

AYURVEDA RASA AUSHDI FOR DIGESTIVE AILMENTS W.S.R. TO ROLE OF
SANKH BHASMA: A REVIEWDr. Surajsingh Laxmansing Thakur^{*1}, Dr. Manoj Pundlik Rathod² and Dr. Anjali Vinod Deshmukh³¹Associate Professor, Rasashastra and B.K. Department, G.S. Gune Ayurved College, Ahmednagar, Maharashtra, India.²Assistant Professor, Kriya Sharir, MUP'S Ayurved College, Hospital & Research Centre, Degaon Phata, Tal - Risod, Dist - Washim. 444505. Maharashtra, India.³HOD & Professor, Rachana Sharir Department, MUP'S Ayurved College, Hospital & Research Centre, Degaon, Tal - Risod, Dist - Washim, Maharashtra, India.***Corresponding Author: Dr. Surajsingh Laxmansing Thakur**

Associate Professor, Rasashastra and B.K. Department, G.S. Gune Ayurved College, Ahmednagar, Maharashtra, India.

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ABSTRACT

Rasa Shastra is important stream of Ayurveda and various theories of this branch works around preparation and uses of Rasa (mercury) and other metals/ minerals based herbal formulations. Rasa aushadhis prepared from optimized process of purification offers many therapeutic effects i.e. rejuvenating action, antioxidant property, imparts vitality, helps to improves digestion and cure skin ailments, etc. These drugs provide several therapeutic benefits and mainly employed for their potent and quick response. The burden of present lifestyle and awful dietary habits creating many digestive problems and large number of people in current time suffering from digestive ailments. Ayurveda mentioned utility of Rasa aushadhis in such condition along with Panchkarma and dietary suggestions. Rasa aushadhis improves process of digestion and restrict pathogenesis of digestive disorders, present article explored utility of Rasa Shastra in digestive problems.

KEYWORDS: Ayurveda, Rasa Shastra, Digestive problems, Shankha Bhasma.**INTRODUCTION**

Rasashastra described in classical text of Ayurveda as therapeutic modality which mainly utilizes mineral/metal based herbal formulations for disease alleviating purposes. This branch has acquired great importance in ayurveda since it has become integral part of classical medical system due to its enormous therapeutic benefits. These formulation prepared by various theories and procedures (*Sodhana*, *Marana* and *Putta*, etc.) of *Rasashastra* with many precautionary measures. The *Rasa Dravyas* or mercurial (*Rasa*) formulations mainly described in ayurveda along with utilization of other metal & minerals, therefore this branch termed as *Rasashastra* since mercury considered as *Rasa* in Ayurveda classics.^[1-4]

The purification, size reduction and incineration, etc. process involved in preparation of these drugs, these procedures helps to reduce toxicity of minerals/metal and imparts therapeutic qualities into formulations. The pharmaceutical benefits as depicted in **Figure 1** make them choice of drugs when potent and quick response required for the treatment of diseases.^[3-7]

**Figure 1: Therapeutic properties of *Rasa aushadhis*.**

Formulations prepared from principle of *Rasashastra*; *Rasa aushadhis* offers several therapeutic or health benefits i.e.; anti-stress, anti-depressant, rejuvenating, aphrodisiac, analgesic, anti-oxidant, anti-ulcers and hepato-protective actions, etc. *Rasa aushadhis* works greatly to relieve constipation, indigestion and anorexia, *Deepan* and *Pachana* properties of these formulations improve liver functioning and appetite thus considered useful for reduce constipation.^[6-11] Present article summarizes role of *Rasashastra* in the management of digestive ailments.

Mohamrutunjaya lauha

It is useful in liver cirrhosis thus helps to treat digestive problems associated with liver problems, the ingredients

such as; iron, arsenic and mercury effective in enlarges of liver.

Bruhat lokanath rasa

It is used for liver diseases, jaundice and oedema. The ingredients such as; *Suddha parada*, *Abhrabhasma*, *Gandhaka*, *Tambra bhasma* and *Lauha bhasma*, etc. provides rejuvenating effects hence reduces symptoms of anorexia and boost liver functioning.

Navjeeban rasa

Navjeeban rasa as name says it improves function of liver, control enzyme secretion and acts as an appetite stimulant.

