

Critical review of *Vasanta Malati Rasa* – A Herbomineral Product

Review article

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Abstract

Context: *Vasanta Malati Rasa* is a well Known *Kharaliya Rasayana*. Though *Swarna Vasanta Malati Rasa* and *Laghu Malini Vasanta Rasa* are alleged with this particular name, through texts different formulations have been described with this particular name. **Aims:** Aim of the present study is to compile all available references of *Vasanta Malati Rasa* available in text and to study them in comparative manner in terms of their composition, method of preparation, dose, indications and contribution of various texts regarding these particular formulations. **Methods and Material:** References of *Vasanta Malati Rasa* were compiled from various Rasa text and compendium and particular contribution of each text was noted. **Results:** As per *Rasa Yoga Sagar* a compilation book of *Rasaushadhi*, total eight formulations were observed to be described as *Vasanta Malati Rasa*. Among these eight formulations, *Swarna Vasanta Malati Rasa*, *Apurva Malini Vasanta Rasa* and *Laghu Malini Vasanta Rasa* are observed to be quoted by maximum texts. Of these three formulations both *Swarna Vasanta Malati Rasa* and *Laghu Malini Vasanta Rasa* consist of *Rasaka* and *Maricha* as chief ingredients. **Conclusions:** Amongst formulations termed as *Vasanta Malati Rasa*, *Swarna Vasanta Malati Rasa* and *Laghu Vasanta Malati Rasa* have been quoted by most seers and are well acclaimed for their rejuvenation effect. Though variation is observed in the description of these two across texts, both are *Kharaliya Rasayana* with *Rasaka* and *Maricha* as chief ingredients and close resemblance is observed in method of their preparation.

Key words: *Kharaliya Rasayana*, *Laghu Vasanta Malati Rasa*, *Vasanta Malati Rasa*, *Swarna Vasanta Malati Rasa*.

Introduction:

Acharya Vagbhata has offered a

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word of honour to *Ayurveda Shastra* by describing it as “*Etada Sadyoarti Nashanam*” i.e swiftly cures disease. Acclaim Of *Sadya Vyadhi Vinaashana* that *Ayurveda* has achieved; is to a certain extent because of *Rasa Chikitsa* i.e treating ailments with metallic or herbo mineral preparations. Though *Rasa* term is attributed principally to mercury in Indian alchemy, more than 50% of formulations attributed as *Rasaushadhi* are devoid of mercury. Qualities of *Rasaushdhies* like

quick action in lower dose without feeling any untoward taste and increased shelf life of herbal constituents is the beauty of using *Kharaliya Rasa* (drugs prepared using mortar and pestle).

Vasanta Kalpa formulations are the group of well acclaimed *Kharaliya Rasayana* which is in use to increase vigor vitality, to nurture depleted body constituents through anabolic effect. Formulations which fall under this group are *Vasanta Kusumakara Rasa*, *Madhumalini Vasanta*, *Vasanta Malati Rasa*. With the name *Vasanta Malati Rasa* itself several formulations have been described across texts. Though variation in ingredients is observed among these, there is a resemblance in method of preparation in almost all formulations in perspective of levigation.

Thus present study is an attempt to go through references of *Vasanta Malati Rasa* formulations in literature in order to have comparative better understanding of

these formulations in terms of their composition, drugs specified for levigation, indications and contribution of various texts regarding this particular group of drugs.

Material and methods:

Literary review:

Vasanta Malati Rasa is not mere a single formulation but a variety of formulations across different text have been quoted as *Vasanta Malati Rasa*. Name of drug itself throws light on the action of the compound i.e. it is a rejuvenating formulation which aids to nurture depleted body constituents. Earliest citation of *Vasanta Malati Rasa* is observed in *Rasa Paddhati* a book of 13th AD.(1) *Rasayogasagar* a compilatory book of *Rasaushadhi* for first time has compiled 8 formulations entitled as *Vasanta Malati Rasa* across different text. (2)

Table no. 1: Different formulations entitled as *Vasanta Malati Rasa* as per *Rasayogasagar* with reference.

