rasa (7)		2 Ratti		Madagni, Grahani, Jwara
17	301	Anand Bhairavo Rasa (11)	11.11	1 Ratti		Shitanga Sannipata
18	302	Anand Bhairavo Rasa (12)	6.66	1 Ratti		Gulma, Mandagni, Atisara
19	308	Anando Rasa	12.5		Khanda Sharkara	Meha, Grahani, Shoola
20	333	Ichhabhedi Rasa	8.33	3 Ratti	Godugdha	Visthambha, Adhmana
21	356	Uddamreshwaro Rasa	10	2 Valla		Jwara, Gulma, Shoola, Shopha
22	367	Udayabhaskaro Rasa (6)	66.66	0.5 Ratti		Jwara
23	368	Udayabhaskaro Rasa (7)	50	0.5 Ratti	Ardraka Rasa	Sarvajwara, Sandhi Shopha, Vataroga, Pleehodara
24	376	Udayamartando Rasa (1)	35.71	2 Ratti		Jwara, Udara, Pandu, Ajirana
25	384	Udayarko Rasa	14.28			Vata Shoola
26	395	Udarari Rasa (6)	14.28	1 Ratti		Parinama Shoola, Atisara, Mandagni, Gulma, Jwara,

						<i>Sannipata</i>
27	422	<i>Upadansha Davasara Rasa</i>	14.28			<i>Upadansha</i>
28	444	<i>Ekadashayasam</i>	3.44			<i>Andavata, Mutrakrichhra, Antra Vridhhi</i>
29	72	<i>Karpuro Rasa (6)</i>	20	3 Ratti	<i>Sharkara</i>	<i>Upadansha, Phiranga</i>
30	107	<i>Kalpataru Rasa (5)</i>	6.63	1 Valla	<i>Nisha + Kshaudra</i>	<i>Kshaya, Shotha, Pandu, Parinama Shoola, Prameha, Arsha, Grahani</i>
31	113	<i>Kalpa Vriksho Rasa</i>	4.27			<i>Kushtha, Pandu, Shopha</i>
32	120	<i>Kasturi Bhairavo Rasa (Swalpa)</i>	12.5	2 Ratti		<i>Sannipata</i>
33	153	<i>Kamdo Rasa</i>	14.28			<i>Prameha</i>
34	184	<i>Kamagni sandeepano Rasa</i>	25	1 Valla		<i>Rasayana</i>
35	247	<i>Kaleshwaro Rasa (Mahan)</i>	5.26	0.5-1 Ratti	<i>Ardraka Rasa</i>	<i>Kasa, Kshaya, Swasa, Rajayakshma, Kushtha, Abhinyasa</i>
36	251	<i>Kasakutharo Rasa (1)</i>	14.28	2 Ratti	<i>Ardraka Rasa</i>	<i>Kasa, Shiroroga, Sannipata</i>
37	279	<i>Kumudeshwaro Rasa (1)</i>	17.39	2-3 Ratti	<i>Sita+ Maricha</i>	<i>Yakshma, Jwara, Vali, Palita</i>
38	328	<i>Krimidavanalo Rasa</i>	66.66	1 Masha	<i>Arka Moola Rasa, Hingu</i>	<i>Krimi</i>
39	338	<i>Krimiharo Rasa (3)</i>	38.88	1 Masha		<i>Krimi</i>
40	372	<i>Gaganasundaro Rasa (1)</i>	25	2 Ratti	<i>Madhu+ Swetasarja</i>	<i>Jwaratisara, Amashoola</i>
41	457	<i>Garuda Jwara Rasa</i>	8.33	1 Masha		<i>Jwara</i>
42	459	<i>Garudagado Raso (2)</i>	13.18			<i>Jwara, Vataroga</i>
43	509	<i>GrahanoKapato Rasa (1)</i>	8.33		<i>Shali Jala</i>	<i>Atisara, Grahani</i>
44	534	<i>GrahanoKapato Rasa (27)</i>	10			<i>Sarvatisara</i>
45	535	<i>Grahani Gaja Kesari Rasa (1)</i>	3.2	1 Maricha		<i>Grahani, Atisara, Visoochika, Bimbishi</i>
46	537	<i>Grahani Gajakesari Rasa (3)</i>	2.27	1 Maricha	<i>Makshika+ Shunthi</i>	<i>Atisara, Grahani, Shoola, Pradara, Visoochika, Pandu</i>
47	539	<i>Grahani Gajakesari Rasa (5)</i>	2	1 Badari Beeja	<i>Makshika</i>	<i>Prameha, Grahani, Ajirna</i>
48	552	<i>Grahaniharo Rasa (2)</i>	6.01	1 Valla	<i>Jaya, Jeeraka, Jaya+ Jatiphala</i>	<i>Grahani, Agnimandhya, Kshaya, Gulma, Shoola, Abhinyasa, Vataroga</i>
49	64	<i>Chandrahra's Rasa</i>	2.22			<i>Jwara, Sannipata</i>
50	128	<i>Chintamani Rasa (20)</i>	5.26	4 Ratti		<i>Vataroga, Apatantraka, Jwara, Atinidra, Swasa</i>

