

## RASAUSHADHI (HERBO- MINERAL PREPARATIONS) USED FOR TREATMENT IN CHARAK SAMHITA CHIKITSA STHANA

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### ABSTRACT

The aim of *Ayurveda* is to maintain health (Physical, Mental & Spiritual) through proper *Aahar* and *Vihaar*. The secondary aim is to treat diseases by natural medicines. There are mainly three types of medicines described in *Ayurveda* i.e. herbal, animal and *khanija* (metal, minerals). To maintain healthiness, we should take daily required quantity of basic nutrients such as carbohydrates, fats, protein, vitamins and most important trace elements. Among these, trace elements are very essential to conduct proper metabolism. It is to be said that in *Charak Samhita*, plants (Herbs) are mostly used as medicines. **Aim & Object:** To find out which metals, minerals are used for treatment, in which form, in which quantity, in which diseases and how frequently they are used. **Material & Methods:** As per *Rasadravya* classification mentioned in *Rasashashtra* as well as their therapeutic indications (external/internal). **Result:** In *Charak Samhita* many *Rasaushadhis* are used in *churna* (*Anjananibham* – Finest powder) form for e.g, *Makshika*, *Shilajatu*, *Tuttha*, *Kharpara*, *Gandhaka*, *Gairika*, *Kasisa*, *Kankshi*, *Hartala*, *Manhshila*, *Anjana*, *Sauviranjana*, *Strotonjana*, *Rasanjana*, *Pushpanjana*, *Kampillaka*, *Kapardika*, *Shankha*, *Shukti*, *Manika*, *Mukta*, *Vaidurya*, *Pravala*, *Suvarna*, *Rajat*, *Tamra*, *Loha*, *Mandoor*, *Kukkutandatwaka* are used externally as well as internally. **Conclusion:** Many *Rasaushadhis* are used to treat many diseases in text by *Charakacharya*. Metals & minerals like *Loha* (Iron) & *Mandoora*, *Hartal*, *Manahshila* are used most frequently internally in many diseases. Some references are found about *Shuddha* (Purified) form of some metals such as *Loha*, *Makshika*, *Mandoora*. Hence we can say that at *Samhita* period, *Rasadravyas* were used safely and they had detail knowledge of use of *Rasadravyas*.

**Key Words:** *Rasaushadhi*, *Charak Samhita*, *Chikitsa Sthana*, Trace elements.

### INTRODUCTION

*Brihat-Trayee* i.e. *Charak samhita*, *Sushruta samhita* and *Vagbhata samhita* are basic treaties of *Ayurveda*. Among these,

*Charaksamhita* is famous text for general medicine. Trace elements are very important to maintain health of human beings as they

help to produce enzymes<sup>1</sup>. Main aim of *Ayurveda* is to maintain health of human beings and for that everyone should follow proper *Aahaar, Vihaar*. As dietary products are of herbal (Plants) and animal origin and most suitable to our body, *Ayurveda* prefers herbal and animal products and *Khanija Dravyas* i.e. Trace elements (Metals & minerals) are used for treatment but in which form i.e. *Shuddha* (purified), *Ashuddha* (impure/Raw), *Churna* (powdered), *Bhasma* (incinerated).

This clearly states that there were herbo-mineral preparations in therapeutics. But it is very essential to review the descriptions of herbo-mineral preparations as *Charak Samhita* is not a specialized text of

*Rasashashtra*. This study was carried from *Chikitsa Sthana* of *Charak Samhita* for detailed references of herbo-mineral preparations and to study the method of preparation, their route of drug administration and posology as well.

#### MATERIALS AND METHOD

For this Review work, we have compiled information according to *Rasadravya* classification i.e. *Parada* (mercury), *Maharasa*, *Uparasa*, *Sadharanrasa*, *Dhatu*, *Ratna*, *Sudha varga*. These *Rasadravys* have studied as per their external, internal therapeutic use and form i.e. *shuddha & ashuddha*, *Bhasma*.

