

## BRILLIANCE OF RASA AUSHADHI IN LIFESTYLE DISORDERS MANAGEMENT

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## ABSTRACT:

In recent years Pollution, Radiation and Mental stress have become regular occurrences in people's lives. These problems, compounded by improper lifestyle practices have led to imbalances in the body. Over time, these imbalances have caused a host of serious diseases, allergies and auto-immune disorders. Contemporary systems of medicine, although very effective in suppressing the symptoms of such problems has not yet found permanent solutions to most of these difficult and so-called incurable diseases. In Ayurved System of Medicine, *Rasa Shastra* one of the branch deals with *Rasa aushadhi* preparations which are very much useful and effective in various lifestyle related disorders. The influences and advancements of Pharmacy standards, Evidence Based Medicine protocols, a major Global toxic concept campaign and Ayurved Fraternity Deception are making panic to the Ayurved community in general and *Rasa shastra* (Alchemy) division in specific. It is a fact, that in last few centuries in India, *Vaidyas* have been able to help many of patients from all over the world suffering from difficult and incurable diseases and all this was possible due to the use of *Rasa* preparations. It seems that drugs used in this era are losing their faster actions so ultimately changing efficacy levels. *Rasa Shastra* provides a genuine solution by providing such *Rasa aushadhi* which has quick action and better efficacy in regards to Lifestyle management and *Ayurved*.

**Key Words:** *Rasa shastra*, *Rasa aushadhi*, *Ayurved* and Lifestyle Management.

## INTRODUCTION:

*Rasa shastra* or the *Ayurvedic* alchemy is an important branch of *Ayurved*. This branch deals with the use of metals, minerals, gemstones and their processing. In the ancient *Ayurved* the emphasis has been over the herbs and their therapeutic usages. Later on the animal products, metals and minerals started to find favor of the *Ayurvedic* practitioners.

The minerals and metals are very effective and potent for immunization, rejuvenation and the elimination of diseases. The *Parada* or mercury is the most important ingredient of the *Rasa shastra*. The modern living is prone to certain side effects of the developmental process. The diseases related to pollution, radiation and stress are on the rise. Improper lifestyle and the imbalanced diet along with the consumption of junk and chemically processed food further aggravate the problem.<sup>[1]</sup>

The term lifestyle diseases become a common currency in the healthcare field. LSDs are those conditions usually attributed to dramatic shifts in the way humans live their lives, often due to advancement in a society or its scientific progress. The modern medicine deals with these diseases through the heavy usage of the steroids. The continuous use of steroid and the lifestyle related discrepancies make these diseases chronic in nature and decrease the immunity levels of the patients. It has been found that the herbal preparations alone are not capable to deal with the complicated and chronic

nature of diseases. That is why the *Rasa shastra* has been accorded so much importance in the modern *Ayurved*. The faster action and the simple processes of *Rasa shastra* are considered more appropriate to deal with the above-mentioned complications and justify the integration of the *Rasa shastra* in the *Ayurvedic* therapeutics.<sup>[2]</sup>

Lifestyle has changed from being an indicator of the overall well being of an individual to a cause of disease and now lifestyle has itself become an object of medical concern. There is a need for healthy lifestyles as it can reduce the morbidity and mortality of life-threatening conditions.<sup>[3]</sup>

## OBJECTIVES:

1. To understand the relevancy and the use of *Rasa aushadhis* in today's era.
2. To assess the role of *Rasa aushadhis* in Lifestyle

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disorders management.

#### METHODOLOGY:

*Rasa shastra* is a branch of *Ayurved* that was mainly developed in the medieval period. The ancient seers were well versed in the times the contemporary had little knowledge. It mainly explores the utilization of metals and minerals for medicinal purposes. *Rasa shastra* incorporates not only *Rasa*, but also *Maharasa*, *Uparasa* and *Sadharana Rasa* etc. Hence the formulations which consist above as one of the constituent can be termed as *Rasa aushadhi*.<sup>[4]</sup>

The drugs in *Rasa shastra* are used in various formulations which are having different valence states and have different crystal structure and physical properties. It is obvious from the literature that the use of metallo-mineral drugs, which are subsequently formed after progressive blooming of *Sodhana*, *Bhavana* and *Marana* processes, are considered pharmaceutically most suitable forms.

