

# Rudramrut Syrup — Kaliyug Ka Amrut: A Retrospective Review of Its Immunomodulatory and Rasayana Effects

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**Abstract**—Rudramrut syrup, widely referred to in traditional Ayurvedic discourse as *Kaliyug Ka Amrut*, is a polyherbal formulation composed of several classical botanicals including *Gokharu (Tribulus terrestris)*, *Bhumamlaki (Phyllanthus niruri)*, *Guduchi (Tinospora cordifolia)*, *Pippali (Piper longum)*, *Tulsi (Ocimum sanctum)*, *Haldi (Curcuma longa)*, *Survari Hirda (Terminalia chebula)*, *Yastimadhu (Glycyrrhiza glabra)*, *Vekhanda (Acorus calamus)*, *Sariva (Hemidesmus indicus)*, *Sunthi (Zingiber officinale)*, and *Wawding* (contextual term—requires botanical clarification). Additionally, the formulation integrates traditional use of the 5-Mukhi Rudraksha bead (*Elaeocarpus ganitrus*) based on its proposed electromagnetic properties.

This retrospective review examines the phytopharmacological attributes of Rudramrut syrup, with emphasis on its immunomodulatory potential, Rasayana (rejuvenative) effects, and multi-systemic actions, including blood purification, renal support, respiratory health, antimicrobial activity, and immunotherapeutic relevance in oncological contexts.

## I. INTRODUCTION

Ayurveda, the traditional medical system of India, classifies certain formulations as *Rasayana*—agents promoting rejuvenation, systemic resilience, and longevity. Immunomodulation, defined as the enhancement or regulation of the immune response, is central to Rasayana pharmacology. In the *Kaliyuga*, characterized in classical texts as an era of heightened stress and disease susceptibility, formulations like Rudramrut syrup are purported to provide broad-spectrum health benefits.

This review synthesizes evidence from classical Ayurvedic literature with modern scientific findings on the constituent herbs’ immunological and systemic effects. Additionally, the cultural

incorporation of Rudraksha (specifically the five-faced bead) is discussed in context of traditional electromagnetic paradigms for enhancing biological resilience.

## II. COMPOSITION AND TRADITIONAL RATIONALE

The synergistic formulation of Rudramrut syrup is designed following Ayurvedic principles of *Dravya Guna* (herbal pharmacodynamics), *Rasa* (taste), *Guna* (qualities), *Virya* (potency), and *Vipaka* (metabolic transformation).

Component	Scientific Name	Traditional Function
Gokharu	Tribulus terrestris	Kidney support, anti-inflammatory
Bhumamlaki	Phyllanthus niruri	Hepato-renal protection, antimicrobial
Guduchi	Tinospora cordifolia	Immunomodulator, Rasayana
Pippali	Piper longum	Respiratory health, Agni regulator
Tulsi	Ocimum sanctum	Anti-infective, immunomodulator
Haldi	Curcuma longa	Anti-inflammatory, antioxidant
Hirda (Survari)	Terminalia chebula	Detoxification, Tridosha balance

Yastimadhu	Glycyrrhiza glabra	Mucosal immunity, anti-inflammatory
Vekhanda	Acorus calamus	Nervine support
Sariva	Hemidesmus indicus	Blood purification, detox
Sunthi	Zingiber officinale	Digestive balance, antimicrobial
Wawding	(Botanical verification needed)	Traditional adjuvant

The addition of 5-Mukhi Rudraksha, traditionally believed to influence subtle energy fields and support neurological harmony, reflects a holistic approach aimed at bridging body-mind systems.

### III. IMMUNOMODULATORY AND RASAYANA PROPERTIES

#### 3.1 Active Phytoconstituents

Many constituents are rich in flavonoids, alkaloids, glycosides, and terpenoids—classes of compounds with established antioxidant and immunomodulatory activity. *Tinospora cordifolia* and *Ocimum sanctum* have been widely studied for enhancing innate and adaptive immunity.

#### 3.2 Mechanisms of Action

**Antioxidant Activity:** Curcumin (*C. longa*), oleanolic acids, and polyphenols scavenge free radicals, reducing oxidative stress, a known suppressor of immune function.

**Cytokine Modulation:** Compounds from *T. cordifolia* and *O. sanctum* upregulate interleukin-2 and interferon- $\gamma$ , supporting cellular immunity.

**Gut-Associated Immunity:** Herbs like *P. longum* and *Z. officinale* improve mucosal integrity, indirectly enhancing immunosurveillance.

### IV. SYSTEMIC HEALTH EFFECTS

#### 4.1 Blood Purification

*Hemidesmus indicus* and *Terminalia chebula* have been traditionally used for detoxification. Phytochemical studies suggest improvement in

hepatic metabolism and modulation of lipid peroxidation.

#### 4.2 Renal Function Support

*Tribulus terrestris* and *Phyllanthus niruri* display nephroprotective effects in experimental models, potentially improving glomerular filtration and reducing inflammation.

#### 4.3 Respiratory Health

*Piper longum*, *Glycyrrhiza glabra*, and *Ocimum sanctum* exhibit bronchodilatory, mucolytic, and antimicrobial properties, supporting defense against upper and lower respiratory infections.

### V. ANTIMICROBIAL AND ANTIVIRAL POTENTIAL

Many constituents have demonstrated antibacterial and antiviral activities in in vitro and animal studies. For example, ursolic acid, eugenol, and curcuminoids interfere with microbial cell walls and viral replication mechanisms, suggesting utility in common infections.

### VI. IMMUNITY SUPPORTING ROLE IN ONCOLOGY

Herbal immunomodulators are increasingly investigated as adjuncts in cancer care. While Rudramrut syrup is not a therapeutic agent for cancer, components such as *T. cordifolia* have shown enhancement of natural killer cell activity and protection against chemotherapeutic immunosuppression in preclinical studies. Clinical data are limited, reinforcing the need for rigorous trials.

### VII. SAFETY, TOLERABILITY, AND DOSE CONSIDERATIONS

Ayurvedic Rasayana formulations are traditionally considered safe when used as per guidelines; however, individual constituents may interact with pharmaceuticals (e.g., glycyrrhizin and corticosteroids). Evidence-based dose standardization remains a priority for clinical application.

#### VIII. INTEGRATIVE PERSPECTIVE: AYURVEDIC ENERGETICS AND ELECTROMAGNETIC CONSIDERATIONS

The traditional inclusion of Rudraksha is grounded in *Tantric* and *Ayurvedic* texts correlating subtle energies with physiological harmony. While contemporary biophysics does not yet substantiate electromagnetic effects of beads, their use may reflect psychosomatic and placebo-mediated benefits.

#### IX. LIMITATIONS AND FUTURE DIRECTIONS

This review is retrospective and largely based on secondary phytopharmacological data. High-quality randomized controlled trials are lacking. Future research should focus on:

Standardized clinical evaluation of immunomodulatory effects  
Pharmacokinetics and herb–drug interaction profiles  
Mechanistic studies on cellular immunity

#### X. CONCLUSION

Rudramrut syrup represents a traditional Rasayana formulation with multiple botanicals possessing immunomodulatory, antioxidant, antimicrobial, and systemic supportive properties. While preclinical evidence supports many of the claimed benefits, rigorous clinical research is required to establish efficacy, safety, and standardized therapeutic use. Its holistic potential makes it a candidate for integrative health strategies across age groups, from children to the elderly.

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