**Table 1 : References of *Rasaushadhis* Found In *Charak Samhita Chikitsa Sthana***

Sr No.	Rasa Dravya	Charak Adhyaya- Diseases	Indication & Used Synonyms of <i>Rasadravya</i> , Internal/External Use And Form
01	<i>Parad</i> (Mercury) <i>Rasa</i>	<i>Dwivraniya Chikitsa Adhyaya</i>	<i>Savarnikar Yoga</i> <sup>2</sup> (External) ( <i>Rasottam-Chakrapani Tika : Parad or Ghrita</i> ) <sup>3</sup>
02	<i>Maharas</i>		
	A. <i>Makshik</i> (Iron Pyrites) Described Both <i>Suvrna</i> And <i>Ropya Makshik</i>	<i>Kustha Chikitsa Adhyaya</i> <i>Panduroga Chikitsa Adhyaya</i> <i>Trimarmiya Chikitsa Adhyaya</i>	<i>Suvarnamakshikyoga</i> <sup>4</sup> ( <i>Suvarnamakshik</i> - Internal) <i>Mandoor Vatak</i> <sup>5</sup> ( <i>Suvarnamakshik</i> - Internal); <i>2<sup>nd</sup> Mandoor Vatak</i> <sup>6</sup> (Both <i>Suvarna</i> And <i>Ropya Makshik</i> -Internal); <i>Yograj</i> <sup>7</sup> ( <i>Ropyamala-Chakrapanidatta Tika: Ropya Makshik And Shuddha Suvarna Makshik</i> -Internal) <i>Sauviradi Churnanjan Varti</i> <sup>8</sup> ( <i>Suvarna Makshik</i> -External)
	B. <i>Shilajatu</i> (Black Butimen, Mineral Pitch)	<i>Rasayan Adhyaya</i> <i>Kustha Chikitsa Adhyaya</i> <i>Udarroga</i>	<i>Shilajatu Yoga</i> <sup>9</sup> ( <i>Shilajatu</i> -Internal) <i>Shilajatu Yoga</i> ( <i>Shilajatu</i> -Internal) <i>Udarroga Kshir Yoga</i> ( <i>Shilajatu</i> - Internal) <i>Suvarnamakshikadi Yoga</i> <sup>10</sup> ( <i>Adrija</i> - Internal)

