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 Ashtasanskarita 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 vangeshwar 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 relives 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 Kaumarbhruitya 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.

**References**