

Review Article

A Review on Rasa-aushadhi in Jara awastha as a Rasayana

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Article Received on: 10/11/2018

Accepted on: 25/12/2018

ABSTRACT:

In Ayurvedic classics *Rasa-aushadhi* are prepared from *Ashtasanskarita Parada*. Because of its *rasayana guna* and therapeutic properties, but it require great patience, time and skill hence a way has been given in the literature.

The increasing number of aged (≥ 60 years) in the present scenario signifies a new outlook for our reflection. Population worldwide is ageing and geriatrics is emerging as a main challenging speciality. Because of ever growing population of aged people all over the world including India. Ayurveda is basically the science of life and longevity. It presents a good concept of ageing, process of delaying the ageing and its management. According to Ayurveda ageing is outcome of *kala* or *parinama* and described under *swabhavbalapravritta vyadhi*. Those diseases which are produced by the strength of nature such as *kshudha*, *pipasa*, *jara*, *mrityu*, *nidra*, etc. *Vatadosha* the most important factor in patho-physiology of ageing obviously because of its natural predominance at that stage of life so the *rasayana* therapy, time to time *panchakarma* and herbomineral drugs. *Rasa-aushadhi*'s being the backbone of Ayurveda. The proper practice of these all measures can slow down the process of ageing and cure the diseases of ageing.

KEY WORDS: *Jara*, *Rasayana*, *Rasa-aushadhi*, Ageing

INTRODUCTION:

Aim and Objectives –

To Study About the *Rasa-aushadhi*'s mentioned in classical ayurvedic texts for various ailment's of *rasayana karma*.

To study its ingredients, *doshagnata*, indications its *matra* with *anupana* regarding *rasayanakarma*.

Review of Literature –

References from various rasashastra and bhaishajya ratnavali granthas, ayurvedic treatises related with rasa Shastra.

Methodology –

Indications of *Rasa-aushadhi*, its *matra*, *anupana* and *doshagnata* for *rasayanakarma*.

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Introduction –

Rasa shastra is a branch of *Ayurveda* that was mainly developed in the medieval period. The ancient seers were well versed in the times the contemporary had little knowledge. It mainly explores the utilization of metals and minerals for medicinal purposes. Rasashastra incorporates not only *Rasa*, but also *Maharasa*, *Uparasa* and *Sadharana Rasa* etc. Hence the formulations which consist above as one of the constituent can be termed as *Rasa-aushadhi*.

Advantages of the *RasaShastra*-

In the modern Ayurvedic practice the *Rasashastra* has been considered as more useful and effective when

compared to the herbal preparations. It is said that the *Rasashastra* has immense therapeutic applications some of which are prevention of ageing and reduction in age-related disorders. Some other features that make *Rasashastra* or *rasa* preparations more advantageous than the other preparations are:

a. *Rasa-ushadhis* are used in *Alpamatra* (minute doses), easily palatable and fast acting.

b. The assimilation of *rasa* preparations in the body is much faster because the preparation undergoes

different processes called *sanskaras*. This helps in active and quick assimilation of even the minute doses in the body.

Why To Use *Rasa-ushadhis* -

The subtlety of *Rasa* allows it to 'slip' between the smallest bodily channels (*srotas*) and penetrate into the deepest tissues carrying its highly potent charge.

If regular herbal remedies are considered an attack force targeting a specific disease, *Rasa* medicine is the equivalent of a nuclear strike. The main advantages of *Rasa* medicine is its Potency, Effectiveness and Longevity. *Rasa* medicine is usually Tasteless, Odourless and requires only a miniscule dose to deliver a strong and lasting effect. Also, it is not needed over a long period of time.

Rasa-ushadhi-

Rasausadhis although named after mercury ('*Rasa*' or '*Parada*'), can be classified in two distinct classes- Mercurials and Non-mercurials. Based on the method of preparation, the mercury based drugs are classified as- *Khalvirasa*, *Parpatirasa*, *Kupipakwa rasa/sindura* and *Pottali rasa*. The non-mercurial preparations include *Dhatubhasma*, *Satva* and *Pisti*. Apart from these, there are some other herbomineral ayurvedic dosage forms (*kalpana*) also, where these *rasdravyas* are formulated along with herbal drugs.

