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

Dr. Ganesh Sakharam Deshmukh1*, Dr. Dayanand Dattatraya Ovar2, Dr. Ujwala Murlidhar Katole3 and
Dr. Monish Maruti Shinde4

1Reader, Dept of Rasashastra and Bhaishajya Kalpana, Dr Vedprakash Patil Ayurved College, Jalna, Dist. Jalna, India.
2Professor, Dept of Rasashastra and Bhaishajya Kalpana, Dr R N Lahoti Ayurved College, Sultanpur, Dist. Buldhana,
India.
3Reader, Dept of Prasuti Tantra Evum Strirog, Dr R N Lahoti Ayurved College, Sultanpur, Dist. Buldhana, India.
4Lecturer, Dept of Rasashastra and Bhaishajya Kalpana, Dr Vedprakash Patil Ayurved College, Jalna, Dist. Jalna,
India.

*Corresponding Author: Dr. Ganesh Sakharam Deshmukh
Reader, Dept of Rasashastra and Bhaishajya Kalpana, Dr Vedprakash Patil Ayurved College, Jalna, Dist. Jalna, India.

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 Rasayan, Khalviya Rasayan, Potalli Rasayan and Kupipakawa Rasyana. These methods impart desired qualities in formulations and potentiate or retain therapeutic property of active ingredients. Mahalaxmivas Rasa & Ras Sindoor are such Ayurveda formulations which used for treating various health ailments.

KEYWORDS: Rasa Shastra, Ayurveda, Herbo-Mineral, Mahalaxmivas 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. Mahalaxmivas Rasa is a herbo-mineral-metallic preparation prepared by specific procedures and on the basis of preparatory methods it is classified as Khalviya Rasayan.1-6

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

Preparation of Mahalaxmivas Rasa
Swarna Bhasma, Rajat Bhasma, Abhrak Bhasma, Tamra Bhasma, Bang Bhasma, Loha Bhasma, Mandur Bhasma,
Kanta Loha Bhasma, Mukta Bhasma, Shuddha Vatsanabh, Ras Sindoor and Chitrakmoool Kwath, etc. are major ingredients of formulation.

The preparation involves following steps.
- Preparation of Bhassmas i.e.; Abhraka, Swarna, Vanga and Tamra, etc.
- Preparation of Kajjali
- Purification of Haritaka
- Purification of Dhatura Bija
- Preparation of Nagavalli Swarasas 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, antitusive, 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 Ayurvedic 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.

**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 Raksha 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 Udhlwa 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.

REFERENCES