International Journal of Advanced Multidisciplinary Research and Innovation
E-ISSN: 3107-6157 editor@ijamri.com
Volume 2, Issue 6, November-December 2026

Synergistic Role of *Rajata Bhasma* (Incinerated Silver) in Classical Ayurvedic Herbo-Mineral Formulations: A Critical Review of *Vasantakusumakara Rasa*, *Rasaraja Rasa*, and *Jwarankush Rasa*

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Abstract

Background: Rasashastra, the specialized branch of Ayurvedic pharmaceutics, utilizes processed metals and minerals (*Bhasmas*) to achieve rapid therapeutic efficacy, low-dose potency, target-specific tissue delivery (*Yogavahi*), and systemic rejuvenation (*Rasayana*). Among the noble metals (*Shuddha Lohas*), *Rajata Bhasma* (incinerated silver) exhibits a unique pharmacodynamic profile characterized by *Kashaya-Amla-Madhura Rasa* (astringent, sour, and sweet tastes), *Snigdha* and *Sara Guna* (unctuous and mobile attributes), *Sheeta Virya* (cooling potency), and *Madhura Vipaka* (sweet metabolic transformation). While considerable research has characterized *Rajata Bhasma* as a standalone nano-crystalline therapeutic agent, its structural, pharmaceutical, and pharmacodynamic synergy within multi-ingredient *Rasaushadhis* (herbo-mineral formulations) remains underexplored.

Objective: This review critically evaluates the synergistic contribution of *Rajata Bhasma* across three classical multi-mineral formulations representing distinct therapeutic domains: *Vasantakusumakara Rasa* (metabolic and microvascular degeneration), *Rasaraja Rasa* (neuromuscular and neuro-degenerative pathologies), and *Jwarankush Rasa* (acute, chronic, and intermittent pyrexia).

Methods: Classical *Rasashastra* texts—including *Rasa Tarangini*, *Rasaratna Samuchaya*, *Ayurveda Prakasha*, and *Bhaishajya Ratnavali*—were reviewed alongside contemporary analytical, preclinical, and pharmacological databases (PubMed, Scopus, and AYUSH Research Portal) to correlate classical *Guna-Karma* principles with modern physicochemical and network pharmacology findings.

Results and Discussion: Analytical characterization confirms that *Rajata Bhasma* consists predominantly of sub-micron and nano-crystalline silver sulfide (\(\text{Ag}_2\text{S}\), acanthite phase) functionalized with organic phytochemical ligands during wet levigation (*Bhavana*). Within compound formulations, *Rajata Bhasma* performs three primary synergistic functions: (1) thermal and *Dosha* buffering, counteracting *Pitta* aggravation and *Dhatu Kshaya* induced by *Ushna-Tikshna* co-ingredients such as *Rasasindura*, *Vatsanabha*, and *Tamra*; (2) neuro-endocrine tropism toward *Majja Dhatu* and *Ojas*; and (3) *Yogavahi* bio-enhancement that lowers individual metallic dosage thresholds while widening therapeutic safety margins.

Conclusion: Rajata Bhasma acts as a pivotal pharmacodynamic stabilizer and bio-enhancer in complex *Rasaushadhis*. Integrating classical formulation rationale with modern X-ray diffraction (XRD), electron microscopy, and network pharmacology provides a robust translational framework for standardizing multi-mineral Ayurvedic therapeutics.

International Journal of Advanced Multidisciplinary Research and Innovation
E-ISSN: 3107-6157 editor@ijamri.com
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Keywords: *Rajata Bhasma*; *Rasashastra*; *Vasantakusumakara Rasa*; *Rasaraja Rasa*; *Jwarankush Rasa*; Herbo-mineral synergy; Ayurvedic nanomedicine; Network pharmacology.

1. Introduction

Rasashastra, literally translating to the "Science of Mercury and Minerals," represents an advanced pharmaceutical discipline within Ayurveda that emerged and matured between the 8th and 16th centuries CE [1]. Unlike purely botanical formulations (*Kashthaushadhis*), which often require large doses, exhibit variable shelf stability, and act gradually, *Rasaushadhis* (herbo-mineral and organo-metallic preparations) are engineered for rapid assimilation (*Sighrakaritva*), minimal dosage (*Alpamatroprayogitva*), palatability (*Aruchiharitva*), and deep tissue penetration (*Yogavahitva*) [2, 3]. Central to this pharmaceutical paradigm is the transformation of raw metals (*Dhatus*) and minerals (*Upadhatus* and *Ratnas*) into biocompatible, non-toxic, organo-metallic micro- and nanoparticles known as *Bhasmas* [4].

