

ROLE OF RASA SINDHURA IN RESPIRATORY DISORDERS W.S.R TOTAMAKA SWASA

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ABSTRACT

Ayurveda is a science which has the utmost aim as *Chikitsa*. Classics have explained wide ranges of diseases and their *chikitsa* by using herbal, mineral and herb mineral formulations. Among these diseases *Pranavahasrothovikaras* are described in different chapters. In present era there is more prevalence of Respiratory disorders and this system is sensitive and prone to disorders because of the changes in current atmosphere. The disorders range from common cold to chronic pulmonary disorder. Respiratory disorders are easily communicable. These should be treated and at the same time focus should be to prevent its prevalence. In *Ayurveda* there are several formulations of *Rasoushadis* that can be employed in the treatment of the same with better results and quicker t the Role of *Rasasindura* for Respiratory disorders in Clinical practice.

Keywords: *Ayurveda, Rasaoushadis, Rasasindura, Respiratory disorders, Rasayana*

INTRODUCTION

The Ayurvedic mineral preparations (*Rasoushdis*) are said to have multi- dimensional action i.e. prevention, curing and re-juvenating in nature. It has fast action and found effective in smaller doses. Hence they are considered superior than other medications in management of diseases. *Rasasindura* is one of such *rasoushdis* containing purified mercury, and purified Sulphur in equal proportions. *Sindhura* means “*Syandaprasravanae*”-releasing property and also indicates color similar to red hibiscus. *SriDundukanatha*, the author of *Rasendra Chintamani* was the first book to introduce *Kupipakwa Rasayana* preparations in the Ayurvedic therapeutics during 12th cen-

ture A.D. And *rasa sindhura* is one among *kupipakvarasayanans*¹.

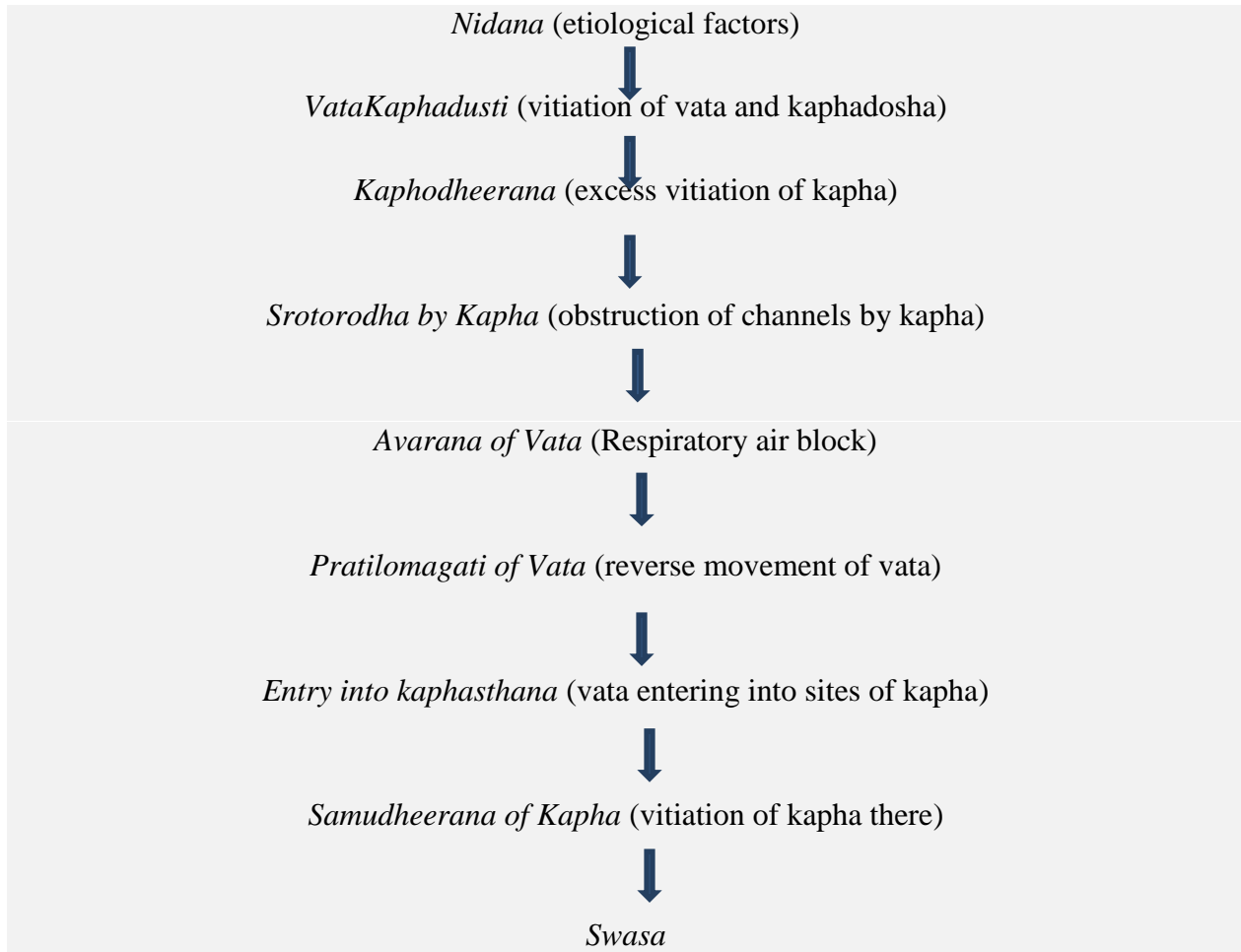
Respiratory disorders are considered under *Pranavahasrotovikarain* *Ayurveda*. These conditions are among the leading causes of morbidity and mortality worldwide. Most common respiratory disorders are bronchial asthma and chronic bronchitis which can be correlated to *Tamakaswasa* and *kaphajakasa* respectively in *Ayurveda*. This paper is intended to emphasize the role of *rassindhura* in curing respiratory disorders.

