



ROLE OF AYURVEDIC METHODS IN *RASASHASTRA* W.S.R. TO THE PREPARATION OF *RASAAUSADHI*

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Abstract

Ancient science Ayurveda merge different concept to serve for healthy society, some of these concepts are associated with the prevention and treatment of critical diseases. Ayurveda encompasses various approaches for healthy living and concept of *Rasashastra* is the one of them which deals with drugs prepared from mineral and metal origin. The history of *Rasashastra* originates from the utilization of mercury, regarded as *Rasa Dravya*. The drugs prepared under the principle of *Rasashastra* are termed as *Rasa-Aushadhi* which prepared from different approaches including *Murchana*, *Mardana*, *Rodhana*, *Jarana* and *Shodhna*, etc. This article highlights Ayurvedic perspective on the preparative methods of *Rasa Dravyas* and their clinical significance.

Key-Words: *Ayurveda, Rasashastra, Aushadhi, Bhaishjya Kalpna*

Introduction

Rasa sashtra deal with drugs which prepared from mineral and metals, these drugs prepared from different approaches such as *Manarana*, *Jarana* and *Sodhana*, etc. These preparatory procedures impart health value in final formulation and vital elements used in these procedures give wonderful effect for the treatment of many health problems. The preparation of *Rasa Dravyas* in appropriate manner is essential to acquire maximum health benefits of formulation and to avoid toxic effects of metals or mineral. *Rasaasadhi* provide many health benefits against number of critical diseases like Arthritis, Obesity, Anemia, Sexual disorder, Gastric problems and Allergic problems, etc [1-4].

The *Rasa shastra* utilizes some specific elements with perfect combination of herbs under specific procedure to acquire incredible response against many critical health issues. The beneficial property of these elements used in *Rasa shastra* is given in **Figure 1**.

<i>Visha</i>	• <i>Visha</i> help to comeback against fatal effects of poisonous elements.
<i>Rasa</i>	• <i>Parada</i> is a main comconent of <i>Rasashastra</i> , which take part for quick action.
<i>Ratna</i>	• <i>Ratna</i> help to maintain physiological integrity.
<i>Dhatu</i>	• <i>Dhatu</i> help to improve strength.

Figure 1: Clinical Role of Various Elements used in *Rasa shastra*

The correct manufacturing process not only rid metal and mineral toxicity but also amplifies the therapeutic potential of herbo-metallic formulations. Adhering to precise manufacturing methods is crucial when crafting *Rasa Dravyas*, as deviations can diminish their therapeutic efficacy and introduce toxic effects. These preparatory methods of *Rasa Shastra* involve purification approaches which convert potentially toxic substances into compatible forms with therapeutic benefits. These unique

procedures enhance the therapeutic value of formulations, making them suitable for specific chronic disorders. The preparatory methods of *Rasashastra* helps to formulate various classical formulations as mentioned below [4-7]:

- *Potali*
- *Parpati*
- *Pishti*
- *Karliya rasa*
- *Bhasma*

Methods of Preparation of *Rasa Aushadhis*:

Rasa Aushadhis typically include ingredients like *Parad*, *Gandhaka*, *Suvarna*, *Maakshika*, *Rajata* and *Loha*. Therefore extra caution is required in the manufacturing of these medications to prevent any potential toxicity. Supervision of expertise is most important during preparative method of *Rasa Ausadhis* because a small mistake can destroy medicinal property of drug. Heating should be done carefully and regulated as excessive heat can degrade the effectiveness of active ingredients. Authentication is required for metals, minerals and herbs to avoid adulteration and harmful effects of similar adulterants. It is necessary to check quality parameters of final formulation and quality evaluation should be conducted after each step of the manufacturing process [5-7]. Some of the preparatory methods for *Rasa Aushadhis* are depicted in **Figure 2**.

