

Therapeutic Utility of shirashooladi vajra rasa in shirashoola

Dr.S.Shrivathsa\*\*Dr.Ashok kumar.B.N

2<sup>nd</sup> PG Scholar, Dept of Rasa Shastra &Bhaishajya Kalpana,

SDMCA, Udupi

\*\*Associate professor, Dept of PG &Ph.D Studies in Rasa Shastra &Bhaishajya Kalpana,

SDMCA Udupi

**Abstract:**

*Khalviyarasayana* is one among the important rasa kalpas. In this type the rasa dravyas are pounded and ground in khalva. As rasa aushadhis have qualities such as instant effectiveness, usage in very small dosage and therapeutic usage with minimum restrictions, are getting popularity in present day practice.

*Shirashooladi vajra ras* is a herbo-mineral preparation which comes under *khalviyarasayana* is used in shirashoola. Many more such effective rasa aushadhis have been explained in sushruta Uttara sthana and also efforts have been put to use the same kind of rasa aushadhis in treating ENT disorders. In order to attain the exact therapeutic action, it is necessary to follow suitable *pathya* and *apathya*, *anupana*, dosage etc. Here an attempt is made to highlight the therapeutic utility of Shirashooladi vajra rasa in shirashoola.

As these are the features of this formulation, it makes a best choice for chronic headache.

**Keywords:** *khalviya Rasayana, Shirashooladi vajra ras.*