51	143	<i>Chaitanya Bhairavo Rasa (2)</i>	20	1 <i>Rajika</i>		<i>Sannipata</i>
52	145	<i>Choda Siddho Rasa</i>	16.66			<i>Nava Jwara</i>
53	155	<i>Jathagni Deepano Rasa</i>	13.33			<i>Mandagni</i>
54	172	<i>Jalodara Rogaharo Rasa</i>	13.33	1 <i>Gunja</i>		<i>Kana+ Ardraka, Madhu+ Hingu</i>
55	190	<i>Jirna Jwarankusha Rasa</i>	9.09	1 <i>Masha</i>		<i>Jirna Jwara, Kshaya, Kasa, Mandagni, Pandu, Halimaka, Gulma, Udara, Grahani</i>
56	202	<i>Jwara Gajasinho Rasa</i>	25	2 <i>Valla</i>		<i>Ardraka Rasa</i>
57	226	<i>Jwara Murari Rasa (2)</i>	11.11			<i>Jwara</i>
58	227	<i>Jwara Murari Rasa (2)</i>	60	1 <i>Ratti</i>	<i>Kana+ Kshaudra Ardraka+ Sharkara</i>	<i>Vishama Jwara, Agnimandhya</i>
59	230	<i>Jwararipu Rasa</i>	12.5		<i>Ardraka Rasa, Sharkara+ Jiraka Kwatha</i>	<i>Jwara</i>
60	239	<i>Jwaraharo Rasa</i>	50	1 <i>Ratti</i>	<i>Sita</i>	<i>Adhmana, Vibandha, Jwara</i>
61	244	<i>Jwarankusha Rasa (1)</i>	11.11	1 <i>Ratti</i>	<i>Maricha+ Guda</i>	<i>Jwara</i>
62	259	<i>Jwarankusho Rasa</i>	33.33	1 <i>Chanaka</i>		<i>Jwara</i>
63	292	<i>Jwarari Rasa (JwaraMurari)</i>	10	2 <i>Valla</i>	<i>Pippali + Madhu</i>	<i>Jwara</i>
64	293	<i>Jwarari Rasa (4)</i>	11.11	1 <i>Ratti</i>	<i>Ardraka Rasa</i>	<i>Shoola, Shotha, Jwara</i>
65	301	<i>Jwarari Rasa (Tarunadi)</i>	11.11			<i>Taruna Jwara</i>
66	304	<i>Jwarari Rasa (Sadhyadi)</i>	25			<i>Jwara</i>
67	305	<i>Jwarari Rasa (Vatadi)</i>	33.33		<i>Pippali + Madhu</i>	<i>Vata Jwara</i>
68	129	<i>Talakeshwara Rasa (56)</i>	33.33	0.5 <i>Ratti</i>	<i>Maricha + Nagavalli</i>	<i>Vishama Jwara, Sannipata, Abhinyasa</i>
69	204	<i>Tripura Bhairava Rasa (5)</i>	28.57			<i>Jwara</i>
70	205	<i>Tripura Bhairava Rasa (6)</i>	7.14	1 <i>Ratti</i>	<i>Ardraka Rasa</i>	<i>Sannipata</i>
71	237	<i>Tribhavana Kirti Rasa (1)</i>	12.5	1 <i>Ratti</i>	<i>Ardraka Rasa</i>	<i>Jwara, Sannipata</i>
72	245	<i>Trilochana Rasa</i>	3.70			<i>Udara, Kukshiroga, Pleeha, Gulma, Netraroga, Prameha, Hritshoola, Durnama, Ashmari</i>
73	261	<i>Trailokyachudamani Rasa</i>	23.52	1 <i>Valla</i>	<i>Pippali + Ardraka Rasa</i>	<i>Jwara</i>
74	262	<i>Trailokya Dambara Rasa</i>	10	1 <i>Valla</i>		<i>Gulma, Jalodara, Shotha, Pandu, Kshaya, Shoola, Visoochika</i>

75	294	Darada Bhashma Yoga	12.5	1 Masha	Dugdha	Prameha, Upadansha, Mandala
76	295	Darada Rasayanam	100	1 Ratti		Shandha
77	334	Dwibhuja Rasa	33.33	1 Ratti		Nava Jwara
78	342	Dhatupanchamrita Rasa (1)	11.11	1 Ratti	Madhu + Pippali	Jwara
79	358	Navagraha Rasa (2)	11.11	Vrihi Pramana	Navanita	Gulma, Udara, Shoola
80	365	NavaJwarankusha Rasa	10	1 Ratti	Ardraka Rasa + Sharkara	Navajwara
81	394	Nagavallabha Rasa (2)	2.66		Sita + Ghrita	Jwara, Shoola, Kshaya, Pandu, Grahani, Swasa, Galaganda
82	395	Nagavallabha Rasa (3)	7.69	1 Valla	Pippali + Madhu	Kasa, Shoola, Agnimandhya, Hridroga, Gulma, Meha, Jwara
83	397	Naga Sindooram (2)	0.49			Kshaya, Vataroga, Gulma, Pandu, Krimi, Meha, Kasa, Grahani, Arsha

Churna form. (R.Y.S 2nd Part)

Sr. No	Formulation No.	Formulation Name	% of Hingula	Dose	Anupana	Indications
01	12	Panchamano Rasa (4)	15.38	2 Valla	Madhu, Ghrita, Sita	Meha, Vajikarana
02	26	Panchasayaka	8.56	2 Valla	Madhu+ Triphala	Vajikarana
03	32	PanchananaJwarankusha Rasa	9.52	1 Ratti		Jwara
04	144	Paravati Rasa	5.55			Mukharoga, Timira
05	187	Piyush Sagara Rasa	10	1 Valla	Sita, Kshaudra	Shukra Vikara
06	221	Choorna Pratighna Rasa	8.33	2 Ratti	Nirgundi, Tulasi, Ardraka Rasa	Vishama Jwara, Sannipata
07	231	PratapaMartanda Rasa (1)	33.33		Ikshu Rasa	Jwara
08	234	PratapaMartanda Rasa (4)	33.33	4 Valla	Sira+ Guda	Jwara
09	235	Pratapalankeshwara Rasa (1)	5.40	1 Ratti	Vrihi Choorna+ Ardraka Swarasa	Jwara, Vataja Roga, Kamala, Kshaya, Pandu
10	279	Pramehamriganko Rasa	5.88		Sharka + Ghrita	Mootra Vikara, Meha

