

RASA AUSHADHIS DOSE SCHEDULE- A REVIEW

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ABSTRACT

Rasashastra deals with Rasa Aushadhis, drugs of metallic and mineral origin. Mercury is mainly used in the Rasaaushadhis. Mineral and metal formulations toxicity is minimized to such a degree by specific Shodhana, Marana, etc. techniques that Mercury turns its intrinsic toxicity property into therapeutic property. Rasa Aushadhis acts easily on the body because, owing to their low particle size, they are consumed by the oral mucosa itself. Drugs are mostly based on the Anupana, i.e. the drug vessel Rasacharyas listed numerous Rasa preparations, such as Bhasmas, Parpati, Pottali, Manduras, Karpooras, etc., along with their doses, dosing plan and Anupana / Sahapana, etc. The concepts of Rasaaushadhi, although applied in modern times, are considered to be scientifically valid. It can be claimed that Rasacharyas has already mastered the science of nanotechnology, purification, function of microbial catalysts, biotransformation and the protection of medicinal goods. Ayurvedic medications can be toxic to our body if they are not delivered in the correct dose as shown in classical literature.

KEYWORDS: Dose, Rasaaushadhis, Anupana, Snehapana.

INTRODUCTION

Rasaaushadhi has a very significant function to perform in the management of diseases. Rasa is simply "Mercury." Through way of a specific method of mercury purification, the toxicity of mercury is reduced to that degree, where it is nutritious and transforms the intrinsic properties for the treatment of human body ailments.^[1] There are other methods mentioned in the documents, primarily Parad (Hg) and Gandhak (S) are used to create this preparation, but there are also several other ingredients and the length of the procedure is also special. After the 4th century, metallurgy in India gained publicity through the research of Ayurvedacharyas, such as Vagbhata. Crude mercury is rarely used for medical purposes in Ayurveda. Ok, e.g. Mercury is used in the preparation of Rasasindura but its properties are changed by Kupipakva Rasayana Preparatory Methods. Until this, Rasa Acharyas made this kind of preparation in Andha Musha made of clay with the aid of Tushagni.^[2] Eventually, in the 14th century, this metallurgy had its full bloom due to the contributions of Ayurveda Acharyas like Nagarjuna.

Various dose types in the Rasashastra

The drug dosage forms in the domain of Rasashastra are,

- Bhasmas (calcined/incinerated forms of metals and minerals)
- Parpati,^[3] (crispy thin wafers)
- Pushpa / Karpoora (non-sulphuric mercurial forms)
- Pottalis (Kupipakva Rasayanas as Sindooras (Sulphide/ oxide forms of Hg),
- Rasas (powder/vati/guti forms)
- Manduras (Iron preparations)
- Pisti (microfine calcium mixtures) in the form of powders or Gutis,

Action of Rasaaushadhis

Ayurvedic medicines usually operate on the body by working on Jatharagni. Absorption of Rasa Aushadhis starts in the oral mucosa of the Honey Vehicle (one of the best recognized Rasa Aushadhis Anupanas) and is monosaccharide. The mode of administration of the medication differs with its effect on Jatharagni. Like, e.g.

- Mayurachandrikabhasma is given on empty stomach.
- Metallic preparations (Loha) given with Ghrita is better for long action.

- Parpati is given before food – Pragbhaktam or Antarabhaktam.

Dosage and Anupana for a few KupipakvaRasayana

The Kupipakva Rasayanas are strong and swift in practice. In Kupipakva Rasayana procedures, the set of drugs is from "Talaatha" or "Kanthaatha" and "Ubhayaatha." The disparity in the properties of the drug is rendered possible by the process of selection. The simple alteration in the Anupana medication affects the Rogaadhikara (target disease) product. This can be understood in the context of Jayavati.^[4]

Jayavati - Dose 2 Ratti (250mg/day) Anupana

- Fever in RaktpittaAnupana- Raktchandankashaya
- ArdhavbhedakAnupana - Kharentimula Kashaya.
- Sangrahani with fever Anupana - Motha + Indrajau + Shunti Kashaya.
- PittajaJwaraAnupana - Kashaya of Pittapapda.

