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 than other medications. This paper is intended to emphasize the role of Rassasindura in curing respiratory disorders in Clinical practice.

Keywords: Ayurveda, Rasasindura, Respiratory disorders, Rasayana

INTRODUCTION
The Ayurvedic mineral preparations (Rasoushadis) are said to have multi-dimensional action i.e. prevention, curing and rejuvenating 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 rasoushadis 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 century A.D. And rasa sindhura is one among kupipakvarasayanäs1.

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.

**SAMPRAPTI**

<table>
<thead>
<tr>
<th>Nidana (etiological factors)</th>
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<tbody>
<tr>
<td>VataKaphadusti (vitiation of vata and kaphadosha)</td>
</tr>
<tr>
<td>Kaphodheerana (excess vitiation of kapha)</td>
</tr>
<tr>
<td>Srotorodha by Kapha (obstruction of channels by kapha)</td>
</tr>
<tr>
<td>Avarana of Vata (Respiratory air block)</td>
</tr>
<tr>
<td>Pratilomagati of Vata (reverse movement of vata)</td>
</tr>
<tr>
<td>Entry into kaphasthana (vata entering into sites of kapha)</td>
</tr>
<tr>
<td>Samudheerana of Kapha (vitiation of kapha there)</td>
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</tbody>
</table>

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 & KaphaDosha 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.
Swasakutara rasa, Tribhuvanakeertira rasa, Lakshmivilasa rasa are a few Rasasaushadhis 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 RASASINDURA

<table>
<thead>
<tr>
<th>PURVA KARMA</th>
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<tbody>
<tr>
<td>Collection of necessary instruments</td>
<td>Kupi, Vastra, Multanimritika, Valukayantra Valuka, Shalaka, Copper coin</td>
</tr>
<tr>
<td>Shodhana</td>
<td>Parada, Gandhakashodana</td>
</tr>
<tr>
<td>Kajjali</td>
<td>Slakshnatwa, Kajjalabhasa, Niśchandratwa</td>
</tr>
</tbody>
</table>

#### PRADHANA KARMA

- **Preparation of kupi**
  - Selection of bottle
  - Wrapping glass bottle with mud smeared cloth (7 layer)

- **Filling of kajjali to kupi**
  - Fill 1/3rd Space for melting of Kajjali
  - Also for Sublimation of compound-deposited in neck of kupi

- **Placing kupi in valukayantra**
<table>
<thead>
<tr>
<th><strong>Heating schedule</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st 3hrs-Mandagni</td>
</tr>
<tr>
<td>Next 3hrs-Madhya agni</td>
</tr>
</tbody>
</table>

**Shalakasanchalana**
- **Taptashalaka** - To burn extra Gandhaka deposited in the neck,
- **Sheeta** - To know the state of Kajjali

**Observation of fumes and flame**
Color of fumes helps to decide the substance

**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.

**PASCHAT KARMA**
- 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
Rasasindhura should be given along with vibhitakikwatha in respiratory disorders according to the text “Rasa Tarangini”\textsuperscript{3,4}. In Rasatantrasara&iddhaprayogasangraha the author quoted his own experience of usage of Rasasindura in 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.Rasasindura given in severe chest infection along with Pravalabhasma, Rajatabhasma, mari-chachurna and honey is proven effective by many practitioners. Sindura can be given along with Abhrakabhasma whenever srotorodhais noticed in swasa.

**MODE OF ACTION**

Tamakaswasa is Kaphavatamaka and pittasthanasamudbhavaroga where Tridoshas are involved. Rasasindura has capability to regulate Tridoshas.so it can be considered as an ideal drug for respiratory disorders\textsuperscript{5}.

- It has katu, Tikta rasa, Ruksa, Laghuguna ,Ushnaveerya and Katuvipaka and thus effective in Kaphapradhna-narogas. It also regulates vata and pitta.
- Does niyama of panchavata- mainly prana and apana
- Does Pitta nisarana without causing rechana.

In few conditions Rasasindura 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 Hinguladrasinduraand its clinical efficacy in tamakaswasa (bronchial asthma)” -by:Dr.Basavarajyallappaganti is quoted in this paper, which proves the efficacy of rasa sindhura in swasa\textsuperscript{6}.

- The study was conducted on 20 OPD patients
- **Study Duration:** 30 days with 15 days follow up.
- **Mode of administration:** Rasassindura 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.

(Swasakruhrata, kasa, dukhenakapanis-saranam, 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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