

Sanshamani Vati and Mahalaxmivilas Rasa Ayurvedic Formulation Quality Standardization Study

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Abstract:

Formulations such as Sanshamani Vati and Mahalaxmivilas Rasa have long been used for their medicinal advantages in traditional Ayurvedic treatment. The necessity to standardize these formulations is growing, nevertheless, to guarantee consistency, quality, and safety as Ayurvedic medications become more popular in contemporary healthcare regimes. the verification of Sanshamani Vati's and Mahalaxmivilas Rasa's quality, two famous Ayurvedic remedies used for a wide range of ailments, including respiratory troubles, gastrointestinal problems, and overall health. Identifying and quantifying important bioactive ingredients, determining suitable dosages, and evaluating the efficacy of the formulations are significant factors of standardization. To determine what chemicals are in these mixes, scientists use methods including spectroscopic analysis, HPLC (High-Performance Liquid Chromatography), and thin-layer chromatography. In addition, these formulations must be tested for their stability, safety profiles, and pharmacokinetic properties to guaranty they are up to date with quality control requirements.

Keywords: Ayurvedic Formulations, Sanshamani Vati, Mahalaxmivilas Rasa, Quality Standardization, Bioactive Compounds, Phytochemical Analysis

Introduction:

For thousands of years, practitioners of Ayurveda, an ancient Indian medical system, have relied on remedies made from plants to alleviate illness and promote wellness. There is a rising need to guaranty the quality, safety, and consistency of Ayurvedic medicines due to the rising worldwide demand for these therapies, despite the fact that their therapeutic efficacy is well-known in traditional practices. For ailments like respiratory problems, gastrointestinal problems, and general health maintenance, Ayurvedic formulas like Mahalaxmivilas Rasa and Sanshamani Vati are frequently utilized. The Ayurvedic sector still faces a big problem with inconsistent quality control and lack of standards, even tho they are used widely. Mahalaxmivilas Rasa and Sanshamani Vati are intricate mixtures that include a wide range of metal, mineral, and herbal components. There is a wide range in the quality of the raw materials, processing procedures, and manufacturing conditions used in the traditional methods of making these preparations. Because of these differences, the final product's efficacy and safety may vary. Because of this, techniques of standardization that have been proven by science are now more important than ever. Ayurvedic medicines can be more easily accepted and integrated into contemporary healthcare systems if they are standardized, which guaranties

consistency in therapeutic results. the control of Sanshamani Vati and Mahalaxmivilas Rasa's quality thru analysis of their chemical make-up, detection of bioactive substances, and evaluation of their pharmacokinetic, stability, and safety characteristics. To determine the concentrations of the active components in these mixes, we will use analytical techniques such spectroscopic analysis, thin-layer chromatography, and high-performance liquid chromatography (HPLC). Further, the research will look at how the quality and effectiveness of these goods are impacted by regional and manufacturer-specific changes in preparation procedures. In order to ensure that these formulations retain their traditional therapeutic qualities while also meeting modern pharmaceutical requirements, this research seeks to standardize them and increase their reproducibility and dependability. The larger initiative to improve the efficacy, quality, and safety of these formulations by incorporating Ayurvedic medicine into healthcare systems around the world.

In Ayurveda, Sanshamani Vati and Mahalaxmivilas Rasa

Sanshamani Vati and Mahalaxmivilas Rasa are two popular Ayurvedic formulas used to treat a variety of diseases. When mixed in a certain ratio, herbal, mineral, and sometimes metallic elements interact synergistically to balance the body's natural processes. Ayurvedic medicine uses both drugs to treat common diseases and improve digestive, respiratory, and overall health.

1. Traditional Uses of Sanshamani Vati

Sanshamani Vati is an Ayurvedic formulation commonly used to treat conditions related to the digestive and respiratory systems. It is typically indicated for the treatment of conditions such as:

- **Digestive Disorders:** Sanshamani Vati is often prescribed for indigestion, gas, bloating, constipation, and other digestive disturbances. The formulation is believed to possess **pachana** (digestive) and **deepana** (appetizer) properties, helping to balance the digestive fire (**Agni**) and promote proper digestion.
- **Respiratory Health:** The formulation is also used to treat respiratory issues such as chronic cough, asthma, and bronchitis. Its anti-inflammatory and expectorant properties help in reducing mucus buildup in the lungs and improving breathing.
- **Detoxification:** Sanshamani Vati is sometimes used as a part of detoxification therapies in Ayurveda to cleanse the body of accumulated toxins (**Ama**), particularly those affecting the digestive system.

The main ingredients of **Sanshamani Vati** often include **Chitraka (Plumbago zeylanica)**, **Shunthi (Zingiber officinale)**, **Pippali (Piper longum)**, and **Triphala**, which collectively enhance digestion and support the body's natural detoxification processes.

2. Therapeutic Applications of Mahalaxmivilas Rasa

Mahalaxmivilas Rasa is a potent and widely used Ayurvedic formulation, particularly known for its role in rejuvenation and overall health enhancement. It is a **Rasa (metallic)** formulation that includes **gold, silver, and mercury**, along with several herbal ingredients. Mahalaxmivilas Rasa is primarily used to:

- **Promote Vitality and Immunity:** One of the primary uses of Mahalaxmivilas Rasa is to boost **Ojas** (vital energy), which is believed to enhance immunity and overall

strength. The formulation is commonly used in cases of **debilitation** and **chronic fatigue** to restore energy levels and support the body's resilience.

