



## Review Article

### AYURVEDIC RASAUSADHIES USED IN THE MANAGEMENT OF PRAMEHA W.S.R. TO DIABETES MELLITUS

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#### ABSTRACT

Diabetes Mellitus (DM) is a group of metabolic disorders characterised by hyperglycaemia due to absolute or relative deficiency of insulin. It is characterised by polyuria, polydipsia, polyphagia, rapid weight loss, fatigue etc. Based on similarities in signs and symptoms DM can be correlated with *Prameha/Madhumeha* in Ayurveda. *Rasausadhies* (metallic formulations) have been used in the treatment of Diabetes mellitus with its excellence for centuries but their scientific evaluation has not systematically established with modern tools. *Rasausadhies* have been popularly used since the period of great alchemist *Nagarjuna*, i.e. 8<sup>th</sup> century AD. In this time, invention of special processing techniques as *Sodhana* (purification), *Marana* (incineration), *Sanskara* (which increases the potency), *Murchhana* (trituration up to fine disintegration) etc, have been established which are being used to convert the minerals and metals into easily consumable form and immediate showing the desirable effect. The present study deals with review of *Rasausadhies* from all the classics of Ayurveda which are mentioned in the treatment of *Prameha*.

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#### INTRODUCTION

Diabetes Mellitus (DM) is one of the lifestyle disorders whose prevalence is rising more rapidly in middle and low income countries. It is a major cause of kidney failure, heart attacks, stroke and lower limb amputation. [1] It is a clinical syndrome characterised by hyperglycaemia due to absolute or relative deficiency of insulin.[2] Allopathic systems have developed medicines to control and treat diabetes but are unable to provide complete relief and cause a various side effects. Based on similarities in signs and symptoms, DM can be compared with *Prameha* in Ayurveda. *Prameha* is a condition in which patient passes excess and turbid urine.[3] It is a *Tridoshaja* condition with dominance of *Kapha* and *Dushya*involved in it are *Meda, Mamsa, Kleda, Shukra, Shonita, Vasa, Majja, Lasika, Rasa* and *Oja* which are all *Kapha Vargiya*.[4] The prodromal features of *Prameha* are excess *Mala* in tooth, palate and tongue, burning sensation of hands and feet, oiliness in the body, excess thirst, and sweet sensation in mouth.[5] The entire Ayurveda is frame

on *Trisutras- Hetu, Linga, Ausadha* (3 principles-aetiology, symptomatology and medicine). *Ausadha* (medicine) is the vital among them. Plants, animals and minerals, are the main sources of Ayurvedic medicine. In *Samhita* period, herbs were widely used due to their wide availability and easy processing techniques. The clinical use of minerals and metals can be seen from the *Samhita* period but very much limited. The uses of metal for surgical instruments and usages of *Swarna churna* as *Rasayana* etc are cited in *Sushruta samhita*. In *Charaka Samhita*, the minerals like gold, silver, copper etc. are mentioned but internal uses of minerals are rarely described. *Rasausadhies* are widely used since 8<sup>th</sup> century A.D. the period of great alchemist *Nagarjuna*. From this period minerals and metals are widely used due to the invention of various special processing techniques like *Sodhana* (purification), *Marana* (incineration), *Sanskara* (which increases the potency), *Murchhana* (trituration up to fine disintegration), etc, to convert

the minerals and metals into non-toxic, easily administrable, colloidal state and absorbable forms. After that the therapeutic benefits of minerals and metals were detected and they occupied a significant place in Ayurvedic medicines.

In Ayurveda, various herbal, minerals and herbo-minerals drugs are commonly used in the treatment of *Prameha*. In the present study, initiatives have been taken to collect and compile most of the *Rasausadhies* (minerals and herbo-minerals) with their ingredients, dose and *Anupana* (vehicle for drug administration) that are used in the treatment of *Prameha* from various Ayurvedic classical texts.

