

RASAOUSHADIES IN THE MANAGEMENT OF SHIRO-KARNA-NASA AND MUKHA-DANTA ROGA-A CRITICAL REVIEW**Snehapriya P. R.^{1*} and Venkatesh B. A.²**

¹Post Graduate Scholar, Dept. of Shalakya Tantra, Sri Kalabyraveshwara Swamy Ayurvedic Medical College Hospital & Research Centre, Bangalore, Karnataka, India.

²Professor, Dept. of Shalakya Tantra, Sri Kalabyraveshwara Swamy Ayurvedic Medical College Hospital & Research Centre, Bangalore, Karnataka, India.

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Corresponding Author*Snehapriya P. R.**

Post Graduate Scholar,
Dept. of Shalakya Tantra,
Sri Kalabyraveshwara
Swamy Ayurvedic Medical
College Hospital &
Research Centre, Bangalore,
Karnataka, India.

ABSTRACT

Ayurveda is the science of life practiced by ancient Aryans which is based on Atharvaveda, one of the oldest scriptures of Hindus. The objective of Ayurveda is to counteract the imbalance of three very essential elements, vata, pitta, kapha which constitute the Tridosha from which the body originates. It is the Tridosha which regulates the normal working of the body. Ayurveda drugs are obtained from natural sources only i.e, from plants, animals or from minerals. Mainly Ayurvedic formulations are divided into Rasaoushadi (predominantly metals and minerals are used for preparations) and Kastaoushadi (predominantly plant drugs are used for preparations). Both these formulations act on its own way and help to eradicate the disease from its base. All these are formed in such a way that it helps in many conditions. Here an attempt is made to specify the usage of

herbomineral drugs and there preparations in practice which is included under shiro-karna nasa & mukha and dantaroga. These preparations are used in many acute to chronic diseases of jatruurdwagata vikaras For this Review work, information were compiled from different texts pertaining to Rasadravyas mentioned for management of different conditions of shiro-karna nasa & mukha and dantaroga. Different Yogas of shiro-karna nasa & mukha and dantaroga containing Rasadravyas as one of the ingredients is gathered and an attempt is made to establish Rasaushadhi – which is very much important in present days for shiro-karna nasa & mukha and dantarogas.

KEYWORDS: Shiroroga, karnaroga, nasaroga, dantaroga, mukharoga, rasaoushdhi, rasadravya.

INTRODUCTION

In our classics Acharyas have mentioned Shiras(head) as the Uttamanga & one among prime angas of human body comprises of many pratyanga i.e,subdivisions which are eyes, ears, nose, mukha(oral structures)teeth etc. According to Ayurveda shiras is the most principle organ/ most vital part of body where all indriyas and prana are located. Shira as the chief controlling mechanism of our body Shiras is the most important organ and most vital part of body. The number of Shirorogas mentioned are 5(CH), 11(SU) and 19(AH) by different acharyas wherein dosha predominant shirorogas, ardhavabhedaka and suryavarta etc are incorporated. Karna roga are mentioned to be 5(CH), 25(AH) and 28(SU), whereas Nasaroga are 17(CH), 18(AH) and 31(SU) and mukharoga are 64(CH), 65(SU) and 75(AH). In present days herbomineral preparations, is a hope of light in various chronic cases and also in many other related complications, as Rasaushadhis are proved to be quick in action with high efficacy. In this article an attempt is made to compile different Rasa yogas used for different Shiro-Karna nasa & Mukha and Dantarogas.

A unique contribution of Ayurveda is the use of herbo-mineral preparations in various diseases, through Rasashastra. Rasashastra is most popular and important branch of Ayurveda that was mainly developed in the medieval period, which deals with the knowledge related to lohavedha and medicinal preparations specially connected to the drugs of mineral origin. Parada, Maharasa, Uparasa, Sadharana Rasa, Dhatu, Ratnas Sudhavarga and others is been understood by the term Rasa. The yogas which is having such Rasa dravyas as one of the ingredient are called as Rasa yoga or Rasaushadhis. It is very important that the use of Rasa, which are used after proper Samskara like Shodhana, Bhavana and Marana are considered to be most suitable forms. Bhasmas are the Ash of substance that are obtained from minerals and plant origin drugs.