Sr. No.	R P	V Ra	B R	Y R	R Ka	Si. Bh. M	R. Ch	Ni. R	Br R S	Ch. Pr.	Y T	R Pa	V Chi	R. Mu	Ra Sam.
VMR 1	+	+	+	+	+	+	+	+	+	+	+				
VMR 2														+	
VMR 3	+			+			+	+	+	+	+				
VMR 4			+	+			+	+	+		+				
VMR 5														+	
VMR 6													+		
VMR 7												+			
VMR 8															+

[VMR 1-*Vasanta Malati Rasa/ Swarna Malini Vasanta /Vasanta Malati Rasa- Para*, VMR 2-*Vasanta Malati Rasa 2*, VMR 3-, *Vasanta Malati Rasa 3/Vasanta Malati Rasa Aparas/Laghu Malini Vasanta Rasa*, VMR 4- *Vasanta Malati Rasa 4/ Apurva Malini Vasanta Rasa/ Brihan Malini Vasanta Rasa*, *Vasanta Malati Rasa 5-Vasanta Malati Rasa Pancham*, *Vasanta Malati Rasa 6-Mahamalini Vasanta Rasa*, VMR 7- *Vasanta Malati Rasa/Malini Vasanta Rasa*, VMR 8- *Vasanta Malati Rasa 8/ Suvarna Malini Vasanta Rasa*]

[RP- *Rasapaddhati*, V Ra-*Vasav Rajiyam* BR- *Bhaishajya Ratnavali*, Y R –*yoga Ratnakar R Ka- Rasa Kamadhenu*, Si. BH.M-*Siddha Bhesaj Manimala*, R Ch – *Rasa Chandanshu*, Ni.

R- Nighantu Ratnakar, Br R S- Brihat Rasaraj Sundara, Ch Pr- Chikitsa Pradeep, Y T-yoga Tarangini, R Pa- Rasa Parijata, V Chi- Vaidya Chintamani , R Mu.Rasa Muktavali, Ra.Sam Rasayana Samgraha]

Variations are observed in composition of the above mentioned formulations. Table 2 summarize ingredients and drugs stated for levigation of these formulations mentioned in text.

Table no. 2: Ingredients and drugs stated for levigation for *Vasanta Malati Rasa* as per *Rasayogasagar*.

Sr no .	Ingredients	VM R 1	VM R 2	VM R 3	VM R 4	VM R 5	VM R 6	VM R 7	VM R 8
1.	<i>S.Parada</i>		+		+	+	+		
2.	<i>S.Gandhaka</i>		+			+	+		
3.	<i>Abhraka B.</i>				+		+		+
4.	<i>Vaikranta B.</i>								
5.	<i>Swarna Makshika B.</i>				+	+	+		
6.	<i>Raupya Makshika B.</i>						+		
7.	<i>Rasaka B.</i>	+	+	+			+	+	+
8.	<i>S.Hingula</i>	+						+	+
9.	<i>Swarna B.</i>	+					+	+	+
10.	<i>Rajata B.</i>				+	+	+		
11.	<i>Tamra B.</i>				+	+			
12.	<i>Lauha B.</i>				+	+	+		
13.	<i>Naga B.</i>						+		+
14.	<i>Vanga B.</i>				+		+		+
15.	<i>Vaikranta B.</i>				+	+	+		
16.	<i>Mauktika B.</i>	+						+	
17.	<i>Shamkha B.</i>					+			
18.	<i>Pravala B.</i>				+	+			
19.	<i>S.Tankan</i>					+			+
20.	<i>Kasturi</i>								+
21.	<i>Gorochana</i>								+
22.	<i>Maricha</i>	+	+	+				+	+
23.	<i>Pippali</i>								+
24.	<i>Keshara</i>								+
25.	<i>S.Vatsanabha</i>						+		
26.	Cow butter								+
Drugs stated for levigation									
Sr. no.	Drugs of animal origin	No. Of levigations							
1	Freshly prepared cow Butter	1	+	+	+				