The classical transformation of elemental metals into *Bhasmas* relies on two sequential, non-negotiable unit operations: *Shodhana* (purification, detoxification, and structural softening) and *Marana* (incineration via repeated cycles of wet levigation and controlled thermal calcination, or *Putapaka*) [5]. Modern materials science and nanomedicine investigations have revealed that these traditional procedures induce profound solid-state phase transitions, reducing macro-crystalline metallic lattices into stable, nano-scale sulfides, oxides, or organo-metallic complexes coated with phytochemical functional groups [4, 6].

Among the seven classical *Dhatus* (*Swarna*, *Rajata*, *Tamra*, *Loha*, *Vanga*, *Naga*, and *Yashada*), *Rajata* (silver, atomic number 47) is categorized under the noble or pure metals (*Shuddha Loha*) alongside gold (*Swarna*) [1, 7]. Classical treatises such as *Rasa Tarangini* and *Rasaratna Samuchaya* extol *Rajata Bhasma* as a premier *Rasayana* (rejuvenator), *Medhya* (nootropic and neuro-nutrient), *Balya* (strength promoter), *Vayasthapana* (anti-aging agent), and *Sarvarogahara* (broad-spectrum therapeutic modulator) [7, 8]. While standalone *Rajata Bhasma* is prescribed at doses of 30–125 mg/day with specific adjuvants (*Anupanas*) for conditions ranging from *Madhumeha* (diabetes mellitus) and *Unmada* (psychiatric disorders) to *Yakrit Vikara* (hepatic dysfunction) [9, 10], its highest clinical utility in classical practice occurs within multi-ingredient compound formulations.

In complex poly-mineral *Rasaushadhis*, *Rajata Bhasma* is rarely a passive excipient. Rather, it is strategically incorporated to harmonize aggressive *Ushna-Tikshna* (hot and penetrating) ingredients, protect vulnerable *Dhatus* (tissues) from oxidative or thermal depletion, and direct pharmacological activity toward the neuro-endocrine and microvascular systems [10, 11]. This review provides an in-depth comparative and mechanistic analysis of *Rajata Bhasma* across three cornerstone classical formulations: *Vasantakusumakara Rasa*, *Rasaraja Rasa*, and *Jwarankush Rasa*.

2. Pharmaceutical Transformation and Physicochemical Basis of *Rajata Bhasma* Synergy

To appreciate how *Rajata Bhasma* interacts within compound formulations, it is necessary to examine how its pharmaceutical processing dictates its final physicochemical state.

2.1. Classical *Shodhana* and *Marana* Protocols

International Journal of Advanced Multidisciplinary Research and Innovation
E-ISSN: 3107-6157 editor@ijamri.com
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Raw silver (*Ashuddha Rajata*) contains trace metallic impurities (such as lead, copper, or zinc) and possesses a rigid face-centered cubic (FCC) crystal lattice that is biologically inert or potentially nephrotoxic if ingested unprocessed [5]. Classical texts prescribe a two-tier purification protocol:

1. ***Samanya Shodhana* (General Purification):** Thin silver foils (*Kantakavedhi Patra*) are heated to red heat (~600–700°C) and sequentially quenched (*Nirvapa*) seven times each in five liquid media: *Tila Taila* (sesame oil), *Takra* (buttermilk), *Gomutra* (cow's urine), *Kanji* (fermented sour gruel), and *Kulattha Kwatha* (decoction of *Dolichos biflorus*) [1, 5]. Repeated thermal shock induces micro-fissures, grain boundary oxidation, and leaching of surface impurities.
2. ***Vishesha Shodhana* (Specific Purification):** The metal undergoes specialized quenching in media such as *Agastya Patra Swarasa* (*Sesbania grandiflora* leaf juice) or *Nimbu Swarasa* (lemon juice) to neutralize residual metallic harshness (*Doshas*) [5, 7].
3. ***Marana* (Incineration):** Purified silver is amalgamated or triturated with *Shuddha Parada* (purified mercury), *Shuddha Gandhaka* (purified sulfur), or *Haratala* (orpiment, As_2S_3), followed by wet levigation (*Bhavana*) with herbal juices such as *Kumari Swarasa* (*Aloe barbadensis*) or *Nimbu Swarasa* [5, 12]. The resulting paste is shaped into flat pellets (*Chakrikas*), dried, sealed inside earthen crucibles (*Sharava Samputa*), and subjected to 10–15 cycles of *Putapaka* (controlled firing in cow dung cakes or an electric muffle furnace at ~500–650°C) until classical quality benchmarks (*Bhasma Siddhi Lakshanas*)—including *Varitara* (floating on still water), *Rekhapurnatva* (entering finger furrows), *Nishchandratva* (complete loss of metallic luster), and *Apunarbhava* (irreversibility to free metal upon high-heat fusion)—are satisfied [5, 12].

