

THERAPEUTIC PROPERTIES AND APPLICATIONS OF SELECT HERBO-MINERAL PREPARATIONS

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Article Received date: 07 January 2025

Article Revised date: 27 January 2025

Article Accepted date: 17 February 2025



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ABSTRACT

Ayurveda as science of healthy living offers rational and scientific practices of medicines and healthcare management. *Rasashastra* is a classical branch of Ayurveda, which associated with the manufacturing and utilization of minerals and metals. These medicines are formulated in such a way that they become effective in small quantities and palatability also gets enhanced. These formulations mainly employed in conditions such as *Anaha*, *Gulma*, *Shwasa*, *Kasa*, *Agnimandhya*, *Meha*, *Mutraroga* and *Grahani*. These *Rasa Aushadhis* are prepared through intensive procedures of purification and incineration. *Rasa Aushadhis* have very minute particle size thus they absorbed quickly and exert instant action as desired. *Rasa Aushadhis* resembles modern science technologies in terms of nanotechnology and pharmaceutical preservation. The purpose of this research is to discuss properties and uses of some important *Rasa Aushadhis*.

KEYWORDS: *Ayurveda*, *Tal Sindoor*, *Rasa Sindoor*, *Panchamrit Ras*, *Kaphaketu Rasa*.

INTRODUCTION

Rasa-Shastra has been regarded as a divine science which involves utilization of different formulas like *Parpati*, *Pottali*, *Kharaliya Rasayanas*, *Bhasma* and *Kupipakwa Rasayana*, etc. These drugs occupy a superior position in Ayurvedic pharmacology since they are manufactured through specific processes like *Shodhana* and *Marana*. Metal or mineral compounds are processed with plant extracts to make them bio-available and therapeutically active substances. This multi-step process not only converts the metal into a form acceptable to the body but also makes it safer and more potent.^[1-3]

In order to properly purify, burn, and process the ingredients, *Rasaushadhi* uses a variety of traditional and modern equipment as mentioned **Figure 1**. Equipment like *Dolayantra* is used for *Swedana* purpose in *Shodhana* method, *Dhalana Yantra* is used for *Nirvapana* purpose. *Musha* and *Putra* (*Gaja Putra*, *Varaha Putra* and *Kukkuta Putra*) are used for heating and incineration. In *Marana*, *Sharava Samputa* helps in controlled heating while *Ukhal Yantra* is used for fine grinding. *Khalva Yantra* and *Ghatika Yantra* help to combine and purify the formulations during the *Bhavana* process.^[3-5]

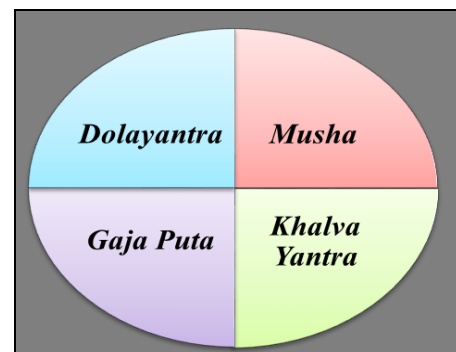


Figure 1: Various equipments used for the preparation of *Rasa Aushadhis*.

Instruments like the *Mardana Yantra*, *Kanchan Druti Yantra* and *Damaru Yantra* are used for *Jarana* & *Amritikarana*. *Adhimanthana Yantra* is used for churning and grinding, *Valuka Yantra* is used for heating in the sand bath and *Patana Yantra* is used for distillation process. Advanced procedures of *Rasa Shastra* require uses of specific equipment such as *Tiryak Patana Yantra* and *Tapta Khalva Yantra*.^[4-7]

Rasa-Shastra utilizes various specific substances for preparing *Rasa Aushadhis* which includes *Praval*, *Mukta*, *Shankha*, *Kapardika Shukti* and *Parada* mainly.