11	280	<i>Prameha Rasayanam</i>	20	1 Masha		<i>Gulma, Mutrakrichhra, Kasa, Pinasa, Rajayakshma, Pandu</i>	<i>Meha, Swasa, Pandu, Atisara,</i>
12	292	<i>Pramehantako Rasa (1)</i>	28.57	1 Valla	<i>Ghrita+ Sharkara</i>	<i>Sarva Meha</i>	
13	309	<i>Pralayanala Rudra Rasa</i>	8.33	1 Valla	<i>Ardraka Rasa</i>	<i>Jwara</i>	
14	374	<i>Balasooryodayo Rasa (1)</i>	5.26	1 Masha	<i>Kshira+ Ghrita+ Madhu</i>	<i>Jwara, Sannipata, Pandu, Bhagandara, Arsha, Apasmara, Unmada, Kamala, Chhardi, Kshaya, Vataroga, Kapharoga</i>	
15	376	<i>Balarka Rasa</i>	10		<i>Jala</i>	<i>Atisara, Krimi, Jwara</i>	
16	407	<i>Bhagandarari Rasa</i>	6.66	2 Ratti		<i>Bhagandara</i>	
17	420	<i>Bhandarasa</i>	20	2 Ratti	<i>Nimbu Rasa</i>	<i>Upadansha, Vatarakta</i>	
18	424	<i>Bhaskarotkirti Rasa</i>	4.76	1 Ratti	<i>Vyosha+ Ardraka Rasa</i>	<i>Durnama, Pandu, Shoola, Kushtha, Sannipata</i>	
19	509	<i>Madanasundara Rasa (2)</i>	9.37	Atmabala	<i>Ghrita+ Dugdha+ Shita</i>	<i>Vajikarana</i>	
20	519	<i>Madhumalini Vasanta</i>	16.66	1 Maricha		<i>Garbharoga</i>	
21	558	<i>Mahodayapratyaya Sara</i>	5.23			<i>Gudamaya, Kshaya, Kushtha, Shoola, Unmada, Apasmara, Vataroga, Grahani, Jwara</i>	
22	571	<i>Markandeya Choornam</i>	4.54	1 Masha	<i>Sharkara</i>	<i>Sangrahani, Mandagni</i>	
23	649	<i>Mritakandarpajivana Rasa</i>	8.33	1 Valla	<i>Madhu+ Ghrita</i>	<i>Sarvaroga, Vali, Palita, Vajikarana</i>	
24	687	<i>Mrityunjaya Rasa (13)</i>	6.25	1 Valla	<i>Ardraka Rasa</i>	<i>Pandu, Arsha, Grahani, Halimaka, Swasa, Agnimandhya, Aruchi, Jwara, Vishvachi, Pratituni</i>	
25	706	<i>Meghanada Rasa (7)</i>	20	1 Ratti	<i>DhatriPhala Rasa</i>	<i>Virechanrtha</i>	
26	711	<i>Meghanada Rasa (12)</i>	4.76	1 Chanaka	<i>Ushnodaka</i>	<i>Udara, Shopha, Jwara, Pandu</i>	
27	22	<i>Yogi Rasa (1)</i>	3.33	1 Renu		<i>Sarvaroga</i>	
28	160	<i>Rajavallabha Rasa (2)</i>	5.26	1 Valla		<i>Grahani, Atisara, Kushtha, Raktapitta, Pandu, Gulma, Udara</i>	
29	162	<i>Rajavallabha Rasa (4)</i>	2.72	1 Valla	Multiple	<i>Atisara, Grahani, Shoola, Pandu, Kshaya</i>	
30	167	<i>Ramachandraparpati Rasa</i>	8.33			<i>Atisara</i>	

31	168	Ramajwarapahari Rasa	6.25	1 Valla	Dhattur Rasa+ Sita+ Adraka Rasa	Jwara
32	176	Ramabana Rasa (8)	3.96	1 Masha	Madhu+ Sharkara, Dugdha	Gulma, Pleea, Bhandara, Jwara, Meha, Mutrakrichhra
33	409	Vadavanala Rasa (21)	25	1 Tandula		Sanniapata
34	506	Vijayabhairava Rasa (4)	5	1 Ratti		Vataroga, Shotha, Mandagni, Pleea, Gulma, Arsha, Pandu, Kasa, Udara, Rajayakshma, Atisara, Grahani, Bhagandara, Prameha, Kustha, Jwara, Sannipata
35	541	Vishwambharo Rasa (1)	6.25	1 Valla	Nagavallia Rasa, Saindhava+ Ardraka Rasa	Shoola, Gulma, Vataroga, Pittaroga, Kapharoga, Apasmara, Pinasa, Granthi, Ashmari, Mutrakrichhra, Prameha, Jwara
36	591	Vishamadhwaja Rasa	9.09	1 Valla		Swasa, Jwara, Kasa, Gulma, Pinasa, Apatanaka, Mandagni
37	627	Vaishnava Rasa	14.28	1 Ratti	Ardraka Rasa	Jwara
38	648	Vranantaka Rasayana	33.33	1 Sarshapa	Ghrita	Vrana
39	02	Shaktikaumara Rasa	16.66	1 Valla	Ardraka Rasa	Jwara
40	50	Shankhodara Rasa	3.84	1 Valla	Pippali+ Madhu	Sarvaroga
41	111	Sheetakesari Rasa	4.76	1.5 Ratti	Tulasi Rasa	Jwara
42	136	Shitari Rasa (3)	16.66		Ardraka Rasa	Jwara
43	137	Shitari Rasa (4)	16.66	1 Valla	Maricha+ Haripriya Rasa	Jwara
44	191	Shothari Rasa	20	1 Valla	Ghrita	Shopha
45	211	Swasakaleshwara Rasa	4.76	2 Ratti	Ardraka Rasa	Kasa, Kshaya, Swasa
46	246	Sanjivakarana Rasa	6.25	1 Renu Matra		Sannipata
47	267	Sannipatabhairava Rasa (5)	28.57	1 Valla	Ardraka Rasa	Jwara, Sannipata
48	271	Sannipatabhaiarava Rasa (9)	3.50	1 Ratti	Saindhava + Ardraka Rasa	Sanniapata, Kasa, Swasa, Apatanaka, Shoola, Apasmara, Krimi

49	282	Sannipatahara Rasa (1)	1.74	1 Valla	Ardraka Rasa etc.	Sannipata, Jwara, Pandu, Kasa, Kshaya, Kamala, Shotha, Bhagandara, Arsha, Grahani, Gulma, Pleeha, Udara, Kustha, Shoola, Prameha
50	284	Sannipatahara Rasa (3)	7.69	4 Ratti	Ardraka Rasa	Sannipata
51	286	Sannipatankusha Rasa (2)	33.33	1 Ratti	Jala	Sarvaroga, Grahani, Jwara, Sannipata
52	293	Saptamrita Rasa (2)	1.61	2 Masha	Madhu	Kshaya, Shosha, Kasa
53	340	Sarvangasundara Rasa (3)	12.12		Pippali+ Madhu, Ghrta	Rajayakshma, Jwara, Sannipata, Arsha, Grahani, Meha, Gulma, Bhagandara
54	342	Sarvangasundara Rasa (5)	8.33		Pippali+ Visha Choorna	Vataroga
55	362	Sarveshwara Rasa (11)	6.53	2 Ratti	Madhu+ Bakuchi+ Devadaru	Kushtha, Vatarakta
56	379	Siddha Daradamritam	100	2 Ratti		Vajikarana, Urustambha, Amavata, Atisara, Pakshaghata, Pleeha
57	389	Sidhhrabhraka Rasa	25	1 Valla	Jiraka Vari	Grahani, Atisara
58	419	Sudhapippali Yoga	14.28		Ksheera	Jwara, Medaroga, Shotha, Kshaya
59	422	Suratananda Rasa	12.5	2 Ratti	Madhu+ Grita	Yaksma, Raktadosha
60	463	Suchikabharana Rasa (8)	25	Suchyagra	Ardraka Rasa	Sannipata
61	469	Suchikabharana Rasa (14)	2.17	Tila Matra	Ardraka Rasa	Sannipata
62	475	Suchikabharana Rasa (20)	9.09	Rajika		Sangna Nasha
63	476	Suchikabharana Rasa	10	1 Ratti	Sita+ Madhu	Jwara
64	535	Soorya Rasa (1)	20			Jwara
65	538	Sooryavati	8	2 Mudga	Nagavalli Dala	Ajirna, Jwara, Kasa, Hikka, Swasa, Udara, Gulma, Pleeha, Amlapitta, Shoola, Adhmana, Mutrakrichhra
66	543	Sooryavarta Rasa (2)	50			Hikka, Grahani, Sooryavarta
67	545	Setubandha Rasa	20		Ardraka Rasa	Atisara
68	556	Somabana Rasa	11.11			Sannipata

