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REVIEW ARTICLE ON VASANTKUSUMAKAR RAS-AN EXCELLENT DRUG FOR DIABETES MANAGEMENT

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Abstract:

The diabetes epidemic is especially severe in India, with a WHO report indicating that 32 million individuals had diabetes in the year 2000. Ayurveda has long highlighted the significance of diet and lifestyle in maintaining health; it describes a healthy individual as one who engages daily in nutritious diet and lifestyle practices, differentiates between what is beneficial and harmful, does not become overly attached to worldly matters, cultivates the habit of charity considering everyone equal, is honest, forgiving, and associates with virtuous people, ultimately freeing himself from diseases. Vasantkusumakar Rasa is an Ayurvedic herbo-mineral preparation that is commonly used for addressing general weakness resulting from diabetes. This blend of various herbo-mineral components enhances the body's natural immunity and increases energy levels. The primary ingredients in Vasantkusumakar Rasa include Calcined gold (Au.), Calcined silver (Ag), Calcined iron (Fe), Calcined tin (Sn), Calcined lead (Pb), Calcined mica, and coral. These elements are effective in addressing all the symptoms associated with Prameha, such as prabhuta mutrata (excessive urination), kara-pada daha (burning sensation in the hands and feet), atisweda (excessive sweating), daurbalya (fatigue), and shrama (exhaustion). Therefore, Vasantkusumakar Rasa can serve as an effective treatment for Diabetes.

Key words- Ayurved, Vasantkusumakar ras, prameh

INTRODUCTION

Vasant Kusumakar Rasa is an Ayurvedic herbo-mineral preparation commonly utilized for overall bodily weakness, acting as an alternative and aphrodisiac, and for managing diabetes by lowering blood sugar levels

Diabetes mellitus, known as *Prameha* in Ayurveda, is a chronic metabolic disorder characterized by impaired carbohydrate, fat, and protein metabolism due to either insulin deficiency or resistance. It is one of the most rapidly growing global health challenges, significantly contributing to morbidity, mortality, and reduced quality of life. Conventional antidiabetic therapies—though effective—are often associated with side effects, long-term dependency, and high cost, prompting a growing interest in complementary and traditional medical systems. Ayurveda, with its holistic and individualized approach, offers multiple therapeutic options for the management of *Prameha* including herbal, mineral, and herbo-mineral formulations. Given its wide therapeutic spectrum and strong traditional foundation, Vasantkusumakar Ras deserves systematic evaluation based on classical principles and modern scientific evidence. This review aims to explore its historical context, composition, pharmacodynamic properties, clinical efficacy, safety profile, and relevance in contemporary diabetes care, thereby establishing VKR as a valuable formulation in integrated diabetes management.

NIRUKTI (ETYMOLOGICAL MEANING)

The term 'Vasantkusumakar' consists of two components:

'Vasant' refers to 'A name for Kamdev', or 'The months of Chaitra-Vaishakha', or it signifies 'the spring season'. The term 'Kusumakar' refers to a 'Garden', 'Flower garden', 'Flower bouquet', and 'Spring season'.

The Vasant kusumakar Rasa mentioned in the Ayurvedic Formulary of India (AFI) is derived from the Rasendra Sara Sangraha.

Vasant kusumakar Rasa is utilized as a Rasayana and an aphrodisiac.

It energizes the body's cells and assists in treating weakness caused by diabetes and various other illnesses.

PRAMEHA(DIABETES)

The term Prameha(Diabetes) translates directly to "to flow," originating from the Sanskrit root "Mih-Sechane." In Sanskrit, Meha means to urinate. The verb Mehanam indicates the act of urination. Prameha(Diabetes) is characterized by the prefix "Pra," which denotes an excess in both amount and frequency.