2.2. Modern Analytical Profile and Nanostructural Properties

Contemporary instrumentation studies have elucidated the exact chemical identity of properly incinerated *Rajata Bhasma*:

- **X-Ray Diffraction (XRD):** XRD spectra confirm the complete disappearance of sharp elemental silver (Ag^0) peaks and the emergence of polycrystalline monoclinic or face-centered cubic silver sulfide (Ag_2S, acanthite phase) as the primary crystalline matrix, occasionally accompanied by minor silver oxide (Ag_2O) or silver silicate phases depending on the *Marana* media employed [6, 13, 14]. Crucially, when mercury and sulfur are utilized as intermediate catalysts (*Kajjali* media), thermal cycling above 450°C volatilizes excess mercury, leaving residual mercury levels at negligible trace concentrations (<0.002% via ICP-AES) while locking silver into a thermodynamically stable, poorly soluble Ag_2S lattice [6, 13].
- **Particle Size and Electron Microscopy (SEM-EDAX / TEM):** Scanning and transmission electron microscopy reveal hierarchical agglomerates composed of spherical or polyhedral nanoparticles ranging from 10 nm to 100 nm (with mean crystallite sizes around 50–70 nm), exhibiting negative zeta potentials (~ -19 to -25 mV) that prevent irreversible aggregation in aqueous biological fluids [6, 12, 15].

International Journal of Advanced Multidisciplinary Research and Innovation
E-ISSN: 3107-6157 editor@ijamri.com
Volume 2, Issue 6, November-December 2026

- **Fourier Transform Infrared Spectroscopy (FTIR):** FTIR spectra consistently demonstrate organic absorption bands corresponding to hydroxyl (\(-\text{OH}\)), carbonyl (\(\text{C=O}\)), aliphatic amine (\(\text{C-N}\)), and phenolic functional groups [12, 15]. These organic moieties originate from the carbonized and semi-pyrolyzed residues of herbal *Bhavana Dravyas*, forming an organo-mineral corona around the \(\text{Ag}_2\text{S}\) core.

This nano-crystalline organo-metallic architecture explains why *Rajata Bhasma* behaves differently from ionic silver salts (\(\text{AgNO}_{3}\)). While free \(\text{Ag}^{+}\) ions rapidly precipitate with biological chlorides or bind indiscriminately to thiol groups causing cytotoxicity, the phytochemical-capped \(\text{Ag}_2\text{S}\) nanoparticles of *Rajata Bhasma* exhibit controlled surface dissolution, cellular endocytosis, and targeted bio-interaction [4, 16].

3. Classical Pharmacodynamics (*Rasapanchaka*) and Principles of Multi-Mineral Synergy

In Ayurvedic pharmacology, the therapeutic behavior of any substance is governed by its *Rasapanchaka* (five pharmacodynamic attributes). Classical texts assign *Rajata Bhasma* the following profile [1, 7, 10]:

- ***Rasa* (Taste):** *Kashaya* (astringent), *Amla* (sour), and *Madhura* (sweet)
- ***Guna* (Qualities):** *Snigdha* (unctuous/demulcent), *Sara* (mobile/channel-clearing), and *Laghu* (light to assimilate)
- ***Virya* (Potency):** *Sheeta* (cooling)
- ***Vipaka* (Post-digestive effect):** *Madhura* (sweet/anabolic)
- ***Doshaghnata* (Dosha action):** Primarily *Vata-Pittahara* (pacifies aggravated *Vata* and *Pitta* without excessively increasing *Kapha* due to its *Kashaya* and *Sara* qualities) [1, 10]

When *Rajata Bhasma* is co-triturated with other *Bhasmas* and botanicals in compound formulations, it contributes three distinct synergistic mechanisms:

