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## A Review on Ayurvedic Herbomineral Formulation-Chintamani Rasa

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### ABSTRACT

In Ayurveda, different formulations (the combination of drugs) are indicated for different disease conditions. This can be seen in the same name when we go through literature like Bharathabhaishajya Ratnakara, Rasayoga Sagara, etc. The rasaoushadhis, classified under ayurvedic pharmaceuticals, contain the most potent formulations administered in smaller doses. One such rasaoushadhi is “Chintamani Rasa”, a herbo mineral compound, mentioned in Rasasastra classics. So also there are different preparations of Chintamani Rasas such as Triloky Chintamani Rasa, Brhat Vata Chintamani Rasa, Swasa kasa Chintamani Rasa, Garbha Chintamani Rasa, Hrdroga Chintamani Rasa, etc. These are specified under different prakaranas like swasa kasa chintamani in swasa rogaadhikara, garbha chintamani in sutika roga, Chintamani Rasa in jwaradhikara, kapha chintamani in kapha roga adhikara, etc. This shows it is an attempt to make a review of the formulation of Chintamani Rasa from the available literature sources. Also an attempt to establish the market availability of Chintamani Rasa. Around 16 classical books were referred for this study. The major books like Bhaishajya Ratnavali, Rasa Chandamshu, Rasa Padhati, Rasaendra chintamani, etc. referred to different preparations of this yoga. The majority of formulations are kajjali (prepared black sulphide of mercury) based preparation, containing the ingredient “kajjali,” along with “Abhraka” and “Lauha” as the major mineral drugs, and “Vatsanabhi” as the major herbal drug. The recent researches done in various Chintamani Rasa were also been reviewed. This review can be useful in identifying various aspects of Chintamani Rasa including its different preparatory methods, multisystemic action which is useful for the clinicians in treatment.

**Keywords:** Chintamani Rasa, Trilokya Chintamani Rasa, Brhat vatha Chintamani Rasa, Khalviya rasayana

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