*CH-Charaka Samhitha, SU-Sushruta samhitha, AH- Astanga Hrudaya

Benefits of rasaoushadhis^[1]

Rasaoushadhis are known for its smaller dosage. They do not cause any nauseating sensation during consumption. These medicines provide quick results and they are useful in majority of difficult to cure disease conditions and are also good appetizers and digestives. These can be

administered any time. Importance of rasaoushadi is also been explained by Acharya by explaining that minimum attention is only required towards the dosa involvement, disease condition, gender of patient, the pace and the kala of treatment if a physician is giving rasaoushadi in a condition. The physicians who treat the patients with rasaoushadi were considered as uttamavaidya.

Table 1: Rasadravyas mentioned for shiro karna nasa mukha rogas.^[2]

Maharasa	Uparasa	Sadarana Rasa	Dhatu Varga	Ratna	Sudha Varga	Kshara Varga
Parada	Gandaka	Kampillaka	Tamra	Vajra	Mriga Sringa	Svarji
Sasyaka	Gairika	Gauri Pashana	Loha	Tarkasya	Godanti	Yava
Adrija	Kasisa	Navasadara	Kanta Loha	Pusparaga		Tankana
	Kankshi	Kaparda	Varta Loha	Nilam		
	Manashila	Agnijara				
	Anjana					

Table 2: Direct indication of Rasadravyas.^[3&4]

Sl no	Rasa dravyas directly Indicated for shiro-karna Nasa-mukharogas	Indication
1	Parada	Pinasa
2	Kankshi	Mukharoga
3	Sauviranjana	Karnaroga
4	Rasanjanam	Mukharoga, karnaroga
5	Navasadara	Shirashula
6	Kaparda	Karnasrava
7	Agnijara	Pratishyaya
8	Tamra	Pinasa
9	Loha	Pinasa
10	Kantaloha	Shiroruja
11	Varta loha	Galaroga
12	Tarkshya	Jihvaroga
13	Pushparaga	Shiropida
14	Trnakanta	Shirashula
15	Mrgashringa	Shirashula & pratishyaya
16	Godanti	Shirashula
17	Tankana	Mukha & dantaroga

Yogas containing rasadravya as an ingredient

Table 2: Charaka samhitha chikitsastana.^[5]

Sl. no.	Yoga	Indication	Reference
1	Gandha taila-varata	Karnaroga(Karnashula)	Ch.chi.26/224-pg709
2	Kshara taila-yava & sarjikshara	Karnaroga (Karnanada, srava)	Ch.chi.26/226-pg709
3	Varata bhasma ksharodaka	Karnaroga	Ch.chi 26/228(chakrapani)-709
4	Dhoopana yoga-Manashila	Nasaroga	Ch.chi 26/151-pg700
5	Pipalyadi choorna(kavala)-Rasanjana	Mukharoga	Ch.chi 26/188-pg704
6	Kalaka choorna(Dharana)-Rasanjana	Mukharoga, Galaroga	Ch.chi 26/195-pg704
7	Ksharagutika-Yavakshara	Kantaroga	Ch.chi 26/196-pg705
8	Pitaka choorna-Rasanjana& Harathala	Kantaroga, Mukharoga	Ch.chi 26/197-pg705
9	Patadi choorna-Rasanjana	Kantaroga	Ch.chi 26/199-pg706
10	Khadiradhi gutika & taila-Gairika, Rasanjana, Anjana	Mukharoga, Galaroga	Ch.chi 26/194-pg707
11	Palitha yoga	Shiroroga(Palitya)	Ch.chi 26/280-pg716

Table 3: Sushruta Samhitha Uttaratantra.^[6]