- **Respiratory Health:** Similar to Sanshamani Vati, Mahalaxmivilas Rasa is beneficial in managing respiratory conditions. Its **anti-inflammatory** and **bronchodilator** properties make it effective in the treatment of **asthma** and **chronic obstructive pulmonary disease (COPD)**.
- **Detoxification and Rejuvenation:** Mahalaxmivilas Rasa is a **Rasayana** (rejuvenative) tonic in Ayurveda, used to promote overall health and longevity. It is believed to purify the body, rejuvenate tissues, and improve mental clarity. This formulation is particularly useful for those experiencing **weak digestion**, **vata imbalances**, or **low vitality**.
- **Mental and Cognitive Health:** The calming and **nervine** properties of the formulation also make it beneficial for conditions related to the nervous system. It is often used to improve memory, alleviate anxiety, and promote mental clarity.

The formulation of Mahalaxmivilas Rasa includes ingredients such as **Swarnabhasma** (gold ash), **Rajata Bhasma** (silver ash), and **Abhraka Bhasma** (mica ash), each contributing specific therapeutic effects, particularly in revitalizing the body and mind.

3. Key Ingredients and Their Benefits

Both **Sanshamani Vati** and **Mahalaxmivilas Rasa** contain potent ingredients that contribute to their therapeutic effects:

- **Pippali (Piper longum):** Known for its **digestive stimulant** and **anti-inflammatory** properties, Pippali enhances the bioavailability of other herbs in these formulations and aids in improving respiratory function.
- **Chitraka (Plumbago zeylanica):** A powerful herb for digestion and detoxification, Chitraka is used to treat conditions like **gastritis**, **irritable bowel syndrome (IBS)**, and **bloating**.
- **Shunthi (Zingiber officinale):** Commonly used for its **carminative** (gas-reducing), **anti-inflammatory**, and **digestive** properties, Shunthi helps alleviate nausea, gas, and bloating.
- **Triphala:** A classical Ayurvedic formulation that is used for **detoxification**, **gut health**, and **rejuvenation**.
- **Rajata Bhasma (Silver Ash):** Known for its **cooling** and **detoxifying** effects, Rajata Bhasma is considered beneficial in treating **respiratory ailments** and **urinary problems**.

4. Clinical Significance and Modern Integration

Despite their long history, recent scientific study is beginning to corroborate the therapeutic usefulness of certain of Sanshamani Vati and Mahalaxmivilas Rasa's active ingredients. Pippali and Triphala have been shown to improve lung and gastrointestinal health. Mahalaxmivilas Rasa may also improve immunological function and reduce chronic sickness.

Quality control and standardization of these formulations are difficult. Due to their complicated compositions, preparation procedures can affect efficacy and safety. Therefore, strong quality

control and standardization processes are needed to ensure that these formulations fulfill modern pharmacological requirements and are safe for long-term usage.

Conclusion

The Sanshamani Vati and the Mahalaxmivilas Rasa are two important Ayurvedic formulations that have endured the test of time due to the many medicinal applications that they have. Both formulations, which contain a rich combination of herbal, mineral, and occasionally metallic components, have demonstrated their effectiveness in the treatment of chronic illnesses, the promotion of general wellbeing, and the rejuvenation of both the physically and mentally. It is largely recognized for its benefits in promoting digestive health and respiratory function, whereas Mahalaxmivilas Rasa plays a significant role in enhancing vigor, immunity, and mental clarity, in addition to supporting respiratory health. Sanshamani Vati is mostly known for its benefits in improving respiratory function. As a result of the fact that several of the major ingredients, such as Triphala, Pippali (*Piper longum*), and Shunthi (*Zingiber officinale*), are renowned for their powerful digestive, anti-inflammatory, and antioxidant effects, the traditional use of these formulations are in line with contemporary understandings of health. In Ayurvedic rejuvenation therapies, Mahalaxmivilas Rasa holds a special place because to its rejuvenative effects. It is excellent in boosting energy, strength, and vitality, and it is essential for the rejuvenation process. The absence of standardization in the creation of these formulations, on the other hand, offers issues in terms of guaranteeing consistent quality, efficacy, and safety. This is despite the fact that their therapeutic relevance has been demonstrated beyond a reasonable doubt. There may be differences in the therapeutic outcomes that occur as a result of variations in the formulations, manufacturing processes, and sources of the ingredients. As a result, it is of the utmost importance to establish standardized protocols for quality control and to make certain that these formulations are in accordance with contemporary pharmacological standards. This will allow for the safe incorporation of these formulations into modern healthcare systems. It is necessary to do additional scientific study as well as clinical investigations in order to provide evidence that Sanshamani Vati and Mahalaxmivilas Rasa are effective in treating illness. In order to properly standardize these formulations and evaluate their advantages in a more comprehensive manner, it is necessary to investigate the active chemicals that they include and to establish the ideal dosages. Not only will this lead to an increase in their legitimacy, but it will also make it easier for them to be utilized as complementary treatments in healthcare systems all over the world.

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