1. **Thermal and *Pitta*-Buffering Modulation (*Ushna-Prashamana*):** Many high-potency *Rasaushadhis* rely on *Ushna Virya* (heating) and *Tikshna Guna* (sharp, penetrating) ingredients—such as *Rasasindura* (sublimed mercuric sulfide), *Tamra Bhasma* (incinerated copper), *Haritala* (orpiment), or *Vatsanabha* (*Aconitum ferox*)—to digest *Ama* (metabolic toxins) and clear obstructed *Srotas* (micro-channels) [11, 17]. However, unbuffered *Ushna-Tikshna* drugs risk depleting *Rasa* and *Rakta Dhatus*, triggering hyperacidity, mucosal irritation, or neuro-vascular inflammation. *Rajata Bhasma*, by virtue of its *Sheeta Virya* and *Snigdha Guna*, acts as an internal thermal buffer, neutralizing *Pitta* excess while preserving the deep penetrating action of companion drugs [10].
2. ***Majja-Ojas* Tissue Tropism (*Dhatu-Gamitva*):** Classical *Rasashastra* categorizes *Rajata* as inherently supportive of *Majja Dhatu* (bone marrow and nervous parenchyma), *Shukra Dhatu* (reproductive tissue), and *Ojas* (the subtle essence of immunity and cellular vitality) [7, 10]. In multi-ingredient formulations, *Rajata Bhasma* acts as a biological homing vector that directs antioxidant and regenerative payloads toward neural, ocular, and endocrine tissues.

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Volume 2, Issue 6, November-December 2026

3. **Poly-Metallic Carrier Synergy (*Yogavahi* Amplification):** Through prolonged wet trituration (*Bhavana*) in shared botanical juices, *Rajata Bhasma* forms electrostatic and coordination complexes with co-formulated *Swarna*, *Abhraka*, *Loha*, and *Vanga Bhasmas*. This poly-metallic matrix achieves multi-target network pharmacology at sub-milligram individual metal doses, drastically lowering the risk of single-metal accumulation [4, 16].

4. Comparative Matrix of Selected *Rajata*-Containing Formulations

To illustrate how *Rajata Bhasma* adapts its synergistic role across diverse clinical pathologies, Table 1 contrasts the composition, processing media, and pharmacodynamic architecture of *Vasantakusumakara Rasa*, *Rasaraja Rasa*, and *Jwarankush Rasa*.

Table 1: Comparative Pharmaceutical and Pharmacodynamic Profile of *Rajata Bhasma* in Three Classical Formulations

Attribute	***Vasantakusumakara Rasa* (VKR)**	***Rasaraja Rasa* (RR)**	***Jwarankush Rasa* (JR)**
Primary Classical Source	*Rasendrasara Sangraha* (*Rasayana Vajikarana*); *Bhaishajya Ratnavali* (*Prameha Chikitsa* 37/126–131) [18]	*Bhaishajya Ratnavali* (*Vatavyadhi Chikitsa* 26/226–230); *AFI* Part I [19]	*Bhaishajya Ratnavali* (*Jwara Chikitsa* 5/949–955); *Rasendra Chintamani* [20]
Proportion of *Rajata Bhasma*	2 parts (equal to *Swarna*; ~8% of mineral base) [18]	1 part (alongside 16 parts *Rasasindura* and 4 parts *Abhraka*) [19]	1 part (in *Rajata*-containing *Rasayana* / *Sannipata* variants) [10, 20]
Companion Mineral / Metallic Matrix	*Swarna* (2), *Vanga* (3), *Naga* (3), *Loha* (3), *Abhraka* (4), *Pravala* (4), *Mauktika* (4) [18]	*Rasasindura* (16), *Abhraka* (4), *Swarna* (2), *Loha* (1), *Vanga* (1) [19]	*Shuddha Parada*, *Shuddha Gandhaka*, *Tankana*, *Haritala*, *Tamra*, *Loha*, *Abhraka* [10, 20]
Botanical & *Bhavana* Media	*Godugdha*, *Ikshu*, *Vasa*, *Laksha*, *Udichya*, *Kadali*, *Shatapatri*, *Malati*, *Kasturi* [18]	*Ashwagandha*, *Lavanga*, *Jatiphala*, *Kshirakakoli*; *Bhavana* in *Kumari* & *Kakamachi* [19]	*Vatsanabha*, *Trikatu* (*Shunthi*, *Maricha*, *Pippali*), *Danti*; *Bhavana* in *Jambira* & *Tulasi* [20]
Dominant *Virya* of Formulation	*Sheeta* (Cooling, nourishing, anabolic)	*Anushna-Sheeta* (Balanced; warms *Vata* without aggravating *Pitta*)	*Ushna-Tikshna* (Heating, *Ama*-digesting, diaphoretic)
Primary Clinical ndications	*Prameha* (Diabetes mellitus), *Madhumehajanya Upadrava* (neuropathy, retinopathy), *Kshaya* [18, 21]	*Pakshaghata* (Hemiplegia), *Ardita* (Facial palsy), *Apatanaka*, *Dhatukshayajanya Vata* [19]	*Vishama Jwara* (Intermittent fever), *Jirna Jwara* (Chronic fever), *Sannipataja Jwara* [20]
Specific Synergistic	Microvascular & neuro-retinal antioxidant; prevents	Nourishes *Majja Dhatu*; counterbalances	Buffers *Ushna* toxicity of *Vatsanabha*/*Tamra*; relieves