Sl. no.	Yoga	Indication	Reference
1	Karnapoorana thaila-(samudraphena)	Karnaroga	Su.ut.21/26-pg113
2	Karnapoorana taila (rasanjana)	Karnaroga (Karnasrava)	Su.ut.21/44-pg115
3	Karnapoorana taila(rasanjana)	Karnaroga(Pootikarna)	Su.ut.21/49-pg116
4	Karnapoorana yoga(harathala)	Karnaroga(karnadourgandhya)	Su.ut.21/52-pg117
5	Nasya yoga (Rasanjana)	Pratishyaya	Su.ut.24/35-pg131
6	Kavala yoga (Tutha)	Pratishyaya	Su.ut.24/36-pg131
7	Gandusha yoga (Rasanjana)	Mukharoga (Shitada)	Su.chi.22/11-pg205
8	Lepa yoga(Rasanjana)	Mukharoga (Soushira)	Su.chi.22/16-pg206
9	Nasya yoga (Kamsyanili)	Shiroroga	Su.ut.26/28-pg140
10	Nasya yoga (Manashila)	Shiroroga	Su.ut.26/34-pg 141

Table 3: Astanga hridaya uttaratantra.^[7]

Sl. No.	Yoga	Indication	Reference
1	Kshara taila(Karnapoorana)-(Yavakshara)	Karnaroga (Karnashula, Badhirya)	AH.ut 18/26-pg166
2	Karnapoorana thaila (Svarjikshara)	Karnaroga(Karnasrava)	AH.ut 18/25-pg165
3	Pana (Vamanopaga)-(Yavakshara)	Nasaroga	AH.ut 20/13-pg181
4	Pratisarana yoga-(Yavakshara)	Mukharoga (Ostaprakopa)	AH.ut 22/7-pg199
5	Gandusha yoga (Tutha)	Mukharoga(Chaladanta)	AH.ut 22/14-pg200
6	Dharana yoga(Kasisa)	Mukharoga(Dantaruja)	AH.ut 22/21-pg201
7	Pratisarana yoga (Takshya)	Mukharoga(Sheetada)	AH.ut 22/28-pg203

8	Pratisarana yoga (Gairika)	Mukharoga(Upakusha)	AH.ut 22/30-pg203
9	Pratisarana yoga (Svarji kshara)	Mukharoga(Dantapupputa)	AH.ut 22/32-pg203
10	Pratisarana yoga(Takshya)	Mukharoga	AH.ut 22/35-pg204
11	Nasya yoga (Gairika)	Mukharoga(Shaushira)	AH.ut 22/36-pg204
12	Pratisarana yoga (Yava kshara & Svarji kshara)	Mukharoga (Adhimamsa)	AH.ut 22/37-pg204
13	Parisravana (Yavakshara)	Mukharoga(Adhijihva)	AH.ut 22/46-pg206
14	Gharshana (Kasisa)	Mukharoga(talupaka)	AH.ut 22/51-pg207
15	Kwathapana (Takshya)	Kantaroga	AH.ut 22/55-pg207
16	Gandusha (Yavakshara)	Kantaroga	AH.ut 22/56-pg208
17	Pratisarana (Yavakshara)	Kantaroga	AH.ut 22/57-pg208
18	Gandusha (Takshya & Gairika)	Kantaroga(Kantavidradhi)	AH.ut 22/64-pg209
19	Pratisarana (Swarnika)	Kantaroga (Arbuda)	AH.ut 22/77-pg211
20	Gandusha (Gairika)	Mukharoga and Kantaroga	AH.ut 22/94-pg214
21	Kalaka choorna(Takshya)	Mukharoga & Kantaroga	AH.ut 22/99-pg215
22	Pitaka choorna (Manashila)	Mukharoga, Dantaroga&kantaroga	AH.ut 22/100-pg215
23	Rasakriya (Takshya)	Kantaroga	AH.ut 22/101-pg215
24	Kavala(Gairika)	Mukharoga (Mukhapaka)	AH.ut 22/105-pg216
25	Nasya (Svarjika kshara)	Shirashula	AH.ut 24/16-pg227
26	Lepa (Kasisa & tutha)	Indralupta	AH.ut 24/28-pg229