### AIMS AND OBJECTIVES

Although there have been huge investments in drugs and therapeutics for the management of diabetes, its prevalence is increasing at an alarming rate. Human race today is looking towards Ayurveda in search of effective and sustainable treatment. In this context, the objective of this study is to review all the Ayurvedic classical texts and compile the *Rasausadhies* which are used in the management of *Prameha* (DM). This article is useful for all the Ayurvedic practitioners for prescribing the *Rasausadhies* which are used in the treatment of *Prameha* in proper dose and *Anupana*.

### MATERIAL AND METHOD

For this review, the Ayurvedic classical books were explored from different library of Ayurveda institutions in India and through online internet searches. The main keywords used for searching books included: *Madhumeha*, *Prameha*, *Prameha pidika* and *Astamahagada*.

**Inclusion criteria:** Inclusion criteria adapted for this study are given below:

- Ayurvedic Rasausadhi* formulation which are clearly indicated in the management of *Prameha/Madhumeha*.
- Medicine: Minerals and Herbo-Minerals Ayurvedic Medicine
- Books: only Ayurvedic Classical texts

**Exclusion criteria:** The exclusion criteria considered for this review were:

- Single Herb and Herbal formulations/ medicine which are used in the management of *Madhumeha/Prameha*.

### RESULTS AND DISCUSSION

This section presents the results of the study and discusses a number of *Rasausadhies* that have been reported to be effective in the management of Diabetes mellitus.

- Aanandabhairav Rasa***<sup>[6]</sup>  
Ingredients: *Vanga Bhasma*, *Sworna Bhasma* and *Rasasindur*.  
*Bhavana*: Honey  
Dose: 250mg  
*Anupana*: *Gunjamool* powder and Honey
- Abhrak Bhasma Yog***<sup>[7]</sup>  
Ingredients: *Abhrak Bhasma*, *Triphala (Haritaki, Baheda, Amalaki)*, *Haridra*.  
Dose: 120mg *Abhrak Bhasma* and 4gm of *Triphala* and *Haridra*  
*Anupana*: Honey
- Apurvamalinivasanta Rasa***<sup>[8]</sup>  
Ingredients: *Vaikranta Bhasma*, *Abhrak Bhasma*, *Tamra Bhasma*, *Swornamakshik Bhasma*, *Rajat Bhasma*, *Vanga Bhasma*, *Praval Bhasma*, *Rasasindur*, *Lauha Bhasma*, *Suddha Suhaga*, *Kshudra Shankha Bhasma*, *Kasturi*, *Karpur*.  
*Bhavana*: *Shatavari Kwath*, *Haridra Sworasa*  
Dose: 375mg  
*Anupana*: *Pipali Powder*, Honey, *Guduchi Satwo*, *Matulunga Kwatha*
- Bhimparakram Rasa***<sup>[9]</sup>  
Ingredients: *Suddha Parad*, *Suddha Gandhak*, *Sisa Bhasma*, *Kanta Lauha Bhasma*, *Abhrak Bhasma*, *Vartak Bhasma*, *Suddha Shilajit*, *Gunjabeej*, *Neem patra*, *Nirmali*, *Gandanakuli*  
*Bhavana*: *Triphala Kwatha*  
Dose: 360-720mg  
*Anupana*: Luke Warm Water
- Brihat Harishankar Rasa***<sup>[10]</sup>  
Ingredients: *Suddha Parad*, *Suddha Gandhak*, *Lauha Bhasma*, *Sworna Bhasma*, *Vanga Bhasma* and *Swornamakshik Bhasma*.  
*Bhavana*: *Aamala Sworasa*  
Dose: 120-240mg  
*Anupana*: Honey
- Brihat Somnath Rasa***<sup>[11]</sup>  
Ingredients: *Suddha Hingulatha Parad*, *Musakarni Rasa Sodhit Gandhak*, *Lauha Bhasma*, *Abhrak Bhasma*, *Vanga Bhasma*, *Rajat Bhasma*, *Kharpar Bhasma*, *Swornamakshik Bhasma*, *Sworna Bhasma*  
*Bhavana*: *Ghreetakumari Sworasa*  
Dose: 250mg  
*Anupana*: Honey
- Brihat Vangeshwor Rasa***<sup>[12]</sup>  
Ingredients: *Vanga Bhasma*, *Suddha Parad*, *Suddha Gandhak*, *Chhadi Bhasma*, *Karpur*,

