

REVIEW OF SHWASHAR DRAVYAS IN RASASHASTRA

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ABSTRACT

Historical studies of *Rasashastra* reveal the use of metals and minerals, both for al-chemical and therapeutically purpose in ancient past. In *Ayurveda* there are three types of medicine *Asuri*, *Daiwi* and *Manavi*. *Rasaushadhi's* comes under *Daiwichikitsa*. As *Rasaushadhis* have no particular taste, required in lesser dosage, have fine particle and easy to administration. *Shwasha* is a disease of *Pranvaha strotasa* which occurs due to vitiation of mainly *Rasa Dhatu* and *Kapha Dosha*. Among *Rasaushadhi's* many *Drava's* are indicated in *Swashachikista*. Almost 27 *Rasayoga's* have been mentioned in *Swashadhikara* of *Bhaishajyaratnavali*, 19 *Rasayogas* have been mentioned for *Shwasha Vikar* in *Rasatantrasara* and *Sidhaprayogasangraha* and 13 *Rasyoga* in *Rasachadanshu*. Here this article aims to review some of the important *Rasa dravyas* used in *Swashachikista*. After the study of different *Rasaushadi's* formulation, it was found that *Gandhaka* & *Pippali* are most widely used as *Shwashara* drugs.

Keywords: *Shwasha, Rasaushadhi, Yoga*

INTRODUCTION

Shwasha is not only a *Vyadhi* but also enlisted in *Lakshana* of many other diseases. It manifest as a *Lakshana*, *Vyadhi* and *Upadrava*. In *Ayurveda* there are three types of medicine. *Asuri*, *Daiwi* and *Manavi*. *Rasaushadhi's* comes under *Daiwichikista*¹ and it has no particular taste, it is easy administrable because of its fineness. It can even be given in the management of *Kricchrasaadyavyadhi*. Administering *Rasaushadhi's* even in small quantity along with suitable *Anupana* can achieve desirable effect in the management of diseases. There is a wide spectrum of *shwasharadravyas* mentioned in *Rasashastra*. Due to its easy availability

Rasa dravyas are widely practiced in treatment of *Shwasha*.

Samprapti Ghatakas in Shwasha²

- **Dosha-** *Praan vaayu, Udaan Vyayu, Keldak Kapha*
- **Dooshya-** *Rasavaha*
- **Agni-** *Jataragni*
- **Srotas-** *Praanvaha, Annavaha, Udakvaha*
- **Srotodushti-** *Sanga*
- **Vyakthavastha-** *Mana, Shareera*
- **Adhishtana-** *Praanvaha*
- **Udbhava sthana-** *Amashaya*
- **Rogamarga-** *Abhyantara*

Types of Swasha Vikara³

- a) *Mahashwasha*
- b) *Udhrva Shwasha*

- c) *Chinna Shwasha*
- d) *Tamak Shwasha*
- e) *Shudra Shwasha*

Treatment principle in Shwasha: *Ma-hashwasha, Udhrva Shwasha* and *Chinna Shwasha* are mentioned as *Ashaadhya*. While the treatment of *Tamak shwasha* is depends on *Vega-Avastha* and *Avega-Avastha*. In *Vega-Avastha Vamana, Virechana, Dhumpna* is advised and *Rasayan chikista* is mentioned in *Avaga – Avastha*⁴.

Importance of Rasaushadhis : The word *Rasashastra* literally means the “Science of Mercury”. It is a specialized branch of *Ayurveda* dealing mainly with materials which are known as *Rasa Dravyas*. The products dealt under this discipline are an important component of *Ayurvedic* therapeutics. Pharmacopoeia of *Ayurveda* com-

Individual dravyas having Swasha property among these are enlisted below

Category	Rasadravaya acts as Swashaghna
Maharasa	<i>Abhrak, Vaikranta, Malshik, Shilajithu, Rasak.</i>
Uparasa	<i>Haratala, Rasanjana, Gandha, Manashila.</i>
Sadharana Rasa	<i>Hingul, Gouripashana, Kapardika.</i>
Dhatu	<i>Swarn, Tamra, Loha, Vanga, Yashad.</i>
Upadhatu	<i>Abhrak, Manashilla, Hartal.</i>
Ratna	<i>Praval, Takshrya, Vajra, Nilam, Mukta, Vaikranta.</i>
Visha	<i>Vatsanabha.</i>
Upavisha	<i>Dhatura.</i>
Sudha Varga	<i>Shukti, Mudharshrunga.</i>

Apart from these single drugs there are many mineral and *Herbomineral* combination which are usually used in various stages in *Shwashachikista*

Some of commonly used and the important formulations:

1) **Swashakuthar Rasa**⁹

- **Ingredients:** *Shuddha Parad* (Mercury), *Shuddha Gandhak, Manahshila, Sindura, Shunthi, Shuddha Vatsanabha, Krushan Marish* and *Pimpali*.
- **Properties:** *Varna- Krushan, Rasa-Katu, Guna-Laghu, Rooksha, Veerya-Ushna, Vipaka-Katu*

prises of drugs derived not only from herbs but also from minerals, metals and animal products. According to the source of origin this mineral and metal products comes under *Parthiva* or *Khanija Dravya*. They have the following three characteristic attributes: instant effectiveness, requirement in very small doses and extensive therapeutic utility irrespective of constitutional variation⁵. Almost 38 *Rasayogas* has been mentioned in *Shwasha Chikista* of *Bhaishajyaratnavali*⁶ and 19 *Rasayogas* to treat the *Shwash Vyadhi* in *Rasatantrasara* and *Sidhaprayogasangraha*⁷.

