

RASASHASTRA AN AYURVEDA CONCEPT, GENERAL CONSIDERATION AND ROLE
IN HEALTH MANAGEMENT: A REVIEWDr. Amit Kumar Meena^{*1}, Dr. Mukesh Kumar Bhamu², Dr. Sanju Kumar³ and Dr. Manraj Meena⁴¹Assistant Professor, Dept. Rasashastra and Bk, R.K. Ayurvedic Collage, Azamgarh, India.²Assistant Professor, Dept. Dravyaguna Vigyan, Panjab Ayurvedic Medical College & Hospital, Shriganganagar (Raj) India.³Assistant Professor, Dept. Kayachikitsa, Shekhawati Ayurvedic Medical Collage, Pilani, Jhunjhunu (Raj) India.⁴Assistant Professor, Dept. Rog Nidan & Vikriti Vigyan, S.K.S Ayurvedic Medical Collage & Hospital Mathura (U.P) India.***Corresponding Author: Dr. Amit Kumar Meena**

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ABSTRACT

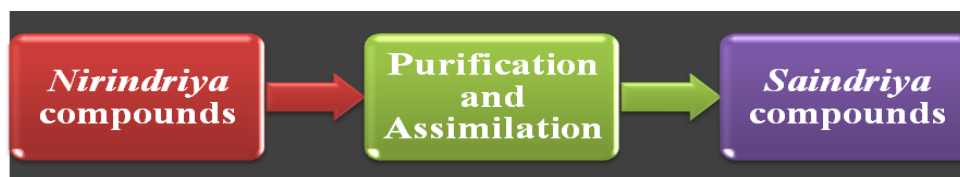
The ancient literature of Indian system of medicine belongs from Ayurveda science which mentioned various principles and theories for the maintenance of general health. Amongst the many concepts of ayurveda the concept of Rasashastra is one of the prime importance which helps in the management of different diseases. The Rasa Dravyas mainly prepared with the classical approaches of ayurveda like Sodhana, Putta and Marana, etc. Rasashastra merely deals around mineral, metal and herbomineral formulations. The formulations of Rasashastra possess anti-stress, rejuvenating, anti-oxidant, aphrodisiac, anti-ulcers and hepato-protective effects, etc. These properties of Rasa Dravya impart great therapeutic utility in the management of different pathological conditions. Present article emphasizes general considerations and therapeutic utility of Rasashastra.

KEYWORDS: Ayurveda, Herbo-mineral, Mercurial, Rasashastra.

INTRODUCTION

The history of Indian civilization encompasses great knowledge of various approaches utilized for health management. The historical origin of *Rasa Shastra* evidenced from *Buddha* period. The *Rasa Shastra* is one of the main streams of Ayurveda which utilizes procedures like *Murchana*, *Niyamana*, *Jarana* and *Samkramana*, etc. for the preparation of *Rasa*

formulations. These formulations prepared from specific procedures possess unique properties therefore can be employed in the treatment of enormous health ailments. The principles of *Rasa Shastra* help to convert non-compatible forms of metal and mineral into compatible/consumable forms for different therapeutic purposes (**Figure 1**).

**Figure 1: Process of *Rasa Shastra* transformed incompatible forms of compounds into compatible forms.**

There are many ayurveda literatures which also described various perspectives related to the *Rasa Shastra* these literatures are as follows:

- *Rasa Hridaya Tantra*
- *Rasendra Mangala*
- *Rasa Prakasha Sudhakara*
- *Rasendra Chudamani*

The various processes of *Rasa Shastra* like purification, detoxification, particle size reduction and incineration, etc. not only convert incompatible elements into compatible elements but also enhances therapeutic properties, improves absorption and imparts palatability. Some unique formulations of ayurveda based on principles of *Rasa Shastra* depicted in **Figure 2**.



Figure 2: Formulations of ayurveda based on principles of Rasa Shastra.

The concept of *Rasa Shastra* originates from the preparations of *Parada* which is considered as *Rasa* element. The presence of *Parada* or other metals and mineral in *Rasa* formulation make them drugs which are to be used or prepared with great care. The improper preparation and utilization of such formulations can leads adverse effects like; skin reactions, hypersensitivity, allergy and palpitations, etc. Therefore it is recommended that physician should be very attentive while prescribing such drugs, similarly chemist should pay attention while preparing such drugs so that desired qualities achieved up to the optimum level.

Manufacturing Techniques of Rasa Shastrai *Shodhana*

Mineral and metal in raw forms purified by *Shodhana* which involves various procedures such as; *Achushana*, *Shoshana*, *Bhavana*, *Bharjana*, *Galana*, *Prakshalana*, *Prithakikarana* and *Parishravana*, etc.

Bhavana

Bhavana involves grinding of materials with liquid media. This process converts coarse compounds into finer state and qualities of liquid media transferred to the active components.

Marana

Marana mainly convert impure compounds like; *Parada* into pure compatible form. The metals or minerals components treated with herbal juices followed by heat treatment to obtain *Bhasma* like appearance.

Jarana

Jarana involves conversion of *Parad* like elements into their natural form without using *Galana* process. Properties of *Parada* get enhanced when it treated with *Gandhaka*.