Table 4: Astanga Sangraha Uttarasthana.^[8]

Sl. no.	Yoga	Indication	Reference
1	Karnapoorana (Yavakshara)	Karnaroga(Karnashula)	AS.ut 22/5pg186
2	Karnapoorana (Manashila)	Karnaroga(Karnashula)	AS.ut 22/6pg187
3	Karnapichu (Sourastrika)	Karnaroga(Karnashula)	AS.ut 22/24pg190
4	Karnapoorana (Harathala)	Karnaroga(Putikarna,Krimikarna)	AS.ut 22/37pg193
5	Lepa (Karnapali lepa) (Rasanjana)	Karnaroga (Unmantha)	AS.ut 22/47pg195
6	Nasya (Rasanjana)	Nasaroga(Pratishyaya)	AS.ut 24/20pg209
7	Pana (Yavakshara)	Nasaroga(Dustapratishyaya)	AS.ut 24/22pg209
8	Pana (Yavakshara)	Nasaroga(Dustapratishyaya)	AS.ut 24/25pg210
9	Pichu(nasapichu) (Manashila)	Nasaroga(Nasaarshas)	AS.ut 24/35pg211
10	Lepa	Nasaroga(Nasarbuda)	AS.ut 24/39pg212
11	Pratisarana (Kamsya, Kasisa Nili)	Muharoga(Ostakopa)	AS.ut 26/6pg225
12	Pratisarana(Yava kshara & Svarjikshara)	Mukharoga(Jalarbuda)	AS.ut 26/8pg225
13	Pratisarana(Rasanjana)	Mukharoga(dalana)	AS.ut 26/10pg226
14	Pratisarana(Tutha)	Mukharoga(Dantachala)	AS.ut 26/12pg226
15	Pichu (Kasisa & Svarjika kshara)	Mukharoga(Dantashula)	AS.ut 26/17pg227
16	Pratisarana (Manashila & Yavakshara)	Mukharoga	AS.ut 26/23pg228

17	Pratisarana (Gairika)	Mukharoga(Upakusha)	AS.ut 26/24pg229
18	Pratisarana (Svarjikshara)	Mukharoga(Dantapupputa)	AS.ut 26/25pg229
19	Pratisarana (Yavakshara)	Mukharoga(Dantavidradhi)	AS.ut 26/26pg229
20	Gharshana(Manshila)	Mukharoga(Shaushira)	AS.ut 26/27pg229
21	Nasya (Gairika)	Mukharoga(Shaushira)	AS.ut 26/27pg229
22	Visravana (Yavakshara)	Mukharoga(Upajihva)	AS.ut 26/36pg231
23	Gandusha (Yavakshara)	Kantaroga	AS.ut 26/41pg233
24	Gharshana (Gairika)	Galavidradhi	AS.ut 26/47pg234
25	Vati (Gairika, Anjana)	Mukharoga	AS.ut 26/54pg236
26	Lepa (Kasisa, Saurastrika)	Mukharoga	AS.ut 26/59pg237
27	Pratisarana (Svarjikshara)	Mukharoga(Arbuda)	AS.ut 26/60pg237
28	Mukhaparishodana (Manashila, Svarji kshara)	Mukharoga(Putiasya)	AS.ut 26/61pg238
29	Kavala (Manashila, Tutha, Kasisa)	Shiroroga(Shirashula)	AS.ut 28/18pg246
30	Lepa (Rasanjana)	Shiroroga(Arumshika)	AS.ut 28/30pg249
31	Lepa (Harathala, Manshila)	Shiroroga(Arumshika)	AS.ut 28/32pg249
32	Lepa (Kasisa, Manashila)	Shiroroga(Indralupta)	AS.ut 28/34pg250
33	Lepa (Loharaja)	Shiroroga(Indralupta)	AS.ut 28/37pg250
34	Lepa (Kasisa)	Shiroroga(Khalitya)	AS.ut 28/39pg251
35	Lepa (Kasisa)	Shiroroga (Palitya)	AS.ut 28/44pg-252
36	Mananila thaila (Kasisa)	Shiroroga(Palitya)	AS.ut 28/56pg-253

