

## A CRITICAL REVIEW OF RASA DRAVYA USED IN SHALAKYA TANTRA

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### ABSTRACT

Ayurveda is the science of life and focuses on prevention rather than treatment. It is divided further into 8 major heads of which Shalakya is an integral part. "Shalakya" basically deals with diseases pertaining to organs above clavicle that is the collarbone i.e. Netra, Karna, Nasa, Mukha and Shiro Rog. Department is comprised of separate OPD for Eye and ENT, and is equipped with modern machines and equipments useful in diagnostic purposes, Shalakya tantra also called as Uttamanga as it pacts with vital sense organs situated above the neck/jatroot (clavicle). In Ayurvedic system of medicine Rasa shastra is one of the division deals with Rasa aushadis preparations which are very much beneficial and active, various special processing systems such as Sodhana, Marana etc have been done for eradicating the toxic effects and utilising them for healing purpose. Some of the Kriyakalpa events which are ready with Rasa aushadhi are like Anjana (Samudraphena varti, Sukhavathi varti), Bidalaka (Gairikadi bidalaka, Manashiladi

bidalaka) etc and oral medication comprise Saptamruta lauha, Shirashoolavajra ras, Sutasekar ras, Laxmivilas ras, Kaphaketu ras etc are designated. Rasa aushadis are gently absorbable and digestible thus provide quick action and strong response in various Urdhavajatrugata vikaras. Rasa Aushadis act as Rasayana therapy assistances to attain longevity, immunity, and life etc.

**KEYWORDS:** *Immunity, kriya, event, rasayana.*

## INTRODUCTION

Rasa Aushadhis does not cause any complications like nausea, as we use it in smaller dosage as the drugs are used in Kajjali form. The course of Sodhana includes both corporeal as well as chemical purification of the drug.<sup>[1]</sup> The process of subjecting the metallic and mineral drugs for different pharmaceutical events using wide range of herbal formulation (Swarasa, Kwatha etc) and later subjecting them to penetrating warmth to obtain them in the form of Bhasma is called as Marana (incineration). Rasa aushadis helps in quick act in body and in human body and Panchaendriyas (sense organs). Due to its Vyavayi, Vikasi and Kshipra guna aids in entering minute Srotas, absorption and reaching towards target site. It also fallouts in active pharmacodynamic and pharmacokinetic properties. All the Rasaushadhis contains Deepana-pacana, Rasayana properties as Padarasa is Dravya rupa and Rasayana is Guna rupa. As all the Rasaushadhis enters into the cellular levels help in correcting the deformities, degenerations of the each and every cell. It is also observed that herbomineral complexes are more stable and interactive compared to plain herbs. It also results in faster therapeutic action and has a longer shelf life.

## PARADA (MERCURIC OXIDE)

The mercury does, the Rasana or Aswadana (engulf) of Abhrakadi rasa dravya and Swarnadi dhatu it is called as Rasa. Since its judicious therapeutic use slows down aging process (Jara), heals many diseases (Ruja) and delays death (Mrtyu) it is called as Rasa". Parada acts as Yogavahi (synergistic action) and also has Rasayana (rejuvenating) effect. Due to its nano particle size helps in absorption, non-irritability, toxicity is reduced and increases cell acceptance. Mercuric sulphate is used as catalyst and it improves the drug action. Indication and Yogas: Ras Candrika vati – Pinasa, Parvati ras – Timira, Bhairav ras – All type of Karna rogas (Ear disorders).

## MAHARASA

### 1. ABHRAKA

**PROPERTIES-** Madhura rasa, snigdha guna, sita virya

**KARMA-** Deepana, balya, Rucikara, Tridoshaghna, chakshusya, medhya, Ayushkara, Krimighna.

**INDICATIONS-** Kasa, Swasa, Pinasa - Swasakasachintamani ras, Mahalaxmi vilas ras

**DOSAGE-** 1-2 Ratti (125-250mg)

**2. Makshika (Copper pyrite)****PROPERTIES-** Madhura-tikta rasa**KARMA** -Rasayana, Chakshusya, Tridoshaghna**INDICATIONS-** Netrasani ras – Naktandhya, Saptamrita ras – All type of Mukha rogas (Mouth disorders), Swasa Chintamani ras – Swasa roga**DOSAGE-** ½-2 Ratti (62-250mgs)**3. Vimala (Iron pyrite)****PROPERTIES-** Madhura-tikta rasa**KARMA** -Rasayana, Chakshusya, Tridoshaghna**INDICATIONS-** Rasayana, Chakshusya, Tridoshaghna, Timira - Vimala varti**DOSAGE-** ½-2 Ratti (62-250mgs)**4. Sasyaka (copper sulphate)****PROPERTIES-** MadhuraKasaya rasa, Laghu guna, Sita virya**KARMA** - Lekhana, Bhedana, Krimighna, Visadosa Nashaka, KaphaPittahara)**INDICATIONS-** Chaladanta (Gandusha yoga), Indralupta (lepa) (A.H Utt), Sasyaka Anjana-drshthiprasadak (A.H Utt)**DOSAGE-** 1/8 -1/4 Ratti (15 to 30 mgs)\**5. Kharpara (Zinc oxide)****PROPERTIES-** Sita virya Yogavahi**KARMA-** Balya Kasa**INDICATIONS-** Laxmivilas ras, Vasantamalati ras**DOSE-** 1/2 – 2 Ratti (65-250 mgs)