		<p><i>Chikitsa</i> <i>Adhyaya</i> <i>Panduroga</i> <i>Chikitsa</i> <i>Adhyaya</i></p> <p><i>Visha Chikitsa</i> <i>Adhyaya</i> <i>Vatarakta</i> <i>Chikitsa</i> <i>Adhyaya</i></p>	<p><i>Yograj</i><sup>7</sup>(<i>Ashmajatu-Internal</i>) <i>Shilajatu</i>vatak<sup>11</sup>(<i>Shilajatu-Internal</i>) <i>Mahagandhahasti Agad</i><sup>12</sup>(<i>Shilajatu-Internal</i>) <i>Mrutasanjivan Agad</i><sup>13</sup>(<i>Shaileya-Internal</i>) <i>Param Agad Vachadi Yoga</i><sup>14</sup>(<i>Shilajatu-Internal</i>) <i>Vataraktanashak Yoga</i><sup>15</sup><i>shilajatu-Internal</i>)</p>
	<p><b>C. Tuttha</b> ( Copper Sulphate, Peacock Ore, Blue Vitriol) &amp; <b>D. Kharpar</b> (Calomel, Zinc Carbonate)</p>	<p><i>Kustha Chikitsa</i> <i>Adhyaya</i></p> <p><i>Dwivraniya</i> <i>Chikitsa</i> <i>Adhyaya</i> <i>Trimarmiya</i> <i>Chikitsa</i> <i>Adhyaya</i></p>	<p><i>Tikte</i>kshwakwadi <i>Taila</i><sup>16</sup>(<i>Dwe Tutthe-Chakrapanidatta Tika</i><sup>17</sup>: <i>Mayura Tuttha And Kharpar Tuttha-External</i>); <i>Kanakshiri Taila</i><sup>18</sup>(<i>Tuttha And Amrutasang i.e. Khararika Tuttha By Chakrapani</i><sup>19</sup>-<i>Internal</i>) <i>Savarnikaran Yoga</i><sup>2</sup> (<i>Tuttha And Amrutasang i.e. Khararika Tuttha By Chakrapani-External</i>) <i>Sauviradi Churnanjan Vart</i><sup>18</sup> (<i>Tuttha-External</i>)</p>
<b>03</b>	<p><b>Uparasa</b> <b>A. Gandhak</b> ( Sulphur)</p>	<p><i>Kustha Chikitsa</i> <i>Adhyaya</i> <i>Visha Chikitsa</i> <i>Adhyaya</i></p> <p><i>Hikka-Swas</i> <i>Chikitsa</i> <i>Adhyaya</i></p>	<p><i>Gandhak Yoga</i><sup>19</sup> (<i>Gandhak-Internal</i>) <i>Gandhak Yoga</i><sup>20</sup> (<i>Vaigandhak-Internal, Chakrapani- Gandhak Shodhan Till Odourless</i><sup>21</sup>) <i>Muktadya Churna</i><sup>22</sup>(<i>Gandhak</i><sup>23</sup>-<i>External And Internal</i>)</p>
	<p><b>B. Gairik</b> (Heamotite, Ochre)</p>	<p><i>Raktapitta</i> <i>Chikitsa</i> <i>Adhyaya</i> <i>Chardi Chikitsa</i> <i>Adhyaya</i> <i>Visha Chikitsa</i> <i>Adhyaya</i> <i>Dwivraniya</i> <i>Chikitsa</i> <i>Adhyaya</i> <i>Trimarmiya</i></p>	<p><i>Samshana Yoga</i><sup>24</sup>(<i>Gairik-Internal</i>); <i>Raktapittashamak Yoga</i><sup>25</sup> (<i>Gairik-Internal</i>); <i>Three Churna Yoga</i><sup>26</sup> ( <i>Kanchan Gairik And Gairik-Internal</i>) <i>Ksharagad</i><sup>27</sup>(<i>Lohitamruta-Internal</i>) <i>Nakhadantavishanashak Yoga</i><sup>28</sup>(<i>Gairik-External</i>) <i>Savarnikaran Yoga</i><sup>2</sup> (<i>Gairik-External</i>) <i>Khadiradi Vati &amp; Taila</i><sup>29</sup>(<i>Gairik-External &amp; Internal</i>); <i>Netraroga Bidalak Lepa</i><sup>30</sup> (<i>Gairik-External</i>)</p>

	<i>Chikitsa Adhyaya (Mukharoga) Yonivyapad Chikitsa Adhyaya</i>	<i>Pushyanug Churna<sup>31</sup> (Gairik-Internal)</i>
<b>C. Kasis</b> (Green Vitriol, Fe <sub>2</sub> SO <sub>4</sub> )	<i>Kustha Chikitsa Adhyaya Visarpa Chikitsa Adhyaya Dwivraniya Chikitsa Adhyaya Trimarmiya Chikitsa Adhyaya Vatarakta Chikitsa Adhyaya Yonivyapad Chikitsa Adhyaya</i>	<i>Kusthadya Taila<sup>32</sup> (Kasis-External); Tikteshwakwadi Taila<sup>16</sup> (Kasis-External); Sidhmahar Lepa<sup>33</sup> (Kasis-External); Kanakshiri Taila<sup>18</sup> (Kasis-External); Manahshiladi Lepa<sup>34</sup> (Kasis-External) Dantyadi Lepa<sup>35</sup> (Kasis-External) Kasisadi Yoga<sup>43</sup> (Kasis, Gulma-External) Vranaavasadak Lepa<sup>36</sup> (Asmakasis; Chakrapani Tika Dhatukasis-External); Twakakrishnikaran Lepa<sup>37</sup> (Kasis-External); Savarnikaran Yoga<sup>2</sup> (Kasis-External) Drusthiprada Varti<sup>38</sup> (Kasis-External For Cataract); Mahanila Taila<sup>39</sup> (Kasis-External For Shiroroga) Triphaladi Kalka<sup>40</sup> (Romasha; Chakrapani Tika: Kasis-External &amp; Internal) Dhatakyadi Taila<sup>41</sup> (Kasis For Anuvasan Basti, Nasya, Pichu-External &amp; Internal); Kasisadi Yoga<sup>42</sup> (Kasis For Pichu-External)</i>
<b>D. Kankshi</b> (Allum)	<i>Kustha Chikitsa Adhyaya Grahanidosha Chikitsa Adhyaya Visha Chikitsa Adhyaya Yonivyapad Chikitsa Adhyaya</i>	<i>Kanakshiri Taila<sup>18</sup> (Kankshi-External) Kiratadi Churna<sup>44</sup> (Saurashtri-Internal) Mrutasanjivan Agad<sup>12</sup> (Kankshi-External For Dharan) Pradarnashak Yoga<sup>45</sup> (Saurashtri-External); Kasisadi Yoga<sup>42</sup> (Kankshi-External)</i>
<b>E. Hartal</b> (Orpiment, Yellow Arsenic)	<i>Kustha Chikitsa Adhyaya Unmad Chikitsa Adhyaya</i>	<i>Kanakshiri Taila<sup>18</sup> (Aal; Chakrapani Tika Said Haritalam-External &amp; Internal) Apamarg Anjan<sup>46</sup> (Hingwalam; Chakrapani Tika Hartalam-External)</i>