Classification of Rasa Dravyas⁸

Maharasa, Uparasa, Sadharana rasa, Dhatus, Upadhatu, Ratanas, Uparatnas, SudhaVvarga, Sikata Varga, Visha & Upavisha.

- **Indications:** All type of *Shwasha, Kasa, Heeka, Swarbheda*
 - **Actions:** *Kaphaghna, Vaataghna, Deepana, Pachana* and specially used in *Tamak Shwasha*.
 - **Dose:** 500 mg, 1 tablet one time in a day.
 - **Anupana:** *Ringani Kwatha, Nagveli Patra.*
- 2) **Swashachintamani Rasa**¹⁰
- **Ingredients:** *Suddh Paarad, Shudha Gandhaka, Lohabhasma, Abhrakbhasma, Swarnamakshikbhasma, Muktabhasma, Kantakari.*

- **Properties:** Varna – Krushna, Rasa – Katu, Guna – Laghu, Veerya – Ushna Vipaka – Katu
 - **Indication:** Tamak shwasha
 - **Dose:** ½ Gunja (60 mg) (1 to 2 tablets two times in a day).
 - **Anupana :** Warm water
- 3) **Shwashantak Rasa**¹¹
- **Ingredients:** ShuddhaPaarad (Mercury), Shuddha Gandhak, Tamara Bhasma Saindhav and Pimplai.
 - **Properties:** Verna-Krushna, Guna-Laghu, Rasa-Katu, Vipak-Katu, Veerya-Ushna
 - **Action:** Kaphaghna, Kasaghna.
 - **Dose:** 125mg (1 to 2 tablets two times in a day).
 - **Anupana:** Honey
- 4) **Sammerpanaag Rasa**¹²
- **Ingredients:** Shuddha Paarad(Mercury)Shuddha Gandhak, Shudha Somal, Shudhan Hartal, Shudha Manahshila
 - **Properties:** Verna-Krushna, Guna-Ushna, Tikshna, Rasa-Katu, Vipak-Katu Veerya-Ushna
 - **Action:** Vaat Kaphaghna
 - **Preparation:** Pills made in size of 1/2 Gunja (Approx 60mg).
 - **Indication:** Tamak Shwasha, Jeerna Kaphaja Vikara.
 - **Dose:** 60 mg 1 tablet one time in a day.
 - **Anupana:** Tankan (125-250 mg) mix with Sammerpanaag Rasa
- By evaluating the above formulations it is clear that Ghandhaka (Sulphar) and Pimpali have been used extensively in majority of Rasa formulations in Shwasha Chikitsa.

Properties of Gandhaka (Sulphar) and Pimppali .

1. Gandhaka (Sulphar)¹³

- **Properties:** Rasa-Madhura, Tikta Guna-Mrudu, Veerya-Ushna, Vipaka-Katu

- **Indications:** Kustha, Visarppaa, Krumi, Deepana, paachaka, Vishagna and Plihaghna.
 - **Dose:** 1to 8 Ratti (125mg -1gms).
2. **Pippali (Piper longum)**¹⁴
- **Properties:** Rasa – Katu, Guna – Tikshna, Laghu, Snigdha, Veerya – Anushnashit Vipak-Madhura
 - **Indications:** Deepana, Pachana, Shulaprashamana, Jwaraghna and Rasayana etc.
 - **Action:** Vaatkaph shaamak
 - **Dose:** 0.5-1.5 gm

DISCUSSION AND CONCLUSION

According to Bhaishajya Ratnavali almost 27 Rasa Yogas has been mentioned in Shwashachikista among which 85% of Yogas contain Paarad, Gandhak and Pimpali as main ingredient. In Rasatantrasara and Sidhaprayogasangraha 19 Rasa Yogas has been mentioned in Shwasha Chikitsa in which Gandhak and Pimpali can be also seen in majority of Yogas. This indicates that Gandhak and Pimpali are the major components in Shwashahara formulation. Most of the drugs show properties like Deepana, Pachana, Ushna and Tikshna due to these properties it enhanced the Jatharagni as well as Dhatyagni which leads to cures the Agnimandhya, decrease the production of vitiated Kapha and acts as Rasayana. Their therapeutic action is based on Bhavanadravya. Dose of drugs, Anupana and Pathya-Apathya should be kept in mind while administering the Rasa to avoid complications. Rasaushadi's can be administered in different conditions of Shwasha with different Anupanas to increase the bioavailability and to prevent adverse effect.

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