Abhraka bhasma containing K, Mg, Fe, Na etc because of its small particle size it can be absorbed easily into micro-channels of the eye very quickly and helps in cell rejuvenation. Makshika (Cu,Fe, S) and Vimala (Fe,S) contains copper, sulphur and iron in it so the sulphur is responsible for the antibacterial and possible antifungal action<sup>[5]</sup> Fe is helpful in supplying O<sub>2</sub> to the tissues improve mental and physical health. Iron serves as a cofactor for the RPE-specific 65 k Da protein (RPE65), an enzyme required for the retinoid metabolic pathway, which is critical for the maintenance of light capturing chromophore levels in photoreceptors and thus phototransduction and visual adaption.<sup>[6]</sup> Tuttha contains copper sulphate that is

copper produces collagen which is a part of connective tissue and maintains cell membrane healthy.<sup>[2]</sup>

### **1 Gandhaka (sulphur)**

GUNA- Madhura rasa, Usna Virya, Katu Vipaka

KARMA- Drishtivardhaka, Rasayana, Krimighna

INDICATIONS-Timira (myopia)- Gandhaka kalpa, Gandaka rasayana, Swasakutar ras – Shirashula

DOSE- 1-8 Ratti (125- 1000mgs)

### **2. Kasisa (Green vitriol)**

GUNA-Amla, Tikta, Kasaya rasa, Snigdha guna, Usna virya

KARMA-Vata-kaphahara, Kesaranjaka(hair dye), Netrya (used in eye diseases), Rakta prasada, Balya and having Sankocaka property Kasisa bhasma - Dantaruja (Dharana), Talupaka (gharshan), Kasisadi anjana – Puyalasa

DOSE- ½ -2 Ratti (62 mgs - 250 mgs) 4

### **3. SPHATIKA (POTASH ALUM)**

Katu, Tikta, Kasaya rasa, Snigdha guna, Usna virya Vranaropaka, Sonitasthapana, Kanthya (useful in diseases of throat), Kesya (good for hair growth) Arditavata - Samirpannaga rasa, Sphatika anjan – Timira (A.H Utt)

DOSAGE- 2 to 4 Ratti (250 to 500 ms)

### **4. Manashila (Arsenic trisulphide)**

Katu, Tikta rasa, Snigdha guna, Usna virya Rasayana, Lekhana Kasa, Swasa, Ksaya roga - Swasakuthar ras, Manashiladi anjana- Timira, Arma

DOSE- 1/32 Ratti (3.9 mgs) to 1/16 ratti (7.8 mgs)

## **DISCUSSION**

Gandhaka bhasma has glutathione amino acid in it, it also contains anti-fungal, anti-bacterial, anti-viral properties. It also prevents neurological diseases by repairing oxidative damage and restoring cell membranes elasticity in eye. It also plays a major role in electron transport system. Gairika bhasma (Iron oxide) and Kasisa bhasma (ferrous sulphate) it is used in fortify food and treat iron-deficiency anaemia prevents premature greying of hair, as it contains iron provides nourishment to the cells and tissues. Kasisa bhasma is having antibiotic properties

helps in treating dacrocystitis. Sphatika bhasma contains potassium double sulphate of aluminium used as an astringent and antiseptic, reduces nasal bleeding and abrasions. Anjana - Srotoanjana – It possess Sita virya, Madhura and Kasaya ras, Snigdha and Grahi guna, Lekhana karma it is useful in Netrarogas. Souviranjan – It possess Sita, Snigdha and Grahi guna and useful in Netra roga. It can be applied daily. Pushpanjana – It possess Sita, Snigdha guna it useful in Netrabhisya. Amayika prayogas (RT-11/205,121,22/57) Sphatika + Saindhava lavana equal quantity used as Dantadhavana to prevent bleeding gums (stomatitis). 1 part of Saindhava lavana, 2 parts of Marica, 3 parts of Sudha manashila, 4 parts of Sankha bhasma triturated and used as Anjana in all type of Netra rogas. Timiraharanjana- 4 tola of Sudha souviranjan and 3 Masa of Karpura is triturated and used as Anjana in Timira.<sup>[3-5]</sup>

Rasaushadhis have high bio-availability, quick action with a minimal dosage and has high efficacy with a minimal side effect (only if taken in proper purified form). The drug act as co-enzyme, Yogavahi (catalyst), Rasibhava (fast action) and reaches the target site within a short duration. The Nanoparticles enter the Srotos (minute channels), penetrate deeper tissues by crossing the BBB and eliminates the toxic substances. Mostly, Rasaushadhis having Rasayana (rejuvenation) and good appetizers and digestive (Deepana-pacana) properties, provides physical and mental strength, regulates body metabolism, Jara nivartaka (delays ageing), Vyadhi nivartaka (prevents disease), Deergha ayuhkara (provides longevity).

Many rasa preparations/formulations like a) Shirashoolavajra ras is effective in treating Ardhavabhedaka (migraine), Shirashoola (headache) b) Kasisadi Anjana is effective in Puyalasa (Dacrocystitis) c) Saptamruta loha, Gandhaka kalpa having Dristiprasadaka properties d) Malla sindur ras helps to cure Dusta pratisyaya, Kasa, Swasa rogas e) Rasa mankiya ras – Kasa, Swasa, Putikarna.<sup>[6]</sup>

## CONCLUSION

After looking towards the use of rasaushadhi's we can say that, rasa Aushadhis are effective in treating the Urdhavajatrugata vikaras by the above conversation it is concluded that nanoparticles are important formulations in many diseases and considered as pillar for Ayurveda system. As these drugs, increases the quality of life, best immune-modulator, Rejuvenators, Anti-oxidant, Free radical scavenging, Analgesic and Anti-inflammatory. hence we should use only the authentic and purifies form of aushdhi'd than only we can get the results in shalakya tantra.

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