"Sushruta and Vagbhata describe Prameha(Diabetes) as being marked by a significant amount of cloudy or turbid urine, although the level of turbidity can differ among the various types depending on the specific doshas and dushyas involved in different ratios."^[2]

SAMPRAPTI

The pathogenesis involves an imbalance of vata, pitta, and kapha, which interact with dushyas such as meda, rakta, shukra, ambu, vasa, lasika, majja, rasa, ojas, and mamsa within the mootravaha strotasa, resulting in the emergence of 20 different types of prameh(Diabetes). The primary factors that contribute to the formation of various types of prameh(Diabetes) are the alterations in the ratios of doshas, dushyas.^[3,4,5]

PURVAROOP

- 1) Build-up of waste on teeth (Malin danta)
- 2) Burning sensation in the hands and feet (Hastapad daha)
- 3) Sweet taste in the mouth (Mukhamadhurya)
- 4) Profuse sweating (Sweda)
- 5) Limpness of the body (Shithilangata)
- 6) Overgrowth of hair, nails, etc.
- 7) Tangling of hair
- 8) Thirst (Trishna)
- 9) Fleshy odour emanating from the body
- 10) Sticking of excreta to body openings
- 11) Gathering of bees and ants on the body and in urine^[4]

RUPA (Symptoms)

The following two symptoms are prevalent in all forms of Prameh:

- 1) Prabhoot mutrata (polyuria) - Diabetes insipidus is defined by the excretion of a significant volume (>3 liters/24 hrs) or 40ml/kg/24hrs.
- 2) Avilmutrata (turbid urine) - This refers to the presence of essential particles from plasma being expelled through urine, such as phosphate, chyle, bile, haemoglobin, albumin, fat, etc., due to an elevated renal threshold. ^[5]

Diabetes Mellitus

Madhumeh closely corresponds to diabetes mellitus. Diabetes mellitus is a clinical metabolic syndrome marked by hyperglycemia resulting from an absolute or relative lack of insulin and by an extended period of time.^[6]

CATEGORIES OF DIABETES MELLITUS

- i. IDDM (Type 1): Insulin Dependent Diabetes Mellitus
- ii. NIDDM (Type 2): Non-Insulin Dependent Diabetes Mellitus
- iii. NRDM: Malnutrition-related Diabetes Mellitus
- iv. MODY: Maturity Onset Diabetes of the Young (Juvenile Diabetes Mellitus)

Signs & Symptoms of Diabetes

1. Elevated blood sugar levels (Hyperglycemia)
2. Increased urination (Glycosuria)
3. Constant hunger
4. Increased thirst (Polydipsia)
5. Persistent fatigue / Weakness
6. Itching in the genital area

7. Issues with sexual function

8. Excessive sweating

Diabetes Management

(a) Proper management of high blood sugar and glucose in urine

(b) Avoidance of complications

(c) Alleviation of diabetic symptoms

(d) Maintaining a healthy body weight.

There are four treatment approaches available for diabetic patients:

a. Structured dietary plan

b. Diet combined with oral hypoglycemic

c. Diet combined with insulin therapy

d. Targeted treatment for complications

TABLE OF VASANTKUSUMAKAR RAS (Table no. 1)^[1]

Sr.	CONTENT NAME	PRAMAN
1.	Suvarna Bhasma(Calcined Gold)	2 part
2.	Rajat Bhasma(Calcined Silver)	2 part
3.	Naga Bhasma(Calcined Lead)	3 part
4.	Vanga Bhasma(Calcined Tin)	3 part
5.	Abhrak Bhasma(Calcined Mica)	4 part
6.	Kant Lauha Bhasma(Calcined Iron)	3 part
7.	Pravala Bhasma(Calcined Coral)	4 part
8.	Mukta Bhasma(Calcined Pearl)	4 part
9.	Kasturi(Musk)	1 part

Table no. 2-BHAVANA DRAVYA OF VASANTKUSUMAKAR RAS

Srno	BHAVANA DRAVYA NAME	PRAMAN
1.	Ikshu rasa(saccharum Officinarum)	As per required
2.	Vasa rasa(Adhatoda Vasica)	As per required
3.	Laksha rasa(Kerria Lacca)	As per required
4.	Udichya ras(Pavonia Odorata)	As per required
5.	Rambha Kand ras(Musa Paradisiaca)	As per required
6.	Satapatrika ras(Rosa Damascena)	As per required
7.	Malati pushp ras(Agarosma heynei)	As per required
8.	Mrugamada ras(Scoparia Dulcis)	As per required
9.	Godugdh(Cows milk)	As per required

PHARMACOLOGICAL CHARACTERISTICS OF COMPONENTS IN VASANTKUSUMAKAR RASA ^[8]

EFFECTS OF ABHRAKA BHASMA

It is light and easily digestible. It serves as a beneficial nervine tonic and is commonly used for respiratory tract infections, Anemia, promotes erythropoiesis, and has aphrodisiac effects.