International Journal of Advanced Multidisciplinary Research and Innovation
E-ISSN: 3107-6157 editor@ijamri.com
Volume 2, Issue 6, November-December 2026

Role of *Rajata Bhasma*	*Pitta*-mediated endothelial injury [21, 22]	*Rasasindura* dryness; stabilizes synaptic conduction [10]	*Daha* (burning); aids post-febrile recovery [10]

5. Formulation-Specific Synergistic Analysis

5.1. *Vasantakusumakara Rasa*: Metabolic, Neuro-Retinal, and Microvascular Synergy

Vasantakusumakara Rasa (VKR) is universally regarded in clinical Ayurveda as one of the most potent *Rasayana* formulations for chronic metabolic and degenerative diseases, particularly *Prameha* / *Madhumeha* (Type 2 diabetes mellitus and its microvascular complications) [18, 21]. Its mineral core comprises eight distinct inorganic components: *Swarna Bhasma* (gold, 2 parts), *Rajata Bhasma* (silver, 2 parts), *Vanga Bhasma* (tin, 3 parts), *Naga Bhasma* (lead, 3 parts), *Loha Bhasma* (iron, 3 parts), *Abhraka Bhasma* (mica, 4 parts), *Pravala Pishti* (coral calcium, 4 parts), and *Mauktika Pishti* (pearl calcium, 4 parts) [18]. This poly-mineral blend undergoes sequential *Bhavana* (wet trituration) in nine cooling and rejuvenative media: *Godugdha* (cow's milk), *Ikshu Swarasa* (sugarcane juice), *Vasa Kwatha* (*Adhatoda vasica*), *Laksha Rasa* (*Laccifer lacca*), *Udichya* (*Coleus vettiveroides*), *Kadali Kanda* (*Musa paradisiaca*), *Shatapatri* (*Rosa centifolia*), *Malati* (*Jasminum grandiflorum*), and *Kasturi* (musk) [18].

5.1.1. Division of Pharmacological Labor

Within VKR, each metal targets a specific pathophysiological axis of *Madhumeha*:

- **Glycemic and Pancreatic Axis (*Vanga* and *Naga Bhasma*):** Both *Vanga* and *Naga* possess *Tikta-Kashaya Rasa* and *Kapha-Medohara* properties, classically indicated in *Prameha* to regulate glucose metabolism and improve peripheral insulin sensitivity [18, 23].
- **Hematopoietic and Cellular Oxygenation Axis (*Loha* and *Abhraka Bhasma*):** *Loha* prevents diabetes-associated anemia, while *Abhraka Bhasma* enhances mitochondrial respiration and tissue regeneration across all seven *Dhatus* [18].
- **Neuro-Vascular and Ocular Protection Axis (*Rajata*, *Swarna*, and *Mauktika*):** Chronic hyperglycemia drives excessive reactive oxygen species (ROS) generation, advanced glycation end-products (AGEs), and polyol pathway flux, culminating in diabetic retinopathy, nephropathy, and encephalopathy. *Rajata Bhasma*, acting synergistically with *Swarna Bhasma* and *Mauktika Pishti*, imparts profound *Sheeta Virya*, *Chakshushya* (ocular-protective), and *Medhya* (neuroprotective) actions [7, 10].

