



ROLE OF AYURVEDA MEDICINES OBTAINED FROM METALS AND ANIMAL SOURCES

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ABSTRACT

The Ayurvedic system of health management utilizes various approaches for health restoration including utilization of natural drugs derived from different sources; herbal, metal and animal, etc. Herbal medicines play important role towards the prevention and treatment of diseases, however drugs obtained from metal and animal sources also considered useful for treating many health ailments. The Ayurveda medicines obtained from metallic and animal sources possess specific qualities therefore utilizes for particular therapeutic purpose. These drugs should be used under the supervision of expert due to their high potency and possible adverse reaction if not used properly. Processed metals like Mercury, Silver, Gold, Lead, Copper and Zinc, etc. mainly uses for preparing metallic formulations. Similarly different materials like milk, urine, skin, horn, teeth, shell, *Shankha*, *Mauktikam*, wax and honey, etc. are products derived from animal's sources to prepare Ayurveda medicines. These metal and animal based medicines helps to treat diseases like; *Amavata*, *Prameha*, *Sthoulya*, *Rajayakshma*, *Amlapitta* and other chronic diseases.

KEYWORDS: *Ayurveda, Metals, Animals, Rasa, Medicines.*

INTRODUCTION

Ayurveda is considered *Veda* of *Ayu* that provides many fundamentals related to the health management and long life. Ayurveda not only works towards the prevention and treatment of disease but also provides ways of psychological and spiritual well being. In this regards Ayurveda suggested many approaches including dietary advises, life style related suggestions, utilization of detoxification measures and natural medicines, etc.^[1-4] Ayurveda drugs prepared from different natural materials obtained from various sources as depicted in **Figure 1**.

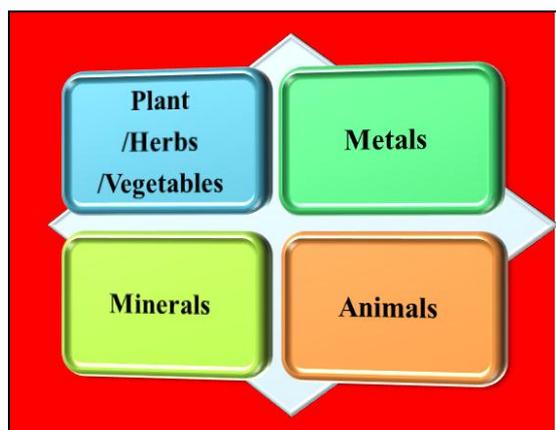


Figure 1: Various sources of Ayurveda medicines.

The metallic preparation in Ayurveda mainly prepared from *Parada*, *Rajata*, *Lauha*, *Swarna*, *Vanga*, *Tamra*, *Naga* and *Yasada*, etc. The materials obtained from animals sources such as; milk, urine, dunk, bile, horn, skin and excreta, etc. utilizes to prepare medicines for different therapeutic purposes. These metal and animal based products uses for internal administration purpose as well as for external application and for the preparation of equipment and instruments used in Ayurveda practices.^[3-6]

Metal Based Ayurveda Drugs

The metal or mineral based Ayurveda formulations mainly prepared from *Tamra*, *Sankha*, *Loha*, *Suvarna*, *Parada* and *Rajata*, etc. These elements give some specific physiological effects on human body thus offer desired therapeutic properties. *Yogaraaj*, *Dwitiya Braahma Rasaayana*, *Mandura Vataka*, *Svarna sindura*, *Rasasindura*, *Lauha Parpati* and *Swarna Basant Malti Ras*, etc. are some important Ayurveda formulations which gives several health benefits.

The advantages of metallic formulations are as follows

- ✚ The herbo-metallic drugs possess palatability
- ✚ Metallic drugs having long shelf life and stability

- ✚ They offers quick action and longer duration of effect
- ✚ The metallic drugs are highly potent, work effectively even at low dosing frequency
- ✚ Wide range of therapeutic potency
- ✚ Quick absorption and assimilation inside the body due to their micronized particles

Therapeutic Role Specific Elements

Sankha uses in many classical formulations as anti-ulcer agent, it improves natural healing capacity of body. *Tamra* offers hepato-protective effect thus utilizes for digestive and metabolic problems. *Mukta* gives anti-inflammatory property thus gives advantages in joint pain and other disorders related to the *Sotha* and *Vedana*. *Mandur* is useful for curing anemia thus its formulations offers advantages in blood related problems. *Suvarna* is known for its mind bosting activity, therefore

formulations containing gold gives mental strength, empower memory, alleviate mental problems and improves mental activities. *Sankha* gives anti-ulcer effect thus utilizes for hyperacidity, gastric ulcer and heartburn.^[6-8]

Health Benefits of Metallic Drugs

Pravala pisti, *Mallasindura*, *Rasasindura*, *Vatagni*, *Samirapannaga rasa*, *Panchamirta Parpati*, *Lauha Parpati*, *Sutshekhar*, *Kamdudha Rasi* and *Chandraprabha vati*, etc. are important Ayurveda drugs prepared from metallic components and used for various pathological conditions including asthma, jaundice, anemia, diabetes, skin ailments, sexual disorders, arthritis, mental illness and gastric problems, etc. **Table 1** depicted therapeutic indications of some ayurveda formulations prepared from metals/minerals.^[6-9]

Table 1: Therapeutic indications of metal/mineral based Ayurveda drugs.