- Abhrak Bhasma, Suvarna Bhasma, Moti Bhasma and Mukta Bhasma.*  
*Bhavana: Bhringaraj Sworasa*  
 Dose: 250mg  
 Anupana: Honey
8. **Chandrakala Gutika** :<sup>[13]</sup>  
 Ingredient: *Alaichi, Karpur, Suddha Shilajeet, Amala, Jayaphal, Nagkeshar, Musali, Rassindur, Abhrak Bhasma and Vanga Bhasma.*  
*Bhavana: Guduchi sworas, Salmalimool twak Sworas.*  
 Dose: 500mg  
 Anupana: Honey
9. **Chandrakala Rasa**:<sup>[14]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Tamra Bhasma, Abhrak Bhasma.*  
*Bhavana: Nagarmotha, Dadim, Durva, Ketaki, Sahadevi, Ghreetkumari, Pittapapada, Ramshitalika, Shatavari, Katuki, Guduchi, Pittapapada, Ushir, Pippali, Sewtchandan, Anantamool, Munakka.*  
 Dose: 250 mg  
 Anupana: Honey
10. **Chandraprabha Vati**:<sup>[15]</sup>  
 Ingredients: *Rasasindur, Abhrak Bhasma, Lauha Bhasma, Nag Bhasma, Vanga Bhasma, Ilayichi Beej, Lavanga, Jabeetri, Jayaphal, Aamalaki, Shakkar, Kapur, Khadir, Shoof, Chooti Kateri and Amleveta.*  
*Bhavana: Kalihari Sworas, Bhedi Milk, Paan Sworas,*  
 Dose: 500mg – 1gm  
 Anupana: *Amala, Parval leaves Kwatha or guduchi Kwatha with Honey.*
11. **Chandraprabha Vati-2**:<sup>[16]</sup>  
 Ingredients: *Karpur, Vacha, Nagarmotha, Chirayata, Devdaru, Haldi, Atis, Daruhaldi, Piplamool, Chitarakmool, Nishoth, Dantimool, Tejpatta, Dalchini, Chootiyelaichi, Vangsalochana, Dhaniya, Aamala, Haritaki, Baheda, Chhavya, Vayavidanga, Gajapipar, Swornamakshik bhasma, Sunthi, Marich, Pipali, Yevakshar, Sarjikshar, Saindhavlavana, Saurvarchal lavana, Vidlavana, Lauha bhasma, Suddha Shilajit, Suddha Guggulu,*  
 Dose: 500mg-1gm  
 Anupana: *Visham Dose of Madhu and Ghee after that drink Takra, Mastu, etc.*