#### A. Problems in *Rasa Medicines*

- Preparation of the *Rasa aushadhi* is slow and painful
- All *Rasa* materials have a purification procedure before being administered into the human body.
- Poorly prepared or un-purified *Rasa* medicine can be highly toxic and endanger the life of a patient.
- Scared of Toxicity
- Lack of talent of choosing
- Hindrances in packing
- Global Non availability
- Global non acceptance

#### B. Advantages of the *Rasa Shastra*

In the modern *Ayurvedic* practice the *Rasa shastra* has been considered more useful and effective when compared to the herbal preparations. It is said that the *Rasa shastra* has immense therapeutic applications some of which are prevention of ageing and reduction in age-related disorders. Some other features that make *Rasa shastra* or *rasa* preparations more advantageous than the other preparations are:

- a. *Rasa aushadhis* are used in *Alpa matra* (minute doses), easily palatable and fast acting.<sup>[5]</sup>
- b. The assimilation of *rasa* preparations in the body is much faster because the preparation undergoes different processes called *sanskaras*. This helps in active and quick assimilation of even the minute doses in the body.

- c. Incinerated minerals possess excellent therapeutic values and they have a longer shelf life.<sup>[6]</sup>
- d. The efficacy of the *rasa* preparations increases with time, which means that the *rasa* medicines have no expiry date.
- e. It alleviates the need for tedious collection of herbs. Moreover, the minerals are perennially available when compared to herbs, which are mostly seasonal in nature.
- f. The preservation is easy and less cumbersome.
- g. The tastes of *rasa* medicines are generally neutral and are less cumbersome to administer.

Formulation in the form of *Rasa aushadhis* uses the metals and minerals for chronic disorders in different combinations, dosage forms and at various levels of purities. Hence it is very essential to prepare it in a proper way. As per the reported data, there are so many *Rasa aushadhis* available in market which is useful in anemia, diabetes, cancer, liver diseases, skin diseases etc. Table-1 shows the list of herbo-mineral formulation and its uses in common diseases as per WHO guidelines – Traditional medicines in Asia.<sup>[7][8]</sup>

#### C. List of *Rasa aushadhis* used in various common lifestyle disorders.

**Table 1: Showing various herbo-mineral formulations used in common lifestyle disorders.**<sup>[9]</sup>

S. N.	Herbo-mineral formulations	Common disease
1.	<i>Godanti Bhasma</i>	Cold, Cough, Fever
2.	<i>Shankh Bhasma</i>	Acidity, Ulcer
3.	<i>Yashad Bhasma</i>	Myopia, Diabetes
4.	<i>Trushanadi loha</i>	Anemia
5.	<i>Loha bhasma</i>	Anemia
6.	<i>Navayasa loha</i>	Anemia
7.	<i>Arogyavardhini vatti</i>	Hepatitis, Diabetes, Skin diseases, obesity
8.	<i>Tribhuvan kirti Rasa</i>	Fever
9.	<i>Shvass kuthar Rasa</i>	Asthma
10.	<i>Swarna makherdhvaj Rasayan</i>	Diabetes, fertility
11.	<i>Sutshekhar Rasa</i>	Acidity
12.	<i>Hirdyarnava Rasa</i>	Heart diseases
13.	<i>Laxmivias Rasa</i>	Respiratory track disorders, common cold
14.	<i>Chandra prabha vatti</i>	Diabetes, Urinary track disorders
15.	<i>Saptamrata lauha</i>	Eye disorders

#### D. Why to use *Rasa aushadhis*

The subtlety of *Rasa* allows it to 'slip' between the smallest bodily channels (*srotas*) and penetrate into the deepest tissues carrying its highly potent charge. If regular herbal remedies are considered an attack force targeting a specific disease, *Rasa* medicine is the equivalent of a nuclear strike. The main advantages of *Rasa* medicine is its Potency, Effectiveness and Longevity. *Rasa* medicine is usually Tasteless, Odourless and requires only a miniscule dose to deliver a strong and lasting effect. Also, it is not needed over a long period of time.

