

Exploring Classical Foundations and Published Evidences of an Ayurvedic Herbo-Mineral Formulation *Vatagajankusha Rasa*: A Comprehensive Literature Review.

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ABSTRACT

Introduction: *Vatagajankusha Rasa* (VGR) is a classical herbo-mineral formulation extensively described in Ayurvedic literature for the management of different *Vatavyadhi* (neuromuscular disorders). The present comprehensive review compiles classical references, formulation variations, pharmacological rationale, and published clinical evidence to critically evaluate its therapeutic potential. **Material and Methods:** An extensive literature survey was conducted across 23 authoritative Ayurvedic texts, including the Ayurvedic Formulary of India, along with a structured electronic database search (PubMed, Scopus, Google Scholar) using predefined keywords. **Results:** Classical review analysis revealed 22 documented formulations of VGR under four principal variants, with the standard preparation comprising 15 ingredients six metal-mineral and seven herbal constituents - processed through levigation with two different *Bhavana Dravya*. The commonly cited classical dose is 2 *Gunja*. Evidence synthesis identified one preclinical study demonstrating enhanced nerve regeneration in a sciatic nerve crush injury model, with significant improvements in fiber density and myelin thickness. Additionally, eight clinical trials, three case series, and four case reports revealed statistically significant symptomatic and the functional improvement seen in conditions such as *Gridhrasi*, *Pakshaghata*, *Viswachi*, and *Avabahuka*. Pharmacologically, VGR exhibits multimodal actions including anti-inflammatory, analgesic, neuroprotective, and bioavailability-enhancing effects, attributed to synergistic interactions between mineral *Bhasma* and herbal components. **Conclusion:** Despite promising therapeutic outcomes, safety-focused toxicological evaluations remain the limitation. Therefore, rigorous preclinical toxicity studies and well-designed, large-scale RCT's are required to establish definitive safety and efficacy profiles. VGR represents a classical, multi-target therapeutic approach with potential translational relevance in neuromuscular and inflammatory disorders.

Keywords: Herbo-mineral formulation, Literature review, *Rasaushadhi*, *Vatagajankusha Rasa*, *Vatavyadhi*.

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INTRODUCTION

In Ayurveda, '*Rasaushadhi*' belongs to the formulations that consist of different processed and incinerated metals or minerals, often combined with herbal ingredients. Preparation of *Rasaushadhi* involves key fundamental procedures like *Shodhana* (purification), *Marana* (incineration), *Bhavana* (levigation), *Amrutikarana* (removal of blemishes), and *Satvapatana* (extraction of essence). These preparations are prized for unique properties, including low dosage requirement, tastelessness, rapid resumption of diseases, and long shelf life.^[1]

Vatagajankusha Rasa (VGR), a classical, multicomponent *Rasaushadhi*, is renowned as a *Kharaliya Rasayana*. Comprising different metal-mineral and herbal ingredients, VGR targets the management of *Vatavyadhi* (Vata disorders), especially *Grudhrasi* (sciatica), *Kosthukshirsha* (pseudogout), *Avabahuka* (frozen shoulder), *Manyasthambha* (cervical spondylosis), and *Pakshaghata* (paralysis). Due to its different range of ingredients and potent properties, it is documented in many classical texts and favored by many Ayurveda practitioners. The number of studies that have been conducted and published,

establishing the efficacy of all its ingredients in diverse chronic *Vatavyadhi* conditions. This formulation also appears in the Essential Drug List (EDL) of Ayurveda by the Ministry of Ayush.^[ii] Despite this, a review article published on VGR relied on a limited literature search, underscoring gaps in the unexplored areas. This review compiles different classical references, pharmacological rationale, and clinical evidence to establish VGR's therapeutic potential.

Methods for literature search:

This review was designed as a critical review of *Vatagajankusha Rasa* (VGR) and its variants described in classical Ayurvedic literature and contemporary scientific publications.

The review consisted of two components:

Classical literature review – to identify and compare different formulations of *Vatagajankusha Rasa* described in Ayurvedic texts.

Contemporary published evidence– to identify and summarize available pharmaceutical, analytical, preclinical, clinical, case-based and safety-related research on VGR and its variants.

1. Classical literature review: Classical Ayurvedic texts, particularly those related to Rasashastra, Bhaishajya Kalpana and Ayurvedic therapeutics, were reviewed for references to *Vatagajankusha Rasa* and its variants.

This formulation review was conducted using 23 Ayurveda texts, such as Charaka Samhita, Sushruta Samhita, Ashtang Hridaya, Ashtanga Sangraha, Sharangadhara Samhita, Bhaishajya Ratnavali, Rasendra Sara Sangraha, Bharat Bhaishajya Ratnakar, Rasayoga Sagar, Rasakamdhenu,

Ayurved Sara Sangraha, Rasa Tantra Sara Siddhayoga Sangraha, Yogaratnakara, Basavarajeevam, Rasa Ratna Samucchaya, Rasa Chandanshu, Rasendramangal, Anandakanda, Rasendra Chintamani, Rasendra Chudamani, Rasaprakash Sudhakara, Rasamanjiri including the pharmacopeial standards of India, specifically the Ayurvedic Formulary of India. The review covered the total number of ingredients, *Bhavana Dravya* (media for levigation) used, dose, *Anupana* (adjuvant), and the indications for therapeutic purposes.

2. Contemporary literature review: Published scientific literature was searched using the following electronic search platforms PUBMED, Scopus, web of science, AYUSH Research Portal, DHARA (Digital Helpline for Ayurveda Research Articles), Google Scholar.

