



Review Article

PHARMACOLOGICAL REVIEW OF LAGHUMALINI VASANT RASA

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ABSTRACT

Laghumalini Vasant Rasa is described in *Yoga Ratnakara* within the context of *Jwara Chikitsa* (management of fever). Fever, or pyrexia, is a common physiological response to conditions such as infection, inflammation, and tissue injury. Ayurveda classifies fever into various types based on its origin and presentation, including those related to infections, inflammatory processes, neoplastic conditions, and drug-induced causes. The present work attempts a hypothetical review of *Laghumalini Vasant Rasa* as mentioned in *Jwara Chikitsa* and *Ayurveda Sara Sangraha*. It focuses on analyzing the pharmacodynamic of the formulation and its possible effects on different stages of *Jwara* and *Shweta Pradara*, as described in the *Phalashruti* of the drug.

INTRODUCTION

Laghumalini Vasant is a well-recognized *Vasant Kalpa* categorized under *Kharaliya Rasayana* preparations. In this method, herbal components along with *Rasa Dravyas* are processed through trituration, which enhances the organic properties of the formulation, thereby improving its therapeutic effectiveness while minimizing potential toxicity.

This formulation is described in the *Rasa Yoga* section, where *Kharpar*, *Hingula* and *Maricha* are used as the primary ingredients in a 2:2:1 ratio. *Navneet* (butter) and *Nimbu Swarasa* (lemon juice) serve as the levigating agents during preparation. *Laghumalini Vasant* is thus a herbo-mineral formulation mentioned in *Ayurveda Sara Sangraha* under *Rasa-Rasayan-Prakaran adhayaya*.^[1]

According to its *Phalashruti*, *Laghumalini Vasant Rasa* is indicated in conditions such as *Pradara*, *Raktapradara Jeerna Jwara* (chronic fever) and *Dhatugata Jwara* (deep-seated tissue-level fever) etc. Based on these references, the present article aims to provide a hypothetical review focusing on the pharmacodynamic aspects of *Laghumalini Vasant Rasa*.

MATERIAL AND METHOD

Laghu Malini Vasant Rasa (LMVR) is a herbo-mineral preparation in Ayurveda made by triturating purified *Kharpar* (zinc oxide), *Hingula* (cinnabar) and *Maricha* (black pepper) in a 2:2:1 proportion. The formulation undergoes *Bhavana* (levigation) using media such as *Navaneeta* (fresh butter) and *Nimbu Swarasa* (lemon juice).^[2] This process is continued until the stage of *Ghritha Vimukta* (free from fatty content) is achieved, resulting in a highly potent and nutritionally enriched powder or tablet form.

Study of the ingredients and the drug give the knowledge about breaking *Samprapti* of disease. We used reference as various *Samhita* and published articles.

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Contents of the *Laghumalini Vasant Rasa*

S.No	Drug Name	Latin Name	Rasa	Guna	Virya	Vipak	Doshakarma
1.	<i>Kharpar</i> [3]	Zincum	<i>Kasaya, Katu</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridoshagna</i>
2.	<i>Marich</i> [4]	<i>Piper nigrum</i> Linn.	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-kapha shamak</i>
3.	<i>Hingula</i> [5]	<i>Sulphutum</i> <i>hydragirium</i>	<i>Tikta, Kasaya,</i> <i>Katu</i>	<i>Snigdha, Ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vatahara</i>
4.	<i>Nimbu</i> [6]	<i>Citrus medica</i>	<i>Amla</i>	<i>Guru, Tikshna</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kapha-vata shamak</i>
5.	<i>Navaneet</i> [7]	Fresh butter	<i>Madhur</i>	<i>Snigdha,</i> <i>Picchila</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata-pittahar,</i> <i>Kaphahar</i>

Pharmacological properties of ingredients of *Laghumalini Vasant Rasa***Actions of *Kharpar bhasma*[8]**

Kharpar is a zinc carbonate ($ZnCO_3$) compound with multiple therapeutic effects:

- Immunomodulatory: Enhances T-cell and macrophage function, activates NK cells, and regulates cytokines like IL-2 and IFN- γ .
- Anti-inflammatory: Suppresses pro-inflammatory cytokines such as TNF- α and IL-1 β .
- Antioxidant: Scavenges free radicals, prevents lipid peroxidation, and maintains glutathione levels.
- Antipyretic: Helps regulate body temperature by acting on the hypothalamus and prostaglandin synthesis, and promotes heat shock protein activity.

