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, Pishth, 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
- Upasana
- Sadharana Rasa
- Ratna
- Upratna
- Visha
- Upvisha

The following procedures mainly involves in the preparations of Rasa aushadhis:
- Shodhana
- Bhavana
- Mardana
- Marana, etc.

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.
Mercury and sulphur \[\downarrow\]
Mixed & grinding \[\downarrow\]
Homogeneous black coloured formulation \[\downarrow\]
Kajjali \[\downarrow\]

Grinded mercury with sulphur \[\downarrow\]
Controlled heating in glass flask \[\downarrow\]
Formulation deposited at bottom of flask \[\downarrow\]
Kupipakwa Rasa

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 makardwaj 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 Rasayan
  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.
  - Guduchiayadi kswth
  Imparts immunity thus prevent prevalence of infections and cure Vataraka.

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

CONCLUSION

The Rasashastra is vital aspect of Ayurveda which help in the management of optimum health status. Rasashastra utilizes mineral, metal and Rasyayana herbs for enormous health benefits and these formulation mainly prepared by procedures like; Sodhana, Marana and Putta. Indroka Rasasayan, Muktadaya 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.

REFERENCES