**Importance of Rasaushadhis in Ayurveda**

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**ABSTRACT**

Rasaushadhis are the herbo-mineral or metal or mineral formulations which are used for therapeutic purpose. In Ayurvedic practice the Rasaushadhis has been considered as more effective and beneficial due to lesser therapeutic doses, enhancement of action of other ingredients of formulation, more shelf life, quicker action and palatability as compared to herbal preparation. Rasaushadhisare being the backbone of Ayurveda due to its Rasayaanand therapeutic properties. The assimilation of Rasa preparations in the body is much faster because the preparation undergoes different processes called Samskaras. This helps in active and quick assimilation of even the minute doses in the body. Rasaushadhs is although named after mercury but apart from mercury there are lot of minerals and metals described in Rasashastra with Rasayana properties eg. Shilajatu, Swarna, Rajataetc. The Rasaushadhs as Rasayana therapy helps to attain longevity, physical strength, immunity, mental competence, sharpness of sense organs and qualities of dhatus. It nourishes whole body and improves immune system and hence natural resistance to infection will be more. Since centuries Rasaushadhs are used in different disease conditions without developing any noticeable side effects.

**KEYWORDS:** Rasaushadhis, Rasayana, Ayurveda, Rasashastra

**INTRODUCTION**

The term Rasa generally denotes Parada, Maharasa, Uparasa and Sadharana rasa but the term also includes incinerated or killed metals and poisonous tubers. Hence the formulations which consist above as one of the constituent can be termed as Rasaushadhi. Ayurveda has described science of Rasaushadhis for the sake of quantitative and qualitative life span of human. Many Rasa preparations have been proven to be successful in treating various disorders with minimal adverse effects. The minerals and metals are very effective and potent for immunization, rejuvenation and the elimination of the diseases. Rasaushadhis are safe in therapeutic doses and absorbs easily in the body. As compared to conventional medicines, Bhasmas etc. are the unique rasa preparations for curing diseases, can easily enter into the bloodstream and become more biocompatible. They have developed a new era in nano- medicine system due to its nano particles size and holistic approach towards disease.

Also all the rasa preparations are not recommended for all patients. The indications, dose, mode of administration, duration of treatment, nature or prakruti of patients, pathya-apathy etc are the important factors which should always be considered before prescribing rasa medicines to the patients. Acharya Charaka also said- A perfectly understood drug is life saver like ambrosia whereas a drug not perfectly understood is like poison (fatal), weapon, thunderbolt & fire. A drug whose name, form and properties are not known, and when known, if improperly used can produce disaster.

**RASAUSHADHIS**

Rasaushadhis are the herbo-mineral or metal or mineral formulations. Rasa preparations also contain heavy metals like mercury, tin, arsenic, lead etc. Rasaushadhis although named after mercury (parada), can be classified in two distinct classes. 1. Mercurials and 2. Non-mercurials. Use of mercury in therapeutics was started as a bio-enhancer rather than as a drug. Combination of mercury with any drug was supposed to reduce its dose and increase its efficacy manifolds.

A) **Mercurials preparations**


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1) *Khalviya Rasa* - Khalviya Rasaushadhis are prepared with the help of mortar and pestle. Initially mercury and sulphur are mixed in mortar and triturated with pestle until it converts into black colored powder. Then other herbal or mineral ingredients are mixed and triturated with specified herbal juices and pills are rolled according to the dose.[9] Since the mercury and other ingredients of the formulation are ground in a mortar, known as ‘Khali’ as per the terminology of Ayurveda, the formulation is known as ‘Khalviya Rasa’.[10]

2) Parpati Rasa: Mercury and sulphur are first ground, if prescribed, with specified metal bhasma, if not, without metal bhasma, to prepare a homogeneous black coloured fine powder termed as ‘Kajjali’. [11]

3) Kupipakwa Rasa-Kajjali is filled up to 1/3rd in a narrow mouth high long neck glass flask termed as ‘Kupi’ and then subjected for controlled heating, or sometimes in an earthenware crucible termed as ‘Mushau’ or in a metallic crucible; then it is termed as ‘Kupipakwa Rasa’.[12]

4) Pottali kajjali – The mixture of ingredients of metal and mineral origin are triturated in herbal and made into a bolus (pottali), and then it is kept in a silk cloth in which a layer of sulphur is spread and tied. This bolus is further cooked in molten sulphur till the final is obtained.[13]

B) Non-mercurials preparations
It includes- Dhatubhasma, Satva and Pisti.