5.1.2. Corroboration from Preclinical Studies

Recent experimental studies on *Vasantakusumakara Rasa* provide compelling validation of this multi-mineral synergy. In high-fat diet and streptozotocin-induced Type 2 diabetic rat models, oral administration of VKR (28 and 56 mg/kg for 16 weeks) significantly attenuated diabetic encephalopathy by lowering plasma glucose, \(\text{HbA}_{1\text{c}}\), and acetylcholinesterase (AChE) activity, while suppressing pro-inflammatory cytokines (TNF-\(\alpha \), IL-6, IL-1\(\beta \), and C-reactive protein) [21]. Simultaneously, VKR reduced lipid peroxidation (malondialdehyde) and restored endogenous antioxidant

International Journal of Advanced Multidisciplinary Research and Innovation
E-ISSN: 3107-6157 editor@ijamri.com
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enzymes—superoxide dismutase (SOD), catalase (CAT), and reduced glutathione (GSH)—alongside monoamine neurotransmitters (serotonin, dopamine, and norepinephrine) in cerebral tissues [21].

Furthermore, in experimental models of diabetic retinopathy, VKR significantly downregulated retinal aldose reductase and sorbitol dehydrogenase activities, suppressed angiogenic and inflammatory mediators (VEGF, MMP-2, and MMP-9), and preserved electroretinogram (ERG) 'a' and 'b' wave amplitudes [22]. Because standalone *Rajata Bhasma* has been independently demonstrated to enhance spatial memory, reduce scopolamine-induced cognitive latency by over 80%, and upregulate endogenous antioxidant defenses [6, 24], its equal pairing with *Swarna Bhasma* in VKR directly underpins the formulation's neuro-retinal resilience.

5.2. *Rasaraja Rasa*: Neuromuscular and *Vatavahini* Synergy

Rasaraja Rasa (RR) is a classical *Rasaushadhi* formulated specifically for severe *Vatavyadhi* (neuromuscular, cerebrovascular, and neurodegenerative disorders), including *Pakshaghata* (hemiplegia/stroke sequelae), *Ardita* (Bell's palsy), *Hanustambha* (trismus), *Apatanaka* (tetanic convulsions), *Badhirya* (sensorineural deafness), and *Dhatukshayajanya Vata* (degenerative wasting) [19]. According to *Bhaishajya Ratnavali* and the *Ayurvedic Formulary of India* (AFI), *Rasaraja Rasa* is anchored by *Rasasindura* (16 parts) and *Abhraka Bhasma* (4 parts), combined with *Swarna Bhasma* (2 parts), *Loha Bhasma* (1 part), *Rajata Bhasma* (1 part), and *Vanga Bhasma* (1 part), alongside rejuvenative botanical powders of *Ashwagandha* (*Withania somnifera*, 1 part), *Lavanga* (*Syzygium aromaticum*, 1 part), *Jatiphala* (*Myristica fragrans*, 1 part), and *Kshirakakoli* (*Fritillaria roylei*, 1 part), triturated in *Kumari Swarasa* (*Aloe barbadensis*) and *Kakamachi Swarasa* (*Solanum nigrum*) [19].

5.2.1. Counterbalancing *Rasasindura* in *Dhatukshayajanya Vata*

In Ayurvedic pathophysiology, severe neuromuscular paralysis (*Pakshaghata*) arises either from *Margavarana* (vascular occlusion/ischemia) or *Dhatukshaya* (demyelination and axonal degeneration). While *Rasasindura* (16 parts)—a sublimed \(\alpha \)-HgS nano-crystalline catalyst—provides rapid *Yogavahi* transport across the blood-brain barrier and clears *Srotorodha* (channel obstruction) [4, 25], *Rasasindura* possesses an inherent *Ushna Virya* (heating potency). When administered alone in elderly or *Dhatukshaya* patients, high-potency *Ushna* formulations can aggravate *Vata* via *Rukshata* (dryness) or provoke *Pitta* irritation.

The inclusion of *Rajata Bhasma* alongside *Swarna Bhasma* and *Kshirakakoli* resolves this clinical paradox:

- ***Snigdha-Sheeta* Neuro-Nourishment:** *Rajata Bhasma* introduces *Snigdha Guna* (unctuousness) and *Sheeta Virya*, directly nourishing *Majja Dhatu* (myelin sheaths and central neural parenchyma) while preventing *Pitta*-mediated neuroinflammation [10].
- **The Regenerative Triad (*Abhraka–Swarna–Rajata*):** Within *Rasaraja Rasa*, *Abhraka Bhasma* (4 parts) supports cellular bioenergetics and tissue repair, *Swarna Bhasma* (2 parts) modulates neuro-immune homeostasis and synaptic plasticity, and *Rajata Bhasma* (1 part) stabilizes neuronal membrane excitability and prevents glutamate- or oxidative-stress-induced excitotoxicity [6, 10, 24].

