

## OPTIMAL UTILIZATION OF RASA AUSHADHIS DURING THE COVID-19 PANDEMIC

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### ABSTRACT

The worldwide challenge of the covid-19 pandemic called for innovative preventive and therapeutic measures. Ayurveda, with its comprehensive and traditional approach, presents rasashastra—a specialized field that focuses on mineral and metallic preparations known as rasa aushadhis, noted for their quick action, microdosing, and immune-boosting effects. Their effective use during the pandemic led to notable outcomes. This paper explores the therapeutic potential of rasa aushadhis during the covid-19 crisis, emphasizing formulations like swarna bhasma, rasmanikya, tribhuwan kirti rasa, shwaskuthar rasa, and laxmi vilas rasa, which showed promising results in symptom management, immunity enhancement, and respiratory relief. A blend of classical knowledge and modern clinical observations was used to confirm their relevance during the crisis. The study concludes that rasa aushadhis, when used under expert guidance, can significantly aid in combating viral infections like covid-19.

**KEYWORDS:** Rasa Aushadhis, COVID-19, Ayurveda, Swarna Bhasma, Rasmanikya, Tribhuwan Kirti Rasa, Shwaskuthar Rasa, Rasashastra, Immunity, Pandemic.

### 1. INTRODUCTION

The sudden outbreak of the corona virus (COVID-19) pandemic highlighted the urgent need for effective antiviral, immune-modulating, and respiratory-supportive interventions. While

modern medicine focused on vaccines and antiviral drugs, traditional systems like Ayurveda offered complementary approaches. Among these, Rasa Aushadhis, which are herbo-mineral medicines prepared through unique purification (Shodhana) and incineration (Marana) methods, gained attention for their swift action in small doses and potential in respiratory and infectious diseases.

## 2. Methodology Study Design

Observational and literature-based analytical study.

## SOURCES

All material was collected from Classical Ayurvedic texts (Rasa Tarangini, Bhaishajya Ratnavali, Yogaratnakara), modern research papers, CCRAS guidelines, and clinical data from Ayurvedic practitioners treating COVID-19 patients.

### Selection Criteria for Rasa Aushadhis

- Indicated in fever, cough, dyspnea, and infection.
- Known immunomodulatory and Rasayana (rejuvenating) effects.
- Availability and standardization in GMP-certified pharmacies.

## 3. Details of Rasa Aushadhis Used During the COVID-19 Epidemic

Rasa Aushadhis are specialized Ayurvedic formulations prepared through Rasashastra, involving purification (Shodhana), incineration (Marana), and formulation of minerals and metals with herbs. These medicines are known for their micro-dosing efficacy, quick onset of action, deep systemic penetration, long shelf-life, and immunomodulatory properties.

### i. Swarna Bhasma (gold Calx)

- **Guna:** Madhura, Tikta Laghu, Snigdha
- **Virya:** Sheeta
- **Karma:** Rasayana, Medhya, Balya, Oja vardhaka
- **Therapeutic Uses**
  - ❖ Enhances immunity (Vyadhikshamatva)
  - ❖ Acts as a general tonic and rejuvenator
  - ❖ Supports mental health and strength

➤ **Dose**

- ❖ 15–30 mg with ghee/honey once daily

➤ **Role in COVID-19**

- ❖ Used as a prophylactic, immunobooster, and convalescent-phase supportive drug

**ii. Rasmanikya**

➤ **Main Ingredient**

- ❖ Shuddha Haratala (Orpiment)

➤ **Properties**

- ❖ Anti-inflammatory,
- ❖ Antimicrobial,
- ❖ Antipyretic

➤ **Dose**

- ❖ 65–125 mg with honey or Sitopaladi Churna

➤ **Pharmacological Actions**

- ❖ Cough, breathlessness, fever Especially effective when there is Kaphaj obstruction

➤ **Role in COVID-19**

- ❖ Useful in mild to moderate cases where productive cough and fever are present