12. **Harishankar Rasa**:<sup>[17]</sup>  
 Ingredients: *Abhrak Bhasma, Rasasindur*  
*Bhavana: Aamalaki Sworasa, Haldi Sworasa*  
 Dose: 120mg  
 Anupana: Honey
13. **Himamshu Rasa**:<sup>[18]</sup>  
 Ingredients: *Suddha Parad, Suddha Tankan, Durva, Khadir shar, Karpur, Chandan, Agastya Puspa*  
*Bhavana: -*  
 Dose: 1 vatak  
 Anupana: Luke warm water
14. **Indra Vati**:<sup>[19]</sup>  
 Ingredients: *Rasasindur, Vanga Bhasma,*  
*Bhavana: Arjun Twak, Sweet Musali.*  
 Dose: 125mg  
 Anupana: Honey
15. **Jalajamrit Rasa**:<sup>[20]</sup>  
 Ingredients: *Tavashir, Suddha Manshila, Vanga Bhasma, Nag Bhasma, Swet Aparajita Beej.*  
*Bhavana: Bidarikanda Sworasa and Jeevanti Sworasa*  
 Dose: 125mg- 250mg  
 Anupana: Honey
16. **Kamchudamani Rasa**:<sup>[21]</sup>  
 Ingredients: *Moti Bhasma, Swornamakshik Bhasma, Suvarna Bhasma, Karpur, Jabeetri, Jayaphal, Lavanga, Vanga Bhasma, Rajat Bhasma, Chooti Ilaichi, Teejpatra, Dalchini, Nagkeshar*  
*Bhavana: Shatavari Sworasa*  
 Dose: 125 -250mg  
 Anupana: Milk
17. **Kandarpa Rasa**:<sup>[22]</sup>  
 Ingredients: *Suddha Parada, Suddha Gandhak, Prabal bhasma, Suvarna Bhasma, Shankha Bhasma, Mautik Bhasma, Vaikranta Bhasma and Sworna Gairik.*  
*Bhavana: Vat Kasaya*  
 Dose: 250mg  
 Anupana: *Triphala Kwatha, Devdaru twak kwatha*
18. **Kasisbadhha Rasa**:<sup>[23]</sup>  
 Ingredients: *Suddha Kasis, Suddha Nilanjan, Nag Bhasma, Suddha Geru, Krishna Abhrak Bhasma, Kanta Lauha Bhasma, Swornamakshik Bhasma, Suddha Shilajit, Kumbhika patra, Aanjir Patra, Amalaki, Khair Kshar, Gokshur, VitKhadir, Swet Gunjja, Kapittha, Nagkeshar, Jamun, Kutki, Baheda, Nagdamani sworasa*  
 Dose: 10gm Modak  
 Anupana: Mattha