International Journal of Advanced Multidisciplinary Research and Innovation
E-ISSN: 3107-6157 editor@ijamri.com
Volume 2, Issue 6, November-December 2026

- **Phytochemical Synergy:** Levigation with *Kumari* and *Kakamachi* juices coats the metallic nanoparticles with steroidal lactones (withanolides from *Ashwagandha*), saponins, and alkaloids, creating a sustained-release neuro-regenerative complex that improves neuromuscular tone without systemic toxicity [19, 26].

5.3. *Jwarankush Rasa*: Antipyretic, *Amadosha*-Modulating, and Convalescent Synergy

Jwarankush Rasa (JR), literally meaning "the goad that controls fever," is a classical antipyretic and anti-infective *Rasaushadhi* indicated in *Jwara* (acute pyrexia), *Vishama Jwara* (intermittent/malarial fevers), *Jirna Jwara* (chronic relapsing fever), *Sannipataja Jwara* (multi-systemic toxic febrile states), and *Jwaratisara* (fever accompanied by diarrhea) [20, 27].

5.3.1. Textual Variants (*Pathabheda*) and the Strategic Inclusion of *Rajata Bhasma*

A distinctive feature of *Jwarankush Rasa* in *Rasashastra* literature is the existence of over a dozen textual variants (*Pathabheda*) across *Bhaishajya Ratnavali*, *Rasendra Chintamani*, *Yogaratnakara*, and *Rasa Kamadhenu* [20, 27]. The foundational *Kajjali*-based variants rely on *Shuddha Parada*, *Shuddha Gandhaka*, *Tankana* (borax), *Haritala* (orpiment), *Vatsanabha* (*Aconitum ferox*), *Trikatu* (*Shunthi*, *Maricha*, *Pippali*), and *Danti Bija* (*Baliospermum montanum*), triturated in *Jambira Swarasa* (lemon juice) or *Tulasi Swarasa* (*Ocimum sanctum*) [20, 27]. However, specific *Rasayana* and *Dhatugata Jwara* variants described in *Bhaishajya Ratnavali* and classical *Rasashastra* compendia incorporate *Rajata Bhasma* alongside *Tamra*, *Loha*, *Vanga*, and *Abhraka Bhasmas* [10, 20].

5.3.2. Bridging Acute *Ama* Clearance with *Rasa-Rakta* Protection

In Ayurvedic pathology, *Jwara* originates from *Agnimandya* (impaired metabolic fire) and *Amadosha* accumulation, which obstructs *Swedavaha Srotas* (sweat channels) and displaces *Pachaka Pitta* into the systemic circulation (*Rasa-Rakta Dhatu*).

- **Role of *Ushna-Tikshna* Co-Ingredients:** *Vatsanabha*, *Trikatu*, *Tankana*, and *Tamra Bhasma* exert intense *Ushna*, *Tikshna*, *Deepana-Pachana* (metabolic-stimulating), and *Swedajanana* (diaphoretic) actions to liquefy *Ama* and break febrile paroxysms [27, 28].
- **Protective and Antimicrobial Role of *Rajata Bhasma*:** In prolonged fevers (*Jirna Jwara*) or deep tissue fevers (*Dhatugata Jwara*), high-dose *Ushna* drugs risk depleting *Rasa Dhatu*, causing severe dehydration, mucosal burning (*Daha*), and hepatic stress. Incorporating *Rajata Bhasma* introduces an immediate *Pittashamaka* (Pitta-pacifying) and *Dahaprashamana* (anti-burning) counterbalance that protects *Rasa* and *Rakta Dhatus* [10].
- **Modern Antimicrobial and Immunomodulatory Correlates:** Contemporary microbiological and pharmacological studies demonstrate that *Rajata Bhasma* and bio-synthesized silver nanoparticles exhibit broad-spectrum bactericidal and antiviral activity, downregulate pyrogenic cytokines (IL-1\(\beta \), IL-6, TNF-\(\alpha \)), and modulate macrophage phagocytosis [16, 29]. Thus, within *Jwarankush Rasa*, *Rajata Bhasma* serves a dual purpose: it suppresses infectious pathogen load alongside *Tulasi* and *Gandhaka*, while accelerating post-febrile *Rasa Dhatu* convalescence to prevent relapse in *Vishama Jwara* [10, 28].