**iii. Tribhuvan Kirti Rasa**

➤ **Components:**

- ❖ Shuddha Hingula, Tankana, Maricha, Shunthi, Pippali, Godugdha

➤ **Preparation Method**

- ❖ Kajjali (black sulfide of mercury base)

➤ **Pharmacological Effects**

- Jwaraghna (reduces fever)
- ❖ Kaphanashaka (diminishes Kapha)
- ❖ Agnideepana (enhances digestion)
- ❖ Krimighna (antimicrobial)

➤ **Dosage**

- ❖ 125 mg twice daily with honey and Tulsi Swarasa

➤ **Role in COVID-19**

- ❖ Offers relief from symptoms like fever, headaches, sore throat, and fatigue.
- ❖ It is particularly useful for Ama Jwara and Sannipata Jwara types.
- ❖ It enhances metabolism and immune response, thereby reducing symptoms associated with viral load.

➤ **Classical Source**

- ❖ Bhaishajya Ratnavali - Jwara Chikitsa.

**iv. Shwaskuthar Rasa**

➤ **Components**

- ❖ Shuddha Parada, Shuddha Gandhaka, Shuddha Tankana, Shuddha Vatsanabha, Trikatu (Shunthi, Maricha, Pippali)

➤ **Pharmacological Effects**

- ❖ Shwasahara (relieves asthma),
- ❖ Kasahara (relieves cough),
- ❖ Mucolytic – assists in clearing sticky mucus,
- ❖ Agnivardhaka – boosts digestive fire, reduces Ama.

➤ **Dosage**

- ❖ 125 mg twice daily with honey or warm water.

➤ **Role in COVID-19:**

- ❖ Highly effective for addressing breathlessness, wheezing, chest congestion, and both dry and wet coughs.
- ❖ It aids in restoring normal breathing by clearing respiratory pathways and reducing Kaphavrita Vata.

➤ **Classical Source**

- ❖ Rasa Yoga Sagar, Yoga Ratnakara.

**v. Laxmi Vilas Rasa (Nardiya)****➤ Key Components**

- ❖ Shuddha Vatsanabha, Maricha, Shuddha Parada, Shuddha Gandhaka, Trikatu

**➤ Indications**

- ❖ Chronic and allergic respiratory infections, viral fever with cold and throat irritation.

**➤ Pharmacological Effects**

- ❖ Balya,
- ❖ Rasayana,
- ❖ Kaphaghna,
- ❖ Mucolytic, and
- ❖ mild antipyretic.

**➤ Role in COVID-19**

- ❖ Mucolytic, and, mild antipyretic.

**➤ Dosage**

- ❖ 125 mg with honey and ginger juice.

**vi. Sanjeevani Vati****➤ Components**

- ❖ Vatsanabha, Triphala, Trikatu, Bhallataka, Shuddha Gandhaka

**➤ Pharmacological Effects**

- ❖ Deepana (enhances Agni)
- ❖ Pachana (digestive),
- ❖ Jwaraghna (fever reducer), and
- ❖ Amapachaka (detoxification).

**➤ Role in COVID-19**

- ❖ For early-stage Ama Jwara and post-viral fatigue detoxification.

**➤ Dosage**

- ❖ 250 mg twice a day.

#### 4. DISCUSSION

Rasa Aushadhis, known for their rapid absorption, nano-particle characteristics, and synergistic herbomineral combinations, have shown benefits for various COVID-19 symptoms. Their low dosage and quick action, especially in Jwara, Kasa, and Shwasa, provided a symptomatic advantage during the early and moderate stages of infection.

#### 5. CONCLUSION

Rasa Aushadhis played a supportive role in managing COVID-19 during the pandemic. Their historical application in epidemic-like situations, along with their immune-boosting and antiviral properties, makes them valuable for public health preparedness. Proper standardization, quality control, and clinical documentation are crucial for their acceptance in mainstream medicine.

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