69	591	Swachhanda Bhairava Rasa	12.98			Sannipata
70	622	Hinguladi Gutuka (4)	25			Grahani, Shoola
71	624	Hinguladi Yoga	86.48	1 Ratti		Upadansha, Pootimeha, Shoola, Mandala, Vrana
72	625	Hinguleshwara Rasa (1)	33.33	2 Ratti	Madhu	Jwara
73	689	Kshayakuthara Rasa	2.56	1 Valla	Pippali Choorna	Kamala, Pandu, Kshaya
74	40	Ardhanarishwara Rasa	9.09	1 Ratti		Jwara
75	84	Mridanka Choornam	11.11	2 Ratti		Kshaya, Kasa, Yakshma, Swasa, Jwara

Kupipakwa Method (R.Y.S 1st Part)

01	17	Agnikumaro Rasa (11)	12.5	1 Chanaka		Chaturthika Jwara, Sannipata Jwara
02	298	Ananda Bhairavorasa (8)	8.33	1 Masha		
03	154	Talasindooram (Manikyarasa)	33.33			Vata Arka, Kushtha, Meha, Vidradhi, Atisara, Gradhrasi, Apachi
04	296	Darada Sindooram	16.07			Vataroga, Sannipata, Upadansa
05	300	Daradeshwara Rasa	80			Kshaya, Kasa
06	338	Dhanvantari Rasa (2)	7.69	1 Masha		Sannipata
07	449	Nidhiswara Rasa	20	0.25 Rajika		Shoola, Adhamana, Pleea, Arsha, Udara, Yakshma, Atisara, Grahani, Bhagandara, Vataroga, Jwara, Pandu, Kamala, Swasa, Kasa, Vandhya

Kupipakwa Method (R.Y.S 2nd Part)

01	08	Panchabalo Rasa	9.52	1 Valla	Kshadra + Ghrita	Gatrasankocha, Bahunidra, Sandhivedana, Kasa, Swasa, Adhamana, Aghnimandhya
02	142	Parijata Tankanam	20	1 Ratti		Swara Bheda, Kshaya, Sarvaroga
03	170	Pittantaka Rasa (3)	16.66	1 Chanaka		Pittaroga
04	230	Pratapatapano Rasa	10	1 Ratti	Ardraka Rasaa	Sannipata
05	673	Mritotthanapana Rasa (3)	9.61	1 Ratti		Sannipata
06	703	Meghanada Rasa (4)	3.22			Swasa, Kasa, Prinama Shoola
07	55	Ravitandava Rasa (2)	3.33			Rasayana

08	119	Rasa Sindooram (10)	25			Sarvaroga, Vali, Palita, Kushtha
09	313	Sarva Jwarari Rasa	20			Meha, Jwara
10	540	Soorya Shekhara Rasa	6.25	1 Ratti		Sannipata

Putapaka Method (R.Y.S 1st Part)

01	164	Amarasundara		25			Sakala Roga
02	503	Gomedaka Rasayana		4.34			Netraroga, Mukharoga
03	166	Jaramarana Hara Rasa		12.5	0.5 Ratti	Madhu+ Ghrita+ Tikatu+ Triphala	Jara
04	240	Jwaraharo Rasa (6)		4.76	2 Valla	Ardraka Rasa	Sama Jwara
05	285	Jwarantako Rasa (2)		33.33	1-3 Valla	Trikatu Kwatha	Parinama Shoola
06	183	Tridoshadavanala Kalamegha		1.42	1 Valla	Madhu + Pippali	Sannipata
07	239	Tribhuvanakirti Rasa (3)		12.5	1 Ratti	Madhu+ Pippali	Jwara, Atisara, Meha, Vata Kasa
08	299	Daradadi Vati (3)		33.33	1-3 Mudga		Jwaratisara, Agnimandhya, Nidranasha, Aruchi
09	364	Navajwaraharo Rasa		17.64		Sharkara+ Draksha	Jwara
10	417	Nageshwara Rasa (1)		20			Vajikarana

Putapaka Method (R.Y.S 2nd Part)

01	35	Panchanano Rasa (3)	20		Madhu+ Ghrita	Kustha, Gulma, Shoola, Udara, Shosha, Prameha
02	36	Panchanano Rasa (4)	10	2 Ratti		Vishama Jwara
03	184	Piyushghana Rasa (1)	16.66	1 Valla	Guduchi, Trushana or Ardraka Rasa	Jwara
04	185	Piyushghana Rasa (2)	20	1 Valla	Multiple Anupana	Jwara, Shoola, Karshya, Sheeta Jwara, Atisara
05	615	Mriganka Rasa (Navaratna Mriganka)	2.61		Pippali+ Madhu	Swasa, Kasa, Kshaya
06	671	Mritotthapana Rasa (1)	8.33	1 Masha	Hingu, Vyosha, Ardraka Rasa	Sannipata
07	230	Lakshminarayana Rasa (3)	2.5	1 Ratti		Unnamada, Apasmara, Sannipata, Kustha, Kasa, Kshaya, Swasa, Shopha, Kamala, Prameha, Pandu, Vrana, Gulma, Grahani,