19. **Mahavangeshwor Rasa:**<sup>[24]</sup>  
 Ingredients: *Vanga Bhasma, Kanta Lauha Bhasma, Abhrak Bhasma, Dhatur Pushpa,*  
*Bhavana: Ghritkumari Sworasa*  
 Dose: 125mg- 250mg  
 Anupana: Luke Warm Water
20. **Meghnad Rasa:**<sup>[25]</sup>  
 Ingredients: *Rasasindur, Kanta Lauha Bhasma, Abhrak Bhasma, Suddha Shilajit, Swornamakshik Bhasma, Suddha Manshila, Sunthi, Pipla, Maricha, Amala, Haritaki, Baheda, Ankotha, Jeera, Kapasbeej, Haldi.*  
*Bhavana: Chitrakmool Kwath*  
 Dose: 375mg  
 Anupana: Honey
21. **Mehabaddha Rasa:**<sup>[26]</sup>  
 Ingredients: *Rasasindur, Kantalauha Bhasma, Madulauha Bhasma, Suddha Shilajit, Swornamakshik Bhasma, Suddha Manshila, Trikatu, Triphala, Aankolbeej, Kapittha, Haridra,*  
*Bhavana: Bhringaraj Sworasa*  
 Dose: 375mg  
 Anupana: *Bilva Patra Sworasa or Honey*
22. **Mehabajra Rasa:**<sup>[27]</sup>  
 Ingredients: *Rasasindur, Kanta Lauha Bhasma, Suddha Shilajeet, Suddha Manashila, Swornamakshik Bhasma, Sunthi, Pippali, Maricha, Aamala, Haritaki, Baheda, Bilwophalamajja, Jeera, Kaithphalmajja, and Haldi*  
*Bhavana: Bhringaraj Sworas*  
 Dose: 500mg  
 Anupana: *Honey, Bakayan Beej Majja Powder, Ghee, Tandulodak*
23. **Mehadhwant Vivasbhan Rasa:**<sup>[28]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Abharak Bhasma, Tamra Bhasma.*  
*Bhavana: Khajur, Drakshya, Gilayo, Jatamansi, Haritaki, Karkat, Nirmali, Hangsapadi and Suddha Jayapal Sworasa.*  
 Dose: 180-360mg  
 Anupana: Honey
24. **Mehahar Rasa:**<sup>[29]</sup>  
 Ingredients: *Suddha Gandhak, Suddha Parad, Suddha Tamra, Suvarna Bhasma, Rajat Bhasma.*  
*Bhavana: Gokshur Kwath*  
 Dose: 250 – 375mg  
 Anupana: Honey
25. **Mehakeshari Rasa:**<sup>[30]</sup>  
 Ingredients: *Vanga Bhasma, Sworna Bhasma, Kantalauha Bhasma, Rasasindur, Moti Bhasma, Dalchini, Choti Ilaichi, Teejpatta, Nagkeshar.*  
*Bhavana: Ghreetkumari Sworasa*  
 Dose: 125- 250mg  
 Anupana: *Khir (Milk+ Rice)*
26. **Mehakuajakeshari Rasa:**<sup>[31]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Lauha Bhasma, Abhrak Bhasma, Nag Bhasma, Vanga Bhasma, Suvarna Bhasma, Hira Bhasma, Moti Bhasma*  
*Bhavana: Satavari Sworas/ Kwatha*  
 Dose: 125-250mg  
 Anupana: Honey
27. **Mehakuthar Rasa:**<sup>[32]</sup>  
 Ingredients: *Rasasindur, Naga Bhsma, Kapittha, Amalaki Phala*  
*Bhavana: Kapas Puspa Sworasa*  
 Dose: 1 gm  
 Anupana: *Kapittha godd 1gm and honey*
28. **Mehamardan Rasa:**<sup>[33]</sup>  
 Ingredients: *Sisa Bhasma, Abhrak Bhasma, Kanta Lauha Bhsam, Shilajit*  
*Bhavana-*  
 Dose: 240mg  
 Anupana: *Neemba Patra Powder and Amalaki Powder*
29. **Mehamudgar Gutika:**<sup>[34]</sup>  
 Ingredient: *Rasanjan, Vidlavan, Devdaru, Bilwo Phal, Gokshur Beej, Dadim, Chirayata, Piplamool, Trikatu, Triphala, Nisotha, Lauha Bhama, Suddha Guggulu*  
 Dose: 1-1 gm  
 Anupana: *Goat milk or Cold Water*
30. **Mehantak Rasa:**<sup>[35]</sup>  
 Ingredients: *Rasasindur, Suddha Shilajit, Mandur Bhasma, Triphala, Gandhanakuli, Swornamakshik, Haridra, Rajat Bhasma, Abhrak Bhasma, Upalkanta Bhasma, Trikatu, Suddha Shilajit, Kaith Phala*  
*Bhavana: Bhringaraj Sworasa*  
 Dose: 250mg  
 Anupana: Honey
31. **Mehashatru Rasa:**<sup>[36]</sup>  
 Ingredients: *Kantalauha Bhasma, Abhrak Bhasma, Mandoor Bhasma, Haritaki Bhasma*  
*Bhavana: Triphala Kwath*  
 Dose: 250mg  
 Anupana: *Luke warm water*

