

**AYURVEDA REVIEW ON PREPARATIVE METHODS OF RASA DRAVYA; AN
IMPORTANT ASPECT OF RASA SHASHTRA*****Dr. Amitkumar Sukhdeo Mane**

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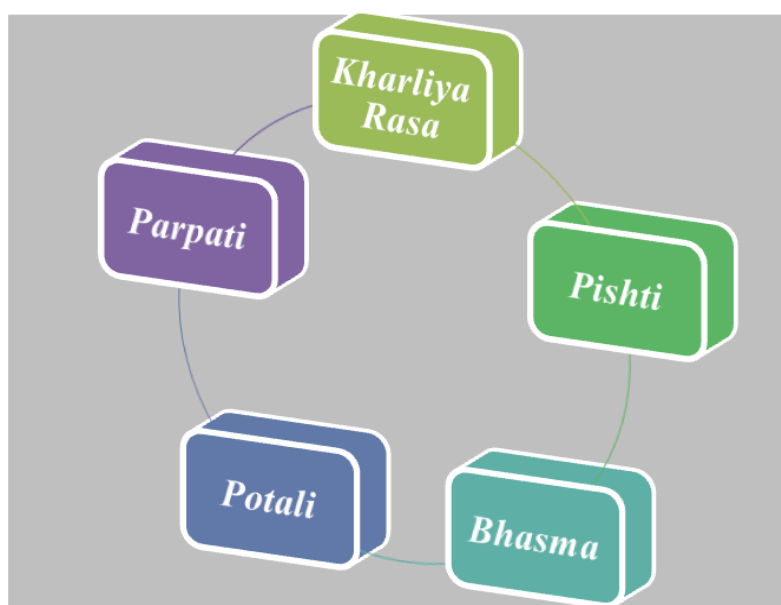
ABSTRACT

Ayurveda the traditional science of health promotion not only restore health of an individual but also provides basis of healthy society. The various principles of ayurveda help in the prevention and management of diseases. Ayurveda encompasses several concept related to the well being of society and Rasashastra is one of them. This science involves utilization of mineral, metal and herbs for the management of optimum health status. Mainly the history of Rasashastra begins with the uses of mercury which considered as Rasa Dravya. The qualities of Rasa Aushadhi depend upon their preparative methods such as; Mardana, Murchana, Rodhana, Niyamana and Jarana, etc. Considering importance of preparative methods of Rasa Dravyas this article explore Ayurveda aspects on preparative methods of Rasa Dravyas.

KEYWORDS: Ayurveda, Rasashastra, Mardana, Niyamana and Jarana.**INTRODUCTION**

The history of Indian civilization involves development of classical medical science which termed as Ayurveda and this science not only based on plant and animal products but also utilizes metal and mineral compounds. *Rasa Shastra* is separate division of Ayurveda which deals with preparation, properties and therapeutic uses of

medicines manufactured by metals and minerals along with herbs. The preparative methods of such medicine convert non-compatible metals/minerals to compatible form so can be administered for therapeutic purpose without any toxic events. The important formulations prepared from basic principle of *Rasa Shastra* are mentioned in **Figure 1**.

**Figure 1: Formulations prepared from basic principle of *Rasa Shastra*.**

The ayurveda drugs prepared from principles of *Rasa Shastra* possess advantageous properties like; high potency, pharmacological activities, long shelf life, palatability and low dosing frequency, etc. These all *Rasa Aushadhis* provides several health benefits specifically in diseases like obesity, arthritis, skin ailments, tumor, anemia, sexual dysfunction, gastric trouble, respiratory diseases and allergy, etc. The Ayurveda properties and therapeutic potency of *Rasa Aushadhis* merely depends upon their preparative methods like; *Shodhana*, *Bhavana* and *Marana*, etc. As per modern science the methods involve in preparing *Rasa Aushadhis* are purification, grinding & mixing, heating at controlled temperature and incineration, etc. Generally these drugs utilized various categories of *Rasa* including *Maharasa*, *Uparasa*, *Visha* and *Upvisha*, etc.

The *Rasa Dravyas* utilizes mineral and metals which may impart toxic effects if not processed properly, preparation of such drugs needs especial care to avoid any toxic events of such medicine. *Parad*, *Gandhaka*, *Suvarna*, *Maakshika*, *Rajata* and *Loha*, are mainly present in *Rasa Aushadhis* i.e.; *Muktaadya Churna* contains *Gandhaka*, *Mandura Vataka* an ayurveda formulation prepared from *Maakshika*, *Dwitiya Braahma Rasaayana* composed by *Rajata* and *Navaayas Curma* made by *Loha*.