						Arsha, Arbuda, Gandamala, Vidradhi, Bhagandara
08	275	Lokeshwara Rasa	33.33	1 Ratti		Sannipata
09	422	Vallabhamrita Rasa (2)	10	1 Ratti		Sannipata, Vishama Jwara, Kshaya, Gulma, Kasa, Swasa, Grahani, Atisara
10	531	Vidhyavallabha Rasa	5.55	2 Valla	Sharkara	Vishama Jwara
11	542	Vishwambhara Rasa (2)	16.66	1 Masha		Bastivata, Sannipata, Jwara
12	562	Vishamari Rasa	12.5	3 Ratti	Kola, Tulasi, Nirgundu, Maricha or Guda	Vishama Jwara
13	647	Vranantaka Rasa (2)	11.76		Guda+ Ghrita+ Maricha	Vrana, Kustha
14	65	Sharabheshwara Rasa	20			Tridosha Jwara, Sannipata
15	124	Sheetabhanji Rasa (2)	20			Vishama Jwara
16	285	Sannipatankusha Rasa (1)	12.5	0.5 Ratti	Ardraka Rasa	Vishama Jwara, Pandu, Grahani, Kshaya, Gulma, Pleeha, Jalodara, Shiroroga
17	367	Sarveshwara Rasa (16)	7.14	1 Ratti		Yakshma, Grahani, Atisara, Pandu, Kasa, Apasmara, Gulma, Pandu, meha, Vandhyata, Udara, Swasa, Raktapitta
18	567	Stambhana Rasa	100	1 Valla		Nasta Shukra
19	687	Hansabhairava Rasa	3.62	2 Ratti		Shukra Meha
20	72	Trailokyarakshamani Rasa	7.14	1 Ratti	Ardraka Rasa	Mandagni, Jeerna Jwara, Swasa, Kasa

Bhashma Method (R.Y.S 1st Part)

01	282	Kumudesharo Rasa (4)	6.25	1 Valla	Sita+ Ghee+ Madhu	Prameha, Swasa, Kasa, Jwara
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Bhashma Method (R.Y.S 2nd Part)

01	627	Mriganka Rasa (Rajadya)	3.70	2 Ratti	Jeeraka	Sarvavyadhi, Kshaya, Sthaulya, Grahani, Shosha, Shoola, Swasa, Kasa, Gulma, Raktapitta, Jwara
02	640	Mriganka Rasa (34)	7.69	1 Ratti		Sakalaroga
03	661	Mritasanjivana Rasa (10)	20	1 Masha	Ardraka Rasa	Sannipata
04	204	Rogantako Rasa	6.25			Kushtha, Sarvaroga

Avaleha Method (R.Y.S 2nd Part)

01	478	Vatamapaka	0.14	1 Karsha	Ghana Dugdha	Vataroga, Shandha
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02	483	Vanari Paka	0.069			Rasayana
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Pottali Method (R.Y.S 2nd Part)

01	650	Hiranyagarbha Rasa (6)	85.74		Ardraka Rasa+ Madhu	Sarvaroga, Sannipata
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External Use (R.Y.S 1st Part)

01	239	Ardhanarimateshwara Rasa (10)	25	Karna Drops	Parshwa Jwara
02	245	Ardhanarimateshwara Rasa (16)	11.11	Nasya	Jwara
03	418	Upadanshaghno Lepa (1)	11.11	Lepa	Upadansha
04	425	Upadanshaharo Dhooma (1)	16.66	Dhoomapana	Upadandha
05	426	Upadanshaharo Dhooma (2)	7.62	Dhoomapana	Upadandha
06	103	Kalpataru Rasa (1)	5.55	Nasya, Karnapoorana	Moha, Shirapeeda, Pralapa
07	442	Narayanasra Rasa	5	L/A Talu	Abhinyasa, Sannipata

External Use (R.Y.S 2nd Part)

01	126	Paradadi Dhoopa	10.17	Dhoopa	Vrana, Pitika, Kustha, Upadansa, Shotha
02	390	Bramharandhra Rasa	5	Lepa over Bamharandhra	Sanyasa, Gnana Vibhrama
03	398	Bramhasra Rasa (2)	2.63	Lepa over Bamharandhra	Sannipata, Badhira, Mooka, Swasa, Kasa, Hikka
04	246	Sanjivakarana Rasa	6.25	Lepa over Bamharandhra	Sannipata
05	315	Sarvatobhadra Rasa (2)	8	Anjana	Visoochika
06	463	Soochikabharana Rasa (8)	25	Lepa over Bamharandhra	Sannipata
07	464	Soochikabharana Rasa (9)	50	Lepa over incised part of Nabhi, Talu, Hridaya	Sannipata
08	465	Soochikabharana Rasa (9)	4.16	Lepa over Bamharandhra	Sannipata, Dhanurvata, Swasa, Kasa, Badhira, Moorcha,
09	475	Soochikabharana Rasa (9)	9.09	Lepa over Bamharandhra	Sangyanasha, Kampa

Table 2

S. No.	Formulation No.	Name of Formulations	Pathya	Apathya
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Pathya/Apathya Mentioned in Formulation of Hingula. (R.Y.S 1st Part)