**Important factors related to Rasaushadhis administration:**
Following factors regarding administration of Rasaushadhis must be kept in mind-
- Proper dose
- Time
- Mode of drug administration
- Diet and routine management
- Shelf life (Saviryataavadhi)
- Testing and analysis of drug before use.

**Problems in Rasa preparations:**
- All Rasa materials have a purification procedure before being administered into the human body.
- Unpurified or poorly prepared Rasa preparations can be highly toxic and endanger the life of a patient.
- Preparation of the Rasa medicines are slow and hard.
- Global non availability
- Global non acceptance

**Advantages of Rasaushadhis:**
- Rasaushadhis are used in minute doses, easily palatable and fast acting.[14]
- Incinerated minerals possess excellent therapeutic values and they have a longer shelf life.[15]
- The preservation is easy.
- The assimilation of rasa preparations in the body is much faster because the preparation undergoes different processes called sanskaras. This helps in active and quick assimilation of even the minute doses in the body.[16]
- The efficacy of rasa medicines increases with time, which means that the rasa medicines have no expiry date.

**IMPORTANCE OF RASAUSHADHIS IN AYURVEDA**

Rasa shastra is a branch of Ayurveda that deals with the Rasa preparations and was mainly developed in the medieval period. The drugs in Rasa shastra are used in various formulations which are having different valence states, different crystal structure and physical properties.[17] Formulation in the form of Rasaushadhis uses the metals and minerals for chronic disorders in different combinations, dosage forms and at various levels of purities.[18] Hence it is very essential prepare it in a proper way. There are so many Rasa preparations are available in market which are useful in diabetes, liver diseases, anemia, obesity, heart diseases, skin diseases, respiratory tract disorders, cancer etc. Rasaushadhis improves immune system and helps to attain longevity, physical strength, immunity, mental competence, sharpness of sense organs and work as Rasayanotherapy.

**Excellence of Rasaushadhis in Ayurvedic practice**[19],[20]
There are approx. 430 Rasa preparations that supports physician to pacify Jwara. Eg.
- *Mrityunjaya rasa* – Destroyed cell is revitalized- used in infectious fever conditions
- *Tribhuvanakeerti rasa* – Tribhuvana are Udara (Alimentary), Urah (Respiratory) and Shiras (Neural) – any conditions that are developing fever in these areas.

There are approx. 342 Rasa preparations that supports physician to pacify KasaEg.
Importance Of Rasaushadhis In Ayurveda

- Kasakuthar rasa – Cough & Headache
- Swasakasachintamani rasa – Chronic cough of undiagnosed, Asthma
- AbhhrakaBhasma – Chronic cough

There are approx. 283 Rasa preparations that supports physician to pacify Shwasa. Eg. Swasakasachintamani rasa – COPD

- Lakshmivilas rasa – COPD, Pulmonary oedema
- Mallasinduram- COPD

There are approx. 9 Rasa preparations that supports physician to pacify Diabetes Eg.

- Vangeswara rasa – Blood sugars are not much altered but polyuria is present
- Sarveswara rasa – used for diabetes complications especially – it regulates the blood sugar levels and enhances the erection capacities

There are approx. 118 Rasa preparations that supports physician to pacify Kamala. Eg.

- Dhatriloham – Jaundice
- Lakshmivilas rasa – Jaundice associated with anemia
- Lohaparpati– Jaundice with complications such as diarrhea, fever, puerperal jaundice or neonatal jaundice

There are approx. 7 Rasa preparations that supports physician to pacify Rheumatoid Arthritis. Eg.

- Amavatari rasa – specific drug of choice
- Chandraprabhavati – when obesity and GIT problems precipitates in R.A.