32. **Mehkalnal Rasa:**<sup>[37]</sup>  
 Ingredient: *Rasasindur and Vanga Bhasma*  
 Dose: 250 mg  
 Anupana: *Gunjamool Kwath*
33. **Mriganavyadi Vati :**<sup>[38]</sup>  
 Ingredients: *Suvarna Bhasma, Moti Pisti, Chadi, Kasturi, Keshar, Vangsalochan, Chooti Ilaichi, Jayaphal, Javitri*  
 Bhavana: *Panpatra Sworasa*  
 Dose: 125- 250mg  
 Anupana: Honey
34. **Panchanan Rasa:**<sup>[39]</sup>  
 Ingredient: *Suddha Parad, Suddha Gandhak, Lauha Bhasma, Abhrak Bhasma and Vanga Bhasma*  
 Bhavana: -  
 Dose: 250mg  
 Anupana: Cold Water
35. **Prameha Setu Rasa -1:**<sup>[40]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Suddha Vanga*  
 Bhavana: Not mentioned  
 Dose: 375mg  
 Anupana: Luke warm water
36. **Prameha Setu Rasa -2:**<sup>[41]</sup>  
 Ingredients: *Rasasindur, Abhrak Bhasma*  
 Bhavana: *Vat Kshir*  
 Dose: 375mg  
 Anupana: *Triphala Powder and Honey*
37. **Pramehachintamani Rasa:**<sup>[42]</sup>  
 Ingredients: *Rasasindur, Abhrak Bhasma, Vanga Bhasma, Sworna Bhasma, Lauha Bhasma, Moti Bhasma, Praval Bhasma, Swornamakshik Bhasma*  
 Bhavana: *Ghreetkumari Sworasa*  
 Dose: 250mg  
 Anupana: Luke Warm Water
38. **Pramehagajakeshari Rasa:**<sup>[43]</sup>  
 Ingredients: *Lauha Bhasma, Naga Bhasma, Vanga Bhasma, Abhrak Bhasma, Shilajit, Khakhasa Keshar*  
 Bhavana: *Nimbu Sworasa*  
 Dose: 125-250mg  
 Anupana: Ghee, Honey
39. **Pramehagajasingha Rasa:**<sup>[44]</sup>  
 Ingredients: *Suddha Parad, Abhrak Bhasma, Shisa Bhasma, Nag Bhasma, Vanga Bhasma*  
 Bhavana: *Chhandalirakshasi Puspa Rasa*  
 Dose: 125 – 250mg
40. **Pramehaketu Rasa:**<sup>[45]</sup>  
 Ingredients: *Rasasindhur, Abhrak Bhasma.*  
 Bhavana: - *vat Kshir*  
 Dose: 375mg  
 Anupana: *Triphala Choorna and Honey*
41. **Pramehakulantak Rasa:**<sup>[46]</sup>  
 Ingredients: *Vanga Bhasma, Abhrak Bhasma, Suddha Parad, Suddha Gandhak, Chirayata, Pippalimool, Sunthi, Marich, Pippali, Aamalaki, Haritaki, Baheda, Nisotha, Rasanjjan, Vidanga, Nagarmotha, Bilwophalamajja, Gokhru, Annardana and Suddha Shilajit*  
 Bhavana: *Gopalkarkati sworas*  
 Dose: 500mg  
 Anupana: *Goat milk, Cow milk, Kullatha Kwath, Aamala sworas*
42. **Pramehasetu Rasa:**<sup>[47]</sup>  
 Ingredients: *Rasasindur, Abhrak Bhasma*  
 Bhavana: *Vat Dugdha*  
 Dose: 375mg  
 Anupana: *Triphala powder and Honey*
43. **Rajmriganaka Rasa:**<sup>[48]</sup>  
 Ingredients: *Suvarna Bhasma, Rajat Bhasma, Kanta Lauha Bhasma, Tamra Bhasma, Vanga Bhasma, Sisa bhasma, Abhrak Bhasma, Suddha Parad, Suddha Gandhak*  
 Bhavana: *Gandhakakuli Beej Kwatha*  
 Dose: 360 – 720mg  
 Anupana: *Triphala Sworasa*
44. **Rasendra Nag Rasa:**<sup>[49]</sup>  
 Ingredients: *Nag Bhasma, Suddha Parad*  
 Bhavana: *Imili Sworasa*  
 Dose: 120mg  
 Anupana: *Triphala Powder, Honey*
45. **Rasendranaga Rasa:**<sup>[50]</sup>  
 Ingredients: *Suddha Nag and Suddha Parad*  
 Bhavana: *Chincha Kshar*  
 Dose: 125mg  
 Anupana: *Till or Tarvat beej powder*
46. **Rujadalan Vati:**<sup>[51]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Suddha Vatsanav, Chitrakmool, Aamala, Haritaki, Baheda, Sunthi, Pipla, Marich.*  
 Bhavana: Not mentioned  
 Dose: 500mg  
 Anupana: Luke Warm Water