		<p><i>Arsha Chikitsa Adhyaya</i></p> <p><i>Hikka-Swas Chikitsa Adhyaya</i></p> <p><i>Kasa Chikitsa Adhyaya</i></p> <p><i>Visha Chikitsa Adhyaya</i></p> <p><i>Trimarmiya Chikitsa Adhyaya</i></p>	<p><i>Arshanashk Pralepa Yoga<sup>47</sup></i> (Aal-External)</p> <p><i>Dhumapan Yoga<sup>48</sup></i>(Aal-External); <i>Manahshiladi Ghritam<sup>49</sup></i> (Aal-External)</p> <p><i>Manahshiladi Dhuma<sup>50</sup></i> (Aal-External); <i>Dhumapan Katipeya Yoga<sup>51</sup></i>(Two Yoga Of Hartal-External)</p> <p><i>Mahagandhahasti Agad<sup>11</sup></i> (Aal-External &amp; Internal); <i>Mrutasanjivan Agad<sup>12</sup></i>(Aal-External)</p> <p><i>Pitaka Churna<sup>52</sup></i>(Aal-Internal For Mukharoga)</p>
F. <i>Manahshila</i> ( Realgar, Red Arsenic)	<p><i>Jwar Chikitsa Adhyaya</i></p> <p><i>Kustha Chikitsa Adhyaya</i></p> <p><i>Hikka-Swas Chikitsa Adhyaya</i></p> <p><i>Kasa Chikitsa Adhyaya</i></p> <p><i>Chardi Chikitsa Adhyaya</i></p> <p><i>Visha Chikitsa Adhyaya</i></p>	<p><i>Vishamajwar Anjan<sup>53</sup></i>(Manahshila-External)</p> <p><i>Sidhmahar Lepa<sup>33</sup></i>(Manahshila-External);<i>Kanakshiri Taila<sup>18</sup></i> (Manahshila-External); <i>Manahshiladi Lepa<sup>34</sup></i>(Manahshila-External For Shwetakustha)</p> <p><i>Dhumapan Yoga<sup>48</sup></i>(Manahshila-External); <i>Manahshiladi Ghrita<sup>49</sup></i> (Manahshila-External);</p> <p><i>Vidangadi Leha<sup>54</sup></i> (Manahshila-Internal)</p> <p><i>Manahshiladi Dhuma<sup>50</sup></i>(Manahshila-External);</p> <p><i>Praponarikadi Dhuma<sup>55</sup></i>(Manahshila-External);</p> <p><i>Dhumapan Katipeya Yoga<sup>51</sup></i> (Manahshila-External); <i>Dhumapan Yoga<sup>48</sup></i>(Manahshila-External); <i>Haritaki Avaleha<sup>56</sup></i> (Manahshila-Internal)</p> <p><i>Manahshila Yoga</i> (Manahshila-Internal)</p> <p><i>Mahagandhahasti Agad<sup>11</sup></i> (Manahshila-External&amp; Internal);<i>Mrutasanjivan Agad<sup>12</sup></i>(Manahshila-External); <i>Manshyadiyoga<sup>57</sup></i> (Manahshila-External);<i>Sarvavishanashak Yoga<sup>59</sup></i>(Manahshila-External); <i>Param Agad Vachadi Yoga<sup>59</sup></i> (Manahshila-External);</p> <p><i>Twakashuddhikar Pralepa<sup>60</sup></i> (Manahshila-External); <i>Manahshiladi Nasya<sup>61</sup></i>(Manahshila-External); <i>Pitaka Churna<sup>52</sup></i> (Manahshila-Internal); <i>Bidalak Lepa<sup>30</sup></i>(Manahshila-External); <i>Sauviradi Churnanjana Varti<sup>2</sup></i> (Manahshila-External); <i>Sukhavati Varti<sup>62</sup></i>(Manahshila-External)</p>	