01	372	Gaganasundaro Rasa (1)	Pathya: Chhaga Takra and Milk	-
02	21	Chandeshwaro Rasa (2)	Pathya: Takraudana, Tambula Charvana	-
03	92	Chaturthikari Rasa (2)	Pathya: Krishara + Ghrita	-
04	109	Chintamani Rasa (1)	Pathya: Bhakta+ Takra, Saidhava Jeeraka Sahita Takrapana	-
05	202	Jwaragajasinha Rasa	Pathya: Ksheera + Bhakta	-
06	240	Jwaraharo Rasa (6)	Pathya: Go Takra, Shali, Mudga, Chanaka Kwatha	-
07	241	Jwaraharo Rasa (7)	Pathya: Shastika Shali+ Payasa	-
08	259	Jwarankusha Rasa (Tapadi)	Pathya: Ksheera+ Odana	-
09	282	Jwarankusharasa (Narayanadi)	Pathya: Shitala Jala + Dadhi	-
10	300	Jwarari Rasa (Tarunadi)	Pathya: Patola+ Mudgambu	-
11	304	Jwarari Rasa (Sadhyadi)	Pathya: Vrintaka, Dadhi, Takra	-
12	308	Jwarari Rasaraja (19)	Pathya: Shastika Shali + Dadhi	-
13	02	Takravati	Pathya: Takra.	Apathya: Lavana Jala
14	20	Tamrabhairavo Rasa (1)	Pathya: Dadhi, Bhakta, Sharkara, Kheera, Dadima	-
15	84	Talakeshwara Rasa (11)	Pathya: Dugdha, Takra, Ghrita, Vastuka, Shali	-
16	183	Tridosha Davanala Kalamegha	Pathya: Mudga, Shali	-
17	184	Tridosha Davanala Rasa	Pathya: Mudgayusha, Shali	-
18	205	Tripurabhirava Rasa (6)	Pathya: Dadhi, Shali	-
19	256	Trailokya Chintamani Rasa (3)	Pathya: Ghrita, Matsa, Shitamla Dadhi, Purana Anna	-
20	297	Daradadi Vati (1)	-	Apathya: Kushmanda, Kadali, Karavellaka, Sharkara, Taila
21	304	Dadimadiyoga	Pathya: Takra+ Odana, Dadhi+ Odana, Koshna Jala	-
22	319	Dugdha Vati (1)	Pathya: Dugdha.	Apathya: Lavan, Jala
23	320	Dugdha Vati (2)	Pathya: Dugdha + Anna.	Apathya: Lavan, Jala
24	321	Dugdha Vati (3)	Pathya: Dugdha Bhojana.	Apathya: Lavan, Jala
25	360	Navajwara Bhairavi Vati	Pathya: Madhura, Mudga Rasa	-
26	364	Navajwaraharo Rasa	Pathya: Takra	-
27	372	Navanatha Rasa	Pathya: Dahapurvaka Jwara: Ksheera, Anna, Sharkara, Ghrita.	-

Dahayukta: Shitala Jala, Narikela Jala

Pathya/Apathya Mentioned in Formulation f Hingula. (R.Y.S 2nd Part)

01	18	<i>Pancha Vaktro Rasa (Mrityunjaya)</i>	<i>Pathya: Dadhi+ Odana</i>	-
02	21	<i>Pancha Vaktro Rasa (4)</i>	<i>Pathya: Mudga</i>	-
03	26	<i>Panchasayaka</i>	<i>Pathya: Ksheera.</i>	<i>Apathya: Amlavarga</i>
04	32	<i>Panchanana Jwankusho Rasa</i>	<i>Pathya: Dadhi, Takra, Bhakta, Saindhav, Mudga, Sita</i>	-
05	36	<i>Panchanano Rasa (4)</i>	<i>Pathya: Dugdha, Bhakta</i>	-
06	97	<i>Panibudo Rasa</i>	<i>Pathya: Dadhi, Bakta, Ardraka, Kustumburu, Matulunga, Saindhava, Vrintaka</i>	-
07	139	<i>Paradadi Vati (8)</i>	<i>Pathya: Ghrita, Godhuma</i>	-
08	230	<i>Pratapa Tapano Rasa</i>	<i>Pathya: Dadhi, Bhakta, Chhagamansa, Dugdha</i>	-
09	232	<i>Pratapamartanda Rasa (2)</i>	<i>Pathya: Dadhi+ Odana</i>	-
10	240	<i>Pratapa Lankeshwaro Rasa (6)</i>	<i>Pathya: Dadhi, Sharkara, Yava Shakara, ksheera</i>	-
11	244	<i>Pratapa Lankeshwaro Rasa (10)</i>	<i>Pathya: Dadhi, Sharkara, Bhakta</i>	-
12	258	<i>Pramadebha Ankusho Rasa</i>	<i>Pathya: Dugdha</i>	-
13	309	<i>Pralayanala Rudrarasa</i>	<i>Pathya: Dadhi, Takra, Bhakta, Sita, Narikelambu, Pakwakadali Phala, Sarva Madhur Rasa</i>	-
14	347	<i>Phiranga Nashini Vati (2)</i>	<i>Pathya: Dugdha, Odana</i>	-
15	348	<i>Phiranga Nashini Vati (3)</i>	<i>Pathya: Dugdha, Odana</i>	-
16	357	<i>Phirangari Rasa (2)</i>	<i>Pathya: Godhuma, Mudga, Tandula.</i>	<i>Apathya: Lavana, Amla</i>
17	390	<i>Bramha Randhrarasa</i>	<i>Pathya: Ikshu Rasa, Mudga Rasa, Takra, Bhakta</i>	-
18	395	<i>Brahmavati</i>	<i>Pathya: Mudga Yusha,</i>	<i>Apathya: Divaswapa</i>
19	397	<i>Bramhasra Rasa (1)</i>	<i>Pathya: Dadhi, Anna, Sita</i>	-
20	420	<i>Bhanda Rasa</i>	<i>Pathya: Sharkara + Odana</i>	-
21	440	<i>Bhutabhairava Rasa (3)</i>	<i>Pathya: Bhakta, Ghrita, Godhuma, Koshnajala.</i>	<i>Apathya: Shaka</i>
22	460	<i>Bhairava Rasa</i>	<i>Pathya: Dugdha, Sharakara</i>	-
23	513	<i>Madano Rasa</i>	<i>Pathya: Madhura, Dugdha</i>	-
24	656	<i>Mritasanjivana Rasa</i>	<i>Pathya: Dadhi, Odana</i>	-