S. No.	Drugs	Therapeutic Indications
1	<i>Tranakantamani pisti</i>	Menorrhagia and bleeding disorders
2	<i>Mallasindura</i>	Asthma
3	<i>Mukta Pisti</i>	Bleeding disorders and diarrhea
4	<i>Rasasindura</i>	Skin disorders
5	<i>Kantavallabha rasa</i>	Anemia and asthma
6	<i>Pravala pisti</i>	Indigestion and lack of immunity
7	<i>Vatagni kumara rasa</i>	Cough and fever
8	<i>Samirapannaga rasa</i>	Joints pain and stiffness, fever
9	<i>Rasa Parpati</i>	Diarrhea and dysentery
10	<i>Panchamirta Parpati</i>	Fever and diarrhea
11	<i>Svarna sindura</i>	Oligospermia
12	<i>Sutshekhar Rasa</i>	Dyspepsia, gastric problems and diarrhea
13	<i>Vriht vat chintamaniras</i>	Joint pains and epilepsy
14	<i>Chandraprabha vati</i>	<i>Sthoulya</i>
15	<i>Vasant kusumakar rasa</i>	Diabetes
16	<i>Lauha Parpati</i>	Digestive impairment and anemia
17	<i>Rambana rasa</i>	Inflammatory and digestive ailments
18	<i>Kamdudha Ras</i>	Fever and headache
19	<i>Swarna Basant Malti Ras</i>	Tonsillitis and fevers
20	<i>Rasa Sindur</i>	Cardiac problems and asthma

Drugs derived from animal sources

Animal products are used extensively in traditional practices, in this regards ancient Ayurveda witnessed uses of several materials obtained from animals. Milk, milk products, urine, excreta, horn, teeth and skin, etc. are mainly utilizes for therapeutic purposes. These materials offer therapeutic advantages in respiratory problems, musculo-skeletal disorders, rheumatic pain, skin ailments, sexual disorders and digestive problems, etc. The mammals, invertebrates, birds and other animals were used for medicinal purpose.^[9-11]

- ✚ Milk, urine, dunk, bile and horn of cow used for anthelmintic, antioxidant, anti-asthmatic and nutritious purpose.
- ✚ Tooth, tusk, nail, bone, bile, skin and excreta of *Hasti* uses for aphrodisiac, anti-inflammatory and anthelmintic actions, etc.

- ✚ Flesh, milk, excreta, hair, bile, horn, bone and teeth of *Aja / Chhaga* (goat) offers nutritious, appetizer, carminative, anti-coagulant, anti-emetic, antidiarrheal and anti-ulcer activities.
- ✚ Milk, urine, fat, bile and bone of *Avi / Mesha* provides anti-inflammatory, analgesic, anti-infective, brain tonic, anti-ulcer and anti-diarrheal, etc. properties.
- ✚ Fat, excreta and liver of *Mushaka* used for their cardiac stimulant and anti-epileptic purposes. *Mushakadi Tailam* used in uterine prolapse.
- ✚ *Singa* of *Hiran* gives anti-inflammatory and analgesic effects
- ✚ Flesh, feather, fat, foot and egg of *Neelathantha* offer antipyretic, aphrodisiac, anthelmintic and anti-diarrheic properties.

- ✚ Shell/flesh of *Kacchua* is used for general debility, memory loss, tuberculosis, eye problems and for the treatment of epilepsy in children.
- ✚ *Shankha* (conch shell) is used for the treatment of hyper acidity, gonorrhoea, diarrhoea and jaundice. The *Shankha Vati* is formulation of *Shankha Bhasma* which used for dyspepsia and gastric disorders.
- ✚ *Mauktikam / Moti* (pearl/shell) used as carminative, cardio tonic, nutritious and aphrodisiac agent.
- ✚ *Praval* (calcareous shell) used as antacid, astringent, laxative and diuretic agent. The *Bhasma* formulation is used for abdominal tumors, *Rajyakshma* and *Amlapitta*, etc.
- ✚ Wax and honey of *Madhumakshika* (honey bee) used as astringent, anti-pyretic, demulcent and carminative. Honey uses as vehicles for many ayurveda formulations in the treatment of diseases like wound, obesity and *Prameha*, etc.

CONCLUSION

Ayurveda greatly contributed towards the health management of human being and this science suggested many drugs for treating different diseases. The Ayurveda medicines prepared from different sources such as plant, metal, minerals and animal sources, etc. Ayurveda drugs prepared from metallic and animal sources offers several advantages therefore uses extensively against many pathological conditions. These Ayurveda medicines having some specific characteristics therefore impart specific therapeutic values. Metals like Mercury, Silver, Gold, Lead, Copper and Zinc, etc. utilizes for preparing metallic formulations while milk, urine, skin, horn, teeth, shell, *Shankha*, *Mauktikam*, wax and honey, etc. are animal derived materials used as medicines in Ayurveda system. These metal and animal based Ayurveda medicines help to treat various diseases like; *Prameha*, *Amavata*, *Sthoulya*, *Rajyakshma*, *Amlapitta* and other chronic diseases.

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