Search strategy: Multiple spellings and nomenclatural variants were used because Ayurvedic formulation names may be differently across databases. Moreover, the manual scientific search using words “*Vatagajankusha Rasa*,” AND “pharmaceutical” OR “analytical” OR “standardization” OR “pharmacological” OR “experimental” OR “clinical” OR “trial” OR “case report” OR “case series” OR “toxicity” OR “safety” were executed at digital platform for different published researches in various scientific journals, to get maximum available data which will prove the efficacy of VGR. The review includes published literature till 2026.

Study-selection criteria: All retrieved records were compiled → Identification → Duplicate removal → Title/abstract screening → Full-text assessment → Final inclusion. Review flow diagram has been added as Figure No. 1.

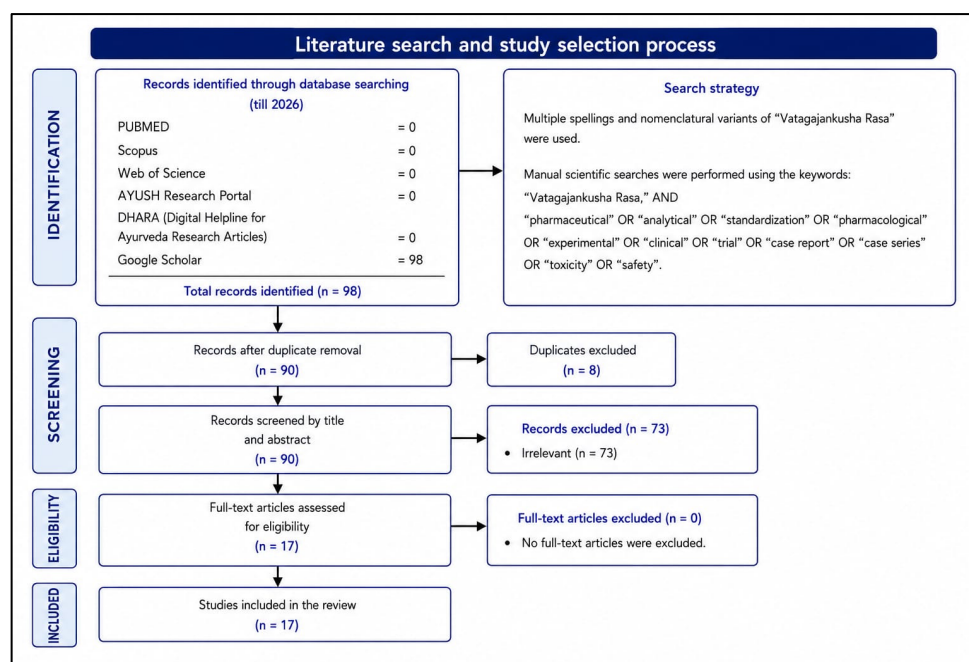


Figure No. 1: Review flow diagram

Formulation composition of *Vatagajankusha Rasa*:

In the Ayurveda classics, *Vatagajankusha Rasa* contains mainly 15 integral constituents, of which 6 are of metal-mineral origin such as *Rasa Sindura* (red sulphide of mercury), *Lauha Bhasma* (incinerated iron),

Swarnamakshika Bhasma (incinerated chalcoppyrite), *Shuddha Gandhaka* (processed sulphur), *Shuddha Haratala* (processed orpiment), and *Shuddha Tankana* (processed borax) apart from that the remaining 9 are herbal those are *Pathya* (*Terminalia chebula* Retz.), *Karkatashringi*

(*Pistacia integerrima* Stew.Ex Brandis), *Shuddha Vatsanabha* (processed *Aconitum chasmanthum* Stapf. ex Holmes), *Maricha* (*Piper nigrum* Linn.), *Sunthi* (*Zingiber officinale* Roxb.), *Pippali* (*Piper longum* Linn.), *Agnimantha* (*Premna integrifolia* Linn.). All the ingredients are mixed in equal proportion (1 part each) and then levigated using 2 different liquid media (herbal decoction) *Gorakhamundi* (*Sphaeranthus indicus* Linn.), and *Nirgundi* (*Vitex negundo* Linn.) to obtain the *Vatagajankusha Rasa*.

Result of literature search:

After an authoritative literature search, it was noticed that fourteen classical Ayurvedic sources demonstrates considerable textual continuity as well as formulation diversity in *Vatagajankusha Rasa*. The four different appellations have been described by the acharyas in their respective text (Figure No 2).