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E-ISSN: 3107-6157 editor@ijamri.com
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6. Systems Pharmacology and Translational Perspectives

Evaluating *Rajata Bhasma* across *Vasantakusumakara Rasa*, *Rasaraja Rasa*, and *Jwarankush Rasa* reveals a cohesive systems-pharmacology architecture that bridges ancient Ayurvedic pharmaceutics with contemporary nanomedicine:

6.1. Surface Functionalization via Shared *Bhavana* Media

During the manufacture of compound *Rasaushadhis*, *Rajata Bhasma* is not merely dry-blended; it is subjected to prolonged wet trituration (*Bhavana*) with fresh herbal juices alongside companion minerals [18, 19]. In colloid and interface science, mechanical shear during wet milling in phytochemical-rich media induces surface adsorption of organic acids (e.g., citric acid from *Jambira*), polyphenols, and alkaloids onto the \(\text{Ag}_2\text{S}\) and \(\text{HgS}\) nanoparticle surfaces [4, 12]. This organic corona serves three functions:

1. It acts as a steric and electrostatic stabilizer, preventing nanoparticle agglomeration and enhancing dissolution in gastrointestinal fluids [15].
2. It facilitates receptor-mediated transcytosis across intestinal enterocytes and the blood-brain barrier [4].
3. It chelates any trace labile metal ions, preventing free-radical Fenton reactions in vivo [16].

6.2. Dose Minimization and Toxicological Safety Margin

A frequent critique of herbo-mineral formulations in global regulatory frameworks centers on heavy metal content. However, experimental sub-acute and chronic toxicity studies on properly prepared *Rajata Bhasma* confirm a wide margin of safety, demonstrating no histopathological, hematological, or biochemical organ toxicity even at five times the human therapeutic equivalent dose [6, 30]. More importantly, when *Rajata Bhasma* is integrated into compound formulations such as *Vasantakusumakara Rasa* or *Rasaraja Rasa* (typically administered at 125–250 mg total tablet weight per day), the absolute elemental silver delivered per dose is reduced to approximately 5–15 mg/day—well below toxicity thresholds—while therapeutic efficacy is amplified through multi-pathway synergy [18, 19, 21].

6.3. Standardization Imperatives for PhD and Clinical Research

Despite compelling classical rationale and promising preclinical data, translational acceptance of *Rajata*-containing compound formulations requires addressing three analytical bottlenecks:

- **Resolution of Textual *Pathabheda*:** As highlighted in *Jwarankush Rasa*, multiple classical recipes share identical nomenclature [20, 27]. Clinical and doctoral investigations must explicitly cite the *Ayurvedic Formulary of India* (AFI) or exact classical verse references (*Shloka*) and standardize raw material ratios.
- **In-Process vs. Finished-Product Characterization:** Future PhD studies should employ paired analytical characterization—comparing standalone *Rajata Bhasma* with the finished levigated

compound using XRD, X-ray Photoelectron Spectroscopy (XPS), Inductively Coupled Plasma Mass Spectrometry (ICP-MS), and Liquid Chromatography-Mass Spectrometry (LC-MS)—to map how co-trituration alters crystal lattice strain, oxidation states, and organo-metallic ligand binding.

- **Network Pharmacology and Bio-Distribution:** Combining ICP-MS tissue bio-distribution kinetics with transcriptomic and metabolomic profiling can definitively demonstrate how *Rajata Bhasma* alters the pharmacokinetics and target-organ accumulation of companion minerals like *Swarna*, *Vanga*, and *Rasasindura*.

7. Conclusion

Rajata Bhasma exemplifies the sophisticated formulation engineering of classical *Rasashastra*. Far from serving as a redundant metallic addition, incinerated silver functions as a versatile pharmacodynamic modulator across diverse therapeutic categories. In *Vasantakusumakara Rasa*, it partners with *Swarna* and *Mauktika* to protect neuro-retinal and microvascular tissues against hyperglycemic oxidative stress. In *Rasaraja Rasa*, its *Snigdha* and *Sheeta* attributes nourish *Majja Dhatu* and buffer the heating potency of *Rasasindura* in degenerative neuromuscular disorders. In *Jwarankush Rasa*, it tempers *Ushna-Tikshna* antipyretic agents, protects *Rasa-Rakta Dhatu* from thermal depletion, and supports post-febrile recovery. Grounding these classical principles in rigorous physicochemical standardization, nano-characterization, and network pharmacology will unlock the full clinical potential of *Rajata*-based *Rasaushadhis* in integrative medicine.

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