Table 5: Bhavaprakasha uttarakhanda.^[9]

Sl no	Yoga	Indication	Reference
1	Karnapoorana (Rasanjana)	Karnaroga(Putikarna)	Bh.Pr.64/43pg643
2	Karnapoorana (Gandhaka & Manashila)	Karnaroga (Karnanada)	Bh.Pr.64/44pg644
3	Karnapoorana (Harathala)	Karnaroga(Krmikarna)	Bh.Pr.64/48pg644
4	Nasya(Rasanjana)	Nasaroga(Dipta)	Bh.Pr.65/44pg652
5	Dhoopana(Manashila)	Nasaroga(Pratishyaya)	Bh.Pr.65/47pg653
6	Lepa(Kasisa, Manashila)	Mukharoga(Shitada)	Bh.Pr.66/39pg658
7	Lepa(Rasanjana)	Mukharoga(Shaushira)	Bh.Pr.66/48pg659
8	Lepa (Yavakshara, Svarjikshara)	Mukharoga(Adhimamsa)	Bh.Pr.66/53pg660
9	Gharshana (Yavakshara, Svarjikshara)	Mukharoga(Upajihvika)	Bh.Pr.66/96pg665
10	Gandusha(Rasanjana)	Galaroga	Bh.Pr.66/142pg672
11	Gandusha(Rasanjana)	Kantaroga	Bh.Pr.66/144pg672
12	Gandusha(Rasanjana)	Kantaroga	Bh.Pr.66/145pg672
13	Gutika (Yavakshara)	Kantaroga	Bh.Pr.66/146pg672
14	Steam inhalation (Shukti bhasma)	Shiroroga	Bh.Pr.62/61pg603

Table 5: Yoga ratnakara.^[10]

Sl. no.	Yoga	Indication	Reference
1	Rasanjanadi yoga(Karnapoorana) (Rasanjana)	Karnaroga(Putikarna)	Y.R Karnaroga chikitsa-317
2	Karnapoorana (Haratala)	Karnaroga (Krimikarna)	Y.R Karnaroga chikitsa-317
3	Gandhaka thaila (Gandhaka, Manashila)	Karnaroga (Karnanadi)	Y.R Karnaroga chikitsa-317
4	Nasya (Rasanjana)	Nasaroga(Dipta)	Y.R Nasaroga chikitsa-327
5	Dhoopa (Manashila)	Nasaroga(Pratishaya)	Y.R Nasaroga chikitsa-328
6	Nasya(Navasadara)	Nasaroga(Pratishaya)	Y.R Nasaroga chikitsa-328
7	Nasya(Navasadara)	Nasaroga(Pratishaya)	Y.R Nasaroga chikitsa-328
8	Grihadhoomadi taila (Yavakshara)	Nasaroga(Nasarshas)	Y.R Nasaroga chikitsa-330
9	Thailadi yoga (Gairika, Sarjarasa)	Mukharoga(Ostaroga)	Y.R Mukharoga chikitsa-297
10	Lepa(Kasisa,Manashila)	Mukharoga(Sheetada)	Y.R Mukharoga chikitsa-298
11	Pratisarana (Yavakshara)	Mukharoga(Dantapupputa)	Y.R Mukharoga chikitsa-298
12	Lepa (Rasanjana)	Mukharoga(Saushira)	Y.R Mukharoga chikitsa-300
13	Lepa (Yavakshara & Svarjikshara)	Mukharoga(Adhimamsa)	Y.R Mukharoga chikitsa-300
14	Gutika(Kasisa)	Mukharoga(Dantashula)	Y.R Mukharoga chikitsa-301
15	Arimedadi thaila(Gairika)	Mukharoga & Dantaroga	Y.R Mukharoga chikitsa-302
16	Sourastrayadi yoga (Saurashtra, Kasisa)	Mukharoga(Dantaroga)	Y.R Mukharoga chikitsa-303
17	Tridosha nashaka yoga (Rasanjana)	Galaroga	Y.R Mukharoga chikitsa-306
18	Yavagrajadi vati (Yavakshara, Rasanjana)	Galaroga	Y.R Mukharoga chikitsa-306
19	Rasanjana yoga(Rasanjana)	Mukharoga	Y.R Mukharoga chikitsa-307
20	Swasakutara Rasa (Parada, Gandhaka, Tankana, Manashila)	Shiroroga (Shirashula)	Y.R Shiroroga chikitsa-334
21	Nasya(Svarjikshara)	Shiroroga(Shirashula)	Y.R Shiroroga chikitsa-336
22	Nasya(Navasadara)	Shiroroga	Y.R Shiroroga chikitsa-340

