Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001

RASNA

Botanical Name : *Pluchea lanceolata*

Family : Asteraceae

Names in different Indian languages :

English : Lesser Galangal
Hindi : Kulanajan,
Kannada : doddarasagadda
Malayalam : Aratta,cittaratta, kolinji
Sanskrit : Rasna, sugandhamula
Tamil : Arattai,peraattai
Telugu : Dumparastramu
Unani : Khulanjaan

Synonyms :- Kulanjana, Sthuulagranthi, Sugandhaa, Ugragandhaa, Malaya Vachaa, Mahaabhari- Vachaa.

Morphology :

1. It is a perennial herb, occurring in Indo-Gangetic plains, 30-60 cm tall.
2. Stem and branches are terete, slender and softly pubescent.
3. Leaves are 2-6 cm in length, sessile, oblanceolate or oblong, coriaceous, finely silky and pubescent on both surfaces, margins entire or obscurely dentate near the apex.

Distribution & Habitat :

Source plant of Rasna in Northern India

Varieties and Adulterants :

Plants used as Raasnaa in Indian medicine: Alpinia galangaWilld. (Zingiberaceae) in southern India; Pluchea lanceolata C. B. Clarke (Compositae; Asteraceae) in Uttar Pradesh; Vanda roxburghii R. Br. (Orchidaceae) in eastern Uttar Pradesh and West Bengal; Blepharispermum subsessile DC. (Compositae; Asteraceae) in Madhya Pradesh; and Dodonaea viscosa (Linn.) Jacq. (Sapindaceae) in AndhraPradesh.

Properties :

Rasa- katu,tikta
Guna- laghu
Virya- ushna
Vipaka- katu

Karma : deepana,pachana, vedana hara, kaph-vatha hara

Srotogamitva :

Dosha : vatha-kapha hara
Dhatu : asthi, maja
Mala :mutrala
Organ : bone, bone marrow

Indication :

Rhizome—carminative (in dyspepsia), stomachic, circulatory stimulant, diaphoretic, anti-inflammatory. Useful in diabetes, asthma,tuberculosis, rheumatoid arthritis, cough, obesity, fever, O.A.

Part used :- Rhizome

Dosage : Rhizome—2-3 g powder. Decoction—50-100 ml

Important Yogas or Formations :- Rasna sapthakam, rasna panchkam kashaya

Therapeutic Uses :-

Rasna powder + honey useful in gout
Rasna powder in milk useful in osteo-arthritis