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A LITERATURE REVIEW ON LOKANATHA RASA WITH SPECIAL REFERENCE TO LIVER AND SPLEEN DISORDERS

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Ayurveda pharmaceuticals deal with herbal, mineral, and animal materials. Description of mineral materials and their preparation are described in a special branch of Ayurveda pharmaceuticals, *Rasa shastra*. It mainly deals with mercury, minerals, metals, gems, and some toxic plant materials. All preparations mentioned in *Rasa shastra* are known as *Rasaushadies*. Due to low dose usage, palatability, and quick action, these preparations are considered as superior preparations, in contrast to herbal preparations. There are four types of preparation methods mentioned for *rasa aushadies*. They are *Karaleeya*, *Parpati*, *Pottali*, and *Kupipakwa rasayana*, *Lokanatha rasa (LKR)* is an important preparation, prepared as *pottali rasayana*. In *Rasa shastra*, several LKR preparations are mentioned in different texts. Moreover, these preparations are prepared according to *pottali rasayana*, but are not named as *pottali*. All of these preparations are prepared following the *putapaka* method or *kaparda purna* method (prepared inside a cowrie). Rasendra Sara Sangraha, the first text written in the 14th century mentioned the LKR prepared according to the *putapaka method*. The objective of this study is to gather literature evidence regarding the above-mentioned title. According to Rasendrasara sangraha, LKR consists of *Shoditha Parada* (purified mercury), *Gandhaka* (purified Sulphur), *abhrak bhasma* (incinerated mica), *loha bhasma* (incinerated iron) and *tamra bhasma* (incinerated copper), and *varatika bhasma* (incinerated cowrie). These materials are mixed and then is ground properly along with beetle juice (*nagavalli yusha*). Next, the mixture is subjected to a temperature of 800°C for 45 minutes (*Gaja puta*). The product is collected after completing this procedure. The dose of this preparation varies between 125mg to 250mg. When comparing the LKR prepared according to *putapaka* method with *Kaparda purna* method it can be concluded that the LKR prepared by following *putapaka* method is effective for liver spleen disorders, whereas *kapardapurna* preparation method is effective for *ajeerna*, *atthesara* and *grahani* like GIT disorders.

Keywords: *Lokanatha rasa*, *Rasa shastra*, *Rasa aushadies*, *putapaka*, *pottali*