{Rasna}

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{Pluchea lanceolata }

{Zingiberaceae}

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| --- | --- |
| Tamil | {Arathai, Sitrarathai} |
| Malayalam | {Aratta} |
| Hindi | {Rasan} |
| English | {Lesser galanga} |

Description

{Habitat  
  
Alpinia calcarata (South Indian Variety) grows very commonly in Karnataka, Kerala and Andhrapradesh.  
  
Pluchea lanceolata (North Indian Variety) grows in Punjab and states having Gangetic plain.  
  
Morphology  
  
Habit-An erect undershrub  
  
Stem - Slender, terete, softly ashy pubescent  
  
Branches - Slender, terete softly pubescent.  
  
Leaves - Sessile, coriaceous, 2 to 7 cm long and 0.5 to 1 cm oblong or oblanceolate, obtuse, narrowed at the base, finely ashy pubescent on both sides, entire margin. Main nerves are prominent.  
  
Inflorescence - Heads in compound corymb.  
  
Involucre Contracted at the mouth. Outer  
  
Pluchea lanceolata DC (Rāsnā)  
  
bracts are 2 to 3 seriate, oblong, obtuse, pubescent usually tinged with purple the inner most bracts are linear, subacute and few.  
  
Fruit-Achene  
  
Morphology  
  
Alpinia calcarata  
  
Habit-Root stock is perennial, not tuberous.  
  
Stem - Stem is slender, 60 to 120 cm high,  
  
Leaves 15 to 30 cm long, 2.5 to 5 cm wide, lanceolate, acuminate, green and glossy.  
  
Inflorescence - Panicle, 7.5 to 10 cm long.  
  
Flowers Numerous, Calyx tube is funnel shaped, 6 to 8 mm long, corolla segments 1-3 m long. Lip is 2.5 to 4 cm long, ovate-oblong, sessile in colour, streaked with purple veins.  
  
Fruit-Capsule, globose and red on ripening.  
  
Varieties  
  
Ra.Ni. - 3 types  
  
1. Mula Rasna - Rauwolfia serpentina  
  
2. Patra Rasna - Lochnera rosea  
  
3. Trina Rasna - Vanda tessellata  
  
Controversy - Rasna is one of the controversial drugs in Ayurveda. Various spe cies are used as Rasna  
Morphology  
  
1. रालापर्णी-रालाया इव वर्णान्यस्याः ।  
  
Leaves of Rasna (Alpinia officinarum) resemble leaves of Cardamomum.  
Grahya Laxana (Genuine Characteristics)  
  
Pluchea lanceolata - Root is cylindrical, some what irregularly bent or twisted, root is upto 21 cm long and 3 to 4 cm in diameter. Outer surface is covered with a dark brown thick bark having longitudinal striations and transverse cuts. The bark peels off at a num-ber of places, exposing a fibrous, creamish tissue. On breaking becomes fibrous, has got spicy odour and tastes bitter.  
  
Alpinia calcarata  
  
The rhizomes are reddish brown externally and light orange brown internally. Hav-ing a characteristic odour, aromatic. Rhizomes are about 2 to 8 em in length and 2 cm in thickness. Rhizome is irregularly branched and marked with fine annulations. Rhizomes are tough becomes fibrous on breaking.}

Useful Parts

{Mula ( Roots), Patra ( Leaf) and Panchanga( Whole plant)}

Benefits

1. {  
     
   1. Vatvyadhi (Disorders of Vata)  
     
   रास्ना वातहराणाम् । (च.सू. 25/40)  
     
   Rasna (Pluchea lanceolata) Churna (Powder) or Kwatha (Decoction) is useful and best in case of Vatavyadhi (Disorders of Vata).  
     
   2. Vatarakta (Gouty arthritis)  
     
   रास्नागुडूची चतुरङ्गुलानामेरण्ड तैलेन पिबेत् कषायम् ।  
   क्रमेण सर्वाङ्गजमण्यशेषं जयेदस्रग्‌वातभवं विकारम् ॥ (वृ.मा. 23/6)  
     
   In case of Vatarakta (Gout) the decoction prepared from Rasna (Pluchea lanceolata or Alpinia calcarata), Guduchi (Tinospora cordifolia) and Chaturangula (Cassia fistula) is taken with Eranda (Ricinus communis) Taila (Oil).  
     
   3. Amavata (Rhumatoid arthritis)  
     
   रास्नां गुडूचीमेरण्डं देवदारु महौषधम् । पिबेत् सर्वाङ्गगे वाते सामे सन्ध्यस्थिमज्जगे ॥  
     
   (वृ.मा. 25/6)  
     
   Decoction prepared from Rasna (Alpinia calcarata). Guduchi (Tinospora cordifolia), Eranda (Ricinus communis), Devadaru (Cedrus deodara) and Mahoushadha (Zingiber officinale) is very effective in case of Amavata affecting joints, bones and bone marrow.  
      
   }

Pharmacological Action

* {Aromatic, Stimulant, Carminative, Antibacterial}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Tikta} |
| Guna | {Guru} |
| Virya | {Ushna} |
| Vipaka | {Katu} |
| Karma | {Vatakapha Shamaka, Vatahara because of Ushna virya and Kaphahara due to Ushna virya, Katu vipaka and Tikta rasa.} |