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RASA-DRAVYAS FOR THE MANAGEMENT OF DISORDERS W.S.R. TO GERIATRIC AND PEDIATRIC CARE: A REVIEW

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ABSTRACT

Ayurveda an Indian science of medicine and health management known for its conceptual theories and principles related to the health management. Ayurveda presented many ways of health management and utilization of minerals/metals based formulation is one such approach to resort good health status. The minerals/metals based herbal formulations comes under category of *Rasaushadhi*. *Rasa-Shastra* branch of Ayurveda deals with various aspects of *Rasaushadhis* such as; their preparation, therapeutic indications, safety concern and quality evaluation. Dosing flexibility, long shelf life, fast onset of action and efficacy, etc. are major advantages associated with *Rasaushadhis*. Mercury, iron, gold, silver and arsenic, etc. mainly employed along with herbs or minerals to prepare *Rasaushadhis*. *Rasa-Shastra* mentioned medicines specifically for geriatric and pediatric care i.e; *Swarna Bhasma*, *Rassindoor*, *Swarna prashana* and *Kumara kalyana rasa*, etc. Present article focuses therapeutic values of *Rasaushadhis* W.S.R. to geriatric and pediatric care.

Key-Words: *Ayurveda, Rasa-Shastra, Rasaushadhis, Geriatric, Pediatric*

Introduction

The Ayurveda classics considered preparations of *Ashtasankarita Parada* as *Rasa-aushadhi* which offers *Rasayana Guna* and indicated for many health issues. The herbomineral drugs (*Rasa-aushadhis*) are backbone of Ayurveda therapeutics since these drugs having unique pharmacokinetic characteristics and also possess enormous therapeutic properties. *Rasa shastra* incorporates *Rasa* as well as *Maharasa* ad *Uparasa*, etc. *Rasa-aushadhis* are so potent that their *Alpamatra* (minute doses) can induce effective response, however it is require to

be careful while preparing and prescribing *Rasa-aushadhis* since improper uses may cause harm especially in case of pregnant patient, elderly and pedantic care. These drugs assimilated inside the body so quickly due to their unique characteristics and these characteristics imparts into formulation during their manufacturing process (*Sanskaras*). The *Rasausadhis* are mercurials comprise mercury (*Parada*) and non-mercurials without mercury. The some examples of both types of formulations depicted in **Figure 1** based on the method of preparation.

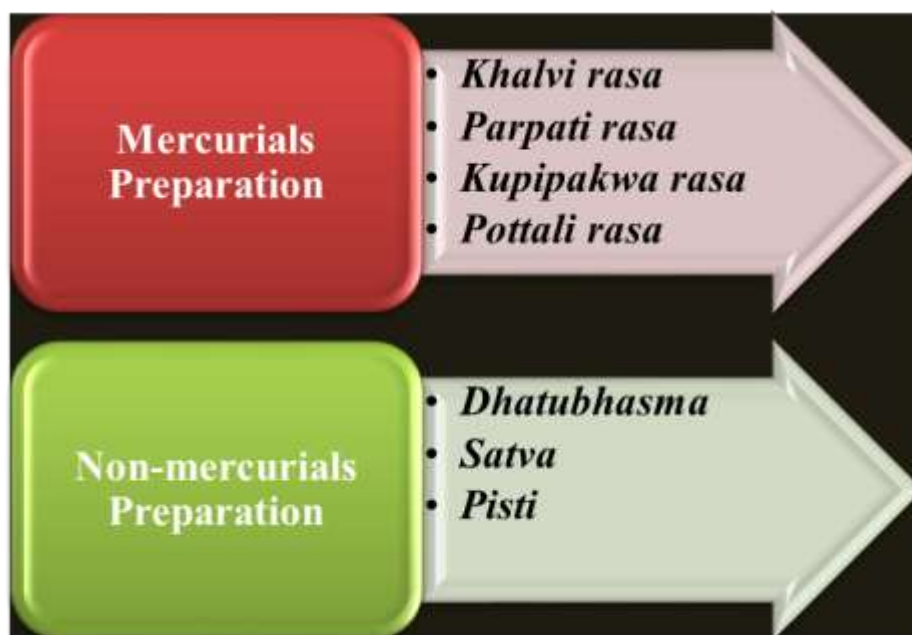


Figure 1: Mercurials and Non-mercurials formulations based on method of preparation.

RASA-AUSHADHIS FOR GERIATRIC CARE:

The general health benefits of *Rasa-aushadhi* towards geriatric care are as follows:

- ❖ Balances all three *Doshas* & nourishes body
- ❖ Increases the strength of the eyes
- ❖ *Vrishya* action restores sexual strength

- ❖ *Krimighna* effect prevents common infections of elderly age group
- ❖ Improves body complexion and maintain muscular rigidity

- ❖ These formulations give *Medhya* action thus help to maintain mental functioning in elderly
- ❖ Improves appetite thus relieves problems of constipation and indigestion
- ❖ Regulatory effect on hormonal system helps in condition like diabetes
- ❖ The *Doshas* pacifying effect normalizes metabolic activities thus prevent chances of ageing induce obesity and other metabolic disorders.
- ❖ *Rasayana* effect imparts strength and cure problem of muscular fatigue in elderly person.