Few instances of Kupipakva that is successful in the management of infectious diseases

- Talsindoor - Dose: 1-2 Ratti. Anupana: Ardraksvaras, Madhu or Ghrita.
- Rasa sindoor - Dose: 1-2 Ratti. Anupana: Madhu.
- Panchamrita Rasa - Dose 1 Ratti. Anupana: Punarnavakashaya or Aadraksvarasa
- Kaphaketu Rasa - Dose: ½ -1 Ratti. Anupana: Ardraksvaras, Madhu
- Manikya Rasa - Dose: 1-2 Ratti. Anupana: Madhu
- Amrita Rasayana - Dose: 2 Ratti. Anupana: Ghrita, Mishari, Madhu.

Preparations for Rashastra are more favourable

We function through lower amounts and are in effect quicker. When taken with sugar, Rasa preparations are easily absorbed into the body's deepest tissues. They serve as a metabolic trigger, taking the effectiveness of the herbs they produce directly to the cellular level. The effectiveness of some Rasa preparations improves with time and hence some Rasa preparations do not have an expiry date.

- The availability and preservation of Rasamedicines is much easier than herbal preparations.
- The taste of Rasa medicine is generally neutral.
- Rasaaushadhis are easy to administer.

The basic rules of dosage and anupana alluded to by the Acharyas

Unless the time is not specified, the medication will be administered in the morning. Water should be used as BhavanaDravya if no BhavanaDravya is listed. The earthen pot must be used in the event that the vessel is not specified for the preparation of the medication. Root of the plant is to be used where no particular section of the plant to be used is defined. Both medications of a prescription will be administered in equivalent quantities if the amount of each medication is not specified. In any planning, if the medication is stated twice, the quantity

should be double. The wet medication must be brought to dry phase in a double amount. Substitute medications should not be picked for the primary product. Drugs other than the primary drug can be included in a treatment. The dosage of a preparation may be increased or decreased when needed, as all preparations in classical literature are suggested, with moderate digestive capacity and moderate body strength in view of middle-aged persons.

Fundamental concepts of product production (Gunantaradhana)

Acharya Charak in VimanaSthana, 1st part, mentioned the significance of Samskaras in Aahara and Aushadhis.^[5]

1. **Water:** In RukshaDravyas, the introduction of water contributes to Mriduguna.
2. **Agni Sannikarsha:** Rice is hard, but its water treatment and heat cooking renders it lighter.
3. **Shaucha:** After the VishasShodhan, the toxin property is washed away and may function like a drug.
4. **Manthana:** Curd is considered to be developing Shotha. Yet when the same fatty portion of the curd is extracted, it is bright and behaves like a ShothaharaDravya.
5. **Desha:** The properties of medicinal products of plant, animal or mineral origin vary according to Desha (place of origin).
6. **Kala:** Few Bhasmas and Asava / Arishta, when held for a certain period of time, contribute to the improvement of their land.
7. **Vaasana:** The taste or flavor of Aahara / Aushadhis changes with time period.
8. **Bhavana:** If in AmalakiRasayana, AmlakiChurnais, given Bhavana by Amlaka Rasa, its RasayanaGuna increases significantly. In the same way, if Kuchla is issued to Bhavan of Gomutra, his poison property would vanish.
9. **Kalaprakarsha:** Aasava, Arishta, Dhatu, Rasa would be strengthened in their Gunas with the passing of time. It means that they become more strong with the passing of time.
10. **Bhajana:** The Ghrita, which is stored in the Kaansa or Tamra tank, is as dangerous as the toxin, but contrary to it if the water is held in the Tamra bottle, the Guna of the water multiplies. This implies that we cannot modify the essence of the compound, however we can adjust the SwabhavikaGunas of Aushadha / Ahara through any of the processes described above.