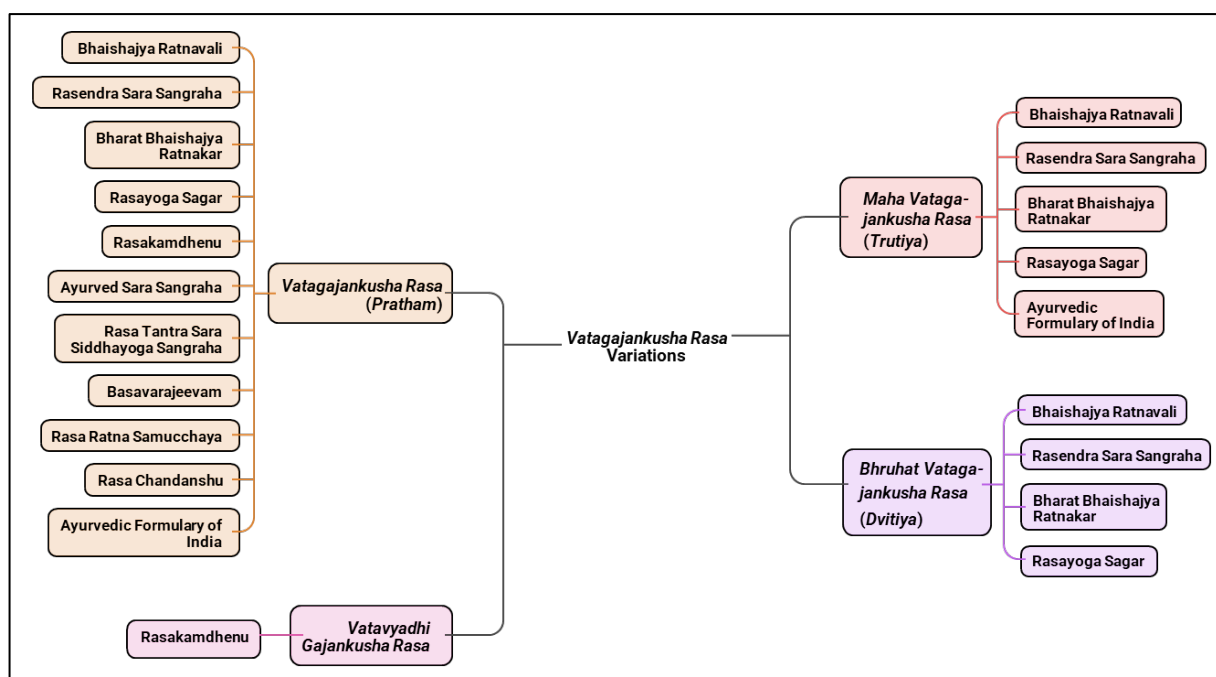


Figure No. 2: Variations of *Vatagajankusha Rasa* in different Classical Texts

Among the four formulations identified, *Vatagajankusha Rasa* (Prathama / 2), shows the widest textual acceptance, being reported in the majority 11 of 14 sources (78.6%). Its repeated occurrence across different compendia supports its position as the principal and most consistently transmitted form of *Vatagajankusha Rasa*. In contrast, *Brihat Vatagajankusha Rasa* (Dvitiya / 3) and *Maha Vatagajankusha Rasa* (Trutiya / Guru / 1) have comparatively restricted textual distribution. After compilation, *Brihat Vatagajankusha Rasa* (Dvitiya / 3) is reported in four sources (28.6%) whereas *Maha Vatagajankusha Rasa* (Trutiya / Guru / 1) occurs in five sources (35.7%). A particularly important observation is the occurrence of fourth type, *Vatavyadhi Gajankusha Rasa*, in *Rasakamadhenu*. Its limited textual representation distinguishes it from the more widely transmitted *Vatagajankusha Rasa* tradition and suggests that it should be regarded as a text-specific variant.

These 4 varieties of VGR were found either with the same or addition, or deletion of the ingredients. Mainly, 22 formulations were found after reviewing 23 Ayurveda authoritative texts and elucidated with peculiarities in Table No 1. The classical dose of VGR is found to be '2 *Gunja*'. The *Rasa Panchaka* of all the ingredients of VGR is shown in Table 2. The majority of the ingredients have *Katu-Tikta-*

Madhura Rasa, *Laghu-Ruksha/ Snigdha Guna*, *Ushna Virya*, *Katu Vipaka*, and *Kapha-Vatahara* properties.

Result of Published Research:

Only one preclinical efficacy study proving the efficacy of *Vatagajankusha Rasa* has been reported and evaluated in rats by sciatic nerve crush injury. It showed an active process of regeneration in the VGR-treated group compared to the control group. Whereas, eight clinical trials, three case series, and four case reports are available over *Vatagajankusha Rasa* as an intervention in different *Vatavyadhi*. They are presented in Table No 3, showcasing VGR significantly improving the different medical conditions and their symptoms.

Discussion:

In Ayurveda, *Vatagajankusha Rasa* is a processed polyherbal and metal-mineral containing formulation classified under the *Kharaliya Rasayana*. The elemental components of the *Kharaliya Rasayana*, such as metal minerals, were stabilized after interaction with the herbal ingredients and converted into various oxide and sulfide forms. These complex compounds may enhance their absorption, digestion, and pharmacological action.^[iii] Out of the four variants of VGR, Acharya Rasa Vagbhatta was the

first author to describe VGR in his *Rasaratna Samucchaya* text. Later on, many authors follow this reference as well as alter the formulation composition. In this review, it is observed that, prefix like *Bhruhat* and *Maha* VGR were used by the Rasendra Sara Sangraha, Bhaishajya Ratnavali, Bharat Bhaishajya Ratnakara and in the AFI. While the suffix, *Pratham*, *Dvitiya* and *Trutiya* used in the Rasayoga Sagara and 1, 2, 3 in the Bharat Bhaishajya Ratnakara.

In the literature search, *Vatagajankusha Rasa (Pratham)* (2) was found in the majority of texts, i.e., 11 times. The other three variants do not contain *Mrita Suta (Rasa Sindura)*, *Lauha Bhasma*, *Swarnamakshika Bhasma*, and *Agnimantha*. The formulation *Bhruhat Vatagajankusha Rasa (Dvitiya)* (3) is highlighted due to the exceptional presence of the *Bhasma* like *Abhraka*, *Tamra*, *Swarna*, *Tikshna*, and *Kanta Lauha Bhasma*. On the contrary, *Vatavyadhi Gajankusha Rasa* has only two parts of *Shuddha Gandhaka* and one part of *Shuddha Parada*. Also, it is levigated with five different liquid medias.

Out of the 22 formulations of *Vatagajankusha Rasa*, 14 formulations of VGR have the thirteen ingredients, and 4 formulations have nineteen ingredients. The dose of VGR is found to be '2 *Gunja*' in the 13 formulations, where '1 *Nishka*' (4 grams) is the maximum and '1 *Gunja*' (125 milligrams) is the minimum dose showed in Figure No 3. *Mundi* and *Nirgundi* are found to be the most common *Bhavana Dravya*, while *Manjistha Kwatha* and *Pippali Churna* are used as common adjuvant. Broadly, this formulation is designed for the treatment of *Vatavyadhi* but is specially used in the management of *Grudhrasi*, *Kosthukshirsha*, *Avabahuka*, *Manyasthambha*, *Uruthambha*, *Hanusthambha*, and *Pakshaghata*.

