



RASASHASTRA TOWARDS THE MANAGEMENT OF INFECTIOUS DISEASES CAUSED BY MICROORGANISM W.S.R. TO THERAPEUTIC UTILITY OF SOME RASA-AUSHADHI

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ABSTRACT

Ayurveda elaborated various aspects related to the healthcare management and disease prevention. In this regards ayurveda described different types of disease including microbial infections and their management. The management of microbial disease can be done through various approaches of ayurveda and uses of drug are one of them. The ayurveda drugs belong from Rasashastra category offers therapeutic advantages in the management of microbial diseases. The literatures revealed that drugs like Parad and Gandhak, etc. can be used as chief ingredients for the management of microbial diseases. Present article summarizes role of such types of drugs in the management of diseases arises due to the microbial infections.

KEYWORDS: Ayurveda, Rasashastra, Infections, Microbes, Parad and Gandhak.

INTRODUCTION

Rasa Shastra is vital aspect of ayurveda science which described uses of minerals, poisonous plants and metallic preparations for health benefits. The Rasa drugs offers *Snigdha Guna*, *Kasaya Rasa*, *Madhura Vipak* and *Sita Virya* thus imparts *Lekhana*, *Balya*, *Vrisya* and *Vatapitta Hara* effects. The *Parad* and *Gandhak* based formulations imparts *Rasayana* and *Krimighna* properties therefore helps in the management of diseases occurs due to the microbial/*Krimi* infections. The processes like *Sodhana* and *Maran*, etc. convert incompatible mineral or metal into compatible form. The principle of *Rasashastra* enhances therapeutic properties of *Rasa* drugs therefore these drugs provide health benefits in microbial infections.

Figure 1 depicted some infectious diseases which can be cured effectively using *Rasa-aushadhi*.

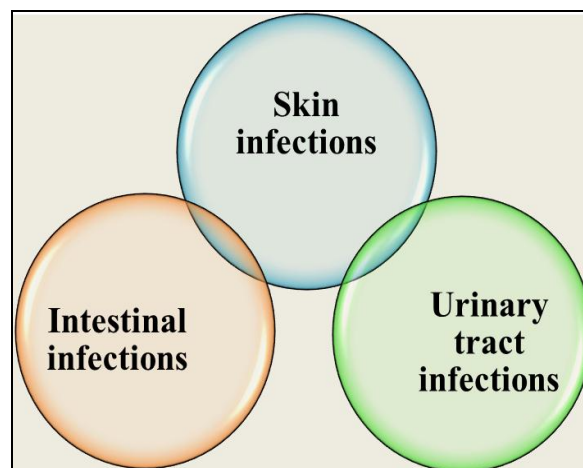


Figure 1: Infectious diseases which can be cured effectively using *Rasa-aushadhi*.

Ayurveda properties of *Rasa Dravyas* which imparts health benefits in microbial diseases

- ✚ *Madhura* and *Kasaya Rasa*
- ✚ *Snigdha* and *Laghu Guna*
- ✚ *Sita Virya*
- ✚ *Madhura Vipak*

Therapeutic properties of *Rasa Dravyas* in microbial diseases

- ❖ *Rasayana* & *Brimhana* effect boosts immunity
- ❖ *Varnya* & *Visanga* effects enhances biological healing and tissue regeneration
- ❖ *Rucikara* & *Medhya* effects help in nourishment and provide strength
- ❖ *Usna*, *Tikshna* and *Tikta* properties help to remove microbial toxins.
- ❖ *Dipana* actions helps to enhances *Agni* thus maintain metabolic activities suppressed due to the microbial load.

Hingul

- ❖ *Hingul* possess antimicrobial property and especially cure microbial infections associated with food poisoning.
- ❖ *Hingul* relieves symptoms of infectious fever such as; pain, *Daha* & swelling.
- ❖ Balance *Doshas* which get vitiated in microbial infections.
- ❖ Improves *Rasa* circulation thus facilitate transportation of natural antibodies to the affected area.
- ❖ Enzymatic activities get disturbed in microbial infections and *Hingul* potentiates enzyme thus maintain metabolic harmony of body.
- ❖ Detoxify whole body from microbial toxins and facilitate elimination of waste products.
- ❖ Empowered *Dhatus* thus enhances resistance against microbial infections.
- ❖ Maintain level of bio-energy thus boost physical as well as mental calmness during severe infections.
- ❖ Maintain thermostat of body thus reduces waves of temperature.

Gandhak

Gandhak is also used as Ayurvedic medicine in the purified form and it is used as chief ingredient of many ayurveda formulations. *Gandhak* is well known for its antimicrobial action used for many infectious diseases including *Kustha* and other *Twak Vikaras*. It significantly inhibits microbial growth and relieves symptoms of disease. It is used in very small dose for internal purpose, possesses stimulant action and influence functioning of secreting organs like skin and mucous membrane.

Important biological actions of *Gandhak*

- ✚ It increases bile thus helps in infectious skin diseases.
- ✚ Relieve symptoms of itching and inflammation associated with microbial infections.
- ✚ Reduces fevers induced by *Krimi* and helps in the management of urinary tract infections.
- ✚ It not only offers antibacterial but also possess antiviral properties.
- ✚ *Gandhak* considered as *Keetaghna*, *Krumighna*, *Keetnashak*, *Kushtari* and *Dadrughna*.

✚ *Gandhak* can be used for the treatment of microbial conditions like *Kshudra Kustha* and *Rakta Dusthijanya Vikara*.

✚ *Gandhak* eliminates pus & toxins thus reduce chance of secondary infections.

Parad

- ❖ Anti-microbial activity against many pathogens
- ❖ Acts against fungal infections
- ❖ Prevents skin diseases associated with microbial infections
- ❖ Blood purifying actions thus removes toxins from body.
- ❖ Improves immunity against common pathological organism.
- ❖ It is believed to cure *Vaastu Dosa* and *Tantrik Dosh*.
- ❖ It relieves symptoms of infectious disease like body pains, anxiety and insomnia.
- ❖ *Parad* improves physical strength lost due to the microbial infections.

Probable mode of action in microbial infections

- ✚ *Rasa* drugs promotes nutritional supply thus enhances natural immunity against pathological microorganisms.
- ✚ Improves functioning of *Agni* thus restore metabolism activities and balances intake of food and elimination of waste along with toxins.
- ✚ *Strotovishodhana* effects enhances capacity of *Strotas* thus facilitates transportations of innate antibodies and removal of wastes.
- ✚ *Vishaghna* property pacifies toxins induced effect inside the body.
- ✚ *Rasa-aushadhi* boosts *Rakta Dhatu* thus pacify impurity of blood due to the microbial infections.

CONCLUSION

Rasa-aushadhi acts against many disease causing organisms, possess *Vrana Ropana* & *Shodhana* effects thus help in wound healing. These drugs help to reduces pathogens which can cause fever, diarrhea and urinary tract infections. *Usna*, *Katu*, *Tikshna* and *Tikta* properties help to removes bacterial toxins. These herbo-mineral compounds can also be used as antimicrobial agent for *Atisar* and other bacterial infections. *Hingula*, *Parada* and *Gandhak* offer therapeutic benefits against enteric pathogens.

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