Rudra rasa

Roudra Rasa helps in the management of liver diseases and also advised useful for cancer of G.I. tract.

Vasant kusumakar rasa

It offers rejuvenation action, pacifies *Pitta*, and improves pancreatic activities and regularizes metabolic process inside the body thus helpful to prevent digestive health issues.

Vanga bhasma

It is *Rasa dravya*, possesses *Tikta rasa*, *Laghu Guna*, *Katu Vipaka* and *Ushna Virya* thus improves digestion and cure digestive ailments.

Chandraprabha vati

It is employed for the management of *Prameha* and metabolic syndrome. The formulation chiefly contains *Vacha*, *Bhunimba*, *Amruta*, *Haridra*, *Pippalimoola*, *Chitraka*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Shunthi*, *Maricha* and *Pippali*, etc. These ingredients relieve symptoms of indigestion and prevent pathogenesis of metabolic disorders thus maintain normal functioning of digestive system.

Yakrit plihari loha

It is considered useful for jaundice, bloating, anorexia and indigestion. This formulation prevents liver problems and maintains enzymatic function requiring for proper digestion therefore advised as effective drug for digestive ailments associated with liver problems.

Rambana rasa

Rambana rasa contains *Shudh gandhak*, *Vatsanabh*, *Marich*, *Jatiphal* and *Lavang*, etc. these components of formulation helps in digestion and regularizes process of food assimilation and useful in impaired digestion.

Role of Shankh Bhasma in Digestive Problems

Shankh Bhasma is made up by conch shell; it is helpful to treat disorders related to *Pitta Dosha* therefore prescribed for digestive problems where *Pitta* vitiation is common issue. It is useful in conditions like; abdominal pain, gastritis and diarrhea, etc. This ancient formulation

also acts as stool binding agent, antacid, and appetite stimulant, anti-spasmodic and antiemetic agents.

Shankha bhasma pacifies *Doshas* and acts as natural alkalizer thus helpful to combat against the problem of hyper-acidity. *Shanka bashma* cure improper digestion and prevent formation of *Ama* which is one of the causative entities of digestive ailments. *Shanka bashma* helps in process of detoxification and clears microcirculation therefore maintain metabolic and circulatory process of body.

Sankha Bhasma mainly contains calcium, magnesium and iron. These ingredients are useful in hyperchlorhydria, colic and hepatosplenomegaly. *Shanka bhasma* is effective against severe diarrhoea due to its *Stambhana* action. It relieves abdominal cramping and flatulence, reduces symptoms of abdominal distention, nausea and burning sensation. *Shanka bhasma* exerts effects on abdominal muscles and reduces muscle spasm in case of diarrhea and dysentery. *Shanka bhasma* suppress intestinal gas and abdominal heaviness. Ayurveda suggested uses of *Shanka bhasma* in *Grahani* since this drug relieves disturbed bowel movements and improves process of digestion by controlling overall metabolic activities. The hepatoprotective property of *Shankha Bhasma* cure jaundice, pacifies liver functioning, regularizes secretion of bile and exerts effects on enzymatic activities related to digestion. *Shankha Bhasma* relief chronic indigestion, *Shankha Bhasma* reduces noxious effects of contaminated foods and imparts soothing effects to the digestive tract thus reduces gastric irritation caused by faulty dietary habits.

CONCLUSION

Ayurveda medicine especially made up from minerals, metals and herbs are considered useful for eliminating many diseases, these drugs offers benefits of small dosing, quick action, effectiveness and long self-life. The mineral or metal based *Rasaushadhis* helps in digestive diseases and cure symptoms of diarrhea, constipation, indigestion and irritable bowel syndrome, etc. Ayurveda drug *Shankha Bhasma* work very efficiently to relieve digestive ailments since this ancient formulation acts as an antacid and relieves problem of hyper-acidity. The *Pitta* and *Vata* pacifying effects of *Shankha bhasma* offers health benefits in gastritis, diarrhea, abdominal spasm and *Grahani*, etc. This formulation stimulate appetite, suppress nausea & vomiting, cure indigestion, helps to treat jaundice by pacifying liver functioning and improves metabolic activities of body.

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