Table 1 : Types of *Rasa-Aushadhi*

Sr. No	Types of <i>Rasa-Aushadhi</i>	Examples
1.	<i>Khalvi rasa</i>	<i>Kajjali</i> , <i>Tribhuvankirti rasa</i> , <i>Aarogyavardhini vati</i>
2.	<i>Parpati rasa</i>	<i>Rasa parpati</i> , <i>Panchamrita parpati</i> , <i>Swarna parpati</i>
3.	<i>Kupipakwa rasa</i>	<i>Makaradhwaja rasa</i> , <i>Rasa sindura</i> , <i>Sameerpannaga rasa</i>
4.	<i>Pottali rasa</i>	<i>Hemagarbha pottali</i> , <i>Rasagarbha pottali</i>
5.	<i>Bhasma & pisti</i>	<i>Abhraka bhasma</i> , <i>Swarna bhasma</i> , <i>Pravala pisti</i> , <i>Mukta pisti</i>
6.	<i>Lauha & mandura</i>	<i>Saptamruta lauha</i> , <i>Punarnava mandura</i>

Concept of using *Rasa-ushadhi* for *rasayanakarma* -

There are a large number of potent medicines in *rasashastra* which are described as *rasayana*. Apart from a number of combinations in "*Rasayanadhikara*" there are a lot of compounds described in various other chapters that work principally as *rasayana* but are better indicated in that particular disease. They mostly contain various substances having *rasayana* property e.g. *rassindoor*, *swarnabhasma*, elements of *maharasa* group and different *ratnas* etc. Mercury (*Parad*) is considered to be a very powerful medicine. When mercury is properly processed, it balances all three *doshas*, has a soothing effect on the body and prevents diseases and old age. It nourishes all the vital parts of the body and increases the strength of the eyes. It is a *vrishya* (aphrodisiac), *balya* (tonic), *snigdha*, *rasayana* (rejuvenative), *vranshodhana* and *ropana* (wound cleaner and healer), and *krimighna* (antimicrobial) and *yogavahi*. When it is compounded with specific herbs it heightens its medicinal properties. Mercury is said to give a firm physique, a stable mind, and to be the best destroyer of disease. Apart from mercury there are a lot of minerals and metals with *rasayana* properties. Just as herbs have their *rasa*, so do

minerals. For example, *swarna* is *madhura* (sweet) and *kashaya* (astringent) in *rasa*, *snigdha* (oily) and *laghu* (light) in *guna*, *sheeta* (cold) in *virya*, and *madhura* in *vipaka*. Its actions are *vishaghana*, *varnya*, *rasayana*, *brimhana*, *ruchikara*, *deepana*, *medhya*, *smritivardhana* and aphrodisiac. It checks wasting of the body tissues, improves body complexion and acts as an antimicrobial and antipyretic. *Rajat* (silver) has *kasaya* (astringent) and *amla* (sour) *rasa*. It gives strength to the brain, heart and stomach. It is indicated for *bhrama* (vertigo) and *unmada* (insanity), palpitations, premature ejaculation, and *mada* (intoxication). *Shilajatu* (Mineral pitch) is a herbo-mineral compound with many beneficial therapeutic properties. It has been extensively used by all the *ayurvedic* scholars in all chronic debilitating disorders since decades. It has *kashaya-tikta rasas*, *sheetavirya*, *tridosahara*, *vrishya*, *balya*, *mutrala*, *lekha*, *yogavahi* and *rasayana* properties.

Rasa-ushadhi -

Shifting of Medical Challenges :

The present study designed with the hypothesis that stress, incorrect life style and dietary habits have found to be major impacts of ageing.

Etimology of Jara -

Jara is from root '*jrishvayohano*' the term indicates to the loss in the period of life span the deduction from the remaining half of the expected duration and every spent year would be considered as a loss in the age.

Types of Jara -

1. *Kalajajara* - *Jara* coming at the proper age is *kalajajara* (after 60 yrs) it is '*parirakshanakrita*' means it occurs at the proper age even after following the daily and seasonal regimen mentioned in *swasthvritta*. This is nothing but chronological ageing. *Dhatukshayajanyajara*.
2. *Akalajajara* - the concept of premature ageing '*akotpannalakshanaakalaja*' '*akalajata* in *akalaja*' i.e before its prescribed time occurs before the proper age due to not taking the proper care of personal hygiene (*svasthvritta*) this *akalajajara* of greater intensity, rapidly progressing one of neglected this is biological ageing *Margawarodhajanya jara*.

Etiological Factors of Ageing -*A. Related to dietary habits.*

1. *Lavana* [salt], *amla* [sour], *katu*[spicy], *rasapradhana*
2. *Kshara*
3. *Suska shaka & mamsa*
4. *Tila samyoga*
5. *Pishta anna*
6. *Virudha Anna, Asatmya Anna, Ruksha Anna, Abhishyandi Anna*.

