

Review Article

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REVIEW ON *RASA SHASHTRA* W.S.R. TO PRECAUTIONS RELATED WITH PREPARATIONS AND USES OF *RASA DRAVYAS*

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Abstract

Rasashastra is one of the vital modality of Ayurveda which described preparations, properties and uses of formulations prepared from *Rasa* using classical procedures like *Marana*, *Putta* and *Sodhana*. The history of *Rasashastra* is old as Ayurveda since ancient period of Indian civilization witnessed therapeutic utilizations of *Rasa Dravyas*. The *Rasa Dravyas* prepared from various principles of *Rasashastra* to offer several therapeutic benefits and also help to cure many diseases. Metal, mineral and herbo-mineral formulations merely prepared by the basic concepts of *Rasashastra*. The metal and mineral based formulations if not prepared appropriately or indicated wrongly then severe side effects may occurs therefore extensive precautions need to be require while preparing and prescribing such drugs. Considering this aspect present article summarizes precautions related to the preparation and uses of *Rasa Dravyas*.

Key-Words: *Ayurveda, Rasashastra, Rejuvenating, Rasa.*

INTRODUCTION

The *Rasa Shastra* is classical stream of Ayurveda science which deals with therapeutic utilization of formulations mainly prepared from metals, minerals and gems along with herbal substances. Classical ayurveda texts such as; *Rasa Hridaya Tantra*, *Rasendra Mangala*, *Rasa Prakasha Sudhakara* and *Rasendra Chudamani* encompasses descriptions related to the properties, uses and preparation of *Rasa Dravyas*. These drugs mainly posses *Kasaya Rasa*, *Laghu Guna* and *Madhura Vipak*, etc. *Rasa Dravyas* offers health benefits in pathological conditions like; chronic cough, heart problems, sexual dysfunction, skin disease and anorexia. These drugs greatly impart anti-aging and rejuvenating effects thus used for health promotion purpose. The therapeutic properties of *Rasa Dravyas* as per ayurveda depicted in **Figure 1**.

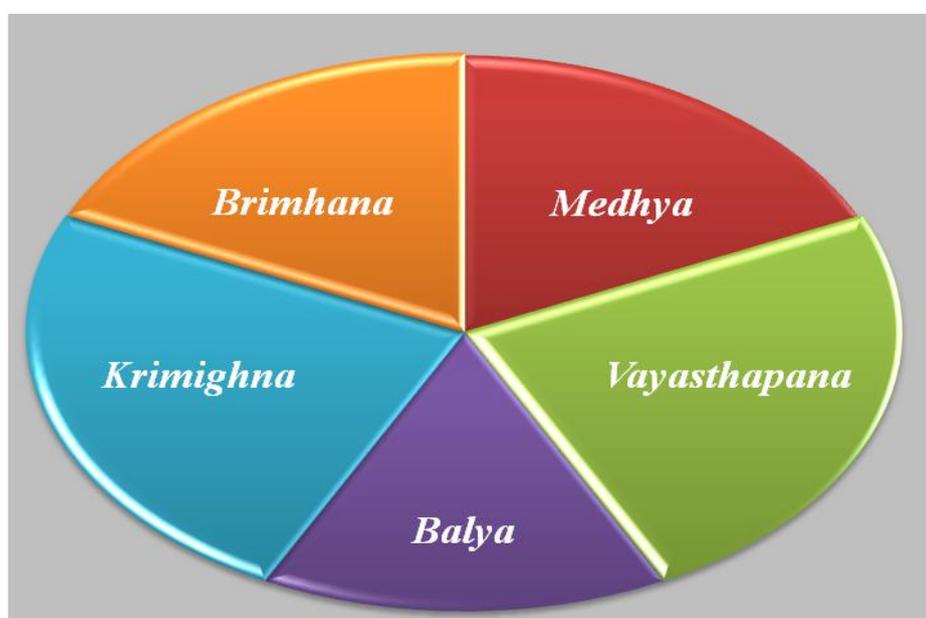


Figure 1: Therapeutic properties of *Rasa Dravyas* as per ayurveda.

Mardana, *Murchana*, *Niyamanai* and *Jarana*, etc. are some procedure which involved in the preparation of *Rasa Dravyas*, these procedures if not followed properly then inappropriate *Rasa* formulation may formed which causes severe side effects including skin reactions and hypersensitivity, etc. Similarly if *Rasa Dravyas* prescribed improperly or wrong indications then unwanted health effects may occurs leading to the pathological manifestations. Therefore it is very important to consider precautionary aspects related to the preparatory methods and indications of *Rasa Dravyas*. Purification, particle size reduction, detoxification and incineration must be

performed properly to acquire desired quality of *Rasa Dravyas*. Physician must take great care while prescribing such medicine for children and elderly.