#### E. Importance of *Rasa Shastra* in today's modern world

Several factors relegate *Rasa Shastra* to an obscured position in contemporary *Ayurvedic* medicine. First, the lack of an easily accessed written tradition or an institutionalized academic framework makes it very difficult to formally pursue this ancient healing art. Knowledge of *Rasa Shastra* has remained largely unknown in the West despite having a record of use in *Ayurvedic* treatments dating back thousands of years. Additionally, *Rasa Shastra* preparations are often very labor-intensive with a very slim margin for success due to the potentially toxic nature of product.

*Rasa Shastra* is a very individualized system of medicine that requires immense proficiency to be practiced

#### G. Excellence of *Rasa aushadhis* in *Ayurved* Practice

Table 2: Showing the *Rasa* medicines useful in Lifestyle disorders <sup>[13] [14]</sup>

Medicine List	Uses
<b>There are 430 <i>Rasa</i> medicines that supports the physician to pacify the <i>Jwara</i> (Examples): -</b>	
<i>Mrityunjaya rasa</i>	Destroyed cell is revitalized – used in infectious fever conditions
<i>Tribhuvanakeerti rasa</i>	<i>Tribhuvana</i> are <i>Udara</i> (Alimentary), <i>Urah</i> (Respiratory) and <i>shiras</i> (Neural) – any conditions that are developing fever in these areas
<i>Agnikumara rasa</i>	Indigestion is the cause of fever and Headache
<b>There are 291 <i>Rasa</i> medicines that supports the physician to pacify the <i>Agnimandya</i> (Examples): -</b>	
<i>Agnitundi vati</i>	Belching and dyspepsia
<i>Loha parpati</i>	Acid peptic disorders associated with anemia and diarrhea
<b>There are 347 <i>Rasa</i> medicines that supports the physician to pacify the <i>Udara Shoola</i> (Examples): -</b>	
<i>Shankha Vati</i>	Abdominal Colic
<i>Gandhaka Rasayan</i>	Urinary colic with UTI
<b>There are 162 <i>Rasa</i> medicines that supports the physician to pacify the <i>Atisara</i> (Examples): -</b>	
<i>Loha Parpati</i>	It is specific to use when there is Anaemia as it makes the constipation, <i>Rasa parpati</i> , <i>Panchamrita parpati</i> are used in chronic and idiopathic

safely and effectively. Perhaps the most important factor in the efficacy of a treatment is the nature of the practitioner. It is said that one must first have undergone a thorough personal and spiritual purification before the ability to work with the transformative effects of herbal and metallic remedies is attained. *Rasa Shastra* is not easily adjusted to address the health needs of large numbers of people, but is capable of providing access to the most powerful healing tools of the plant and mineral kingdoms. <sup>[10][11]</sup>

#### F. *Aushadha Kala*

(*Ayurved* refers to *Agni* (*Jatharagni*) and the *Dravya* processed by it.)