B. Related to lifestyle :

1. *Atimarga gamana* [excessive walk]
2. *Diwa swapna*
3. *Nitya stree sevana*
4. *Nitya madya sevana*
5. *Visham vyayam sevana*

C. Related to disturbed mental health:

1. *Bhaya*
2. *Krodha*
3. *Shok*
4. *Moha*
5. *Rukshavani*

Decade Wise Ageing Process -

Vagbhata was the first one to record such as observation which was followed later by *sharangdhara*. It is clear that ageing at different time period, gradual declination of a particular faculty takes place in each decade of life and by the end of decade, that particular faculty is lost.

Ageing process: A modern review-

Geriatrics: Greek word "geros" means the old. Age + 'iatric' means the medical treatment. This is the branch of medicine concerned with problems of ageing, including physiological, pathological and psychological problems.

Definition of Ageing-

The process that occur during life which culminate in changes that decrease an individual's ability to cope with biological changes.

Some theories of ageing are given below

'Waste accumulation theory'

Concept of Rasayana-

"*Rasasya ayanam rasayanam* "

The therapy which gives the benefits of good *rasa* is *Rasayana*. Hence it is the therapy by which one gets the *Rasa Raktadi Dhatus* of optimum quality.

Probable Mode of Action of Rasayana-

Rasayana basically promotes the nutrition through four modes. They are:

1. By directly enriching the nutritional intake of the body through increasing the consumption of *Amalaki, shatavari, milk, ghee*, etc.
2. On *Agni* - by improving *agni* i.e digestion & metabolism through *Bhallatak, Pippal*, etc. there by promoting nutrition.
3. *Strotovishodhana* - by promoting the capability of *strotas* or micro circulatory channels in the body through herbs like *guggulu, Haritaki, tulsi* and so on.
4. By its *vishaghna* property.

Effect of Rasayana -

The word *rasayana* - *Rasa + Ayana*

Rasa- means the *rasa dhatu* and the remaining *Dhatu rakta, mamsa, meda, asthi, majja* and *sukra*.

Ayana- *ayana* means the road, a path a way and a movement.

'*Rasasya Ayanam Rasayanam*'

'*Labho payo shashtanam rasadinam Rasayanam*'

[ch.chi 1]

The therapy which gives the benefits of good *Rasa* is *Rasayana*. Hence, it is the therapy by which one gets the *Rasa, Raktadi dhatus* of optimum quality.

In short Rasayana which-

1. Gives long life.
2. Delays ageing.
3. Increase intelligence, memory and lustre.
4. Excellence in the body tissue help in maintaining normal physiology of the body.
5. *Rasa-aushadhi*

Some Rasaushadhi - Formulation and their uses:

Sr. No.	Rasa-aushadhi	Indication	Doshaghnata	Matra (Dose)	Anupana
1.	Suvarna bhasma	Vrushya, Prameha	Snigdha, madhur, kashay	125 mg	Madhu, ghrita
2.	Abhraka bhasma	impotency, raktaalpata	Tridosha shamak	125 mg	Madhu
3.	Vanga bhasma	Mehaghna, balya, bruhan	Kaphapittahara	1 2 5 - 250 mg	G u d u c h i s w a r a s , madhu, ghrita
4.	Chandraprabha vati	Shukravikar, rakta pradar	Tridosha shamak	500mg	Shita jala, tandulodaka
5.	Suvarnarajvangeswar	Vrushya, dhatwagnivardhak	Tridosha shamak	1 2 5 - 250mg	Godugdha
6.	Suvarna makshika	Shukrakshaya, madhumeha	Kapha pittashamak	1 2 5 - 250mg	S a l s a r a d i g a n a K a s h a y a
7.	Suvarnaraj vangeswar	Mutradaha, napunsakata, bahumutrata	Tridosha shamaka	1 2 5 - 250mg	G o d u g d h , madhu
8.	Suvarna sutshakar	Amlapitta, Grahani	pittashamaka	125mg	Madhu, ghrita
9.	Vasantkusumakar	Prameha, smritibhramsha, Kashaya	vatapittashamak	1 2 5 - 250mg	Godugdha
10.	Bruhatvat chintamani	Bhrama, pralapa, pakshaghat	vatapittashamaka	125mg	G u d u c h i s w a r a s , ajakshira
11.	Mahalaxmivilas rasa	Kshayaroga	Tridosha shamak	125mg	G o d u g d h , madhu

DISCUSSION:

Old age is an undesirable and inevitable phase of human life. The life of science of Ayurveda explains that process of sense begins naturally [swabhamoparamvad] under the influence of time [kala]. Though the disturbance in the equilibrium in all the three dosha occurs during old age there is dominance of vatadosha in this age.

