



ROLE OF RASAUSHADHIES IN THE MANAGEMENT OF MENTAL ILLNESS W.S.R. TO THEIR PROBABLE MODE OF ACTION

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ABSTRACT

The texts related to the preparation of Ayurveda medicine 'Ayurveda Pharmacopoeia' encompasses details of many drugs of natural origin obtained from plant and animal sources, it also comprises details about minerals, metals and gems based formulations. The formulation of animal sourced (*Jangama*) obtained from milk, blood, meat, urine and skin of animals, while plant sourced (*Audbhida*) formulation obtained from root, leaves, stem, bark and seeds of plant similarly mineral & metal based (*Paarthiwa* or *Khaniya*) formulation obtained from mercury, gold, silver, sulphur and copper, etc. The *Paarthiwa* or *Khaniya* based formulation specifically termed as *Rasa* drugs merely if obtained from mercury. These types of formulations prepared by purifying and processing metals & minerals with herbs and other natural ingredients. These herbo-metallic formulation offers good pharmacokinetic profiles thus provides many therapeutic benefits to restore physical as well as mental health. Present article described role of *Rasa Dravyas* in the management of mental illness.

KEYWORDS: *Ayurveda, Mental illness, Rasa Dravya, Stress/Anxiety.*

INTRODUCTION

The mercury/*Parad* is considered as important compound in Ayurveda pharmaceutical since mercury based formulation comes under category of *Rasa Dravya*. These drugs offer special physical, chemical and pharmacokinetic features. The process of making *Rasa Dravya* imparts potency, reduces toxicity, provides palatability and reduces dosing frequency. The drugs prepared from *Rasa*/mercury possess *Yogvavaahi* characteristics; increases therapeutic activity of other substances while maintaining own potency. The purification and detoxification process involved in preparing *Rasa* drugs restore therapeutic potency but reduces toxicity of raw form of metal and mineral.

Rasa Dravyas possess *Kasaya* and *Madhura Rasa*, *Laghu Guna*, *Madhura Vipak* and *Sita Virya* thus offers *Brimhana*, *Varnya*, *Rasayana*, *Rucikara*, *Visanga*, *Dipana*, *Vrisya* and *Medhya* actions. Some *Rasa* drugs possess *Amla Rasa* and *Sita Virya* thus offers *Vayasthapana*, *Lekhana*, *Balya*, *Vrisya* and *Rucya* action.

The mental illness especially stress play major role in the health related issues of current scenario. The present world facing crucial time of mental sickness since mental

stress increases day by day due to the stressful conditions of whole world. The *Manoroga Nidana* means causative factors of mental disorders are emotional disturbances, *Kama*, *Krodha*, unwholesome food, volitional transgression, mental sock and improper daily routine, etc. These factors contribute towards the *Manasaroga Samprapti* as depicted in Figure 1.

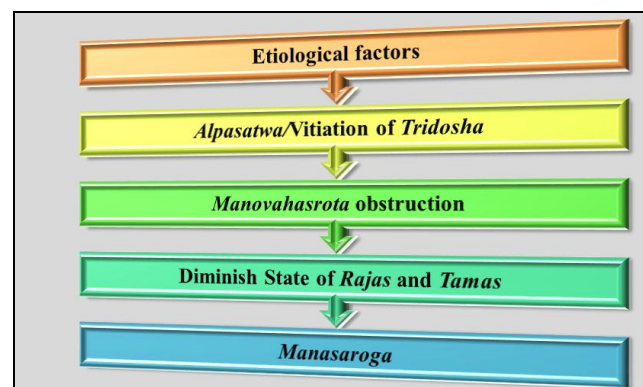


Figure 1: *Manasaroga samprapti*.

The mental illness not only affects individual health but also influences life of family member therefore it is very important to restore physical as well as mental health, in

this regards Ayurveda explained uses of many drugs including *Rasaushadhies*.

The specific effects of *rasaushadhies* (metal/mineral based formulations) towards mental health

- ❖ The formulation containing gold imparts anti-stress, antidepressant and anti-oxidant action thus reduces mental anxiety.
- ❖ Formulation containing silver provides nootropic and anxiolytic effects.
- ❖ *Tamra* based preparation helps in mental irritation and anti-oxidant effects boost mental strength.
- ❖ *Abhrak* based formulations described anabolic action thus boosts nutrient supply to brain and help to restore mental health.
- ❖ *Sankha* based formulation provides beneficial effect to brain thus acts as brain tonic.
- ❖ *Jasad* based formulation regularizes glucose metabolism thus prevent diabetes induced brain strokes.
- ❖ *Mandur* based formulations helps to maintain *Rasa Dhatus* thus maintain circulation of brain.