- The *Rasa aushadhi* absorbs commonly in the oral mucosa with the vehicle of Honey (monosaccharide) - No *Jatharagni* Intervention
- *Mayura candrika bhasma* is given on empty stomach – also no *Agni* Intervention
- Metallic preparations (*Loha*) given with *Ghrita* is better for long action - Require *jatharagni*
- *Parpati* – requires the *Agni* intervention and given before to the food – *Pragbhaktam* / *Antarabhaktam*.
- The *dravyas* of volatile in nature are given after food for lasting effect –*Srikaraamodini*<sup>[12]</sup>

<b>There are 118 Rasa medicines that supports the physician to pacify the Kamala (Examples): -</b>	
<i>Dhatri Loham</i>	Jaundice
<i>Lakshimivilas rasa</i>	Jaundice associated with anemia
<i>Loha parpati</i>	Jaundice with complications such as Diarrhea, Fever, Puerperal jaundice or Neonatal jaundice
<b>There are 342 Rasa medicines that supports the physician to pacify the Kasa (Examples): -</b>	
<i>Kasa kuthar Rasa</i>	Cough & Headache
<i>Swasakasa chintamani Rasa</i>	Chronic Cough of undiagnosed, Asthma
<i>Abhraka Bhasma</i>	Chronic Cough
<b>There are 283 Rasa medicines that supports the physician to pacify the Shwasa (Examples): -</b>	
<i>Shwasakasa chintamani Rasa</i>	COPD
<i>Lakshimivilas Rasa</i>	COPD, Pulmonary oedema
<i>Malla Sinduram</i>	COPD
<b>There are 43 Rasa medicines that supports the physician to pacify the Hridroga (Examples): -</b>	
<i>Arogyavardhini Vati</i>	CVS problem with Obesity
<i>Hridayarnava Rasa</i>	Cardio-megale, LVH
<b>There are 23 Rasa medicines that supports the physician to pacify the Obesity (Examples): -</b>	
<i>Lakshimivilas Rasa</i>	Obese + DM
<i>Shiva Gutika</i>	Obese + DM + COPD
<b>There are 9 Rasa medicines that supports the physician to pacify the Diabetes (Examples): -</b>	
<i>Vangeswara rasa</i>	Blood sugars are not much altered but polyurea is present
<i>Sarveswara rasa</i>	used for diabetes complications especially – it regulates the Blood sugar levels and enhances the erection capacities
<b>There are 87 Rasa medicines that supports the physician to pacify the Rh.Arthritis (Examples): -</b>	
<i>Amavatari rasa</i>	specific drug of choice
<i>Chandraprabha vati</i>	when the obesity and GIT problems precipitates in RA

#### DISCUSSION:

Rapid changes in globalizing world associated with urbanization in the new millennium have resulted in newer type of life stressors. Negative lifestyle factors reduce the ability to cope with these adverse lifestyle disorders. The effect of such diseases can be taken care by variety of *Rasaushadhis* useful at both psychosomatic levels. Continuous uses of conventional medicines for various diseases may produces adverse actions and are an object of medical attention and thus the cause of concern. Hence alternative medicines have become the need of the hour. *Rasaushadhis*

preparations are safe in therapeutic doses and absorbs easily in the body. *Bhasmas* and *Sindoora*, the unique Ayurvedic preparation for curing diseases, can easily enter into the blood stream and become more biocompatible as compare to conventional medicines. They have developed a new era in nano-medicine system due to its nano particles size and holistic approach towards disease.

With the advance technology, 21<sup>st</sup> Century gave man many health disturbances due to changed life style and fast food habit. The longevity of life as compared to ancient time decreased significantly. Patients suffering

from diseases have lower immunity. *Ayurved* has described science of *Rasaushadhis* for the sake of qualitative and quantitative life span of human. Many phytopharmaceutical products have been proven to be successful in treating various lifestyle disorders as *Ayurved* enjoys the advantage of curing a disease causing minimal adverse effects. Recently, interest in *Rasaushadhis* has been rejuvenated and studies are being carried out to prove the clinical efficacy of compound preparations.

The prevalence of Lifestyle Disorders is constraining the victims to rely upon the conventional medication. In some of these diseases the usage of conventional medicine is inevitable, in such conditions possible alternative would be the usage of bio enhancers along with the conventional medicine so as to enhance the bio availability and efficacy of the drug and thereby minimizing the dosage and the adverse reactions associated with it and hence assuring safe therapeutic usage.

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