The *Vatagajankusha Rasa* contains *Rasasindura* and *Haratala* as an ingredient. Here, the mercury and arsenic are present in their compound form, and they play very essential role with other herbal components to diminish *Vatavyadhi*. The minimum and maximum percentage of *Rasasindura* present in VGR is 5.26% and 33.33%, while *Haratala* is 5.26% and 7.69% respectively.

The similar formulation to *Vatagajankusha Rasa* is *Svachhanda Bhairava Rasa (SBR)* prescribed for the treatment of the *Vatavyadhi*. The 6 formulations of SBR were compiled and it was first explained by the Acharya *Nagarjuna* in his text *Rasendramangal*,^[iv] rest are described in the *Rasa Ratna Samucchaya*,^[v] *Rasa Chandanshu*,^[vi] *Basavarajeevam*,^[vii] *Sharangadhara Samhita*,^[viii] and *Yogaratanakara*^[ix]. Both the formulations have 15 ingredients, but the *Mrita Suta (Rasa Sindura)* and *Shruni* of VGR is replaced by the *Shuddha Parada* and *Nirgundi*. The *Nirgundi*, and *Mundi* are the *Bhavana Dravya* and given in the dose of 2 *Gunja*.

The efficacy potential of *Vatagajankusha Rasa* is reflected in the sciatic nerve crush injury in an animal model. 36 animals were divided into three groups (normal control, negative control, and intervention group) and the left sciatic nerve of Group II and III animals was crushed at mid-thigh level using artery forceps. After sacrifice, the sciatic nerves were analyzed for a histopathology study. On morphometric analysis, the fiber density and myelin thickness increased in the intervention group. A single

pharmaceutico-analytical study of VGR was published by the Parikshith K *et.al.* by adopting the reference of *Rasayogasagara* having the 9 ingredients with lacking of *Bhavana Dravya* and *Anupana*. This reference is not adopted usually by the marketed pharmacies. The XRD analysis suggests the presence of metacinnabar (cubic HgS) as the major phase in the formulation. The eight clinical studies reported that the *Vatagajankusha Rasa* is beneficial for the treatment of *Vatavyadhi*, such as *Grudhrasi*, *Avabahuka*, and *Pakshaghata*. Out of these, three are comparative studies. One clinical trial reported by Jibi Varghese *et.al.* evaluating the importance of *Anupana* and *Sahapana* used along with VGR revealed that it was found to be more effective in symptomatic relief and improving functional ability in the patients of *Gridhrasi*. Verma Astha *et.al.* and Masatkar Prerna *et.al.* showed that, the VGR gives better result in an add-on intervention in *Gridhrasi* and *Manyaghraha*. Apart from this, case series and case reports were also published to get the add-on therapy effect of VGR on the different aspects of *Vatavyadhi*. Although it showed effectiveness in disorders such as autoimmune conditions of *Amavata*, muscular dystrophy, ischemic stroke-induced facial palsy, and sciatic nerve compression. Out of these, five studies are reported as stand-alone clinical studies of VGR with a smaller sample size, shorter intervention duration. In spite of all these available studies, more in-depth researches should be undertaken to conclude the precision and efficacy of the formulation.

Probable mode of Action:

Modern aspect - Here is the modern mode of action of *Vatagajankusha Rasa*, integrating the pharmacological actions of each specified ingredient:

The formulation *Vatagajankusha Rasa* stabilizes nerve function, reduces neuroinflammation, and protects neurons by the neuroprotective activity of *Rasa Sindura*^[x], *Haritaki*^[xi]. It minimizes the inflammation and pain through multi-enzyme inhibition from the *Swarnamakshika Bhasma*^[xii], *Shunthi*^[xiii], *Pippali*^[xiv], *Agnimantha*^[xv], *Tankana*^[xvi], *Karkatshringi*^[xvii]. It manages fever and spasms in musculoskeletal and nervous system disorders with the help of *Shunthi*^[xviii], *Vatsanabha*^[xix], *Karkatshringi*^[xx]. The presence of bioavailability enhancers like *Pippali* potentiates the efficacy of mineral *Bhasmas* and other botanicals.^[xxi] Overall, *Vatagajankusha Rasa* offers a robust and multitarget approach involving the combined anti-inflammatory, analgesic, and neuroprotective effect, providing systemic symptom relief and functional restoration in *Vata*-dominant diseases.

Traditional aspect-

When the *Vata-Kapha Dosha* becomes aggravated by factors like improper diet, lifestyle, psychological stress, and improper posture. This aggravation leads to *Agnimandya* and *Amotapatti*, followed by either *Dhatukshaya* (depletion of tissues) or *Margavarodha* (obstruction in the physiology). These *Dosha*'s accumulate at different neuromuscular centers and lead to *Vatavyadhi*. The ingredients of *Vatagajankusha Rasa* have *Katu-Tikta-Madhura Rasa*, *Laghu-Ruksha/ Snigdha Guna*, *Ushna*

Virya, and *Katu Vipaka* provide *Vata-Kapha* pacifying effects. Key components like *Vatsanabha* and *Trikatu* boost *Jatharagni*, increase hunger, and *Rasasindura*, *Lauha Bhasma* provide *Balya* properties. According to *Rasatantrasara* Evam *Siddhayoga Sangraha*, *Vatagajankusha Rasa* is more beneficial in the *Amadoshajanya* or *Kaphanubandhi Vatavyadhi* compared to the simple *Vatavikruti*. Other ingredients like *Swarnamakshika*, *Karkatashruni*, and *Nirgundi* have *Kaphahara* properties. Here, *Vata dosha*, which is responsible for the movement and all body functions associated with motion, is controlled or stabilized by the *Gajankusha*, i.e., elephant goad, a tool for stabilizing the uncontrolled movement of *Gaja Swaroopi Vata*. Hence, the formulation is named as *Vatagajankusha Rasa*.