There are approx. 118 Rasa preparations that supports physician to pacify Obesity. Eg.

- Shiva Gutika – Obese + DM + COPD

Some important examples of parpaties and their therapeutic indications

<table>
<thead>
<tr>
<th>Parpati</th>
<th>Therapeutic indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa Parpati</td>
<td>Colicky pain, malabsorption syndrome, diarrhoea, dysentery, inflammation, jaundice, anaemia, fever, rheumatism and haemorrhoids, skin disorders, dyspepsia and digestion.</td>
</tr>
<tr>
<td>Bola Parpati</td>
<td>Menorrhagia or metrorrhagia bleeding disorders and bleeding haemorrhoids</td>
</tr>
<tr>
<td>PanchamirtaParpati</td>
<td>Malabsorption syndrome, haemorrhoids, vomiting, diarrhoea, fever, tastelessness, bleeding disorder, senesence linked skin and hair changes, eye disorder, digestive impairment and oligospermia</td>
</tr>
<tr>
<td>LauhaParpati</td>
<td>Digestive impairment, malabsorption syndrome, dyspepsia, anaemia, Jwara, postpartum fever-puerperal fever, diarrhoea, jaundice, splenic</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Pisti</th>
<th>Therapeutic indications</th>
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<tbody>
<tr>
<td>Pravalapisti (from coral)</td>
<td>Oligospermia, loss of strength and immunity, digestive impairment, low intelligence etc.</td>
</tr>
<tr>
<td>MaksaPisti (from pearl)</td>
<td>Diarrhoea with bleeding , heart disease, mania and psychosis, bleeding disorders</td>
</tr>
<tr>
<td>Manikyapisti (from ruby)</td>
<td>Loss of body strength (immunity), heart disease, oligospermia, digestive impairment, weakness, low intelligence</td>
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<th>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>MakaraDhvaja</td>
<td>Weakness of the heart, Senility/Premature ageing, Fever, digestive impairment. Aphrodisiac and nutrient to body and mind with adaptoidmunneuro-endocrino-modulator properties</td>
</tr>
<tr>
<td>Mallasindura</td>
<td>Bronchial asthma, Disease due to Vata and Kaphadoshas and Syphilis</td>
</tr>
<tr>
<td>Rasapuspaa</td>
<td>Gastro-enteritis with piercing pain, ascites, dysuria etc</td>
</tr>
<tr>
<td>Rasasindura</td>
<td>Disease due to kaphadosha, loss of strength / immunity, tissue wasting, weakness of the heart, colicky pain, digestive impairment , anaemia, obesity, ulcer etc.</td>
</tr>
<tr>
<td>Vatagni kamara rasa</td>
<td>Cough, dyspnoea/asthma, fever, vataroga (disease due to vatadosha)</td>
</tr>
<tr>
<td>Sannipattamangala rasa</td>
<td>Disease due to vitiation of all the three doshas, stiffness in joints due to kaphadosha, fever, dyspnoea, asthma, cough</td>
</tr>
<tr>
<td>Svarnavanga</td>
<td>Chronic cough, dyspnoea/asthma, diabetes and polyurias and diseases of urinary tract</td>
</tr>
<tr>
<td>Svarnasindura</td>
<td>Oligospermia, tissue wasting, learning disability and all diseases</td>
</tr>
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II. CONCLUSION

By looking at above examples we conclude that Rasaushadhis are the important formulation in Ayurvedic therapeutics and are the backbone of Ayurveda. The rasaprparation in a minute dose allow it to slip between the smallest bodily channels (srotas) and penetrate into the deepest tissues. The main advantages of Rasaushadhis is its potency, longevity and effectiveness. These are usually tasteless, odourless, requires only a miniscule dose to deliver a strong and long lasting effect and it is not needed over a long period of time. Ayurveda has described science of Rasaushadhis for the sake of quantitative and qualitative life span of human. But before recommending Rasaushadhis factors like its dose, indications, mode of administration, pathya-apathyaeetc should be considered.

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