2	<i>Kasturi</i>	1				+				
3	<i>Karpura</i>	1				+				
4	<i>Go Dugdha</i>	1					+			
5	<i>Nari Stanya</i>	7						+		
Drug of plant origin (Expressed juice)										
1	<i>Nimbu Swarasa</i>	Not specified	+	+	+				+	+
2	<i>Shatavari</i>	3/7				+	+			
3	<i>Haridra</i>	7				+				
4	<i>Ikshu Rasa</i>	3/7					+	+		
5	<i>Vasa</i>	3					+			
5	<i>Nirgundi</i>	3					+			
6	<i>Shigru</i>	3					+			
7	<i>Kamala Pushpa</i>	7						+		
8	<i>Shalmali</i>	7						+		
9	<i>Kadali Kanda</i>	7						+		
10	<i>Yashtimadhu</i>	7						+		
11	<i>Musta</i>	7						+		
12	<i>Usheera</i>	7						+		

[S. - Shodhita, B.- Bhasma]

Among the above mentioned formulations; *Swarna Vasanta Malati Rasa*, *Laghu Vasanta Malati Rasa* and *Apurva Malini Vasanta Rasa* have been cited by maximum texts. As per *Rasayogasagar* description of *Swarna Vasanta Malati Rasa* is observed in 25 texts while that of *Laghu Vasanta Malati Rasa* and *Apurva Malini Vasanta Rasa* in 30 and 8 texts respectively. Composition, indications and dose of these three formulations as per reference of *Yoga Ratnakara* are enlisted in Table 3. (3)

Table no. 3: Composition and indications of Vasanta Malati Rasa as per reference of Yogaratnakara:

Name of formulation	Ingredients with Proportion	Indications	Dose	Adjuvant
<i>SMV</i>	<i>Swarna B.</i> -1 part <i>Mauktika B.</i> - 2 parts <i>S. Hingula</i> - 3 parts, <i>Maricha</i> -4 parts, <i>Rasaka B.</i> -8 parts	All types of diseases- “ <i>Sarva Roge Vasanta</i> ”	<i>Two Ratti:</i> 250 mg	<i>Madhu-Pippali</i>
<i>LMV</i>	<i>Rasaka B.</i> -2 parts <i>Maricha</i> - 1 part	<i>JeernaJwara, RaktaAtisara, RaktajaVikara, PittajaVikara, VishamJwara, RaktaPradara, Raktarsha, NetraRoga, BalaRoga, GarbhaPoshaka</i>	<i>Two Valla/ 6 Gunja-</i> 750 mg	<i>Go Dugdha</i>

		<i>Sarva Jwara.</i>		
<i>AMV</i>	<i>Vaikranta , Abhraka , Tamra, Makshika, Rajata, Vanga, Pravala , Parada Lauha: all Bhasma and S. Tankana in equal parts</i>	<i>Jeerna Jwara, all types of Prameha, Mutrakrichha, Ashmari</i>	1 Valla /3 Gunja- 375 mg	<i>Madhu- Pippali/Guduchi Satva – Prameha Mutra Roga- Shilajatu- Matulunga</i>

[*SMV*-Swarna Malini Vasanta , *LMV*- Laghu Malini Vasanta, *AMV*-Apurva Malini Vasanta S. - Shodhita, B.- Bhasma]

Rest of formulations entitled as *Vasanta Malati Rasa* have been described by one or two text.

Ayurvedic formulary of India has compiled only *Swarna Vasanta Malati Rasa* and *Laghu Vasanta Malati Rasa* amongst *Vasanta Malati Rasa*.