47. **Sanjivan Rasa:**<sup>[52]</sup>  
 Ingredients: *Suddha Parad, Naga Bhasma, Rajavarta Bhasma, Vanga Bhasma*  
 Bhavana: *Neemba Patra Sworasa*  
 Dose: 180- 360mg  
 Anupana: *Haridra Powder*
48. **Sarveshwor Rasa:**<sup>[53]</sup>  
 Ingredients: *Sworna Bhasma, Rajat Bhasma, Moti Bhasma, Suddha Shilajatu, Lauha Bhasma, Abhrak Bhasma, Swornamakshik Bhasma, Mulethi, Pippali, Sunthi, Maricha.*  
 Bhavana: *Bhringaraj Sworasa, Kesharaj Rasa, Bhangapatra Sworasa*  
 Dose: 250mg  
 Anupana: *Honey*
49. **Shilajit Yog:**<sup>[54]</sup>  
 Ingredients: *Suddha Shilajeet*  
 Dose: 500mg  
 Anupana: *Cow Milk*
50. **Shukramatrika Vati:**<sup>[55]</sup>  
 Ingredients: *Gokshur, Triphala, Tejpatta, Chotalichi, Rasanjjan, Dhaniya, Chabya, Jeera, Talishpatra, Suddha Tankan, Dadim, Suddha guggulu, Suddha parad, Suddha Gandhak, Suddha Abhrak, Suddha Lauha*  
 Dose: 500mg  
 Anupana: *Annar sworas or Goat milk*
51. **Swornamakshik Bhasma :**<sup>[56]</sup>  
 Ingredients: *Swornamakshik Bhasma*  
 Dose: 125-250mg  
 Anupana: *Honey*
52. **Swornavanga:**<sup>[57]</sup>  
 Ingredients: *Sworna Bhasma, Suddha Vanga, Suddha Parad, Suddha Gandhak, Suddha Narasar, Saindhav Lavan*  
 Bhavana: -  
 Dose: 125 - 250mg  
 Anupana: *Honey*
53. **Tamra Yog:**<sup>[58]</sup>  
 Ingredients: *Tamra Bhasma, Suddha Parad*  
 Bhavana: *Gokshur Kwatha and Nimbu Sworasa*  
 Dose: 60mg- 125mg  
 Anupana: *Luke warm Water*
54. **Trivanga Bhasma:**<sup>[59]</sup>  
 Ingredients: *Vanga Bhasma, Nag Bhasma, Yasad Bhasma*  
 Bhavana: *Ghritkumari Sworasa and Parpat/Renu*  
 Dose: 250mg  
 Anupana: *Luke warm Water.*
55. **Udaibhaskar Rasa:**<sup>[60]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Suddha Tankan, Abhrak Bhasam, Lauha Bhasma, Suddha Shilajatu, Amlavetas, Katphal, Vanga Bhasma.*  
 Bhavana: *Pancha Mootra, Jambiri Nimbu Sworasa, Jatamansi Kwatha, Gokshur Kwatha, Ghritkumari, Chitrak Kwatha, Jayaphal Phanta, Vismustika Kwatha, Nakhi Kwatha, Amlavetas Kwatha, Hritpatri Kwatha.*  
 Dose: 375mg  
 Anupana: *Honey*
56. **Umashambhu Rasa:**<sup>[61]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Tutho*  
 Bhavana: *Jambiri Nimbu, Patala, Baheda, Arjun, Mulethi, Durva, Chameli patra Sworasa or Kwatha.*  
 Dose: 180-360mg  
 Anupana: *Honey*
57. **Vanga Bhasma:**<sup>[62]</sup>  
 Ingredients: *Vanga Bhasma*  
 Dose: 125mg  
 Anupana: *Arjuntwak Powder 1gm and Aamalaki Powder 1gm*
58. **Vangadi Yoga:**<sup>[63]</sup>  
 Ingredients: *Vanga Bhasma and Abhrak Bhasma*  
 Bhavana: *Not mentioned*  
 Dose: 120-500mg  
 Anupana: *Aamalaki sworas*
59. **Vangashtak Rasa:**<sup>[64]</sup>  
 Ingredients: *Suddha Parad, Suddha Gandhak, Lauha Bhasma, Rajat Bhasma, Kharpar Bhasma, Abhrak Bhasma, Tamra Bhasma and Vanga Bhasma.*  
 Bhavana: *Not mentioned*  
 Dose: 250mg  
 Anupana: *Haldi Churna or Madhu or Aamala Sworasa*
60. **Vangavalehadi Yoga :**<sup>[65]</sup>  
 Ingredients: *Vanga Bhasma*  
 Dose: 750mg  
 Anupana: *Suddha Gandhak, Guduchi Satwo and Honey*
61. **Vangeswor Rasa-1:**<sup>[66]</sup>  
 Ingredients: *Rasasindur, Vanga Bhasma*  
 Dose: 120-250mg  
 Anupana: *Honey*