Precautions related to the Shelf life of *Rasaushadhies*

- ❖ *Kajjali* needs few months to dissociate and in this condition it can't retain long shelf life thus long term stability need to be confirmed in such cases.
- ❖ *Rasaushadhies* need to be evaluated for quality parameters after fixed intervals.
- ❖ *Rasaushadhies* need to be reprocessed and reuse when they lost their shelf life.
- ❖ *Rasaushadhies* if not stored properly then they also lost their potency.

Precautions related to the preparations of *Rasaushadhies*

- ❖ Improperly processed minerals & metals may cause severe side effects.
- ❖ Heating must be applied with gradual incensement; uncontrolled heating greatly affects properties of such formulations.
- ❖ All manufacturing steps must be followed properly to avoid any toxic effects of metals and minerals.
- ❖ Expert person should involve in manufacturing of *Rasaushadhies*.
- ❖ All ingredients need to be used without any adulteration.
- ❖ *Aushadhipariksha* is required for assessing qualities of finished product.

Precautions related to the uses of *Rasaushadhies*

- ❖ *Ghrita, Dadhi* and *Saka sevana* indicated during *Pottali Sevana*.
- ❖ *Taila, Amladravyas, Bilva* and *Kakarashtakaghana dravyas* prohibited during *Pottali Sevana*.
- ❖ Proper diagnosis of patient must required before prescribing *Rasaushadhies*.
- ❖ Self medication strictly avoided, patient must take such medicine under expert supervision.
- ❖ In case of overdosing or any adverse events physician must be informed well in time.
- ❖ Elderly, children, pregnant women and patient having problem of hypersensitivity must be handled with great care.

- ❖ Assessment of exact dosing is prerequisite while prescribing *Rasa* drugs since inappropriate dosing can leads fatal consequences.
- ❖ Physician must be aware about the adverse effect of prescribed *Rasaushadhies*.

Technical precautions related to the *Rasa Dravyas*:

- ❖ *Mana* means measurement of ingredient quantity should be appropriate as per defined procedures.
- ❖ *Yantra & Musha* must be cleaned before use and proper equipment must be used for specific process.
- ❖ *Putta & Kosthi* should be employed as per prescribed procedures and all heating arrangement should be made well in advance.
- ❖ *Dravyapariksha* is an important aspect to avoid miss identification of ingredients.

Toxic effects of mineral & metals used in *Rasaushadhies*:

Paarada (Mercury) may cause adverse effects like skin disorder, vomiting, burning sensation and dyspepsia, etc. *Gandhaka* (Sulphur) may imparts adverse effects like; loss of luster and Hyperthermia. *Hingula* (Cinnabar) can cause general and renal problems, *Harataala* (Orpiment) can induces adverse effects like pain, rigidity and skin problems, *Manasila* (Realgar) associated with problems like loss of strength, constipation and formation of urinary calculi. *Tankana* (Borax) causes vomiting, giddiness and loss of immunity. *Suvarna* (Gold) can causes adverse effects like perspiration and dyspepsia. *Rajata* (Silver) causes oligopsermia and malaise. *Taamra* (Copper) may induces problem like burning sensation, perspiration, vomiting and mental irritation. *Vanga* (Tin) related with the problems like; polyuria, cardiac trouble, hemorrhides and dyspnoea. The adverse effects of *Yasada* (Zinc) are polyuria and skin disorders. The adverse effects of *Naaga* (Lead) are jaundice and polyuria. *Loha* (Iron) can cause adverse effects like; skin disorders, renal calculi, pain and nausea.

CONCLUSION

Rasashastra provides ways for therapeutic utilization of mineral and metal based formulations. The concept of *Rasa Shastra* helps to prepare palatable, edible, compatible and non-toxic formulations based on herbo-metallic sources. These formulations if not prepared properly then severe side effects may occur thus precautions need to be

requires while preparing such medicines. Similarly if *Rasaushadhies* prescribed inappropriately then pathological manifestations may occur therefore it is prime duty of a physician to prescribe *Rasaushadhies* correctly without any chances of error. This article suggested that precautions related to the preparations, uses, stability (shelf life) and adverse effects of *Rasaushadhies* must be taken in consideration while dealing with such medicines.

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