As per reference, for both formulations, ingredients are well triturated and first levigation is done with freshly prepared cow butter and then repeated levigation is to be done with lemon juice till greasiness of product gets disappeared. Classical reference of these two formulations as given in *Yoga Ratnakara* is observed in most of the books except few. These exceptions and modification in formulations along with quoting text are summarised below:

Table no.4: Swarna Vasanta Malati Rasa

Text	Contribution / modification
<i>Rasa Paddhati</i> (4)	Levigation with lemon juice is said to be done for three days.
<i>Rasa Kamadhenu</i> (5)	Quoted as <i>Malini Vasanta Rasa</i> in <i>Kshaya Roga Adhikara</i> .
<i>Siddha Bhashaja Manimala</i> (6)	Quantity of freshly prepared cow butter is stated as 16 th part of total ingredients and for 20 <i>Karsha</i> quantity of drug, lemon juice expressed of 95 lemons is stated to be used.
<i>Rasa Tantra Sara Siddha Yoga Samgraha</i> (7)	States to use substitutes of main ingredients in case of non availability viz <i>Swarna Varkha</i> for <i>Swarna Bhasma</i> , <i>Muktashukti Bhasma</i> for <i>Moti Pishti</i> , <i>Dwi-guna Gandhaka Jarita Rasa Sindoor</i> for <i>Hingula</i> . If <i>Shodhita Rasaka</i> not available text opines to use 40 <i>Puti Yashada Bhasma</i> .
<i>Siddha Prayogalatika</i>	Quantity of freshly prepared cow butter is specified as 1/16 th of total ingredients.(8) *Same text mentions <i>Swarna Malini Mishrana</i> in <i>Rajyakshma Adhikara</i> .(9)
<i>Ayurveda Sara Samgraha</i> (10)	Two formulations- <i>Brihat Swarna Malini Vasanta</i> (Same as <i>Vasanta Malati Rasa</i> -8 of <i>Rasa Yoga Sagara</i>) and <i>Laghu Swarna Malini Vasanta Rasa</i> have been stated.
<i>Ayurveda Pharmacopia Bajapeya Samhita</i> (11)	Seer states to use combination of 2 parts of <i>Yashada Bhasma</i> + 1 part of <i>Naga Bhasma</i> + half part of <i>Rajata Bhasma</i> in case of non availability of <i>Rasaka</i> .
<i>Chikitsa Pradeep</i> (12)	Duration of levigation by lemon juice is stated for 21 days.

<i>Vaidya Sahachara</i> (13)	Author mentions opinion of some <i>Vaidyas</i> to add <i>Rajata Bhasma</i> in equal Proportion to <i>Rasaka Bhasma</i> .
<i>Yoga Tarangini</i>	<i>Swarna Malini Vasanta Rasa</i> : two descriptions in same text: In 20 th <i>Taranga</i> under <i>Jwaradhikara</i> (14) and in 28 th <i>Taranga</i> under <i>Kshaya Rogadhikara</i> (1 <i>Ratti</i> with <i>Madhu-Pippali</i>).(15)
<i>Brihat Rasa Ratna Manimala: GAU publication</i> (16)	Duration of levigation has been specified as minimum 40 days
<i>Dhanvantari Masika Patrika</i> (17)	Two formulations as <i>Swarna Malini Vasanta Rasa-1</i> (modified-addition of <i>Makardhwaja</i>) and <i>Swarna Malini Vasanta Rasa-2</i> (classical ref. mentioned in <i>Bhaishajya Ratnavali</i>) .
<i>AFI part I</i> (18)	Reference is taken from <i>Siddha Bhesaja Manimala Jwara Prakarana</i> . *Quantity of freshly prepared cow butter: 18/16 parts * <i>Yasada Bhasma</i> may be used in place of <i>Rasaka Bhasma</i> . * <i>Nimbu Swarasa</i> is taken four times the weight of drugs. The <i>Mardana</i> is continued till the greasiness of butter disappears.

