



A REVIEW ON CLASSICAL FORMULATIONS OF RASA-SHAstra AND THEIR SPECIFIC THERAPEUTIC IMPORTANCE

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ABSTRACT

Ayurveda presented enormous theories for retaining disease free life and maintaining normal health status. The principles of Ayurveda help to synchronize physical & mental constitutions of body with spiritual constitutions. *Rasa-Shastra* is one such concept of Ayurveda which utilizes metals/mineral based formulations for various health purposes. These formulations offer unique therapeutic properties due to the wide range of biological actions of purified metals and minerals. *Parad* (mercury) mainly considered *Rasa* element which gives many health benefits after purification. Similarly other formulations of *Rasashastra* provide many health benefits including rejuvenation effect, antioxidant property and anti-stress effects. Formulations prepared from concepts of *Rasa-Shastra* can be used to treat disease like *Madhumeha*, *Sthoulya*, *Kushtha* and *Vatarakta*, etc. This review article presented therapeutic importance of classical formulations of *Rasa-Shastra*.

KEYWORDS: Ayurveda, Rasa, Formulations, Health, Therapeutic.

INTRODUCTION

Rasa Shastra is vital entity of Ayurveda therapies which utilizes *Rasa* (mercury) or other metal/mineral based formulations for therapeutic purpose. The *Rasa aushadhi* comprises herbal extracts, herbal juices, purified forms of minerals or metals, etc. *Rasa aushadhi* offers advantages of low dosing, quick action, stability and high efficacy. Various ayurveda formulations such as; *Pishti*, *Bhasma*, *Parpati*, *Kupipakva* and *Potali*, etc. are prepared on the basis of *Rasa Shastra* theories using elements like; *Parada*, *Rajata*, *Swarna*, *Lauha*, *Vanga* and *Tamra*, etc. These elements offer specific therapeutic benefits i.e; gold gives anti-depressant and aphrodisiac activities, preparation based on *Tamra* gives anti-oxidant and anti-ulcer properties, *Sankha* based formulation imparts anti-ulcer effect, *Mukta* formulation has analgesic effect, formulation containing silver help in pain and boost mental strength, *Abhrak* based formulation possess therapeutic benefits in skin and also helps in auto-immune diseases while *Mandur* formulations boost *Rasa Dhatu* thus help in anemia and provide strength to body. There are many formulations mentioned in Ayurveda classics as *Rasa* preparations

which utilized for therapeutic purposes some of them depicted in **Figure 1**.

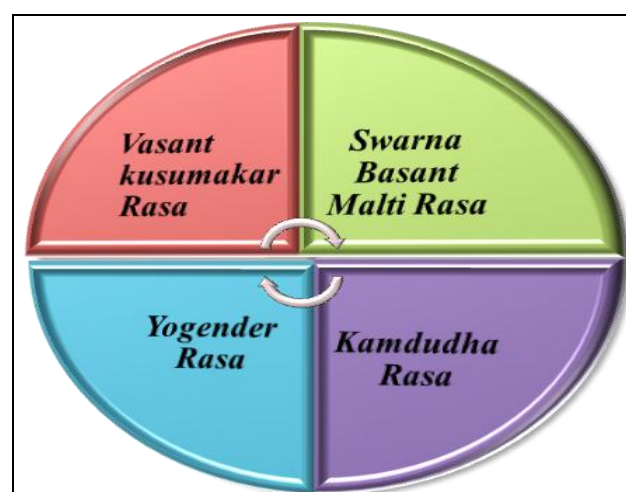


Figure 1: Examples of Some Rasa Formulations.

The *Rasa Aushadhis* having therapeutic importance by virtue of their unique actions on *Doshas* and *Dhatu*s as mentioned in

Table 1. Table 1: Effects of *Rasa Aushadhis* on *Doshas* and *Dhatus* and related therapeutic benefits.

Effects on <i>Doshas</i> and related therapeutic importance		
<i>Vata</i>	Balances <i>Vata</i>	Pacifies circulatory process, cure disease of inflammation and relive pain.
<i>Kapha</i>	Pacifies <i>Kapha</i>	Provide resistance against infection, restrict fat deposition and prevent pathogenesis of skin diseases.
<i>Pitta</i>	Stimulate <i>Pitta</i>	Strengthen digestive and metabolic activities thus provides nourishment of tissues.
Effects on <i>Dhatus</i> and related therapeutic importance		
<i>Rasa Dhatu</i>	Nourishes <i>Rasa Dhatu</i>	Regulate circulatory process.
<i>Rakta Dhatu</i>	Strengthen <i>Rakta Dhatu</i>	Cure anemia and boost internal strength.
<i>Mamsa Dhatu</i>	Potentiate <i>Mamsa Dhatu</i>	Provide physical strength and maintain muscular rigidity, resist fatigue and numbness.