Murchhana

Murchhana involves conversion of mercury into compatible, for this purpose sometimes sulphur may be employed for treating mercury. *Murchhana* are two types *Sagandha* and *Nirgandha Murchhana*, *Sagandha murchhana* involves utilization of *Gandhaka* for treating mercury while in *Nirgandha murchhana* mercury treated without *Gandhaka*.

The advantageous properties of Rasa Shastra formulations

- ✓ High potency
- ✓ Diversified pharmacological activities
- ✓ Long shelf life
- ✓ Palatability

- ✓ Low dosing frequency

Mineral/metals used as Rasa Dravyas

- ❖ *Parad*
- ❖ *Gandhaka*
- ❖ *Suvarna*
- ❖ *Maakshika*
- ❖ *Rajata*
- ❖ *Loha*

Metal/mineral based Ayurveda formulations

- *Mandura Vataka*
- *Muktaadya Churna*
- *Navaayas Curna*
- *Dwitiya Braahma Rasaayana*

Therapeutic Importance of Rasa Dravyas

The *Rasa Shastra* provides health benefits in heart diseases since the formulations possess *Laghu Guna* therefore they enhances blood flow and strengthen heart muscles by virtue of their potency.

The hot potency of *Rasa Dravyas* helps to reduces symptoms of cold & wheezing since these drugs not only liquefy cough but also facilitate its removal from respiratory tract.

Madhura action of *Rasa* drugs helps to eradicate skin problems like; dermatitis, psoriasis, acne and itching.

Tikshna and *Tikta* properties of *Rasa* drugs possess *Deepan* and *Pachana* effects thus enhances appetite thereby potentiate *Dhatu*s and maintained good physical and mental health.

The ayurveda properties of *Rasa* drugs control degenerative process of body thus prevents adverse effects of early aging.

These drugs reduce formation of skin wrinkles, maintained elasticity and compatibility of skin texture therefore improves glow and physical appearance of body.

The effect of *Rasa* drugs on metabolic and hormonal activities balances body fat and consumption of energy therefore reduces chances of obesity or other metabolic diseases.

The detoxifying effect of drugs helps to eliminate toxins/*Ama* from body therefore provides relief in feeling of heaviness, lethargies, constipation and gastric troubles.

The vitalizing action of *Rasa Dravyas* imparts aphrodisiac activities therefore such types of medicines helps to relieve sexual problems like; erectile dysfunction and infertility.

Rasa Dravyas in the Management of Infectious Diseases

Varnya effect of these drugs improves process of healing and regeneration, *Brimhana* effect imparts immunity while *Ushna* property helps to removes microbial toxins from body. *Rucikara* effects boost process of nourishment while *Medhya* effects provide strength therefore helps in the management of microbial infections.

Probable Mode of Action of Rasa Dravyas towards General Health Benefits

Rasa Dravyas possess *Varnya*, *Medhya*, *Brimhana* and *Dipana* effect thus improves internal strength. *Vrisya* and *Vayasthapana* properties of these drugs prevent degenerative effects therefore restore stamina. *Balya* property of *Rasa Dravyas* improves immunity thus provides resistance against infections. *Rucya* action boost appetite thus maintains nutritional supply to the body. *Vatapitta Hara* action prevents loss of enthusiasm, boosts digestive functioning and relives body aches. *Krimighna* effects prevent invasion of microorganism thus improves resistance against infectious diseases.

Anxiolytic property of drugs suppress mental stress and cures depression. Hepato-protective action reduces anorexia. The hormonal balancing capacity of *Rasa Dravyas* helps in metabolic diseases like diabetes. Analgesic property reduces pain and swelling caused by inflammatory consequences. Detoxifying property of *Rasa Dravyas* cleans body organs and clear passages of *Srotas* thus restore circulatory process of body. The anti-allergic property of *Rasa* drugs prevent allergic manifestation and provide relief in skin ailments.

Toxic effects Rasaushadhies: precautionary measures to be considered

- ❖ Inappropriate use of *Paarada* may lead skin allergy, burning sensation and vomiting.
- ❖ *Gandhaka* may cause adversity of skin irritation and hyperthermia.
- ❖ *Hingula* associated with kidney problems.
- ❖ *Manasila* can cause constipation and urinary calculi.
- ❖ *Suvarna* may lead symptoms of nausea, vomiting and dyspepsia.
- ❖ *Taamra* associated with problem like mental irritation.
- ❖ *Vanga* may cause cardiac trouble, polyuria, dyspnoea and hemorrhoids.
- ❖ *Yasada* can leads symptoms of polyuria and skin problems.
- ❖ *Loha* may causes problems of renal calculi and skin disorders.

CONCLUSION

Rasashastra is fundamental aspect of Indian medical system Ayurveda, *Rasashastra* deals with *Rasa* formulations which offer many therapeutic benefits. These formulations possess palatability, compatibility and long shelf life. *Rasa Aushadhis* offers health benefits in various diseases such as arthritis, obesity, anemia, skin problems, gastric trouble, stress, sexual dysfunction, respiratory diseases and allergy, etc. The vitalizing and rejuvenating effects of these drugs helps to mental normal health status and prevent manifestation of early ageing. The article suggested that if *Rasa Aushadhis* prepared and prescribed appropriately then they can offers beneficial effects in many acute as well as chronic diseases.

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