



**GENERAL CONCEPTS OF *RASA-SHAstra* AND AYURVEDA
PERSPECTIVES OF *RASA DRAVYAS* W.S.R. TO THEIR MEDICINAL
IMPORTANCE**

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Abstract

The medical science of originated from India named “Ayurveda” and this science not only deals with plant or animal based drugs but also encompasses many theories related to the therapeutic importance of mineral and metal based formulation. The *Rasa-Shastra* is one the modality of ancient Ayurveda which deals with preparation and therapeutic utilization of mineral & metal based formulations. These formulations mainly prepared from *Parad* (mercury) which recognized as *Rasa* element in classical Ayurveda. These formulations possess enormous therapeutic values like; antioxidant property, rejuvenation effect, stress relieving action, sexual stimulants and helps in many metabolic disorders such as; *Madhumeha* and *Sthoulya*. The main theory of *Rasa Shastra* helps to converts non-compatible metal or mineral into compatible form, in this regards ancient philosopher presented many techniques like; *Mardana*, *Murchana*, *Niyamana*, *Jarana* and *Samkramana*, etc. *Rasa-Shastra* theories need to be explored in modern scenario; therefore this article summarizes some critical aspect of *Rasa-Shastra*.

Key-words: *Ayurveda, Rasa-Shastra, Therapeutic, Parad*

Introduction

Ayurveda mentioned a therapy utilizing *Rasa* (mercury) or metal/mineral based preparations and their therapeutic utility under the heading of *Rasa Shastra*. These drugs composed of herbal juices and minerals/metals in purified forms along with extracts of plant materials, etc. These drugs possess many advantages as depicted in **Figure 1**.

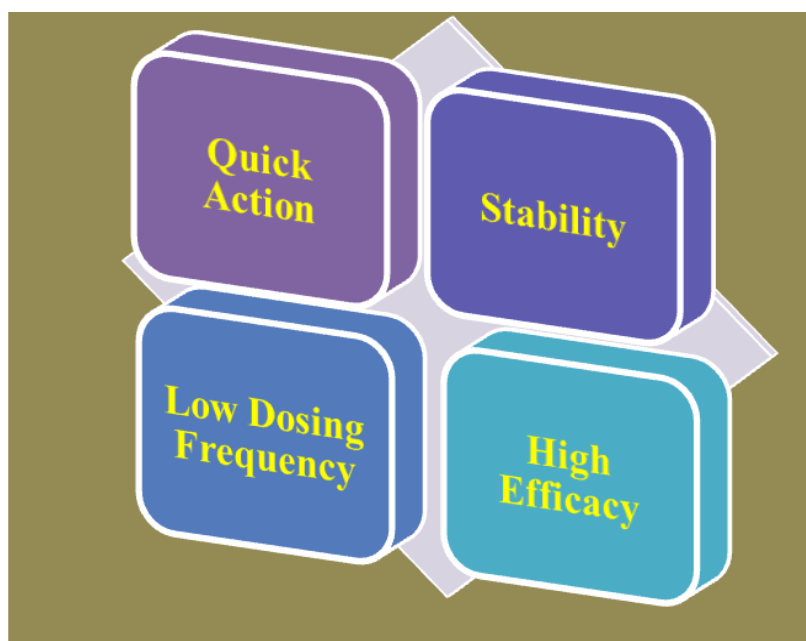






Figure 1: Advantages of *Rasa aushadhis*

Pishti, Parpati, Kupipakva, Potali and *Bhasma*, etc. are common Ayurveda formulations which prepared using *Parada, Swarna, Lauha, Rajata, Tamra* and *Vanga*, etc. on the basis of theoretical principles of *Rasa Shastra*. These formulations are useful in many pathological conditions like depression, sexual problems, ulcer, fever, autoimmune disorders, anemia and skin disease, etc. *Shodhana* procedure play important role while preparing these formulations since appropriate *Shodhana* procedure imparts therapeutic values in formulations [1-5]

There are different types of *Rasa* used in *Rasa Shastra* like *Maha Rasa, Uparasa, Sadharana Rasa, Ratna* and *Upavisha*, etc. Mica is used as *Maha Rasa*, orpiment

considered as *Uparasa*, arsenic is used as *Sadharana Rasa*, diamond and *Dattura* are used as *Ratna* and *Upavisha* respectively. Metal based *Rasa Dravyas* possess specific therapeutic actions due to their following properties:

 <i>Guna</i>	<i>Snigdha and Laghu</i>
 <i>Rasa</i>	<i>Kasaya</i>
 <i>Vipak</i>	<i>Madhura</i>
 <i>Virya</i>	<i>Sita</i>

These properties impart *Brimhana*, *Varnya*, *Rasayana*, *Visanga*, *Medhya*, *Vrisya* and *Rucikara* actions thereby helpful in many health ailments. Moreover *Vatapitta Hara* effect helps in inflammatory disorders and *Krimighna* effects provides relief from microbial disorders [4-7]. Particular metal based formulations of *Rasa-Shastra* offers specific therapeutic benefits as mentioned in **Table 1**.