As mentioned above it is indicative that these herbo-metallic formulations control activities associated with *Doshas* and *Dhatus* thus relieves many health ailments. The specific therapeutic effects of herbo-metallic formulations on various systems of body are as follows:

Effects on Excretory System

The nano sized metallic formulations help in detoxification process thus removes fluid waste from kidneys and other toxins from intestinal route. The improvement in circulation regulates process of sweating therefore control waste removal through skin pores. *Tarakeshwara Rasa* used for treating frequent urination.

Effects on Circulatory System

As mentioned above these drugs potentiates *Rasa Dhatus* thus regulates process of circulation and provide strength to *Rakta Dhatus* due to the presence of components like *Mandur* thus strengthen heart functioning, *Hridyarnava rasa* used for heart diseases.

Effects on CNS

Improves intellect and retention power thus treat age related memory loss, dementia, depression and other mental illness. Anti-anxiety effect prevents stress induced mental issues and establishes mental coordination. *Medhya* drugs used to boost mental power and cure mental illness.

Effects on Digestive System

As discussed earlier such types of formulations potentates *Pitta* by virtue of their *Virya* and *Guna* thus enhances *Agni* and improves process of digestion therefore resist consequences of constipation and malnutrition. Nourishes whole body and normalizes metabolic activities. *Shankh bhasma* helps in acidity and cure peptic ulcer.

Effects on Reproductive System

The *Rasa* drugs offers enormous health benefits in sexual dysfunction since these drugs by virtue of their rejuvenating and aphrodisiac effects enhances vitality, sexual strength and correct functioning of reproductive organs thus maintaining natural vigor, *Swarna makardhwaj* used for infertility.

Specific Therapeutic Importance of Some Particular *Rasa* Formulations

1. *Tarakeshwara Rasa*

It is composed of *Rasabhasma*, *Shudha gandhak*, *Abhraka Bhasma*, *Madhu* and *Shudha parad*. Used for renal problems, helps in detoxification and indicated for polyurea (frequent urination).

2. *Jwaramurari Rasa*

It is composed of *Vatsanabha*, *Shodita Tankana*, *Shodita Hingula*, *Shodita jayapala*, *Maricha*, *Shunti*, *Abhaya* and *Pippali*. The formulation used for inflammatory conditions and mainly indicated for *Jwara*.

3. *Sutshekhar Rasa*

It is composed of *Tankana bhasma*, *Shuddha vatsanabha*, *Shuddha Parada*, *Maricha*, *Shunti*, *Pippali*, *Datura*, *Tamra bhasma*, *Gandhaka*, *Twak*, *Patra*, *Ela*, *Nagakeshara*, *Bilva*, *Bhringraja* and *Kachura*. The formulation used for dyspepsia, vomiting, gastritis, cough, abdominal colic, cold, diarrhea and dysentery thus mainly indicated for digestive and gastric problems.

4. *Rasa Sindur*

It is prepared from *Shudha gandhak*, *Shudha parad*, *Vatankura* and Green Vitriole. The formulation offers rejuvenation effect, used for heart problems since acts as cardiac stimulant, helps to treat genital disorders, asthma and other respiratory problems.

5. *Swarna Basant Malt Ras*

It consisted of gold, white pear powder and *Piper-Nigrum* thus provides therapeutic benefits in cough, fevers, tonsillitis and bronchitis.

6. *Shwaskuthar ras*

It contains mercury sulfide, sodium bicarbonate, *Piper Nigrum* and *aconitum ferox*. This formulation gives health benefits in pathological conditions associated with respiratory tract like; bronchitis, pneumonia and coughing.

7. *Kamdudha Ras*

Tinospora cordifolia, calcined mica and ochre are mainly present in this formulation, used for fever and headache.

8. *Yogender Rasa*

It prepared from sulfide of mercury, magnetic iron, *Myristica Fragrans* and calcined gold. The ingredients of formulation provide therapeutic benefits in paralysis and muscular weakness also helps in headache associated with insomnia.

9. *Vriht vat chintamaniras*

It comprises mercury and purified sulfur along with other herbs; it is used for epilepsy, joint pains and paralysis.

CONCLUSION

Ayurveda describes many ways of healthy living including utilization of classical formulations which prepared from scientific approaches. The formulations prepared using metals/minerals along with herbal extract and powder comes under heading of *Rasa* drugs since mercury considered as *Rasa* in Ayurveda classics. *Rasa-Shastra* is Ayurveda stream which deals with such types of formulations. These herbo-metallic preparations of *Rasa-Shastra* having advantages of high efficacy, minimal dosing, excellent palatability, good biocompatibility and quick action. These drugs offer therapeutic values in many pathological conditions including heart problems, tonsillitis, sexual problems, indigestion, diabetes, obesity, asthma, renal problems and skin diseases, etc.

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