 Table no. 5: *Laghu Vasanta Malati Rasa*

Text	Contribution/ modification
<i>Rasa Paddhati</i> (19)	Levigation with freshly prepared cow butter is said to be done for three days.
<i>Vasava Rajiyam</i> (20)	In place of lemon juice levigation by <i>Nimba Jala</i> is stated.
<i>Yoga Ratnakara</i> (21)	Same formulation has been quoted with other names as <i>Vyadhi Gaja Kesari</i> and <i>Rasakeshwar</i> . Both formulations contain same ingredients as that of <i>Laghu Malini Vasanta Rasa</i> . Both of these formulations states method of <i>Shodhana of Rasaka</i> . In <i>Rasaraja /Vyadhi Gaja Kesari</i> formulation quantity of freshly prepared cow butter to be taken and no. of levigations by lemon juice to neutralize it to be given; are mentioned. No other Ref prior this one has quoted this fact for <i>Laghu Malini Vasanta Rasa</i> .In <i>Rasakeshwar</i> too no. of levigations by lemon juice to be given are mentioned. <i>Maricha</i> which is second important ingredient is said to be taken after removing its outer cortex.
<i>Rasatantra Sara Siddha Yoga Sangraha</i> (22)	Two compositions are given for <i>Laghu Malini Vasanta Rasa</i> -with and without <i>Hingula</i> . <i>Hingula</i> Containing <i>Laghu Malini Vasanta</i> is cited from <i>Ayurveda Kala Nidhi</i> text with <i>Hingula</i> in equal proportion to that of <i>Rasaka</i> . Another composition is similar to that of <i>Yoga Ratnakara</i> . Author opines to use <i>Yashada Bhasma</i> or <i>Yasada Pradhana</i>

	<i>Karvellaka</i> as alternative to <i>Rasaka</i> . The same formulation is named as <i>Rasaraja</i> in <i>Rasasara Sangraha</i> . <i>JwaraMurari</i> , <i>Nava Jwarariari</i> is also the names which come for this formulation.
<i>Ayurveda Pharmacopodia-BajapeyaSamhita</i> (23)	States to use <i>Hingula</i> and <i>Shweta Maricha</i> (outer coat removed) for <i>Vasanta Malati Rasa</i> .
<i>Chikitsa Pradeep</i> (24)	Duration of levigation by Lemon juice is stated as 21 days
<i>AFI part 1</i> (25)	Reference is taken from <i>Yoga Ratnakara Jwaradikara</i> . States that since genuine <i>Rasaka Bhasma</i> is not generally available <i>Yashada Bhasma</i> which has same property is used in place of <i>Rasaka Bhasma</i> .

Review of research work done on *Vasanta Malati Rasa* :(through M.D. and Ph.D thesis and published articles)

Only three research works have been documented on *Vasanta Malati Rasa* which has been mentioned below:

1. Gupta S.L. *et al.* MD (Ayu) dissertation 1994, *Laghu Malini Vasanta Ka Nirmana* and *Manakeekaran*. R.A. Podar Mumbai:-

Critical review of *Laghu Malini Vasanta Rasa* and its ingredient *Rasaka* were discussed. Scholar has mentioned zinc ore - zinc carbonate can be correlated with *Rasaka*. *Rasaka* after *Shodhana* in *Gomutra* for three times was used for preparation of *Laghu Malini Vasanta Rasa*. In batch carried out in rainy season, 30 g quantity of *Navaneeta* was used for first *Bhavana* .17 days and 995 ml lemon juice was utilized in 2nd *Bhavana*. Comparatively more quantity of *Navaneeta* and lemon juice was used in rest batches; duration of levigation was also reported less. Zinc content by AAS method was 11.27% in formulation.