Hence geriatric care warrants management of agni, ama and oja [the essence of all dhatus] at biological level, rasayana drugs which compensates the age related bio-losses in the body and provide rejuvenating effect act primarily at the level rasa dhatu. Agni and strotas combining rasayana wholesome diet. Yoga and time to time panchakarma are likely to develop an effective package for geriatric care today.

1. Swarna bhasma is an ayurvedic medicine used for increasing the immunity and in the treatment of a wide range of disease. It also acts as an adjuvant for various medicines and herbs and boosts their action and increases the efficacy according to Ayurveda. It is a good nerve tonic and improve overall health. It increases life span, intelligence. It increases strength and endurance and improve mental as well as physical performance.

2. Abhrak bhasma is really beneficial in dealing with number of health issues like memory loss, insomnia etc. but its major role is ayurvedic medicines reach each and every cell of the body in the best effective manners.

3. Loha bhasma, This ayurvedic medicine is prepared from the purified and processed iron. This medicine is very well known to treat the health ailments like anaemia. Its great haemoglobin enhances and hence can assist each cell of your body get the adequate amount of blood and oxygen.

4. Vanga bhasma is an effective medicine of ayurveda used for the treatment of various disorders. Its properties are mehaghna. Medoguna, balya bruhan chakshushya. It has a wide range of therapeutics. Specially indicated in sarva prameha.

5. Chandrabrabha vati is a tablet used in ayurvedic treatment of diabetes, disease of urinary track and many other disease conditions. It is widely used in ayurvedic practice. It helps to relive indigestion, improves strength. It is a natural aphrodisiac and anti ageing ayurvedic medicine.

6. *Suvarna rajvangeswar* is *kupipakwa rasayana* which has resemblance with gold in colour and lustre and *vanga* as chief ingredient known as *suvarna rajvangeswar*. Effective in disorders of *sukravaha strotas* being *rasayana*, *vrushya shaktivardhak* & *dhatwagnivardhak*.
7. *Vasantkusumkara rasa* it is rejuvenation & aphrodisiac *rasa*. It helps *tridoshic* balance *vata*, *pitta*, *kapha*. It also offers beneficial effects for various organs such as nerves bladder, reproductive organs. It helps to reduce blood sugar levels and improves metabolic process.
8. *Brihatvatchintamani rasa* is used in the treatment of paralysis facial palsy etc. It is an excellent rejuvenative and anti-aging ayurvedic medicine. It is also effective in *pitta* disorders such as digestive disorders.
9. *Mahalaxmivilas rasa* is a *rasayana* medicine in Ayurveda. It acts on lungs nasal cavity male reproductive system. It strengthens whole body.
10. *Laghumalinivasant rasa* is used in the treatment of disorders of *pitta*, bleeding disorders, fever menorrhagia, leucorrhoea diarrhoea resulting in tissue wasting, this is an effective natural remedy for body heat and indicated in health issues where *pitta* and *rakta* vitiation is there.
11. *Madhumalini vasant rasa*, The action of *vasant kalpa* is similar to the action of *vasant rutu* or nature.
12. *Panchamrut Parpati*, A well known *parpati* acting on digestive system specially *grahani* as *doshaghna* & *balya*. It calms the irritation & inflammation of intestinal mucosa by reducing anxiety. Effective in *yakrutvikar* due to

tamrabhasma which helps in proper secretion of *yakrutpitta*. It is helpful due to *abharak bhasma* in days functioning of *phupphus*, *yakrut* & intestines in *Kashaya*.

13. *Suvarna parpati* an excellent *granthokta* preparations of *suvarna* useful in patients suffering from diarrhoea, even due to major disorders like *antraja rajyakshana*. Helps enhance the normal functioning of the *pakwashaya* due to *rasayana* properties and *gamitwa* towards *pittadharakala* located in that part of the body.

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Cite this article as:

Ashwini A. Mahajan, Kurkute B. R., Sachin Tapare, A Review on *Rasa-aushadhi* in *Jara awastha* as a *Rasayana*, ADJIM 2018; 3(4), p. 23-27.