MATERIALS & METHOD

Bronchial Asthma is a chronic inflammatory disorder of the airways that causes recurrent episode of breathlessness. The increasing

global prevalence of asthma, the large burden it now imposes on patients, and the high health care costs have led to extensive research into its mechanisms and treatment. Asthma is one of the most common chronic diseases globally and currently affects 300 million people. In developing countries, there is a rising incidence of asthma that appears to be associated with increased urbanization.

SAMPRAPTI²



Pathogenesis of Asthma is associated with a specific chronic inflammation of the mucosa of the lower airways, causing difficulty in respiration.

CHIKITSA/TREATMENT

The effective treatment of *TamakaSwasa* cannot be unified as the pathology involves multiple varying factors. Vitiated *Vata* &




Tamakaswasa is defined as, difficulty in breathing that which occurs especially during night and cloudy days. *Tamaka* means to choke/ to enter darkness/ to be suffocated (*TamyatiAnenaItiTamaka*). It can be correlated to Bronchial Asthma. The pathogenesis (*Samprapti*) is explained in following manner in Ayurvedic texts.

*KaphaDosh*a is forcefully taken out from the *Pitta Sthana*, afflicting the *Rasa Dhatu* in the *PranavahaSrotas* producing the illness. Therefore the procedures and medications are aimed at bringing *Vata and kaphadoshas* to normal state. Drugs should also have *deepana, pachana* and *srotoshodhana* properties to combat *tamakaswasa*.

Swasakutararasa, Tribhuvanakeertirasa, Lakshmiwilasa rasa are a few Rasaaoushad- is used for respiratory disorders, whereas,

Rasasindura plays an important role in curing respiratory disorders as an independent drug and also as an adjuvant.

METHOD OF PREPARATION OF RASASINDURA³

PURVA KARMA	
Collection of necessary instruments	<i>Kupi, Vastra ,Multanimrittika , Valukayantra Valuka ,Shalaka ,Copper coin</i>
Shodhana	<i>Parada,gandhakashodana</i>
Kajjali	<i>Slakshnatwa ,Kajjalabhasa ,Nishchandratwa</i>
<p>Preparation of kupi</p> <ul style="list-style-type: none"> • Selection of bottle • Wrapping glass bottle with mud smeared cloth(7 layer) 	 <p>Figure 1</p>
<p>Filling of kajjali to kupi</p> <p>Fill 1/3rd-Space for melting of Kajjali Also for Sublimation of compound-deposited in neck of kupi</p>	 <p>Figure2</p>
Placing kupi in valukayantra	 <p>Figure 3</p>
PRADHANA KARMA	