Probable mode of action of *rasaushadhies* (metal/mineral based formulations) in mental health

Dharana Karma effect due to the *Shita Virya* & *Madhura Vipaka* helps to pacify *Kapha*. Some drugs incorporating herbs like *Guduchi* and *Vacha* possess *Tikta Rasa* thus enhances *Grahana Shakti* and correct loss of retention power. The *Laghu Guna* and *Madhur Vipaka* of micronized metal formulation like *Bhasma* gives *Pitta Shamak* action therefore correct behavioral activities and impart neuro-protective action. The nourishing effects of these drugs promote brain growth and restore circulatory process of mind. Some drugs brain and control metabolic activities therefore prevent diabetes induces mental illness. The *Dhatu* potentiating effect of *Rasa* formulation helps to maintain mental strength. The *Rasa* restrict degenerative process thus prevents mental sickness associated with early aging symptoms. These drugs provide good physical appearance by maintaining skin texture and glow thus imparts confidence which help to fight against mental depression. The anti-obesity effect of drugs prevents obesity induced depression.

Some *rasa* formulations for mental health

Swarna Bhasma reduces inflammation in brain, improves coordination, offers anti-stress effect and cure depression.

Smriti Sagara Rasa acts as mood elevator and helps in social anxiety disorders.

Vata Vidhwamsa Rasa relief physical as well as mental fatigue.

Vata Gajankusa Rasa boost mental strength and pacify mental anxiety.

CONCLUSION

Herbo-mineral formulations especially belong from *Rasa Dravya* offers unique pharmacokinetic and

possess *Madhur Rasa* and *Snigdha Guna* thus controls *Vata* and improves CNS circulation. The neuro-protective and nourishing properties restrict pathological progression of dementia and depression. The polyphenolic compounds present in formulation exerts antioxidant action which provide radical induced damage of cellular organs even prevent oxidative damage of brain tissue. Herbo-metallic formulation offers anti-stress effect, improves cognition function and cure behavioral disorders. *Hittodvega* pacifying effect of such type of formulations prevents stress induced mental illness and depression. Some formulations containing *Medhya* effect thus boost motor coordination and grasping power. The special use in elderly patients cure symptoms of early aging like loss of memory, mental coordination and dementia. Similarly in children these drugs comprise drugs like *Vacha* which acts as mental tonics and improves intellect, speech and grasping power. The rejuvenating and mood elevator effect imparts mental vitality and help in stress induced mental sickness. These drugs mainly act on *Grahana*, *Dharana* and *Smriti* by pacifying *Pitta* and *Sattva*. The effect of *Rasa* drugs on *Kapha* provides *Dharana* by *Sthiritava* property and thus contributes towards cognition retention. The *Ushna Virya* of drugs can be considered helpful in restoring *Grahana* and *Smarana* power while *Shita Virya* of drugs may be considered responsible for *Dharana* function. Moreover *Laghu Guna* of micronized metallic formulation allows their entry through minute channels therefore enhances blood flow through *Srotas* and removes obstruction of *Manovahasrota* thus prevent pathological progression of mental disorders. *Deepan* and *Pachana* effects improves digestive functioning thus maintain nutritional supply to the all organs including control metabolic activities therefore prevent pharmacodynamic properties therefore helps in the management of physical as well as mental illness. These drugs improve regenerative process of brain cells, improve memory, correct impaired mental functioning, helps in depression, boost grasping power, relieve cognitive deficits, promote intellect, restores retention power and acts as anti-anxiety agents thus provides significant relief in mental illness such as; *Udvega*, *Avasada*, *Atattvaabhinivesha*, *Unmada* and *Apasmara*, etc. *Rasa Dravyas* possess *Laghu Guna*, *Kasaya* and *Madhura Rasa*, *Sita Virya* and *Madhura Vipak* thus offers *Varnya*, *Brimhana*, *Rasayana*, *Rucikara*, *Dipana* and *Medhya* actions. These all effects help to boost mental strength and provides resistance against mental disorders.

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