62. **Vangeshwor Rasa-2:**<sup>[67]</sup>

Ingredients: *Vanga Bhasma, Kantalauha Bhasma, Abhrak Bhasma, Nagkeshar*  
*Bhavana: Ghreetkumari Sworasa*  
 Dose: 250mg  
*Anupana: Honey*

63. **Vasantakusmakar Rasa:**<sup>[68]</sup>

Ingredients: *Sworna Bhasma, Abhrak Bhasma, Lauha Bhasma, Rasasindur, Vanga Bhasma, Praval Bhasma, Moti Pisti, Kasturi.*  
*Bhavana: Cow milk, Icchurasa, Vasa Sworasa, Haridra Sworasa, Kadalikanda Rasa, Laksha Rasa, Chamelipuspa Rasa, Ushir Phanta, Netravala Phanta, Kasturi Ghol.*  
 Dose: 125mg  
*Anupana: Milk*

64. **Vasantatilak Rasa:**<sup>[69]</sup>

Ingredients: *Lauha Bhasma, Vanga Bhasma, Swornamakshik Bhasma, Sworna Bhasma, Abhrak Bhasma, Praval Bhasma, Rajat Bhasma, Moti Bhasma, Javitri, Jayaphal, Chooti Ilayechi, Dalchini, Tejpatta, Nagkeshar,*  
*Bhavana: Triphala Kwatha*  
 Dose: 250mg  
*Anupana: According to disease*

65. **Vatmehantak Rasa:**<sup>[70]</sup>

Ingredients: *Rasasindur, Vanga Bhasma*  
*Bhavana: Jaya Leaves Sworasa*  
 Dose: 250mg  
*Anupana: Honey*

66. **Vedvidhya Vati:**<sup>[71]</sup>

Ingredients: *Suddha Parad, Suddha Gandhak, Kantalauha, Nagbhasma, Abhrak bhasma, Suddha Shilajit, Swornamakshik Bhasma, Mandoor Bhasma, Vaikranta Bhasma, Suddha Kasis, Nagarmootha, Swetchandan, Punnag, Nariyal mool, Kapitthaphala majja, Haldi, Daruhaldi.*  
*Bhavana: Jambirininmbu Sworas*  
 Dose: 375mg  
*Anupana: Madhu or Amala sworasa or Guduchi sworasa*

67. **Vidangadi Lauha:**<sup>[72]</sup>

Ingredients: *Vayavidanga, Amalaki, Haritaki, Baheda, Nagarmotha, Pipar, Sunthi, Jeera, Lauha Bhasma*  
*Bhavana:*  
 Dose: 250mg  
*Anupana: Luke warm water*

68. **Vidhya Vagishwo Rasa:**<sup>[73]</sup>

Ingredients: *Rasasindur, Abhrak Bhasma, Naga Bhasma, Suvarna Bhasma,*  
*Bhavana: Mahanimba Sworasa*  
 Dose: 125 – 250mg  
*Anupana: Haridra Powder and Honey.*

69. **Yogeshwor Rasa:**<sup>[74]</sup>

Ingredients: *Suddha Parad, Suddha Gandhak, Lauha Bhasma, Nag Bhasma, Varatika Bhasma, Tamra Bhasma, Vanga Bhasma, Abhrak Bhasma, Chooti Ilaichi, Tejpatta, Nagarmotha, Vayavidanga, Nagkeshar, Renuka, Aamala, Pipplamool.*  
*Bhavana: Aamalaki Sworas*  
 Dose: 250mg  
*Anupana: Honey*

**CONCLUSION**

Allopathic systems have developed medicines to control and treat diabetes but are unable to provide complete relief and cause a various side effects. However, Ayurvedic medicines especially *Rasasadhies* are highly effective in *Prameha/ Madhumeha* and are having no or very little complications. We believe that this review study will provide a basis for further scientific study to investigate the use of different *Rasasadhies* in management of diabetes mellitus.

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