



**PROPERTIES AND THERAPEUTIC ROLE OF HERBO-MINERAL PREPARATIONS
W.S.R. TO MAHALAXMIVILAS RASA & RAS SINDOOR**

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ABSTRACT

Rasa Shastra is specific stream of Ayurveda which involves utilization of *Rasa*, metals, minerals, gems, herbs and poisonous substance, etc. This branch utilizes various herbo-mineral formulations for several therapeutic purposes based on the principles of Alchemy and Metallurgy. These drugs offer health benefits in *Jwara*, *Grahini*, *Unmad*, *Amavata*, *Kasa*, *Urdhwa Jatrugata rogas*, *Raktavikara* and *Tvagroga*, etc. These metallic preparations involve specific procedures for their preparation including *Shodhana* and *Marana*. These specific preparatory methods detoxify metal/minerals, modify properties of materials and improve therapeutic potential of drug. These *Rasa-aushadhis* possess qualities such as high efficacy, low dosing frequency, wide range of therapeutic utility and long shelf life, etc. There are different methods utilized for the preparation of these formulations i.e. *Parpati Rasayana*, *Khalviya Rasayana*, *Pottali Rasayana* and *Kupipakawa Rasyana*. These methods impart desired qualities in formulations and potentiate or retain therapeutic property of active ingredients. *Mahalaxmivilas Rasa & Ras Sindoor* are such Ayurveda formulations which used for treating various health ailments.

KEYWORDS: *Rasa Shastra*, *Ayurveda*, *Herbo-Mineral*, *Mahalaxmivilas Rasa*, *Ras Sindoor*.

INTRODUCTION

Ayurveda enriched with historical background and logical understating of practice based approaches of healing. The *Rasa Shastra* as an important aspect of Ayurveda separately deals with processing, utilization, storage and safety precautions of metals/minerals based formulations for therapeutic purposes. The origination of *Rasa* based on the processing of mercurial preparation for therapeutic purpose. However there is need to explore quality examination and safety concern related to the herbo-mineral preparations.^[1-5]

The *Rasa Shastra* works around science of mercury since *Rasa dravyas* indicates formulations prepared by *Parada* (mercury). These formulations prepared using mercury and incinerated metals or minerals therefore lot of expertise required while preparing these drugs since improper processing not only affect therapeutic potency but may also leads harmful effects due to the toxicity of metals or minerals. Therefore Ayurveda advocated some

Pariksha (quality examination) in every steps of preparation of *Rasa dravyas*. The proper detoxification and incineration of metallic or mineral substances is very important to avoid any chances of toxicity. *Mahalaxmivilas Rasa* is a herbo-mineral-metallic preparation prepared by specific procedures and on the basis of preparatory methods it is classified as *Khalviya Rasayana*.^[3-6]

Mahalaxmivilas Rasa

It is prepared by *Khalviya Rasayana* method, mainly used for *Urdhwa Jatrugata rogas*, *Amavata*, *Kasa*, *Pinasa*, *Rajayakshma*, also recommended for *Vajikarana* purpose, *Gala Roga*, *Antra Vriddhi*, *Kushtha*, *Atisara*, *Prameha*, *Vrana*, *Bhagandara*, *Arsha*, *Raktavikara*, *Stri roga*, *Netraroga*, *Mukha Roga* and *Shula*.

Preparation of *Mahalaxmivilas Rasa*

Swarna Bhasma, *Rajat Bhasma*, *Abhrak Bhasma*, *Tamra Bhasma*, *Bang Bhasma*, *Loha Bhasma*, *Mandur Bhasma*,

Kanta Loha Bhasma, *Mukta Bhasma*, *Shuddha Vatsanabha*, *Ras Sindoor* and *Chitrakmool Kwath*, etc. are major ingredients of formulation.

The preparation involves following steps.

- ❖ Preparation of *Bhasmas* i.e.; *Abhraka*, *Swarna*, *Vanga* and *Tamra*, etc.
- ❖ Preparation of *Kajjali*
- ❖ Purification of *Haritala*
- ❖ Purification of *Dhatura Bija*
- ❖ Preparation of *Nagavalli Swarasa* and *Bhavana* with *Nagavalli Swarasa*.

Uses

Mahalaxmi Vilas Rasa acts on lungs, reproductive system, muscles, nasal cavity and sense organs. This drug strengthens body and good for lungs. *Mahalaxmi Vilas Rasa* improves airways of lungs therefore effectively used for respiratory problems. It helps in

breathing and relieves problem of coughing. *Mahalaxmi Vilas Rasa* possesses cardio-protective effects and used for treating sinusitis.

Mahalaxmi Vilas Rasa possess anti-tubercular, antitussive, anti-asthmatic, anti-inflammatory, immunomodulatory, antibacterial, anti-ischemic and antioxidant properties therefore considered useful for the treatment of tuberculosis, anemia, jaundice, piles, skin diseases, poor digestion, chronic fever, asthma and oligospermia, etc.