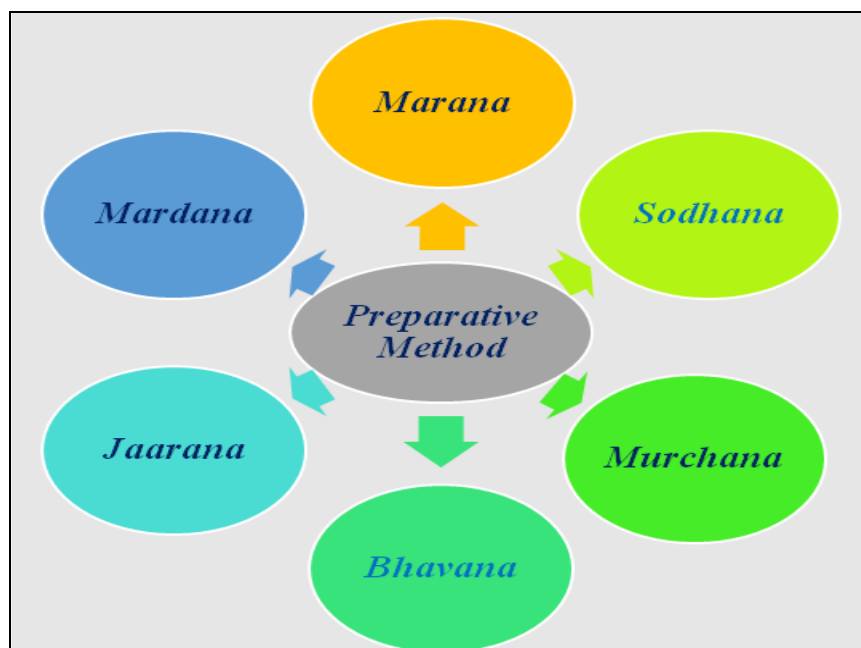


Figure 2: Some common methods used for the preparation of *Rasa Aushadhis*

✓ **Marana**

Marana convert impurity of metals and minerals like *Parada* and *Swarna* into compatible form. In preparation of *Bhasma*, metal and minerals formation of paste mixes with herbal juices and after that heat treatment was given. This process converts elements into easily absorbable form in our biological system and also improves their therapeutic values.

✓ **Sodhana**

The term "*Shodhana*" refers to the purification process of metals and minerals used in preparing Ayurvedic medicines. Several approaches used to remove impure and toxic elements from metals and minerals. *Shodhana* method includes washing, soaking, heating and grinding to ensure safety and efficacy of pure drug.

✓ **Murchana**

Murchana is a process which is most important in *Rasashastra* where mercury transform into compatible form which gives maximum benefits. Mercury is treated with some other element like *Gandhaka* to produce medicines with distinct therapeutic properties.

✓ **Bhavana**

Bhavana is process where *Rasa* drugs grinded with liquid medium, during this phase the coarse powder is refined into a finer consistency, facilitating the transfer of beneficial properties from the liquid medium to the substances and ultimately boosting their therapeutic efficacy.

✓ **Jarana**

Jarana is technique in which *Parad* reverts back to its natural form without using process like *Galena*. This process offers advantages for *Dhatuwada* purpose. *Parada* when treated in *Jarana* process with *Gandhaka* then therapeutic properties of *Parada* get enhanced [7-9].

Advantages of Methods of Rasa Aushadhis Preparation:

Physical and chemical impurities are separated from metal and mineral during *Sodhana* process. Heating, grinding and other procedure removes impurities from

metals and minerals and also improves therapeutic value of these ingredients. These procedures help to convert non-compatible form to compatible form [9-11].

Conclusion

Rasashastra stands as a critical component within Ayurveda, offering a wealth of theories concerning the utilization and crafting of herbo-metallic formulations. These formulations, rooted in *Rasashastra* principles, harness the therapeutic potential of metals, minerals, and gems. Techniques such as *Sodhana* and *Marana*, advocated by *Rasashastra*, are employed in the preparation of *Rasaushadhis*. Processes like purification, mixing, grinding, heating, incineration and churning, etc. enhance the therapeutic and pharmaceutical qualities of formulations crafted through *Rasashastra* principles. *Shodhana*, *Bhavana*, *Jarana* and *Marana*, etc. are employed to convert incompatible *Rasas* into compatible or ingestible forms, ensuring their efficacy and safety. The quality of *Rasa* drugs hinges upon the meticulousness of their preparation methods; any deviation during manufacturing can result in severe toxic repercussions. Thus, adherence to proper techniques and rigorous quality evaluation are indispensable facets of crafting these medications safely and effectively.

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