2. Manjushree Wankhede *et al.* MD (Ayu) dissertation 2004, *Dwividha padhati se Laghu Malinivasanta Rasa ka Nirmana Kar Uska Shweta Pradara Vyadhi Mein Tulnatmaka Avam Rugnalayeen Adhyayan* .G.A.C. Nagpur.

For preparation of *Laghu Malini Vasanta Rasa Yashada Bhasma* was used in place of *Rasaka*. *Laghu Malini Vasanta Rasa* was prepared by two different methods. In one group *Hingula* was added in equal quantity of *Yashada Bhasma* as per reference of *Rasa Tantra Sara* and *Siddha Prayoga Samgraha*. In second Group it was prepared as per reference of *Yogaratanakara* with *Yashada Bhasma* and *Maricha* as ingredients in 2: 1 proportion. In analytical findings; Moisture content and milk fat content was noted maximum in formulation devoid of *Hingula* in comparison to *Hingula* containing formulation. In management of *Shwetapradara* (leucorrhoea) both formulations were equally effective except in *Srava*(discharge) symptom formulation devoid of *Hingula* was more effective.

3. Manisha Walunj *et al.* MD (Ayu) dissertation 2013, Role of media in preparation of *Laghu Malini Vasanta Rasa*. I.P. G.T & RA, GAU, Jamnagar.

Laghu Malini Vasanta Rasa was prepared with *Yashada Bhasma* as a alterative to *Rasaka* as per reference of AFI. From pharmaceutical point of view, preparation of *Laghu Malini Vasanta Rasa* tablets with quantity of butter in 50% of total ingredients was more convenient. *Sahapana Pippali* and *Madhu* were incorporated in formulation itself while preparing tablet to facilitate easy

administration. Approximately 10 times of lemon juice of the quantity of *Navaneeta* used was required to neutralize excess butter fat within -*Ghritha Vimukata*. In open clinical trial *Laghu Malini Vasanta Rasa* prepared with 50% quantity of *Navaneeta* and *Yashada Bhasma* from *Vishesha Shodhita Yashada* showed maximum efficacy in management of *Madhumeha* - type 2 diabetes mellitus.

Discussion:

Vasanta Kalpa formulation renowned for rejuvenation effect comprises of *Vasanta Malati Rasa*. Etymology itself depicts action of this drug i.e. treating ailments with rejuvenation of depleted body constituents simultaneously. With the same name *Malini Vasanta Rasa* or *Vasanta Malati Rasa*, different formulations have been cited in texts. *Rasa Yoga Sagara* a compilatory book of *Rasaushadhi* formulations has compiled 8 formulations entitled as *Vasanta Malati Rasa* across text. Comprehensive and comparative review of these formulations can be summarised in following manner:-

Two formulations *Vasanta Malati Rasa* 1 and *Vasanta Malati Rasa* 8 are termed as *Swarna Malini Vasanta*.^{1st} one resembles with that of *Yoga Ratnakara*. While Eighth one is different; It contains many incinerated metals including gold, tin, lead, mica, coral. Quantity of butter is specified. *Vasanta Malati Rasa* 3 resembles with *Laghu Malini Vasanta* known as *Jwara Murari*, *Rasaraja*. *Rasapradeep* quotes it as *Jeerna Jwarahara* whereas *Rasa Kamadhenu* names it as *Navajwarari*. *Vasanta Malati Rasa* 2 differs to the third one because it contains *Rasa Gandhaka Kajjali* in addition to other constituents and dose is 3 *Ratti*. *Vasanta Malati Rasa* 7 too *Swarna* containing formulation which had mentioned quantity of butter equal to *Swarna Bhasma*. In context of *Vasanta Malati Rasa* 1(*Swarna Vasanta Malati*)

author mentions that some verses have mentioned this one as *Vasanta Raja Rasa*. But in the same text author has cited *Vasanta Raja Rasa* originally from *Rasa Padhhathi*, which is *Kupi Pakwa Rasayana* totally different from that of *Vasanta Malati Rasa* 1(*Swarna Vasanta Malati*).

