



**REVIEW ON THERAPEUTIC PHILOSOPHY OF RASASHASTRA & SPECIFIC HEALTH
BENEFITS OF RASAYANA DRUGS**

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ABSTRACT

Ayurveda the science of therapeutic modalities mentioned various aspects for the maintenance of general health status and *Rasashastra* is one of such aspect of Ayurveda that involves use of metal, mineral and *Rasayana* drugs for the management of normal health status. The historical concept of *Rasashastra* initially involves utilization of mercury (*Rasa*) hence this modality termed as "*Rasashastra*". The specific qualities of *Rasa Aushadhi* such as; high potency, diversified pharmacological action, palatability, shelf life and minimal dosing offers advantages over other conventional ayurveda formulations. These all *Rasa aushadhis* offers health benefits in the management of diseases such as; *Madhumeha*, *Vatarakta*, *Sthoulya*, *Kushtha* and *Grahani* etc. Present article dealt with therapeutic philosophy & specific health benefits of drugs of *Rasashastra*.

KEYWORDS: Ayurveda, Bhasma, Rasa and Herbo-Mineral.

INTRODUCTION

The development of *Rasa Shastra* witnessed from ancient period *Buddha* and the classical texts of Indian civilization encompass information related to the use of metals and minerals along with herbs for therapeutic purposes. *Mardana*, *Murchana*, *Rodhana*, *Niyamana* and *Jarana* are some procedures that utilizes for the preparation of *Rasa Dravyas*. The major techniques of *Rasa Shastra* involve transformation of non-compatible metals/minerals to compatible form so that they can be administered inside the body for therapeutic purpose. Contrary to *Kashtha aushadhi* in which only plant material is used *Rasa aushadhi* involves use of metals and minerals in ayurveda formulations. The *Kharliya Rasa*, *Pishtti*, *Bhasma*, *Potali* and *Parpati* are formulations of *Rasa Shastra*. **Figure 1** depicted common step involve in preparations of some *Rasa Dravyas*. The purification, grinding, mixing, heating, incineration and churning etc. are the process involves in the preparations of such formulations, these procedures enhances therapeutic values and reduces side effects of minerals and metals. These formulations of *Rasa Shastra* categorizes on the basis of following *Rasa*:

❖ *Maharasa*

- ❖ *Uparasa*
- ❖ *Sadharana Rasa*
- ❖ *Ratna*
- ❖ *Upratna*
- ❖ *Visha*
- ❖ *Upvisha*

The following procedures mainly involves in the preparations of *Rasa aushadhis*:

- ❖ *Shodhana*
- ❖ *Bhavana*
- ❖ *Mardana*
- ❖ *Marana*, etc.

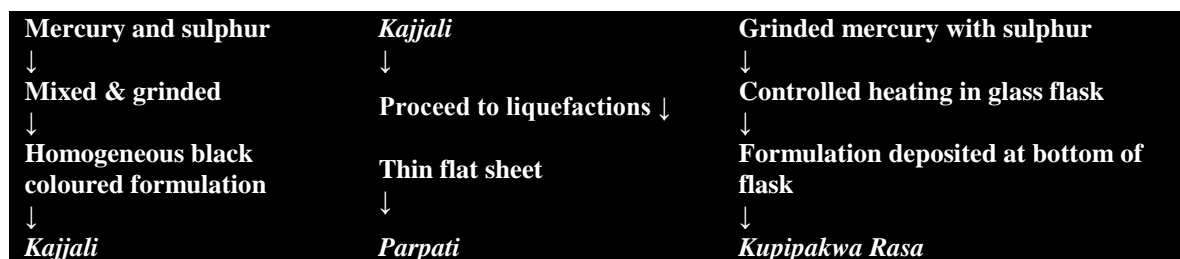


Figure 1: Common step involve in preparations of some formulations of *Rasa Shastra*.

Properties of *Rasa* formulations

- ❖ *Rasa* formulations containing *Swarna*:
Madhura Rasa, *Snigdha Guna*, *Sita Virya* and *Madhura Vipak*.
- ❖ *Rasa* formulations containing *Silver*:
Amla Rasa, *Sita Virya*, *Snigdha Guna* and *Madhura Vipak*.
- ❖ *Rasa* formulations containing *Mercury*:
Madhura Rasa & *Snigdha* properties.

Common beneficial effects of these *Rasa* formulations are as follows

- ❖ Adaptogenic effect
- ❖ Boost strength and immunity
- ❖ Enhances sexual vitality
- ❖ Imparts longevity and rejuvenating effect
- ❖ Detoxify body and restore circulatory balances
- ❖ Delay ageing and improves complexion

Particular *Rasa Aushadhis* for specific diseases

- ❖ *Laxmivilas rasa*
Can be used for respiratory or infectious diseases including fever
- ❖ *Shankh bhasma*
Used for acidity
- ❖ *Godanti bhasma*
Used for cold, cough and fever
- ❖ *Swarna makardhwaj rasayan*
Used for infertility
- ❖ *Loha bhasma*
Used for anemia
- ❖ *Mica* based (*Abhrak*) formulations
Anabolic and immunomodulation actions
- ❖ *Conch* (*Sankha*) based formulation
Anti-ulcer effect
- ❖ *Zinc* (*Jasad*) based *Rasa* formulations
Relief myopia and imparts hypoglycemic effect
- ❖ *Mukta* based *Rasa* formulations
Anti-inflammatory and analgesic effect
- ❖ *Shilajit Rasayana*
Rejuvenating and adaptogenic effects.
- ❖ *Arogyavardhini Vati*
Boost liver functions and enhances metabolism.
- ❖ *Varunadi Kashayam*
Relieve symptoms of fatty liver.
- ❖ *Triphala guggul*
Control obesity and beneficial for cardiovascular system.
- ❖ *Guduchyadi kwath*
Imparts immunity thus prevent prevalence of infections and cure *Vatarakta*.

- ❖ *Rambana rasa*
Improves digestion and relief pain
- ❖ *Vasant kusumakar rasa*
Rejuvenation & aphrodisiac effects.
- ❖ *Chandraprabha vati*
Help in the management of *Prameha* & *Sthoulya*.

CONCLUSION

The *Rasashastra* is vital aspect of Ayurveda which help in the management of optimum health status. *Rasashastra* utilizes mineral, metal and *Rasayana* herbs for enormous health benefits and these formulation mainly prepared by procedures like; *Sodhana*, *Marana* and *Putta*. *Indrokta Rasayana*, *Muktaadya Churna*, *Asanaadi Ayaskruti*, *Mandura Vataka*, *Taapyaadi Loha* and *Navaayas Churna*, etc. are *Rasa* formulations which provides relieve from many health ailments. The drugs and general principles of *Rasashastra* contributes significantly towards the health restoration of global society.

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