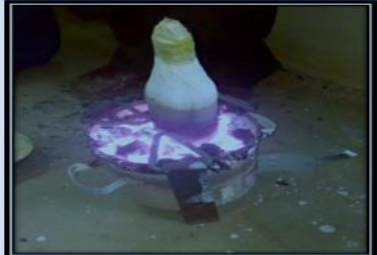

<p>Heating schedule 1st 3hrs-Mandagni Next 3hrs-Madhyama agni</p>	 <p>Figure 4</p>
<p>Shalakasanchalana Taptashalaka-To burn extra Gandhaka deposited in the neck, Sheeta-To Know the state of Kajjali</p>	 <p>Figure 5</p>
<p>Observation of fumes and flame Color of fumes helps to decide the substance</p>	
<p>Corking of kupi mouth Corking should be done in the absence of fumes and flames and performing Copper coin test (negative), Sheetashalaka test and appearance of redness at the bottom of kupi.</p>	 <p>Figure 6</p>
<p>PASCHAT KARMA</p>	
<ul style="list-style-type: none"> • Scrape and remove the layers of kupi • A thread soaked in spirit should be tied around the middle of kupi and ignited • Kept horizontally, rotate the kupi to burn thread • Then wrap with wet cloth 	 <p>Figure 7</p>



Figure 8

Rasasindhura should be given along with *vibhitakikwatha* in respiratory disorders according to the text “*Rasa Tarangini*”^{3,4}. In *Rasatantrasara&siddhaprayogasangraha* the author quoted his own experience of usage of *Rasasindurain swasa*. It enhances the *bala of puppusa* and does *kapha sravana from sukshmasrotas*. In conditions like *nasakshobha* due to recurrence of *swasa* it is proven as beneficial. In *urakshatha* associated with *durgandhakapha*, it shows best result along with *vasavaleha* or *vranaropanadravyas*. *Rasasindhura* given in severe chest infection along with *Pravalabhasma, Rajatabhasma, mari-chachurna* and honey is proven effective by many practitioners. *Sindhura* can be given along with *Abhrakabhasma* whenever *srotorodhais* noticed in *swasa*.

MODE OF ACTION

Tamakaswasa is *Kaphavatatmaka* and *pit-tasthanasamudbhavaroga* where *Tridoshas* are involved. *Rasasindhura* has capability to regulate *Tridoshas*. so it can be considered as an ideal drug for respiratory disorders⁵.

- It has *katu, Tikta rasa, Ruksha, Laghuguna, Ushnaveerya and Katuvipaka* and thus effective in *Kaphapradhanarogas*. It also regulates *vata and pitta*.
- Does *niyamana of panchavata-* mainly *prana and apana*
- Does *Pitta nisarana* without causing *rechana*.

In few conditions *Rasasindhura* is contraindicated, such as *Pitta pradhanaSwasa, Shushkakasa* and in *pitta prakruti* person due to its *Ushna, Teekshna, Rukshaguna*, which may aggravate the condition. A research work titled “Preparation, analytical study of *Hinguladrasasindhura* and its clinical efficacy in *tamakaswasa* (bronchial asthma)” -by:Dr.Basavarajyallappaganti is quoted in this paper, which proves the efficacy of *rasa sindhura in swasa*⁶.

- The study was conducted on 20 OPD patients
- **Study Duration:** 30 days with 15 days follow up.
- **Mode of administration:** *Rasasindhura* was administered orally.
- **Dosage:** 1gunja (125mg) twice daily.
- **Anupana:** *Vibhitaki Phalatwak Kwatha*
- **Investigations:**

1. Blood- Hb%, TC, DC, ESR, AEC
2. Others – PEFR

- **Assessment criteria**

Criteria of assessment were set aside on the basis of relief in the signs and symptoms of *Tamakaswasa*. For this purpose, cardinal signs and symptoms and AEC and PEFR values were noted.

(*Swasakruchrata, kasa, dukhenakaphanisaranam, ghurguratvam, urahpeeda, frequency of attack*)

- Overall result-
- 01. Well Responded -12pts- 60%

02. Moderately Responded -03pts -15%
03. Poorly Responded 04pts -20%
04. Not Responded -01pts -05%

DISCUSSION AND CONCLUSION

In the process of preparation of *rasasindura* Mercury and Sulphur undergoes *Shodhana and murchana* which facilitates the attainment of nanoparticles. *RasaSindura* acts as *Rasayana* and regulates the *Rasa Dhatu* which is involved in Respiratory disorders. As it is having *Yogavahi* property it enters *the pranavahasrotas (Sukshma-alveolar)*. *Rasa sindhura* is mixed along with other formulations which acts on respiratory system to enhance their properties. It is considered as an ideal preparation for Respiratory disorders as the *Rasapanchaka* does the *Samprapthi vikatana* (Breaks the chain of Pathogenesis). And it has the property to pass through ADME (Absorption, Digestion, Metabolisation, Elimination) easily. So *Rasasindhura* can be used in clinical practice in respiratory disorders effectively by using it judiciously.

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