Action of *Maricha*[9]

Maricha exhibits significant anti-inflammatory and antioxidant effects. The presence of hemicellulose contributes to its immunomodulatory and anti-inflammatory activity. It also demonstrates antioxidant potential comparable to agents like titanium oxide. Additionally, it promotes sweating (diaphoretic action), aiding in the reduction of fever, and enhances blood circulation, thereby supporting improved metabolic processes.

Actions of *Hingula*[10]

- *Jwarahara* (Antipyretic): Helps in reducing fever, particularly in chronic and recurrent conditions.
- *Rasayana* (Rejuvenative): Promotes vitality, improves longevity, and enhances tissue nourishment.
- *Yogavahi* (Catalytic/Synergistic action): Enhances the bioavailability and efficacy of other drugs when used in formulations.
- *Balya* (Strength promoting): Improves physical strength and general wellbeing.

- *Agnideepana* (Digestive stimulant): Stimulates digestive fire, aiding in better metabolism.
- *Tridosha Shamaka* (especially *Kapha-Vata* pacifying): Helps in balancing *Doshas*.
- Antimicrobial & Immunomodulatory (traditional view): Used in infections and to support immunity in classical texts.

Actions of *Nimbu*[11]

Nimbu (lemon) is rich in citric acid and vitamin C, which support metabolic functions. It is traditionally known for its properties of pacifying *Rakta-Pitta*, relieving excessive thirst, and helping in the management of fever.

Actions of *Navaneeta*[12]

Navneet, or freshly prepared butter, is considered light (*Laghu*) and absorbent (*Grahi*) in nature, and it promotes intellect (*Medha vardhak*). It is also recognized for its ability to alleviate *Rakta-Pitta*, enhance vitality (*Virya vardhak*), and improve overall strength (*Balya* effect).

Dosage and Anupana of *Laghumalini Vasanta Rasa*[13]

Dose- 250mg twice a day.

Anupana- *Laghumalini Vasanta Rasa* is given along with milk or ghee in bleeding disorder, *Shweta pradara*, febrile states, and eye disease. And with Honey and *Pippali* in the management of various types of *Jwar*.

DISCUSSION

Laghumalini Vasant Rasa is a classical herbo-mineral preparation known for its effectiveness in disorders like *Shweta Pradara* and *Jwara*. The therapeutic efficacy of this formulation is attributed to the synergistic action of its ingredients- *Kharpar*, *Hingula*, *Maricha*, *Nimbu*, and *Navaneet*.

Kharpar (zinc compound) plays a vital role due to its *Stambhana* (astringent) and tissue-healing properties, which help in controlling excessive vaginal discharge and improving mucosal integrity.

Hingula (purified cinnabar) acts as a potent *Yogavahi*, enhancing the bioavailability and therapeutic action of other ingredients while also exhibiting rejuvenative and antimicrobial effects.

Maricha (black pepper) contributes through its *Deepana* and *Pachana* properties, improving digestion and metabolism, thereby correcting *Agni Dushti*, which is often considered a root cause in many diseases. *Nimbu* (lemon juice) aids in detoxification and acts as a medium that facilitates better absorption of the formulation, while also providing mild *Rakta Shodhana* action.

Navaneet (fresh butter) serves as a nourishing and cooling agent, balancing *Pitta* and supporting tissue strength (*Dhatu Poshana*). It also reduces irritation and enhances the palatability of the medicine.

Collectively, this formulation works by pacifying *Kapha* and *Pitta Dosha*, strengthening reproductive tissues, and improving systemic metabolism. Hence, *Laghumalini Vasant Rasa* demonstrates a multidimensional approach in managing gynaecological and febrile conditions

CONCLUSION

Laghumalini Vasant Rasa is an effective herbo-mineral formulation in the management of *Shweta Pradar* and *Jwara*. Owing to its *Kapha*-pacifying, *Stambhana*, and *Rasayana* properties, it helps reduce excessive vaginal discharge, improves tissue strength, and restores overall balance in the body. In cases of *Jwara*, it exhibits antipyretic and metabolic-enhancing actions, aiding in the reduction of fever and associated symptoms. Thus, this formulation plays a significant role in correcting underlying *Doshic* imbalance and promoting systemic health.

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