<p><b>G. Anjan</b> (Collyrium)</p>	<p><i>Hikka-Swas Chikitsa</i>  <i>Adhyaya</i>  <i>Chardi Chikitsa</i>  <i>Adhyaya</i>  <i>Trishnaroga Chikitsa</i>  <i>Adhyaya</i>  <i>Vish Chikitsa</i>  <i>Adhyaya</i>  <i>Trimarmiya Chikitsa</i>  <i>Adhyaya</i></p>	<p><i>Muktadya Churna</i><sup>63</sup>(Anjan-Internal)  <i>Avaleha Yoga</i><sup>64</sup>(Anjan-Internal)  <i>Trishnashamak Yoga</i><sup>65</sup> (Anjan-Internal)  <i>Vamanhikkanashak Yoga</i><sup>66</sup> (Anjan-Internal)  <i>Khadiradi Grita &amp; Taila</i><sup>29</sup> (Anjan-External &amp; Internal)</p>
<p><b>H. Rasanjan</b> ( Extract Of Indian Berberis)</p>	<p><i>Kustha Chikitsa</i>  <i>Adhyaya</i>  <i>Arsha Chikitsa</i>  <i>Adhyaya</i>  <i>Grahanidosha Chikitsa</i>  <i>Adhyaya</i>  <i>Kasa Chikitsa</i>  <i>Adhyaya</i>  <i>Atisaar Chikitsa</i>  <i>Adhyaya</i>  <i>Trimarmiya Chikitsa</i>  <i>Adhyaya</i>  <i>Yonivyapad Chikitsa</i>  <i>Adhyaya</i></p>	<p><i>Kusthanashak Yoga, Kusthanashak Alepan Yoga, Praponadi Lepa</i><sup>67</sup> (Rasanjan-External);  <i>Manahshiladi Lepa</i><sup>34</sup>(Rasanjan-External)  <i>Raktarodhak Yoga, Raktarshnashak Yoga</i><sup>68</sup>(Rasanjan-Internal)  <i>Nagaradya Churna</i>(Rasanjan-Internal); <i>Vachadi Churna</i>(Rasanjan-Internal)  <i>Haritaki Avaleha</i>(Rasanjan-Internal); <i>Jivantyadi Leha</i><sup>80</sup>(Rasanjan-Internal)  <i>Pittatisaarnashak Yoga</i>(Rasanjan-Internal);  <i>Rasanjanadi Churna</i>(Rasanjan-Internal)  <i>Pippalyadi Kawakgraha, Kalak Churna</i><sup>69</sup>,<i>Pathadi Churna</i>(Rasanjan-External);  <i>Khadiradi Gudika &amp; Taila</i>(Rasanjan-External &amp; Taila); <i>Gandha Taila</i><sup>70</sup>(Rasanjan- External For Karnashula), <i>Ksahr Taila</i><sup>71</sup> (Rasanjan- External For Karnashula), <i>Sukhavati Varti</i>(Rasanjan-External For Netraroga)  <i>Pushyanuga Churna</i><sup>31</sup>, <i>Pradarnashak Yoga</i>(Rasanjan-Internal)</p>
<p><b>I. Sauviranjan</b></p>	<p><i>Kustha Chikitsa</i>  <i>Adhyaya</i>  <i>Hikka-Swas Chikitsa</i>  <i>Adhyaya</i>  <i>Trimarmiya Chikitsa</i></p>	<p><i>Manahshiladi Lepa</i><sup>34</sup>(Anjan Dwe: Chakrapani Sauviranjan-External)  <i>Muktadya Churna</i><sup>22</sup> (Shishak: Chakrapani Sauviranjana- Internal)  <i>Churnanjanana</i>(Sauviranjana-External For Netraroga); <i>Sauviradi Churnanjan Varti</i> (External)</p>