25	673	<i>Mritotthapana Rasa (3)</i>	<i>Pathya: Mistanna, Payasa</i>	-
26	685	<i>Mrityunjaya Rasa</i>	<i>Pathya: Sitadi Madura Dravya, Dadima.</i>	<i>Apathya: Karkaruka, Kangu, Kola, Kapittha, Karkota, Karvellaka, Karira, Koshataki, Kakamachi, Bilva, Vrintala, Tila</i>
27	688	<i>Mrityunjaya Rasa (14)</i>	<i>Pathya: Dadhi</i>	-
28	692	<i>Mrityunjaya Rasa (18)</i>	-	<i>Apathya: Taila, Rajika, Bilva, Alma Sevana</i>
29	711	<i>Meghanada Rasa (12)</i>	-	<i>Apathya: Dadhi, Odana</i>
30	714	<i>Medinisara Rasa</i>	-	<i>Apathya: Dadhi, Mulaka, Masha, Vaidahi, Guru, Papakarma</i>
31	8	<i>Yuvati Lila Rasa</i>	<i>Pathya: Ksheera, Ghrita, Sharkara, Kadali Phala, Narikela, Priyala, Kharjura, Panasa</i>	-
32	109	<i>Rasa Shekhara Rasa</i>	-	<i>Apathya: Alma+ Lavana</i>
33	182	<i>Ramabana Rasa (14)</i>	<i>Pathya: Shalyodana, Mudga Soopa, Dadhi, Takra, Jangala Rasa, Ikshu Rasa, Kadali, Kharjura, Dadima, Kapittha</i>	-
34	201	<i>Rogamuradalana Rasa</i>	<i>Pathya: Dadhi, Bhakta, Khanda, Maricha</i>	-
35	254	<i>Lingamaheshwara Rasa</i>	<i>Pathya: Godhuma, Ghrita, Koshna Neera</i>	-
36	266	<i>Lokanatha Rasa (6)</i>	-	<i>Apathya: Rajika, Pittala Ahara, Krodha, Maithuna, Jagarana</i>
37	309	<i>Lohasundara Rasa</i>	-	<i>Apathya: Kushmanda, Kanji, Taila, Shaka, Lavana, Chanaka</i>
38	410	<i>Vadavanala Rasa (22)</i>	<i>Pathya: Narikelodaka, Sharkarodaka, Ksheeranna</i>	-
39	479	<i>Vatari Rasa (1)</i>	<i>Pathya: Madhura, Ghrita</i>	<i>Apathya: Taila, Kshara, Amla</i>
40	490	<i>Varisagara Rasa (3)</i>	<i>Pathya: Dugdha, Anna, Shita Jala</i>	-
41	531	<i>Vidhyavallabha Rasa</i>	-	<i>Apathya: Taila, Amla</i>
42	561	<i>Vishamantaka Rasa</i>	-	<i>Apathya: Mansa, Rajika, Taila, Amla</i>
43	573	<i>Veera Pratapa Rasa</i>	<i>Pathya: Dadhi, Odana, Ikshu Khanda,</i>	-

			Narikela	
44	580	Veera Rasa	-	Apathya: Ksheera, Mamsa Rasa
45	616	Vaidhyanatha Vati	Pathya: Dadhi, Sharkara.	Apathya: Lavana
46	625	Vaishwanara Vati (1)	Pathya: Vyosha + Dugdha, Kulttha Kwatha	-
47	648	Vranantaka Rasayana	-	Apathya: Mudga, Anna, Karavellaka, Kushmanda, Guda, Rambha Phala
48	02	Shakti Kaumara Rasa	Pathya: Dadhi, Anna, Vrintaka	-
49	75	Shambha Veera Rasa	Pathya: Dadhi, Anna, Narikela Jala	-
50	107	Shila Shindooram	Pathya: Shali anna, Mudga Yusha, Takra, Dugdha, Dadhi, Kulattha	-
51	124	Shitabhanji Rasa (2)	Pathya: Takra, Bhakta, Kheera.	Apathya: Lavana
52	137	Shitari Rasa (4)	Pathya: Kheera, Odana	-
53	182	Shrinkhala Vatanashana Rasa	Pathya: Kheera, Odana, Narikela Jala	-
54	232	Shadanana Rasa	Pathya: Mudga, Anna, Mudga Yusha, Takra, Bhakta, Narikelodaka	-
55	259	Sannipata Gajavyala Rasa	Pathya: Mudga Yusha	-
56	267	Sannipatabhairava Rasa (5)	Pathya: Dadhi + Bhakta	-
57	269	Sannipatabhairava Rasa (7)	Pathya: Dugdha + Sharkara	-
58	276	Sannipata Bhairava Rasa (14)	Pathya: Dadhi+ Anna	-
59	281	SannipataSoorya Rasa	Pathya: Maricha+ Dadhi+ Bhakta	-
60	285	Sannipatankusha Rasa (1)	Pathya: Dadhi+ Anna+ Sita	-
61	326	Sarvarogahara Rasa (1)	-	Apathya: Amla, Vatala Dravya
62	348	Sarvangasundari Rasa	Pathya: 1 st week: Takra, Anna. 2 nd week: Dadhi, Bhakta. 3 rd week: Sukha Bhojana	-

Percentage quantity is calculated in accordance with the solid constituents, where in the ingredients like decoctions (Kwatha), fresh juices (Swarasa), ghee (Ghrita -clarified butter), and honey (Madhu) are not taken into consideration. Calculation is based on the raw ingredients taken prior to the pharmaceutical processes.

Method of Calculation

Mrityunjaya Rasa, referenced in *Bhaishajya Ratnavali*, is an Ayurvedic herbo-mineral formulation used for fever and digestive disorders. The solid ingredients and their weights are:

- *Shuddha Hingula* (Purified Cinnabar): 10 g

- *Shuddha Vatsanabha* (Aconitum ferox): 10 g
- *Maricha* (Piper nigrum): 10 g
- *Pippali* (Piper longum): 10 g
- *Shuddha Gandhaka* (Purified Sulphur): 10 g
- *Shuddha Tankana* (Purified Borax): 10 g

To calculate the percentage of *Hingula* in *Mrityunjaya Rasa*, we use the weight of *Hingula*, which is 10g, and divide it by the total weight of solid ingredients, which is 60 g. The formula is $100 \times (10/60)$, which simplifies to $100 \times (1/6)$, resulting in approximately 16.67%. Thus, the percentage of *Hingula* in *Mrityunjaya Rasa* is approximately 16.67%.

Research Work on Hingula

A conceptual review from the International Journal of Ayurveda and Pharma Research (published September 9, 2019) discusses *Hingula*'s pharmacological properties and therapeutic uses, implying safety when purified. It mentions that purified *Hingula* mitigates all three vitiated *Doshas* and is useful in treatments like *Parada Jarana* (increasing therapeutic potency of mercury). However, it does not explicitly address safety concerns, focusing more on therapeutic applications.

Another study, focusing on a standardized method for extracting mercury from *Hingula* using a modified *Nada-Yantra*, concludes that this method is comparatively safer, reducing mercury-containing fumes and achieving a better yield (76.8%). While this paper addresses safety in the extraction process, it does not directly discuss the safety of using *Hingula* itself, emphasizing procedural improvements.

A PMC article on the pharmacology, toxicology, and rational application of cinnabar and realgar provides further insights. It states that cinnabar, containing mainly mercury sulphide ($\geq 96\%$), is used in TCM for sedation and sleep improvement, but its safety is a concern due to potential neurotoxicity, liver toxicity, kidney toxicity, and genotoxicity if used inappropriately. It notes that cinnabar is less toxic than HgCl_2 and MeHg due to differences in bioavailability, transport, and metabolism. Processing methods like grinding and washing (Shui-Fei) at least 3-4 times can reduce soluble toxic elements, and herbal medicines in formulas can attenuate damage by affecting mercury absorption, distribution, and excretion. The daily dose has been reduced to 0.1–0.5 g, reflecting awareness of toxicity, with ongoing research needed for detailed toxicological mechanisms.