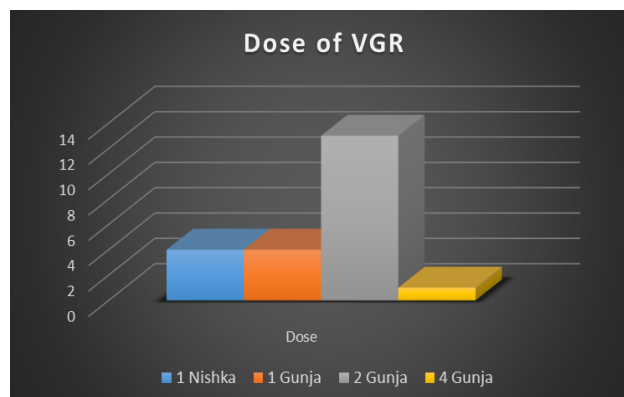


Figure No. 3: Classical different dose levels of VGR

Table No. 1: *Vatagajankusha Rasa* formulation review

Sr. No.	Formulation Name	Total content	HgS %	As ₂ S ₃ %	Dose	Bhavana	Anupana	Indication
1	<i>Vatagajankusha Rasa</i> [xxii]	13	7.69	7.69	2 Ratti	Mundi, Nirgundi	-	Vataroga
2	<i>Vatagajankusha Rasa</i> [xxiii]	13	7.69	7.69	2 Gunja	Mundi, Nirgundi	Pippali Chu, Manjistha Kwatha	Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha, Urusthambha, Vataroga, Pakshaghata
3	<i>Vatagajankusha Rasa (Bhruhata)</i> [xxiv]	19	5.26	5.26	2 Gunja	Mundi, Nirgundi	-	Sarva Vatavyadhi
4	<i>Maha (Guru) Vatagajankusha Rasa</i> [xxv]	13	7.69	7.69	1 Nishka	-	-	Vatashleshmahara
5	<i>Vatagajankusha Rasa</i> [xxvi]	13	7.69	7.69	2 Gunja	Mundi, Nirgundi	Pippali Chu, Manjistha Kwatha	Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha, Urusthambha, Hanusthambha, Pakshaghata
6	<i>Bhruhata Vatagajankusha Rasa</i> [xxvii]	19	5.26	5.26	2 Gunja	Mundi, Nirgundi	-	Sarva Vatavyadhi
7	<i>Maha Vatagajankusha Rasa</i> [xxviii]	13	7.69	7.69	1 Nishka	-	-	Vatashleshmahara
8	<i>Maha Vatagajankusha Rasa</i> [xxix] / <i>Vatagajankusha Rasa (1) / Vatari Rasa</i>	13	7.69	7.69	1 Nishka	-	-	Vatashleshmahara
9	<i>Vatagajankusha Rasa (2)</i> [xxx]	13	7.69	7.69	2 Gunja	Mundi, Nirgundi	Manjistha Kw, Pippali Chu	Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha,

								<i>Urusthambha, Hanusthambha Vataroga, Pakshaghata</i>
10	<i>Vatagajankusha Rasa (3) (Bruhat)</i> ^[xxxii]	19	5.26	5.26	2 Gunja	<i>Mundi, Nirgundi</i>	-	<i>Vataroga</i>
11	<i>Vatagajankusha Rasa</i> ^[xxxiii]	13	7.69	7.69	1 Ratti	<i>Gorakhamundi, Sambhalu</i>	<i>Manjistha Kw, Pippali Chu, Rasnadi Kw, Dashamula Kw</i>	<i>Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha, Urusthambha, Hanusthambha, Pakshaghata</i>
12	<i>Vatagajankusha Rasa</i> ^[xxxiii]	13	7.69	7.69	2 Ratti	<i>Gorakhamundi, Nirgundi</i>	<i>Pippali Chu, Manjistha Kw, Haritaki Kw, Rasna, Giloy, Devdaru, Erandmula Kw+ Guggulu</i>	<i>Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha, Urusthambha, Hanusthambha, Pakshaghata</i>
13	<i>Vatagajankusha Rasa (Pratham)</i> ^[xxxiv]	13	7.69	7.69	2 Ratti	<i>Mundi, Nirgundi</i>	<i>Manjistha Kw, Pippali Chu, Rasna, Amruta, Devdaru, Shunthi, Erandmula Kw+ Guggulu</i>	<i>Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha, Urusthambha, Hanusthambha, Pakshaghata</i>
14	<i>Vatagajankusha Rasa (Bruhat) (Dvitiya)</i> ^[xxxv]	19	5.26	5.26	2 Gunja	<i>Mundi, Nirgundi</i>	-	<i>Vataroga</i>
15	<i>Vatagajankusha Rasa (Trutiya)</i> ^[xxxvi]	9	32	-	1 Gunja	-	-	<i>Vatanashaka, Urusthambha</i>
16	<i>Vatagajankusha Rasa</i> ^[xxxvii]	13	7.69	7.69	2 Ratti	<i>Mundi, Nirgundi</i>	<i>Manjistha Kw, Pippali Chu</i>	<i>Vataroga</i>
17	<i>Vatavyadhi Gajankusha Rasa</i> ^[xxxviii]	2	33.33	-	4 Ratti	<i>Akashavalli, Bruhati, Bhrungaraja Swa. (Bharjana in Atasi Taila), Kukkutanda Rasa, Arkakshira (Valukayantra Paka)</i>	<i>Madhu, Trikatu Churna</i>	<i>Vataroga</i>
18	<i>Vatagajankusha Rasa</i> ^[xxxix]	9	32	-	1 Gunja	-	-	<i>Vatanashaka, Urusthambha</i>
19	<i>Vatagajankusha Rasa</i> ^[xl]	13	7.69	7.69	1 Ratti	<i>Gorakhamundi, Sambhalu</i>	<i>Manjistha Kw, Pippali Chu, Rasnadi Kw, Dashamula Kw</i>	<i>Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha, Urusthambha, Hanusthambha, Pakshaghata</i>