Transformation of materials into *Bhasma* improves pharmacokinetic properties of herbo-mineral preparations. These formulations mainly employed for various disorders including dyspepsia, gastric disturbances, indigestion, gastritis, cough, flatulence, osteoporosis and urinary problems, etc. This article highlights properties and therapeutic applications of some important *Rasa Aushadhis*, which are as follows.^[7-10]

- ✚ *Tal Sindoor*
- ✚ *Rasa sindoor*
- ✚ *Panchamrit Ras*
- ✚ *Kaphaketu Rasa*
- ✚ *Rasamanikya*

Tal Sindoor

Tal Sindoor is an Ayurvedic drug made from purified mercury, sulfur, and arsenic. It is most commonly applied for skin conditions like inflammation, redness and itching, also helps to detoxify blood, reducing allergies and improves immunity, etc. The preparation is made in which equal proportions of its ingredients are subjected to thorough processing to achieve safety and efficacy. This herbal formulation possesses antimicrobial properties and undergoes multiple purification and processing steps, making it a potent therapeutic compound in Ayurvedic medicine.

Rasa sindoor

Rasa Sindoor is an Ayurvedic medicine prepared from a mixture of purified mercury and sulfur. The preparation involves heating this mixture of sulfur and purified mercury inside a glass vessel in a furnace. The action of the medicine is based on the proportion of sulfur to mercury. It is generally applied to stomachache, digestive problems, heart disease and urinary diseases, etc. *Rasa Sindoor* is extensively applied in Ayurvedic medicines and is said to balance *Dosha* and cure wounds to promote natural healing process. *Rasasindura* contains mercuric sulfide and is processed in Ayurveda with a careful preparation method. *Rasasindura* possess particle sizes in the nano to micron range.

Panchamrit Ras

Panchamrit Ras is an Ayurvedic drug which is mostly employed in the management of anorexia, bloating, respiratory diseases, diarrhoea, asthma, indigestion, urinary tract diseases and renal calculi, etc. Owing to its high content of calcium, it may alkalize the urine and aid in the management of urinary tract infections. It should be traditionally given with *ghee*, milk or honey. *Anupanas* like *Nimbu Swarasa* and *Pippali Churna* are also recommended for this purpose. It must only be administered in regulated doses for a finite duration to avoid any complications. The preparation includes powders of fine *Mukta Bhasma*, *Shankha Bhasma*, *Shukti Bhasma*, *Kaparda Bhasma* and *Arka*. The preparation is done by finely pounding the ingredients into *Sukshma Choorna*. The *Arka* latex is added and triturated into a paste, which is molded into tiny pellets, dried in the sun,

and subjected to *Gaja Puta* in a *Sharava Samputa* to prepare final *Bhasma*.

Kaphaketu Rasa

Kaphaketu Rasa is an Ayurvedic medicine that removes sluggishness and heaviness associated with *Kapha* aggravation. It is a combination of purified *Vatsanabha*, *Tankana Bhasma*, *Shankha Bhasma* and *Magadhi*, these ingredients are processed in ginger juice to prepare formulation. This formulation is considered useful in the treatment of respiratory conditions; it clears out nasal and throat passages. It is effective in relieving congestion, revives *Jatharagni*, helps in *Ama Pachan*, improves digestion and eliminates toxins from the body. In order to secure its effectiveness and safety, *Kaphaketu Rasa* must be preserved in a cool, dry place with protection from direct sunlight.

Rasamanikya

Rasmanikya is an Ayurvedic formulation that is widely used in the pharmaceutical sector. *Rasmanikya* can be prepared using the *Sharwa Sampa-Puta* method and the conventional asbestos *Patra* process. *Rasmanikya* is derived from *Shuda Haratala* and used traditionally to treat conditions like *Kestha Roga*, *Shwasa*, *Wichchika*, *Bhagandra*, *Vatakata* and *Firna Rog*, etc.

CONCLUSION

Rasa Aushadhis are used in Ayurveda to treat various acute and chronic illnesses. Because of their small particle size, they act rapidly. According to traditional sources, selecting the appropriate *Anupana* and *Sahapana* can significantly increase the efficacy of *Rasa Aushadhis*. When treating a variety of diseases, factors including the disease's nature, a person's *Prakriti*, *Bala* and *Vaya* play crucial role in selecting appropriate *Rasa Aushadhis*. *Rasa aushadhis* provide strong therapeutic advantages because of their quick absorption and effectiveness at low dosages. These compositions, which were made using purification and burning procedures, show similarities to contemporary nanotechnology in terms of improving medical efficacy and bioavailability.

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