		<i>Adhyaya</i>	
	<b>J. Puspanjan</b> ( Zinc Oxide)	<i>Trimarmiya Chikitsa Adhyaya</i>	<i>Sauviradi Churnajana Varti</i> ( <i>Pauspanjan-External</i> )
	<b>K. Kampillak</b> ( Gambose Tree)	<i>Kustha Chikitsa Adhyaya Visarpa Chikitsa Adhyaya</i>	<i>Kanakshiri Taila<sup>18</sup>, Vipadikahar Taila</i> ( <i>Kampillak-External</i> ) <i>Kampillakadi Taila(External)</i>
	<b>L. Kapardika</b>	<i>Trimarmiya Chikitsa Adhyaya</i>	<i>Gandha Taila<sup>70</sup> (Kapardika- External For Karnapuram: Chakrapani Bhasma of Kapardika)</i>
<b>04</b>	<b>Dhatu (Metals)</b>		
	<b>A. Suvarna</b> (Gold)	<i>Rasayan Adhyaya Visha Chikitsa Adhyaya</i>	<i>Yendra Rasayan, Triphala Rasayan Param( Hema Churna-Internal)</i> <i>Hema Churna Internally In Gar Visha Chikitsa<sup>72</sup> (Hemap By Chakrapani)</i>
	<b>B. Rajat</b> (Silver)	<i>Hikka-Swas Chikitsa Adhyaya</i>	<i>Muktadya Churna<sup>63</sup> (Roopya: Sukshma Churnanam By Gangadhar In Jalpakalpataru Tika- Internal)</i>
	<b>C. Taamra</b> (Copper)	<i>Hikka-Swas Chikitsa Adhyaya Visha Chikitsa Adhyaya Trimarmiya Chikitsa Adhyaya</i>	<i>Muktadya Churna<sup>63</sup> (Taamra-Internal)</i> <i>Vaman Yoga (Taamra-Internal To Create Vomitting)</i> <i>Sankhadi Varti (Taamra-External)</i>
	<b>D. Loha</b> (Iron)	<i>Rasayan Adhyaya Kustha Chikitsa Adhyaya Shwawathu Chikitsa Adhyaya Grahanidosha Chikitsa Adhyaya</i>	<i>Shastharitakyadi Rasayan(Ayas Churna-Internal); Lohadi Rasayan<sup>74</sup> (Anjannibham Churna To Be Taken For All Metals Described as Ayaskruti)</i> <i>Madhwasava (Ayas Churna-Internal); Trapwadi Lepa<sup>75</sup> (Ayas Churna-External); Manahshiladi Lepa (Kal-Loha Raja-External)</i> <i>Triphaladyaristha (Loharaja-Internal); Kshar Gudika<sup>76</sup>(Ayorajo-Internal)</i> <i>Panchamkshar<sup>77</sup>(Ayoraja-Internal)</i>