20	Maha Vatagajankusha Rasa ^[xli]	13	7.69	7.69	1 Nishka	-	-	<i>Vatashleshmahara</i>
21	Vatagajankusha Rasa ^[xlii]	13	7.69	7.69	2 Gunja	<i>Mundi, Nirgundi</i>	<i>Manjistha Kw, Pippali Chu</i>	<i>Grudhrasi, Kosthukshirsha, Avabahuka, Manyasthambha, Urusthambha, Hanusthambha Vataroga, Pakshaghata</i>
22	Vatagajankusha Rasa ^[xliii]	14	7.14	7.14	2 Gunja	<i>Mundi, Nirgundi</i>	-	<i>Sarva Vataroga</i>

(Kw- Kwatha, Chu- Churna)

Table No. 2: Rasa Panchaka of all ingredients of *Vatagajankusha Rasa*

Ingredients	Rasa	Guna	Virya	Vipaka	Doshaghata
Rasa Sindura ^[xliv]	-	-	-	-	<i>Tridoshaghata</i>
Lauha Bhasma ^[xlv]	<i>Tikta</i>	<i>Ruksha</i>	<i>Sheeta/ Ushna</i>	<i>Madhura</i>	<i>Kapha-Pitta</i>
Tapyā Bhasma ^[xlv]	<i>Tikta, Madhura</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosha/ Kapha-Pitta</i>
Shuddha Gandhaka ^[xlvii]	<i>Madhura, Katu, Tikta, Kashaya</i>	<i>Ushna, Sara, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata</i>
Shuddha Haratala ^[xlviii]	<i>Katu, Kashaya</i>	<i>Snigdha</i>	<i>Ushna</i>	-	<i>Kapha-Pitta</i>
Shudhha Tankana ^[xlix]	<i>Katu</i>	<i>Ruksha, Ushna, Tikshna, Saraka</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Nissaraka</i>
Pathya ^[l]	<i>Kashaya, Madhura, Amla, Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha</i>
Karkatashringi ^[li]	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata</i>
Shuddha Vatsanabha ^[lii]	<i>Madhura</i>	<i>Ruksha, Tikshna, Laghu, Vyavayi, Vikasi</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Vata</i>
Maricha ^[liii]	<i>Katu</i>	<i>Tikshna, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata</i>
Sunthi ^[liv]	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Vata</i>
Pippali ^[lv]	<i>Katu</i>	<i>Laghu, Snigdha, Tikshana</i>	<i>Anushnasheeta</i>	<i>Madhura</i>	<i>Kapha-Vata</i>
Agnimantha ^[lvi]	<i>Tikta, Katu, Kashaya, Madhura</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata</i>
Gorakhamundi ^[lvii]	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha</i>
Nirgundi ^[lviii]	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata</i>

Rasa= (Madhura- Sweet, Katu- Pungent, Tikta- Bitter, Kashaya- Astringent), Guna= (Laghu- Light, Snigdha- Unctuous, Ruksha- Dry, Tikshana- Quick, Mridu- Soft, Guru- Heavy), Virya= (Sheeta- Cold, Ushna- Hot)

Table No. 3: Published clinical trials to explore the efficacy of *Vatagajankusha Rasa* (VGR)