All *Vasanta Malati Rasa* cited in text are *Kharaliya Rasayana* except *Vasanta Malati Rasa* quoted by *Rasa Muktavali* (*Kupi Pakwa Rasayan*).⁽²⁶⁾ In context of drugs stated for levigation, to prepare *Swarna Vasanta Malati Rasa*, *Laghu Vasanta Malati Rasa* and *Vasanta Malati Rasa* stated in *Rasamuktavali* for *Dhatukshaya*; levigation with freshly prepared cow butter and lemon juice is stated. Whereas with the rest, drugs stated for levigation varies to large extent from formulation to formulation i.e. freshly extracted juice of multiple herbs and drugs of animal origin like *Kasturi*, *Godugdha* etc. Despite the variations in their composition, all these formulations seem to be advised in chronic disorders where along with treating ailment, sustenance is also needed.

While *Bharat Bhaishajya Ratnakara* another compilatory book has cited 3 formulations with the name *Vasanta Malati Rasa* viz. *Swarna Vasanta Malati Rasa*, *Laghu Vasanta Malati Rasa* and *Apurva Malini Vasanta Rasa*.⁽²⁷⁾ These three formulations are observed to be quoted by maximum texts.

AFI has mentioned only *Swarna Vasanta Malati Rasa* and *Laghu Vasanta Malati Rasa* amongst these three formulations. Both *Swarna Vasanta Malati Rasa* and *Laghu Vasanta Malati Rasa* are *Rasaka* and *Maricha* containing formulations mentioned in *Jwaradhikara*. *Swarna Vasanta Malati Rasa*, which consist of *Swarna* and *Mukta Bhasma* is said to be superior in *Rasayana* effect. Although *Laghu Vasanta Malati Rasa* is devoid of the same, is still having *Rasayana* effect as well as it is cost effective. Levigation is said to be done till

Ghrita vimukta/ Sneha Vimukta stage i.e. greasiness of compound gets disappeared. Many of these texts have not mentioned the quantity of drugs stated for levigation and duration of levigation with few exceptions which have been enlisted in table no. 4 and 5. In classical text though *Rasaka* is described as chief ingredient, owing to non availability of the genuine *Rasaka* many seers of later period, including AFI has suggested to use its alterative which mainly comprises of *Yashada Bhasma* alone or in combination with other. Some texts have also opined to use *Maricha* – second ingredient of drug after its *Shodhana*.

Apurva Malini Vasanta Rasa differs totally from these two formulations in terms of ingredients, drugs stated for levigation. It is primarily multi incinerated metal compound mainly acting on urinary system. Rest of the formulations entitled as *Vasanta Malati Rasa* are quoted by only one or few texts. Their composition and method of preparation is seemed to be little bit complex. This may be the reason for the less recognition of these formulations.

Review of research works disclose that, only three research works have been reported on *Vasanta Malati Rasa* that too in context of *Laghu Malini Vasanta Rasa*. Gupta et al; has carried out pharmaceutical standardization of formulation using zinc carbonate as *Rasaka* ore whereas Wankhede et al and walunj et al have used *Yashada Bhasma* in place of *Rasaka*. These two studies reveal that this particular formulation can be used effectively in management of *Shwetapradara* and *Madhumeha*.

Conclusion:

With the name *Vasanta Malati Rasa*, eight formulations have been observed across texts. They diverge to large extent from each other in their composition but owing to their *Rasayana* effect have been termed as *Vasanta Malati*

Rasa. Amongst these formulations *Swarna Vasanta Malati Rasa* and *Laghu Vasanta Malati Rasa* have been quoted by most seers and are well acclaimed for their *Rasayana* effect, Though variation is observed in the description of these two across texts, both are *Kharaliya Rasayana* with *Rasaka* and *Maricha* as chief ingredients and close resemblance is observed in method of their preparation.

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