EFFECTS OF SWARNA BHASMA

It is a remarkable aphrodisiac often utilized by wealthy individuals to enhance stamina, strength, address low sperm counts, and improve both the quality and quantity of semen, eliminate the yellowish tint in semen, thicken it, remedy erectile dysfunction, premature ejaculation, and infertility in both genders. Additionally, it acts as an outstanding cardiac tonic, aiding in general weakness, low blood pressure, and reduced heart pumping capacity. It aids in boosting low appetite and lack of digestive enzymes. It enhances memory and intelligence and is beneficial for nervous weakness and neuropathy caused by diabetes. This formula is particularly effective for individuals experiencing lethargy, leg pain, fatigue, tiredness, general weakness, and a coated tongue. It strengthens muscles and is helpful for all wasting diseases such as muscular dystrophy, memory loss, tissue wasting. Swarna Bhasma is also beneficial in treating erectile dysfunction related to diabetes.^[9]

EFFECTS OF RAJAT BHASMA

Rajata Bhasma has various beneficial effects. It possesses astringent properties and has a sweet-sour taste. This substance acts as a natural coolant. Due to its scraping quality, it is beneficial for cardiovascular conditions. It enhances skin complexion, improves digestion, boosts physical strength, and increases immunity and intelligence. It serves as a remarkable rejuvenator and anti-aging remedy. It alleviates burning sensations and is utilized in addressing memory loss, excessive thirst, diabetes tissue wasting, urinary issues poisoning, fever, uterine disorders.

THE EFFECTS OF LOHA BHASMA

include being nourishing, with sweet, sour, and bitter properties. It is considered coolant and is heavy to digest. Due to its scraping quality, it is beneficial for cardiovascular conditions. It enhances strength, immunity, skin appearance, complexion, memory, intellect, digestive ability, and functions as a natural aphrodisiac. It is effective for gastric issues, skin ailments, , diabetes bronchitis, herpes, abdominal cramps, liver conditions, muscle wasting, dizziness, and delusions.

EFFECT OF NAGA BHASMA

Naga Bhasma has a precise blend of organic ingredients and herbs that aid in the management of various ailments, including diabetes, non-healing wounds, piles, diarrhea, jaundice, skin disorders, asthma, bronchitis, emaciation, obesity, anemia, and rheumatoid arthritis.

EFFECT OF VANGA BHASMA

Vanga Bhasma is utilized in Ayurvedic remedies for obesity, premature ejaculation, anaemia, and asthma. It is easy to digest and enhances flavour, skin appearance, intelligence, strength, and immunity.

EFFECT OF PRAVAL BHASMA

Pravala Bhasma is particularly effective for eye disorders, chronic respiratory diseases, coughs, colds, and bleeding disorders. It improves digestive power, vision, immunity, and skin appearance.

EFFECT OF MUKTA BHASMA

Mukta Bhasma serves as an excellent antacid and aphrodisiac.

DOSAGE AND ANUPANA

As per Bhaishjya Ratnawali:

The recommended dose is 2 Ratti (250 mg) with Honey and Ghee in unequal proportions.

According to Rasendra Sara Sangraha:

The suggested dosage is also 2 Ratti (250 mg) with Honey and Ghee in unequal amounts, along with cow's milk and sugar.