Sr. no.	Author/ year	Methodology	Result
Pre-clinical study			
1	Manickam S <i>et.al</i> , 2015 ^[lix]	Study: Experimental efficacy study Model: Sciatic nerve crush injury Animal: Wistar albino rats Sample size: 36 Groups: 3 Intervention: Group I: control Group II: SN lesioned Group III: SN lesioned with VGR (3mg/kg orally)	Group III rats treated with VGR showed active regeneration in the 4th postoperative weeks with significant increase in the fiber density and myelin thickness compared with the Normal control.
Pharmaceutico-analytical study			
1	Parikshith K <i>et.al</i> , 2026 ^[lx]	Study: Pharmaceutical & analytical Formulation: <i>Vatagajankusha Rasa Trutiya</i> Reference used: Rasayogasagara Total Ingredients: 9 Dose: 1 Gunja Uses: <i>Vatanashaka</i> , <i>Urusthambha</i> Analysis: TLC, HPTLC, XRD, ICP-MS	The 2% loss was observed during the preparation of black colored VGR. Glycosides, steroids and flavinoids were absent while alkaloids, tannins present in the formulation. XRD showed presence of metacinnabar (cubic HgS) as the major phase.
Clinical trials			
1	Masatkar Prerna <i>et.al</i> , 2025 ^[lxi]	Study: Comparative clinical study Disease condition: Oeswestrey neck disability score in <i>Manyaghraya</i> (cervical spondylosis) Sample size: 60 Duration: 21 days Intervention: Group A: <i>Vatagajankusha Rasa</i> (250mg) with <i>Anu Taila Nasya</i> (8 drops) Group B: <i>Erandamula Ghanavati</i> (500mg) with <i>Anu Tail Nasya</i> (8 drops) Group C: <i>Panchtikta Ghrita Guggulu</i> (500mg) with <i>Anu Tail Nasya</i> (8 drops)	Neck pain–related disability was assessed using the 10-item Neck Disability Index. VGR along with <i>Anu Taila Nasya</i> , helps in pacifying <i>Vata</i> and <i>Kapha Dosha</i> . This results in a reduction of <i>Ruja</i> (pain), <i>Grahata</i> (stiffness), <i>Ankunchana–Prasarana Shula</i> (pain during flexion and extension), <i>Vivartana-yo Many Shula</i> (pain during rotation and lateral movements), <i>Shulasya Prasarana</i> (radiating pain), and <i>Shulasya Kala</i> .
2	Muzammil Kamatagi <i>et.al</i> , 2022 ^[lxii]	Study: Single-arm study Disease condition: <i>Apabahuka</i> (Frozen Shoulder) Sample size: 28 Duration: 7 days Intervention: <i>Vatagajankusha Rasa</i> (125mg) twice daily with <i>Pippali Churna</i> (3grams) and <i>Manjishta Kwatha</i> (15ml) as <i>Anupana</i> .	<i>Vatagajankusha Rasa</i> was found to be statistically significant in relieving the assessment parameters like <i>Amsa Sandhi Shoola</i> , <i>Bahupraspandita Hara</i> .
3	Moh Gulfam <i>et.al</i> , 2020 ^[lxiii]	Study: Single-arm study Disease condition: <i>Viswachi</i> (cervical spondylosis) Sample size: 30 Duration: 7 days Intervention: <i>Vatagajankusha Rasa</i> (125mg) twice daily with <i>Pippali Churna</i> (3grams) and <i>Manjishta Kwatha</i> (15ml) as <i>Anupana</i> .	Assessment parameters like <i>Ruk</i> , <i>Toda</i> , <i>Sthambha</i> and <i>Bahukarma Kshya</i> . There was statistically significant improvement in the primary and secondary outcome measures ($p < 0.05$).

4	Jibi Varghese <i>et.al</i> , 2019 ^[lxiv]	Study: Comparative clinical study Disease condition: <i>Gridhrasi</i> (Sciatica) Sample size: 40, Groups: 2 Intervention: Group A: <i>Vatagajankusha Rasa</i> (125mg) with lukewarm water Group B: <i>Vatagajankusha Rasa</i> (125mg) with <i>Manjistha Kwatha</i> 50 ml and <i>Pippali Choorna</i> 3 gm Doses: Twice a day Duration: 7 days	<i>Vatagajankusha Rasa</i> with the Anupana of <i>Manjistha Kwatha</i> and <i>Pippali Choorna</i> was found to be more effective in bringing symptomatic relief and improving functional ability in the patients of <i>Gridhrasi</i> .
5	Vishnu M L <i>et.al</i> , 2019 ^[lxv]	Study: Single-arm study Disease condition: <i>Gridhrasi</i> (Sciatica) Sample size: 36 Duration: 7 days Intervention: <i>Vatagajankusha Rasa</i> (125mg) twice daily with <i>Pippali Churna</i> (3grams) and <i>Manjishta Kwatha</i> (15ml) as <i>Anupana</i> .	In <i>Gridhrasi</i> , the medicine was found to be statistically significant ($p < 0.05$) in relieving the assessment parameters like <i>Ruka</i> , <i>Toda</i> , <i>Sthambha</i> , <i>Aruchi</i> , <i>Gaurava</i> . The Objective parameters like SLR and Lessagues test, significant relief was observed after statistical analysis.
6	Yadu Gopan <i>et.al</i> , 2019 ^[lxvi]	Study: Single-arm study Disease condition: <i>Pakshaghata</i> (CVA due to Infarct) Sample size: 30, Duration: 7 days Intervention: <i>Vatagajankusha Rasa</i> (125mg) twice daily with <i>Pippali Churna</i> (3grams) and <i>Manjishta Kwatha</i> (15ml) as <i>Anupana</i> .	Improvement was observed in the symptoms of <i>Pakshaghata</i> , <i>Cheshta Nivrutti</i> , <i>Vakstambha</i> , <i>Ruka</i> after the administration of <i>Vatagajankusha Rasa</i> .
7	Kuldeep <i>et.al</i> , 2019 ^[lxvii]	Study: Single-arm study Disease condition: <i>Pakshaghata</i> Sample size: 30, Duration: 45 days Intervention: <i>Amalakadi Choorna</i> 3-5gms twice a day for <i>Amapachana</i> , <i>Nasya Karma</i> by <i>Mahamasha Tailam</i> (7 days), <i>Vatagajankusha Rasa</i> 125 mg twice a day (45 days).	The mild relief in the symptoms of <i>Pakshaghata</i> was observed in the early onset of the disease.
8	Verma Astha <i>et.al</i> , 2017 ^[lxviii]	Study: Comparative clinical study Disease condition: <i>Gridhrasi</i> (Sciatica) Sample size: 60, Groups: 3 Intervention: Group A: <i>Vatagajankusha Rasa</i> (250mg) Group B: <i>Sallaki Tablet</i> (500mg) Group C: <i>Vatagajankusha Rasa</i> (250mg) + <i>Sallaki Tablet</i> (500mg) Doses: Twice a day Anupana: <i>Lasuna Swarasa</i> 10 drops Sahapana: <i>Madhu</i> Duration: 45 days	The Group with intervention <i>Vatagajankusha Rasa</i> along with the <i>Sallaki Tablet</i> was showed a significant effect in the relief of symptoms of <i>Gridhrasi</i> compared to the other intervention groups.
Case series			
1	Wasedar VS <i>et.al</i> , 2025 ^[lxix]	Study: Case series Disease condition: Duchenne muscular dystrophy Sample size: 2 Duration: 6 months Intervention: <i>Maha Vata Vidhvamsana Rasa</i> , <i>Vidaryadi Kashaya</i> , <i>Vatagajankusha Rasa</i> and <i>Sneha Basti Chikitsa</i> with <i>Brihat Saindhavadi Taila</i>	After overall treatment and monitoring of CPK and CPK total markers along with clinical evaluations, revealed notable gains in muscular strength and functional ability.