		<p><i>Panduroga Chikitsa Adhyaya</i></p> <p><i>Hikka-Swas Chikitsa Adhyaya</i></p> <p><i>Kasa Chikitsa Adhyaya</i></p> <p><i>Dwivraniya Chikitsa Adhyaya</i></p> <p><i>Trimarmiya Chikitsa Adhyaya</i></p> <p><i>Yonivyapad Chikitsa Adhyaya</i></p>	<p><i>Nawayas Churna<sup>78</sup> (Ayoraja-Internal), Yograj, Darvyadi Leha, Kamalanashak Yoga, Triphaladi Yoga, Gowdaristha, Yoshadi Ghrita (Ayoraj-Internal)</i></p> <p><i>Muktadya Churna<sup>22</sup>, Shatyadi Yoga<sup>79</sup>(Loha: Kal Loha By Chakrapani-Internal)</i></p> <p><i>Jivantyadi Leha<sup>80</sup> (Internal)</i></p> <p><i>Twachakrishnakar Yoga<sup>37</sup> (Ayoraj-External)</i></p> <p><i>Punarnavadiyoga (Asmari-Internal), Shankhadi Varti<sup>81</sup> (Netroroga-External) Sauviradi Churnanjana Varti<sup>2</sup> (External), Drusthiprada Varti<sup>38</sup> (External Netraroga), Mahanila Taila<sup>39</sup> (Krishna Shashtra: Loha By Chakrapanidatta-External &amp; Internal), Palitanashak Yoga (External)</i></p> <p><i>Pippalyadi Churna(Ayoraj-Internal)</i></p>
	<b>E. Mandoor (loha-kitta)</b>	<p><i>Panduroga Chikitsa Adhyaya</i></p>	<p><i>Mandoor Bhasma Yoga, Mandoor Vatak, Suvarnamakshikadiyoga (Puran Loha Kitta By Chakrapanidatta), Punarnavamandoor<sup>81</sup>, Mandoorvatak (Shuddha Mandoor By Gomutra: Chakrapani)</i></p>
<b>05</b>	<b>Ratna Varga</b>		
	<b>A. Manikya (Ruby)</b>	<p><i>Raktapitta Chikitsa Adhyaya</i></p>	<p><i>Raktapittashamak Yoga (Manistha Jala By Chakrapani-Internal)</i></p>
	<b>B. Mukta (Pearl)</b>	<p><i>Hikka-Swas Chikitsa Adhyaya</i></p> <p><i>Trimarmiya Chikitsa Adhyaya</i></p>	<p><i>Muktadya Churna<sup>22</sup></i></p> <p><i>Sauviradi Churnanajan (Mukta)</i></p>
	<b>C. Prawal (Coral)</b>	<p><i>Hikka-Swas Chikitsa Adhyaya</i></p> <p><i>Trimarmiya Chikitsa Adhyaya</i></p>	<p><i>Muktadya Churna<sup>22</sup></i></p> <p><i>Punarnavadi Yoga (Internal), Shankhadi Varti (External)</i></p>
	<b>Vaidurya (Cat's Eye)</b>	<p><i>Raktapitta Chikitsa</i></p>	<p><i>Raktapittanashak Yoga</i></p>



		<i>Adhyaya Hikka-Swas Chikitsa Adhyaya Trimarmiya Chikitsa Adhyaya</i>	<i>Muktadya Churna</i> <sup>22</sup>  <i>Shankhadi Varti, Sauviradi Churnanajan</i> <sup>2</sup>
<b>06</b>	<b>Shudha Varga</b>		
	A. <b>Shankha</b> (Coanch)	<i>Raktapitta Chikitsa Yoga Hikka-Swas Chikitsa Adhyaya Trimarmiya Chikitsa Adhyaya</i>	<i>Samshaman Yoga (Internal) Muktadya Churna</i> <sup>22</sup>  <i>Sumankarikadi Varti</i> <sup>82</sup> , <i>Saindhavadi Varti</i> <sup>83</sup> ( <i>Shankhanabhi</i> ), <i>Shankhadi Varti</i> , <i>Sukhavati Varti</i> <sup>62</sup> (External)
	B. <b>Shukti</b>	<i>Dwivraniya Chikitsa Adhyaya</i>	<i>Vranaropanartha Avachurnan</i> <sup>84</sup> (External)
	C. <b>Kukkutandatwaka</b>	<i>Trimarmiya Chikitsa Adhyaya</i>	<i>Kukkutandakapalani</i> <sup>85</sup> , <i>Drusthiprada Varti</i> <sup>38</sup>

## DISCUSSION

*Ayurveda* is widely used and most popular in India since ancient time. It mainly concerns with health i.e. physical, mental and spiritual. To maintain healthiness with long life span, we should take proper nutrients and in that also, trace elements are having precious role. *Ayurveda* and *Rasashastra* accepted only that metals and minerals which has essential role in human physiology i.e. Copper, Zinc, Iron, Gold, Silver etc. Most advanced stage of metals and minerals as *Bhasma* is found during and after 8<sup>th</sup> century (*Nagarjuna*). It is very interesting to know, the form of metal minerals used for treatment before 8<sup>th</sup> century. Medicines described in *Charak Samhita*, contains plant