DISCUSSION

Rasaushadhis (herbomineral formulations) are being prescribed by Ayurvedic physicians since long with are mention of toxicity. So as the nullify toxicity, make it in effective bio available form, easy elimination and for targeted drug delivery, ancient sages have constructed many compound herbomineral formulations in different dosage forms. Total 13 dosage forms,^[5] 362 number of various formulations, different route of administrations like oral, Nasal, blood (through *Brahmarandhra*) and external through solid, liquid and gaseous form are itself suggestive of its safety classical point of view. The percentage of *Hingula* in Ayurvedic formulations varies widely, ranging from as low as 0.069% in *Vanari Paka* to as high as 100% in *Darada Rasayanam* and *Stambhana Rasa*, with most formulations typically containing

between 2% and 33%, though some, like *Rasa Sindooram* or *Sannipata Bhairava Rasa*, reach 50% or more, reflecting their potency and intended use. A clear pattern emerges when analysing indications by *Hingula* percentage. Low *Hingula* content (0.069%–2%) is predominantly associated with *Vajikarana* (rejuvenation/aphrodisiac), *Vataroga*, and chronic but less acute conditions like *Kshaya* and *Pandu*, indicating a supportive, long-term role. Medium *Hingula* content (2%–33%) is the most versatile, addressing a broad spectrum of conditions, including *Jwara*, *Atisara*, *Grahani*, *Kasa*, *Swasa*, *Kushtha*, and *Prameha*, suggesting its use for targeted, moderately potent treatments across multiple systems. High *Hingula* content (50% or more) is strongly linked to severe, complex conditions like *Sannipata*, severe *Jwara*, *Krimi*, and *Upadansha*, reflecting its use in potent, high-impact formulations for critical health issues. The progression from low to high *Hingula* content correlates with increasing severity and complexity of the targeted conditions, with low concentrations supporting vitality, medium ones addressing specific ailments, and high ones tackling severe, systemic disorders. *Ardraka Rasa* is the most frequently used *Anupana* in *Hingula*-containing formulations, with 28 mentions, followed by *Madhu* with 21 mentions.

The *Pathya* (recommended) and *Apathya* (prohibited) guidelines for these 62 formulations, as detailed in the provided tables, reflect individualized treatment approaches tailored to each preparation. For instance, *Pathya* for *Gaganasundaro Rasa* includes *Chhaga Takra* (goat buttermilk) and milk, while *Jwaraharo Rasa* (6) recommends *Go Takra*, *Shali* (rice), *Mudga* (mung beans), and *Chanaka Kwatha* (chickpea decoction). Conversely, *Apathya* for *Takravati* includes *Lavana Jala* (saline water), and for *Mrityunjaya Rasa* (18), specific foods like *Karkaruka*, *Kangu*, and *Taila* (oil) are restricted. To elucidate common patterns, *Pathya* frequently includes cooling and digestible foods such as milk (*Dugdha*), yogurt (*Dadhi*), rice (*Shali*), mung beans (*Mudga*), and ghee (*Ghrita*), noted in over 40 formulations for their ability to balance *Pitta* and support digestion. Moderately common *Pathya* items, appearing in around 20 formulations, include buttermilk (*Takra*), sweet foods (*Sharkara*), and wheat (*Godhuma*), which enhance bioavailability and aid recovery. *Apathya* items, such as salt (*Lavana*), sour foods (*Amla*), oil (*Taila*), and heavy foods (*Mansa*), are cited in about 15 formulations for their heating properties, which may aggravate *Pitta* or *Vata*, potentially counteracting the medicine's effects. Less frequent *Apathya*, noted in around five formulations, include specific vegetables like *Kushmanda* and

Karavellaka, and daytime sleep (*Divaswapa*), which may disrupt *Dosha* balance or digestion.

The Ayurvedic rationale for these *Pathya* and *Apathya* guidelines is deeply rooted in *dosha* balance and the synergistic interaction between food and medicine. Mercury, being heating and potentially *Pitta*-aggravating, necessitates cooling *Pathya* foods like milk and rice, which are *Shita* in nature, to maintain equilibrium. For example, *Ksheera* (milk) is recommended in formulations like *Jwaragajasinha Rasa* to mitigate heating effects. Digestible foods such as *Mudga* and *Shali*, as seen in *Tridosha Davanala Rasa*, support the body's ability to assimilate the medicine without digestive strain. Conversely, *Apathya* foods like salt and sour items are restricted, as seen in *Dugdha Vati*, to prevent *Pitta* or *Vata* aggravation, which could lead to side effects like digestive discomfort or inflammation.

From a modern scientific perspective, while specific studies on dietary interactions with mercury-based Ayurvedic formulations are limited, some insights can be drawn. Research suggests that mercury in properly prepared Bhasma has low bio accessibility (<5%), indicating that dietary factors may have minimal impact on its absorption.^[6] *Pathya* foods like milk and yogurt, rich in nutrients such as calcium, may support detoxification pathways, potentially binding to heavy metals to reduce absorption, though this remains speculative without direct evidence. *Apathya* foods like salt and oil could theoretically increase gastrointestinal stress, possibly affecting medicine absorption, but this lacks direct study. Nutritional science supports the inclusion of high-fiber foods like mung beans, which may bind to heavy metals, aligning with their traditional use in these formulations.^[6]

CONCLUSION

Rasaushadhis, Ayurvedic herbomineral formulations, utilize *Hingula* (mercury sulphide) across 362 formulations and 13 dosage forms to treat diverse conditions. *Hingula* content varies: low (0.069%–2%) for rejuvenation and chronic ailments, medium (2%–33%) for fever and digestive issues, and high (50% or more) for severe disorders. *Pathya* foods like milk, rice, and mung beans, noted in over 40 formulations, balance mercury's heating effects, while *Apathya* foods like salt and oil are restricted to prevent *Dosha* aggravation. Scientific studies confirm low mercury bio accessibility (<5%) in properly prepared Bhasma, but contamination risks necessitate quality control. *Pathya* foods may aid detoxification, though further research is needed.

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