Role of specific metals used in *Rasa-aushadhi* towards geriatric care:

Shuddha Parada offer *Rasayana* (rejuvenation) effect relieves *Kshayashoshahara* and imparts *Balya* thus delays ageing. Formulation containing *Shuddha Parada* helps to pacify aggravated *Agni*, alleviates *Vata* and improves *Medha* thus restore *Ayu*.

Shuddha Swarna acts as rejuvenator, promotes longevity thus prevents early ageing, the *Madhura Vipaka* of *Swarna Bhasma* gives aphrodisiac action, it acts as cardiac tonic, promote eye sight, eliminate toxins, acts as *Vriddhikara* and *Kantivardhana* thus manage symptoms of early aging. *Swarna* is *Kashaya Rasa*, *Snigdha* and *Laghu Guna* thus offers *Brimhana*, *Deepana* and *Medhya* action.

The formulations containing *Shuddha Gandhaka* gives hot potency thus imparts rejuvenating effect, the *Gandhaka* based formulation acts as aphrodisiac, alleviates *Kapha* and facilitate detoxification of toxins from body.

The formulations prepared from silver (*Rajat*) possess *Kasaya* and *Amla Rasa*, strengthen brain, boosts heart functioning and cure intoxication thus help in symptoms of early aging.

Role of specific formulations (*Rasa-aushadhi*) towards geriatric care:

Vanga bhasma possess *Kaphapittahara* action, it imparts *Mehaghna*, *Balya* and *Bruhana* effects thus help in aging pathogenesis.

Chandraprabha vati gives *Tridosha shamak* action and helps in reproductive problems; *Shukravikar* and *Rakta pradar*.

Suvarnaraj vangeswar has *Tridosha shamaka* effect it cures *Mutradaha*, *Bahumutrata* and *Napunsakata*.

Suvarna makshika provides *Kapha pittashamak* effect it helps to treat *Shukrakshaya* & *Madhumeha* associated with aging.

Vasantkusumakar offers *Vatapittashamak* effect thus relieves pathogenesis of *Prameha* and *Smritibhramsha*.

Mahalaxmivilas rasa provides *Tridosha shamak* property and mainly indicated for *Kshayaroga* and fever; it helps greatly in elderly peoples.

Bruhatvat chintamani has *Vatapittashamaka* property therefore relieves health issues related to the old age like *Bhrama* & *Pakshaghat*.

Laghumalinivasant rasa pacify *Pitta*, helps in bleeding disorders, cure fever and control aggravation of *Pitta* and *Rakta*.

RASA-AUSHADHIS FOR PEDIATRIC CARE:

Ayurveda suggested many herbo-mineral formulations for pediatric care however it is prerequisite to use such

formulations with great care so to avoid any complications associated with developing stages of children. The various formulations such as; *Kumara kalyana rasa*, *Bala Jwarankusha rasa*, *Balayakrudari rasa* and *Balarogantaka rasa*, etc. are utilized in *Kaumarbhrutya* for pediatric care.

The general health benefits of *Rasa-aushadhi* towards pediatric care are as follows:

- ❖ These formulations in children boost *Rog pratikarak shakti*
- ❖ *Rasa* formulations give physical strength
- ❖ Potentiates mental strength; grasping power and memory
- ❖ Improves digestive power and metabolic activities
- ❖ Boost skin elasticity and complexion
- ❖ Promote growth and development process
- ❖ Strengthen teeth and bones
- ❖ Improves resistance against allergic problems which are common in children

Role of specific metals used in *Rasa-aushadhi* towards pediatric care

- ❖ *Mandoor bhasma* helps to boost *Rasa Dhatu* and cure anemia in children.
- ❖ *Mugdharasa* used for infant diseases.
- ❖ *Godanti bhasma* helps in malnutrition.
- ❖ *Kumar Kalyan Ras* used for fever, diarrhea and jaundice in children.
- ❖ *Swarna Bindu Prashana* imparts immunity and strength.
- ❖ *Dhatri lauha* and *Gudadi mandura* improves hematological parameters in children
- ❖ *Swasa kasa chintamani rasa* offers therapeutic benefits in bronchial asthma
- ❖ *Rasaparpati* useful for infants to cure cough, cold, fever and indigestion.

Swarna prashana, *Krimi kuthara rasa*, *Kumara kalyana rasa* and *Swasa kasa*

chintamani rasa are *Rasa* formulations used for pediatric care. These formulations used for various health purposes under the supervision of expert physician.

Conclusion

Rasa-aushadhi utilized for various therapeutic purposes and these drugs offers health benefits in both geriatric as well as pediatric cases. In geriatric care *Rasa-aushadhi* potentiates *Agni*, removes *Ama* and boosts *Oja* by virtue of their *Rasayana* effect thus imparts rejuvenating effect and prevents health complications of aging. Moreover *Rasa* formulations increases strength of eyes, restores sexual strength, *Medhya* action maintain mental functioning and imparts physical strength in elderly person. *Rasa-aushadhi* also offers health benefits in children since these drugs boost *Rog pratikarak shakti*, gives strength, potentiates grasping power, improves digestive power, nourishes skin elasticity and complexion, strengthen teeth and bones and provides resistance against allergic problems which are common in children. However it is recommended that *Rasa-aushadhi* should be used with great care especially in case of children and elderly patients.

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