Table 6: Gadanigraha 3rd volume.^[11]

Sl. No.	Yoga	Indication	Reference
1	Nadisweda yoga(Yavakshara)	Karnaroga(Karnashula)	Ga.Ni Karnarogadhikara-40
2	Nasya (Samudraphena)	Karnaroga(Karnashula)	Ga.Ni Karnarogadhikara-41
3	Karna poorana (Gandhaka, Shilajathu)	Karnaroga	Ga.Ni Karnarogadhikara-46
4	Karnapoorana(Harathala)	Karnaroga(Putikarna)	Ga.Ni Karnarogadhikara-46
5	Karnapoorana(Rasanjana)	Karnaroga(Putikarna)	Ga.Ni Karnarogadhikara-47
6	Grihadhoomadi thaila (Yavakshara)	Nasaroga (Nasarshas)	Ga.Ni Nasarogadhikara-164
7	Pratisarana (Sarjakshara, yavakshara)	Mukharoga(Oshtaroga)	Ga.Ni Mukharogadhikara-219

8	Pratisarana(Tutha,Kampillaka)	Mukharoga(Oshtaroga)	Ga.Ni Mukharogadhikara-219
9	Gandusha(Rasanjana)	Mukharoga(Shitada)	Ga.Ni Mukharogadhikara-220
10	Lepa(Rasanjana)	Mukharoga(Shaushira)	Ga.Ni Mukharogadhikara-221
11	Kavala (Sarjkslara)	Mukharoga(Adhimamsa)	Ga.Ni Mukharogadhikara-222
12	Yusha (Yavakshara)	Mukharoga(Jihvakantaka)	Ga.Ni Mukharogadhikara-227
13	Gutika (Yavakshara)	Kantaroga	Ga.Ni Mukharogadhikara-231
14	Thaila (Gandhaka)	Mukharoga	Ga.Ni Mukharogadhikara-236
15	Khadiradi vati(Rasanjana)	Mukharoga	Ga.Ni Mukharogadhikara-237
16	Jivanthikadi kshira(Tutha)	Mukharoga(Oshtaroga)	Ga.Ni Mukharogadhikara-238

Table 6: Chakradatta.^[12]