As per AFI

Dosage-1-2 Ratti (125-250mg)

Anupana-Honey and Ghee in varying amounts

(Table No.-3) CONTENTS OF VASANTKUSUMAKAR RAS AND THEIR PROPERTIES

Sr.no.	DRAVYA NAM	RAS	VIRYA	VIPAK	DOSHGHNTA	KARMUKTA
1.	Suvarna Bhasma	Kashay Madhur	Shit	Madhur	Tridoshghna	Pramehghna Rasayan
2.	Taar Bhasma	Kashay Amla	Shit	Madhur	Vatakaphghna	Rasayan Lekhan karma
3.	Naga Bhasma	Madhur Tikt	Ushna	Madhur	Tridoshghna	Pramehghna Balya
4.	Vanga Bhasma	Tikt Amla	Ushna	Madhur	Kaphapittaghna	Pramehghna Night sweat reducer
5.	Abhrak Bhasma	Madhur	Shit	Madhur	Tridoshghna	Vjikan Mehaghna
6.	Mukta Bhasma	Madhur	Shit	Madhur	Kaphapittaghna	Balya
7.	Praval Bhasma	Madhur	Shit	Madhur	Tridoshghna	Elevate virya Reduces night sweat
8.	Lauha Bhasma	Tikt Madhur	Shit	Madhur	Tridoshghna	Helps in erythropoiesis
9.	Ikshu ras	Madhur	Shit	Madhur	Vataghna Elevate kapha dosha	Mutravirechak Reduces burning Sensations

10.	Vasa ras	Tikt	Shit	Katu	Kaphapittaghna	Meghna Kushthghna
11.	Laksha ras	Kashay	Shit	Madhur	Kaphapittaghna	Rakta sanjanana Asthi Sandhanak
12.	Malati pushp ras	Tikt	Ushna	Katu	Tridoshghna	Helps in oral disorders Mutra virechaniya
13.	Rambha kand ras	Madhur	Shit	Madhur	Vataghna	Trushna nashak Kshay Nashak
14.	Godugdh	Madhur	Shit	Madhur	-	Rasayan

TABLE NO-4

RASA	VIRYA	VIPAKA	DOSHGHNTA
Madhur-9 Tikt-5 Kashay-3	Shit-11 Ushna-3	Madhur-12 Katu-2	Tridoshghna-6 Vataghna-2 Vatakaphghna-1 Kaphpittghna-4

Most of the drugs are Madhur, rasayan and nutritious in nature.^[7]

Contraindications:

Cannot advised to children and in pregnancy

Indications(AFI)

Prameh and Valipalit

Table-5: CONTENTS AND THEIR EFFECTS ON LAKSHNAS

S.N.	PRAMEH PURVAROOP AND LAKSHNAS	EFFECT OF CONTENTS
1.	Excessive sweating	Mukta and Praval-reduces sweating
2.	Excessive Thirst	Rajat Bhasma, Ikshu Ras, Rambha Kand-reduces thirst
3.	Oral Disorders(excess salivations and secretions)	Malti pushp ras and Vasa ras-Reduces Kleda
4.	Night sweating	Vanga and Praval bhasm
5.	Burning sensations of extrimities	All most all contents helps in reducing the burning sensations

DISCUSSION

The majority of the components in Vasant Kusumakar Rasa possess Madhur rasa, along with Shita virya, and Madhur vipaka, and exhibit Tridoshghna, Rasayana, and Vajikarana characteristics. These attributes support Dhatuposhana karma (which nourishes all bodily tissues), making it beneficial for Prameha. Additionally, these ingredients exhibit Deepana, Pachana, and Srotoshodhaka qualities. Due to these traits, Vasant Kusumakar Rasa is particularly effective in managing Diabetes mellitus. Vasant Kusumakar Rasa nourishes and supports organs such as the pancreas, heart, testes, ovaries, brain, reproductive organs, and lungs. Generally, it serves as an ayurvedic supplement for these organs. In recent times, it has gained popularity for diabetes treatment due to its strong anti-hyperglycemic properties. It effectively reduces blood glucose levels without inducing hypoglycemia.

CONCLUSION

A sedentary lifestyle, consumption of unhealthy foods, and mental stress are the most prevalent factors contributing to diabetes mellitus. Its occurrence is rising continuously in today's world. The worldwide prevalence of diabetes is highest in India. Therefore, Vasant Kusumakar Rasa can be an effective treatment for diabetes. Additionally, Vasant Kusumakar Rasa is beneficial in addressing physical weakness and nutritional disorders. When combined with a balanced diet and regular exercise, along with other remedies such as Phaltrikadi Kwatha, Gudmar, and Chirayata, diabetes can be effectively managed using Vasant Kusumakar Rasa.

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