Table 1: Therapeutic role of specific metals used in *Rasa-Shastra*:

S. No.	Metal used in <i>Rasa-Shastra</i>	Therapeutic Role
1	<i>Tamra</i>	Hepato-protective effect
2	<i>Abhrak</i>	Immunomodulation action
3	<i>Sankha</i>	Anti-ulcer effect
4	<i>Mukta</i>	Anti-inflammatory effect
5	<i>Jasad</i>	Hypoglycemic effect
6	<i>Mandur</i>	Help in anemia

Effects on *Rasa Aushadhis* on *Doshas*

Rasa Aushadhis regulates circulatory process & relieves inflammation by balancing *Vata Dosha*.

These drugs boost immunity, control fat metabolism and cure skin diseases due to their *Kapha Dosha* pacifying effects.

Rasa Aushadhis provide strengthen *Agni* and balances metabolic activities by activating *Pitta Dosha*.

Effects on *Rasa Aushadhis* on *Dhatus*

Rasa Aushadhis provide strengthen to *Rakta Dhatu* & *Mamsa Dhatu* thus boost muscular rigidity, resist weakness, maintain functioning of *Rasa Dhatu* and provides strength to perform routine activities.

Role of Specific *Rasa* Formulations:

- ❖ *Sutshekhar Rasa* used for gastritis, cough, dyspepsia, diarrhea and gastric problems.
- ❖ *Rasa Sindur* provides rejuvenation effect, helps in cardiac problems and asthma.
- ❖ *Swarna Basant Malti Ras* helps in cough, tonsillitis and fevers.
- ❖ *Kamdudha Ras* useful in fever and headache.
- ❖ *Vriht vat chintamaniras* used for joint pains, paralysis and epilepsy.
- ❖ *Vasant kusumakar rasa* has rejuvenation effect, helps in diabetes and regulate metabolic process.
- ❖ *Chandraprabha vati* helpful in *Sthoulya* & offers therapeutic benefits in metabolic syndrome.
- ❖ *Rambana rasa* improves digestion and useful in painful inflammatory.

Care Need to be taken while dealing with *Rasa* Formulations:

- ❖ *Rasaushadhies* must be checked for their quality parameters after and during manufacturing process.
- ❖ *Rasaushadhies* should be stored properly.
- ❖ Minerals & metals should be manufactured using all necessary processing of purification and assimilation.

- ❖ Expert person should be associated in the manufacturing process of *Rasaushadhies*.
- ❖ Contamination/adulterations are to be avoided while preparing *Rasaushadhies*.
- ❖ *Amladravyas* and *Taila* should not be used during *Pottali Sevana*.
- ❖ Patient's physical and mental state must be assessed by physician before he/she prescribed *Rasaushadhies* for specific indications since weak or emaciated person may observe adverse effects due to diminish state of metabolic activities.
- ❖ Patient should not take *Rasaushadhies* without physician's advised.
- ❖ Accurate dosing is prerequisite condition related to the use of *Rasaushadhies*.
- ❖ Care required while treating allergic patient with *Rasaushadhies*.
- ❖ Uses of drugs must be stopped if any adverse events observed [7-10].

Conclusion

Ayurveda suggested different formulations prepared from specific scientific approaches for various therapeutic purposes. Formulations prepared from metals/minerals as per the principle of *Rasa-Shastra* provides health benefits in many pathological events. *Rasa-Shastra* is critical aspect of Ayurveda which not only treat diseases but also helps in restoration of normal physical and mental state. The classical formulations of ayurveda prepared from theoretical concept of *Rasa-Shastra* offers advantages of minimal dosing frequency, palatability, enhanced biocompatibility and quick biological action. *Sutshekhara Rasa*, *Rasa Sindur*, *Swarna Basant Malti Ras*, *Kamdudha Ras*, *Vasant kusumakar rasa* and *Chandraprabha vati*, etc. are some examples of classical *Rasa-Shastra* formulations. These formulations are useful in many diseases including heart problems, digestive abnormalities, respiratory trouble, skin diseases, sexual and metabolic disorders.

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