Ras Sindoor

Ras Sindoor is Ayurveda medicine consisted of herbal and mineral ingredients, mainly used to improve strength and immunity, etc. *Ras Sindoor* balances *Vata*, *Pitta* and *Kapha*. *Ras Sindoor* is prepared by *Kupipakwa* process using various equipments and instruments as depicted in **Figure 1**.

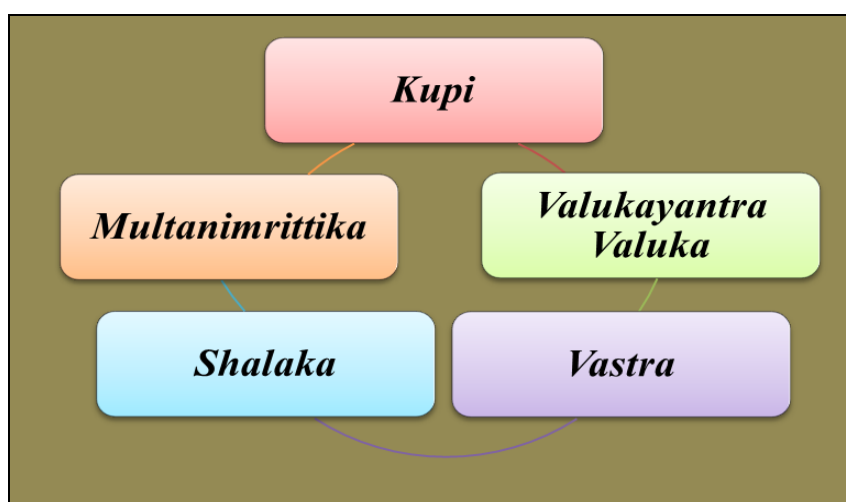


Figure 1: Materials require preparing *Kupipakwa Rasa*.

Preparation of *Ras-Sindoor*

This drug contains *Shuddha Parada* (purified and processed mercury), *Shuddha Gandhaka* (purified and processed green vitriole), *Ficus benghalensis* juice extract. This drug prepared by *Kupipakwa* technique therefore considered as *Kupipakwa Rasa*. Mercury purified through sublimation process, the purification of sulfur performed using cow's milk and ghee. Sulfur heated up to its melting point after mixing with *ghee* and the liquid so obtained poured into a vessel containing hot milk. This process repeated many times and the final product washes with hot water and dried. The purified mercury and sulfur mixed with juice of *Banyan* tree (*Ficus benghalensis*). The mixture further place in mortar and crushed till to get fine and black colored powder which is lusterless and termed as *Kajjali*. This *Kajjali* further filled in glass bottle (*Kach-Kupi*) and then heat in controlled way till to disappearance of blue flame from the pot and finally bottom of bottle turned to red hot. The sublimate finally collected from the neck of the bottle.

Specific therapeutic benefits of ingredients of *Ras-Sindoor*

- ❖ Mercury relief symptoms of asthma.
- ❖ Mercury prevent protozoal infections.
- ❖ Mercury suppress cough.
- ❖ *Shuddha Gandhak* improves immunity and acts against bacterial growth.
- ❖ Plant used in formulation reduces symptoms of fever.
- ❖ Herbal extract and juices improves heart function and digestion.
- ❖ The mineral ingredients of *Ras Sindoor* stimulate immune system.

Medicinal Uses

Ras Sindoor boosts immune system and improves strength especially in case of cardiac diseases. This drug is considered effective in abdominal pain, urinary tract diseases and fistula in ano. This formulation is good for inflammatory conditions, respiratory conditions, asthma, tuberculosis, obesity, digestive problems and anemia, etc.

Rasasindura regulates balances of *Tridoshas* since it possesses *Katu*, *Tikta* and *Ruksha* property therefore relieves respiratory disorders.

It causes *Niyamana* of *Panchavata* due to its *Laghuguna*, *Ushnaveerya* and *Katuvipaka* thus considered useful for *Kaphapradhanarogas*.

Rasasindura regulates *Vata* and *Pitta* since it causes *Nisarana* of *Pitta* without, the *Ushna* and *Teekshna* *Guna* of formulation helps in digestive ailments.^[7-6]

CONCLUSION

Ayurveda *Rasa Shastra* described several ancient classical formulations used for various therapeutic purposes including treatment of *Grahini*, *Amavata*, *Kasa*, *Raktavikara*, *Tvagroga* and *Urdhwa Jatrugata rogas*, etc. *Mahalaxmivilas Rasa* & *Ras Sindoor* are such Ayurveda formulations which used therapeutically for various purposes. These metallic preparations purified and detoxify using *Shodhana* procedure and converted into biological compatible form. *Parpati Rasayana*, *Khalviya Rasayana*, *Pottali Rasayana* and *Kupipakawa Rasyana* are various types of *Rasa* formulations based on their method of preparation, *Mahalaxmivilas Rasa* is *Khalviya Rasayana* while *Ras Sindoor* is *Kupipakawa Rasyana*. These preparatory methods improve properties of drug. The *Rasa-aushadhis* offers advantages of high efficacy, wide range of therapeutic spectrum, long shelf life and low dosing frequency, etc.

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