Sl. no.	Yoga	Indication	Reference
1	Achurnana(Samudraphena)	Karnaroga(Karnashula)	Karnaroga chikitsa-548
2	Kshara taila(Karnapoorana) (Yavakshara,Sarjakshara)	Karnaroga, Mukharoga	Karnaroga chikitsa-551
3	Svarjika Kshara thaila (Karnapoorana)	Karnaroga (Karnanada, Karnashula)	Karnaroga chikitsa-551
4	Karnapoorana thaila(Harathala)	Karnaroga(Putikarna)	Karnaroga chikitsa-551
5	Dhathuradhy thaila(Gandhaka)	Karnaroga	Karnaroga chikitsa-552
6	Karnapoorana(Rasanjana)	Karnaroga(Karnasrava)	Karnaroga chikitsa-553
7	Gridhomadhi thaila(Yavakshara)	Nasaroga(Nasarshas)	Nasaroga chikitsa-559
8	ChitrakaHareetaki(Yavakshara)	Nasaroga(Pinasa)	Nasaroga chikitsa-560
9	Trikatvadi Pratisarana (Sarjiksara,Yavakshara)	Mukharoga(Ostharoga)	Mukharoga chikitsa-530
10	Lepa(Gairika)	Mukharoga(Ostharoga)	Mukharoga chikitsa-531
11	Pratisarana (Yavakshara)	Mukharoga(Dantapupputa)	Mukharoga chikitsa-531
12	Patadi choorna(Yavakshara)	Mukharoga(Adhimamsa)	Mukharoga chikitsa-533
13	Karnapoorana(Samudraphena)	Mukharoga(Krimidanta)	Mukharoga chikitsa-535
14	Vyoshadi choorna(Yavakshara)	Mukharoga(Upajihvika)	Mukharoga chikitsa-537
15	Darvyadi kwatha(Rasanjana)	Kantaroga	Mukharoga chikitsa-539
16	Kalaka choorna (Yavakshara, Rasanjana)	Mukharoga	Mukharoga chikitsa-539
17	Pippalyadi choorna (Sarjakshara, Yavakshara)	Galaroga	Mukharoga chikitsa-540
18	Pitaka choorna (Manashila, Yavakshara, Harathala)	Mukharoga, Kantaroga	Mukharoga chikitsa-540
19	Ksharadi Gutika (Yavakshara, Rasanjana)	Kantaroga	Mukharoga chikitsa-541
20	Ksharagutika(Yavakshara)	Kantaroga	Mukharoga chikitsa-541
21	Rasanjandi choorna (Rasanjana, Manashila, Gairika)	Mukharoga(Mukhapaka)	Mukharoga chikitsa-542
22	Irimedadi thaila(Gairika)	Mukharoga	Mukharoga chikitsa-544
23	Brihat Kadiravati (Gairika, rasanjana)	Mukharoga, Galaroga	Mukharoga chikitsa-550

DISCUSSION

Rasaushadhis are widely used in different pathological disease conditions which can manifest either as primary or secondary conditions. Rasaushadhis are also utilized in treating the primary cause which left untreated may land up in manifesting secondary result. Ex. In early stages of pratishaya if we treat by using rasaushadis then it will not reach its secondary condition that is dustapratishyaya which is a very chronic stage. Some of the Rasa yogas used are, Swasakutara Rasa, Irimedadi thaila, Pittakachoorana, Kshara thaila etc.

In our present day the number of cases is increasing day by day due to current lifestyle which produces an adverse effect on all senses and on body.

Many treatment measures in other sciences of medicine creates a number of inconveniences like high rate adverse effects, recurrences, permanent damages and in some cases there is no treatment options at all. Rasaushadhis will be an asset in such conditions to enhance the bio-availability and efficacy of the drug, thereby minimizing the target time, adverse effect associated with it and the dosage. Rasaushadhis have a unique drug action which helps in treating many challenging conditions. Here an attempt is made to gather information from different texts and draw a conclusion on the rasaushadhis mentioned for karna-nasa-mukha & shirorogas.

CONCLUSION

This article concludes with the various Rasaushadhis mentioned in our classics in various texts mentioned for Karna-Nasa-Mukha-Shiro rogas and helps in accessing the importance in management of these related vikaras.

Among all the rasadravyas we can come to a conclusion that more Kshara is used in these vikaras, ie., Yavakshara,

Sarjika kshara are most commonly used, this has the ksharana property & helps in curing the diseases.

Among these formulations, majority of preparations are used for external administration in the form of Kriya kalpas and minimally used for internal administration. Finally by this study on Rasaushadhis we can get a proper understanding of its importance in various diseases which are tough to manage by the other science of medicine.

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