2	Mythrey RC <i>et.al</i> , 2022 ^[lxxx]	Study: Case series Disease condition: <i>Gridhrasi</i> vis a vis lumbar spondylosis Sample size: 4 Duration: 6 months Intervention: <i>Katibasti</i> followed by <i>Yoga Basti Krama</i> with <i>Vatagajankusha Rasa</i> (2 tablets) thrice a day with <i>Manjishtha Kwatha</i> (30ml) and <i>Pippali Churna</i>	The combined effect of <i>Katibasti</i> , <i>Yoga Basti Krama</i> and <i>Vatagajankusha Rasa</i> orally for the management of <i>Gridhrasi</i> showed good results in reducing acute pain and radiculopathy.
3	Swarnakant Jena <i>et.al</i> , 2022 ^[lxxxi]	Study: Case series Disease condition: <i>Ardita</i> Sample size: 4 Duration: 14 days Intervention: <i>Abhyanga</i> , <i>Nasya</i> , and other internal medications along with <i>Vatagajankusha Rasa</i> (125mg) thrice a day	The OPD-based local treatment protocol, along with internal medicaments like <i>Vatagajankusha Rasa</i> , was found to be very useful in the management of <i>Arditavata</i> .
Case reports			
1	Gopan Yadu <i>et.al</i> , 2022 ^[lxxxii]	Study: Case report Disease condition: Guillain-Barre Syndrome (<i>GBS</i>)- in light of <i>Amavata</i> Duration: 6 months Intervention: <i>Abhyanga</i> followed by <i>Kala Basti Krama</i> with <i>Vatagajankusha Rasa</i> (125mg) thrice a day with <i>Mahamanjishthadi Kwatha</i> (15ml) and <i>Pippali Churna</i> (0.5g)	After the treatment, symptoms reduced, such as numbness, heaviness, reduced appetite, and fullness of the abdomen, and the patient could walk without support. This proves the effect of Ayurveda interventions.
2	Amiya Bhosale <i>et.al</i> , 2022 ^[lxxxiii]	Study: Case report Disease condition: <i>Gridhrasi</i> Duration: 30 days Intervention: <i>Katibasti</i> and <i>Vatagajankusha Rasa</i> (125mg) twice a day with honey, followed by warm water	The gradation of signs and symptoms was noted and evaluated after treatment, revealing that this Ayurvedic combination therapy significantly improved the <i>Gridhrasi</i> condition of the patient.
3	Verma Astha <i>et.al</i> , 2020 ^[lxxxiv]	Study: Case report Disease condition: <i>Gridhrasi</i> (Sciatica Neuritis) Intervention: <i>Ghatyantra</i> therapy once in a week For 15 days (2 sittings) <i>Vatagajankusha Rasa</i> (250mg) + <i>Sallaki Tablet</i> (500mg) Doses: Twice a day Anupana: Warm water Duration: 30 days (follow up 30 days)	The <i>Ghatyantra</i> therapy and <i>Vatagajankusha Rasa</i> along with the <i>Sallaki Tablet</i> was showed a significant effect in the relief of symptoms of <i>Gridhrasi</i> . SLR test was reduced remarkably and showed clinically significant.
4	Gupta Nidhi <i>et.al</i> , 2020 ^[lxxxv]	Study: Case report Disease condition: <i>Katigraha</i> (Lumbar Spondylosis) Intervention: <i>Katidhara</i> 14 days and <i>Kala Basti</i> , For 16 days, <i>Yograj Guggulu</i> (500mg), <i>Rasna Saptak Kwatha</i> (10gm), <i>Nagradaya churna</i> (1gm) <i>Chopchini churna</i> (1gm), <i>Ashwagandha churna</i> (3gm), <i>Vatagajankusha Rasa</i> Doses: Twice a day Anupana: Warm water Duration: 30 days (follow up 30 days)	The combine intervention (<i>Panchakarma</i> and <i>Shamana Chikitsa</i>) provided marked relief in pain and stiffness (grade 3 to grade 1) in <i>Katigraha</i> . <i>Vatagajankusha Rasa</i> , may increase <i>Agni</i> and work as <i>Balya</i> , <i>Vatapradhana Tridosha Shamak</i> .

Conclusion: *Vatagajankusha Rasa* (VGR) is a classical herbo-mineral *Rasaushadhi*, extensively documented in Ayurvedic texts for the management of *Vatavyadhi*. This comprehensive review focuses on its ingredients, variation in composition across formulations, and reflects the therapeutic potential from various published clinical trials.

However, it has wider clinical applications, but scientific validation regarding its safety profile remains inadequate. Hence, future research must prioritize rigorous safety evaluations, including toxicological studies, alongside well-designed clinical trials on VGR, to conclusively establish the safety and efficacy potential.

Limitations: It was not conducted as a formal systematic review, and therefore some degree of selection bias cannot be ruled out. Not all classical manuscripts, regional texts, editions, and commentaries could be comprehensively reviewed. The review primarily included published and electronically accessible literature, which may have resulted in the omission of thesis, dissertations, proceedings and other relevant grey literature. Meta-analysis was not undertaken because of the descriptive and heterogeneous nature of the available evidence. Publication, indexing, language, and accessibility biases cannot be completely ruled out.

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