Achievement of the Rasibhavana

Ancient scholars have found out that Mritalohas (metallo-mineral formulas) should be transformed to Rasibhavana,^[6] which implies that it should be modified in an absorbable shape, i.e. an organo-metallic material, because only absorption is feasible in that type. Rasaparivartana or the ingestion, synthesis, delivery and excretion of a medication occurs within 6-7 days for its

full operation. But some of the medications are an exception to the argument above, because they display the behavior according to their attributes.

Many types of medication administration

These dosage forms are suggested in BhaishajyaKalpanaVigyan, where the medication is prepared with KaashtaAushadhis.

- Ghanasatwa (solid extract), Guda and KhandaKalpana (Sugar based solid preparations), Avaleha (linctus), Vati (solid dosage forms).
- Swarasa (juice extract), Kalka (pastes), Kashaya(decoctions), Hima (cold infusion), Churna(powders), Phanta (hot infusion), Ksheerapaka(medicated milk), Arka (liquid distillate).
- Gutti (small sized solid dosage form), Modaka(bolus kind of dosage), Pindi (pea sized solid dosage), Varti (suppositories), Anjana (microfine paste for eyes),
- Lavana (salt form), Masi (carbon form of a drug), Ayaskriti (metallo-mineral liquid dosage), Satva (starchy extract), Kshara (alkaline powder).
- Upanaha (poultices), Dhupana (fumigative powders), Dravaka (acidic/alkaline distillates), Ghrutha (medicated ghee), Taila (medicated oil), Asava and Arishta (fermented liquids), Lepa (creams), Malahara (ointments) etc. are mentioned.

Principle in ancient medication formulation and delivery formulations

If we have a glance at the classic drugs, the following idea of medication and dose planning falls into the information (which is now clinically validated).

Stability has been found for the shelf life of all medications. The essence of the medication to be used associated with the component used, the time of selection, the process of processing, etc. Disintegration and removal of adjuvant medications such as Anupana or Snehapana. Time cycle of operation has been established and doses have been planned appropriately. Simple ADME (absorption, delivery, metabolism, excretion) where drugs with their action are reported from the Rasa (taste) to the Karma (action). Bioavailability for medications that needed to be released on a sustained/immediate basis.

Biotransformation or the Rasibhavana condition where the medication reaches the target cell organelles. Drug affinity to each other when offered in a formulation. Palatability because it should be natural and susceptible to all ages. Prabhava was the explanation given for the mysterious behavior.

A Traditional Understanding

Makardhwaja is an Ayurvedic preparation that is formulated using Mercury, Iron, etc. According to current science, mercury is known to be harmful to the kidneys. Nevertheless, when tests were performed, the medication was found not to be nephrotoxic but, in

addition, to shield the kidneys from nephrotoxins Iron may also be treated in its oxidized state in the aid of Vit. It's C or Folic acid. Dhatri Lauha, a finely ground rust iron (oxidized Fe) is combined with Amla, a rich source of vitamin C. It can also be assumed that oxidized iron can be treated safely in the help of vitamin C. Synergism and antagonism in the composition to promote product action and at the same time reduce the harmful effects of the medication. Eg: Takan (borax) in Vatsanabha (Aconitumferox) formulations. Rasa Aushadhi prepared by a particular Shodhan technique may also be referred to as semisynthetic preparations.

CONCLUSION

In Ayurveda, illnesses may be easily handled by Rasa Aushadhis, which are quicker in practice owing to their limited scale. While Ayurvedic medicines have a limited side effect relative to other methods, they may still be dangerous to our body if they are not administered in good care and to the degree needed. Appropriate use of Anupana and Sahapana (as per classical literature) increases the effectiveness of these Rasa Aushadhis. Depending on the condition, Prakruti, Bala, Vaya (age) and option of appropriate medications, almost any infectious disorder may be handled with Rasa Aushadhis. There is no clear demarcation between the medication and the toxin. It depends on the means and system of administration.

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