General Considerations Related to the Processing of Metal and Mineral

The minerals and metal based products not compatible with human body and can't be consumed in their natural form. Thus complex processing is required for converting such products into compatible form. Generally mineral or metallic substances treated with plant juice or extract, sometimes also processed with other substances obtained from animal sources. This treatment helps in purification of mineral and metal substances, facilitates assimilation and reduces acute toxicity of such compounds. Mineral and metal need to be converted into physically soft and edible forms therefore continuous processing for longer period of time may require for such types of products. The potency or therapeutic value of mineral and metals must be retained during manufacturing process so that maximum therapeutic effects can be achieved in minimal dosing.

The major *Rasa Dravyas* means mercurial compounds mainly prepared from *Shuddha Parada*, *Samskarita Parada* and *Hingeulottha Parada*. *Parada* is important *Rasa* and can't use in natural form, it is used after processing with different substances and based on processing procedure these formulations can be categorized as; *Kharaleeya*, *Kupipakva*, *Parpati* and *Pottali* formulations.

✚ *Kharaleeya*

Most of the processing of *Parada* done with the help of *Khalva Yantra* which is considered as basic processing technique. In this technique *Shuddha parada* triturated with herbs or other substances, this process alter physical

form, reduce size and enhance palatability, i.e.; *Arogyavardhini vati*.

✚ *Kupipakva*

Product obtained after processing of *Parada* and *Gandhaka*, etc. further treated in glass bottle. The controlled heat applied and increases gradually. *Antardhooma* and *Bahirdhoom* are different types of *Kupipakva* formulation classified on the basis of preparative methods. Classical Ayurveda formulation *Rasashindoor* prepared by *Kupipakva* method.

✚ *Parpati*

Parpati is thin film prepared from *Kajjali* to obtained micronized size of formulation. The procedure involves pouring of melted *Kajjali* over banana leaf, another plate was used to press melted *Kajjali* put over banana leaf, finally a thin cake was formed which termed as *Parpati*, i.e.; *Ras parpati*.

✚ *Pottali Kalpana*

Pottali prepared by triturating *Kajjali* and other substances with *Kumari Swarasa*, this help to form a bolus. This bolus further converts into betel nut shape, wrapped with cloth along with *Shuddha Gandhaka*. The final product subjected to intense heat in a pot to form *Pottali*, i.e.; *Rasagarbha pottali* etc.

Techniques used in specific procedure of *Rasa Shastra*

The raw mineral and metal must be purified by *Shodhana* procedure and for purification (*Shodhana*) purpose various classical techniques were employed such as; *Abhisheka*, *Achushana*, *Shoshana*, *Bharjana*, *Bhavana*, *Dhalana*, *Galana*, *Mardana*, *Nimajjana*, *Nirjalikarana*, *Parishravana*, *Prakshalana* and *Prithakikarana*, etc.

Bhavana is another process involved in the preparation of *Rasa* drugs in which materials are grinded along with liquid media. This stage converts coarse powder into finer state, transfer qualities of liquid media to the materials and enhances therapeutic value.

Marana another method used to prepare metallic or mineral based formulation which converts non-compatible, impure form of metals like *Parada* & *Swarna* into physiological compatible form. The process involves formation of paste of metals and minerals with herbal extract or juices then heat treatment was applied to obtain *Bhasma*. *Bhasma* easily absorbed into the biological system with their therapeutic values.

Jarana is technique in which *Parad* reverts back to its natural form without using process like *Galana*, etc. This process offers advantages for *Dhatuwada* purpose. *Parada* when treated in *Jarana* process with *Gandhaka* then therapeutic properties of *Parada* get enhanced.

Murchhana is process utilized in *Rasa Shastra* in which mercury treated with or without sulphur and gets converted into compatible form. *Sagandha murchhana* performed with *Gandhaka* while *Nirgandha murchhana* performed without using *Gandhaka*. These drugs mainly used for specific therapeutic purposes.

CONCLUSION

The *Rasashastra* is pivotal aspect of classical Ayurveda science which utilizes mineral and metal based products along with herbs for various health benefits. *Shodhana*, *Bhavana*, *Marana*, *Jarana* and *Murchhana*, etc. are some techniques which utilized for converting non compatible *Rasa* into compatible/edible form. The quality of *Rasa* drugs depends upon their method of preparations and any lacuna in manufacturing process can leads severe toxic effects. Therefore all techniques related to the preparation of such drugs must be followed properly and quality evaluation of such drugs also prerequisite.

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