(herbal) and animal products abundantly besides metal-minerals are used in less quantity. *Charakacharya* has clearly mentioned in some of the references about *Shuddha* form (purified) of *Loha*, *Makshik* for *Pandu Chikitsa* i.e. *Yograj vati*. Hence we can say that they had not only knowledge about *shodhan* process, importance of *shodhan* but also insist use of *Rasadravyas* after *shodhan*. Addition to this, *Charakacharya* has explained types, best qualities of drugs like *Roopyamala*, *Kal-Loha*, and *Krishna Shashtra* etc. The metals and minerals used in *Charak Samhita* are of finest powder form called *Anjananibham* means it should be very smooth and soft powder. *Ayaskruti* is a

process which is to be done on metals like gold, silver, copper etc by clinching them after red-hot in *Triphala Kwatha*, *Gomutra*, *Jyotismati Swaras*, *Palash Kshar Jala* till they get converted into finest powder. There is no clear reference about use of *Parad*, internally as well as externally. *Suvarna Makshika* is for *Kustha*, *Pandu*, and *Netrarog*; *Shilajatu* is stated as best *Rasayan* firstly by *Charak* and used in many *Rasayanas* (Rejuvenates), *Udararoga*, *Pandu*, *Vranas*, *Vata-rakta*, and *Kustharoga*. For *Tuttha* and *Kharpar*, *Charakacharya* has mentioned two *Tuttha* in *sloka* and for that *Chakrapanidatta* has explained that one is *Tuttha* and another one is *Kharparika Tuttha*. It denotes the deep knowledge about properties of both drugs. Like *Charakacharya*, *Rasashastra* has also mentioned effectiveness and their precious role in in therapeutics. These two drugs are used in *Kustha*, *Wound*, *Netraroga*. Now a day's, these drugs are useful for same disorders and therefore use in large quantity. *Gandhak* is used for *Kustha* and *Visha Chikitsa* with *Swas Chikitsa*. Related to this *Chakrapani* has been explained that *shodhan of Gandhak* should be upto odourless. *Pushyanug churna* is very popular and widely used medicine which contains *Gairik* and for that *Gairik* mentioned synonyms like *Kanchan Gairik*, *Lohitamruta* and it denotes the detail knowledge about the drug. It is used in *Raktapitta*, *Chardi*, *Visha*, *Nakhadantavisha*, *Wounds*, *Mukharoga*, *Netraroga*, *Streeroga*. *Kasis* is mostly used for skin, ophthalmic and gynecological disorders. *Hartal* and *Manahshila* were used in large quantity for asthma, skin disorders and toxic conditions. *Anjana* which are mentioned in *Charak Samhita* are used external-

ly as well as internally in many diseases. *Suvarna* is said to be best antidote for toxic conditions. *Loha* is used abundantly as compared to all *Rasadravayas* e.g. *Pandu Chikitsa*. *Sudha Varga*, *Ratna Varga* are used externally and internally. [Table 1]

## CONCLUSION

1. No clear reference about *Parad* to treat diseases has been found. According to *Chakrapanidatta*, *Rasottam* means Mercury or *Ghrita* as mentioned in *Yograj Vati*.
2. References of *Gandhak* are very few but *Chakrapanidatta* explained about *Shuddha Gandhak*.
3. *Charakacharya* has mentioned clearly *Shuddha Loha*, *Shuddha Makshik* to be used for treatment.
4. On the basis of this, we can conclude that *Charakacharya* had detail knowledge of all used drugs. But there is no Reference about *Shodhan* process of *Rasadravaya* used in the text.
5. Therapeutic indications of approximately 30 different *Rasadravayas* were found during this study with their primary stage of finest *Churna* compared to *Bhasma* form. Hence *Bhasma* method was not developed at that time and only finest *Churna* of metals and minerals were used.
6. *Suvarna* is the best antidote for any toxicity.
7. Iron is having vital role in anemia hence Iron containing drugs like *Loha*, *Mandoor* are widely used as metals in anaemia.

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