

## ROLE OF RASA AUSHADHIS IN PAIN MANAGEMENT

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### ABSTRACT

Pain is the most common reason patients seek medical advice, everyone experiences some sort of pain at some point of time. Pain is a protective mechanism or a warning to prevent further injury. Pain is an unpleasant sensory and emotional experience associated with actual and potential tissue damage, there are many side effects to the pain killers, which are presently used. *Rasa Shastra* is a boon to *Ayurveda* where the herbal drugs which are used along with *rasa aushadhis* are being more potent and cost effective and quick in action. Present work has done to collect the material of *Maha Rasas*, *Uparas*, *Sadarana Rasas* and *Visha Varga Dravyas* which are having the *Shulagna* property and their usage in different types of pain according to different authors.

**Keywords:** *Rasaoushadtis*, *Maharasa*, *Uparasa*, *Sadharana Rasa*, *Vishavarga*, and *Shula*.

**INTRODUCTION:** *Rasa shastra* or the *ayurvedic* alchemy is an important branch of *ayurvedic* pharmacology<sup>1</sup>. This branch deals with use of metals, minerals, gemstones and their processing. The minerals and metals are very effective and potent for immunization, rejuvenation and elimination of diseases.

*Rasaoushadtis* work very effectively, fastly with low dose. Comparatively *Rasaoushadtis* are very cost effective as they are given in smaller doses. Our *acharyas* have explained about *shulagna* property for many drugs, we should have proper knowledge about those drugs, their doses, and their usage, which was most neglected part. When we don't believe their action, so they were not practiced. There are many articles regarding pain management in *Ayurveda* which gives the information about pain management in a particular disease. This was aimed to keep all *dhatus* which posses *shulagna* property in accordance with

*Maharasa*, *Uparasa*, *Sadharana Rasa*, *Dhatu Varga* and *Visha Varga*.

### AIMS AND OBJECTIVES:

- To give the detail description of the *Rasaoushadtis* which are mentioned in *Rasa Sastra* for their *Shulagna* property.

### MATERIALS AND METHODS:

- Information was collected from different treatises like *Rastarangini*, *Rasaratna Samucchaya*, *Rasasastra*, etc..

### MAHARASA

- <sup>2</sup>*Abhraka satwa bhasma* – in dose of 1 *Valla*(1.5 – 2 *ratti*) is consumed along with powders of *Shunti*, *Maricha*, *Pippali* and *Vidanga* Each 1 *Ratti* and *Ghee* To Eradicate *Shula*.

- <sup>3</sup>*Vimala rasayana* is used in dosage 2-3 *ratti* along with *Triphala*, *Trikatu* and *ghee* in *Shula*

- <sup>4</sup>*Shilajith* is having the property of *Shulagna*

- <sup>5</sup>*Bhasma* of *Shilajatu* along with *kantalo*ha and *vaikranta* are mixed to

- *triphala* and *trikatu churna* given in dose of 200 mg with ghee cures *Shula*.
- <sup>6</sup>200gm of *Shilajith* is used along with honey in dysuria caused by *Sukravarodha*.
- <sup>7</sup>*Shilajith* is given along the decoction of *Varuna* (crataeva religiosa) etc group drugs in urinary calculi and dysuria.
- <sup>8</sup>*Shilajith* is added with *Guggulu*, *Sunthi*, *Pippali* and given along with cow's urine in *urusthamba*.
- <sup>9</sup>*Sattva's* of *tutta* & *bhunaga*(earth worm) are mixed and melted to prepare a ring. This ring, if applied over the site of pain, the pain will vanish instantly.
- <sup>10</sup>This ring is kept in water and a *mantra* is chanted and this water is consumed, pain is relieved immediately. This is referred by *bhaluki* in *bhaluki tantra*.
- <sup>11</sup>This *tutta mudrika* (ring) is heated strongly and immersed in oil or boiled in the oil, pain is reduced if this oil is rubbed at the site of pain.
- If this oil applied in vagina there would be quick & easy delivery of child
- <sup>12</sup>*Rasak /Kharpara sattva bhasma* is mixed with equal quantity of *kantalotha bhasma* 1gm of this mixture is taken in magnetic iron vessel mixed with *triphala* decoction kept overnight. Next day taken with little gingelly oil this cures *arthava Shula*.

#### **UPARASA**

- <sup>13</sup> *Kasisa churna* ½-1 ratti is added with *Suddha tankana* and *kumari Sara* is given in *rajorodabava rujam*.
- <sup>14</sup>*Haratala* is used alleviate *Kati graha* (pain and gripping sensation in the low back)
- <sup>15</sup>*Kankusta* is useful in *Shula* (colic)

#### **SADHARANA RASAH**

- <sup>16</sup>*Kampilla* relieve the vitiated *pitta*, it also corrects vitiated *kapha* and eradicates *Shula*
- <sup>17</sup>*Suddha gauripashanam* can cure *hrudaya sula* and associated *jwara*. It also cures *sandhigata vata* (arthritis).
- <sup>18</sup>*Kapardika* can cure *Shula* such as *Parinama Shula*
- <sup>19</sup>*Hingula* alleviates *Amavata*
- <sup>20</sup>*Hingula* alleviates *Amavata* (rheumatoid arthritis)

#### **DHATU VARGA**

- <sup>21</sup>*Rajatha bhasma* cures *nadi Shula*
- <sup>22</sup>*Somanathiya tamra bhasma* in dose of 2 valla(250-500mg) cures *Parinama Shula, Udara Shula*.
- <sup>23</sup>*Tamra bhasma* when given along with powder of *Karanja bija* cures colic
- It also cures splenomegaly and pain along with *shanka bhasma* and *trikatu*
- <sup>24</sup>*Tamra bhasma* along with *rasa sindhura* and powder of *kantakari phala* used in *Suryavarta*(migraine)
- <sup>25</sup>*Tiksna loha* alleviates *Shula*
- <sup>26</sup>*Nagabhasma* alleviates *Amavata*

#### **UPARATHNAS**

- <sup>27</sup>*Perojaka bhasma* possesses *Kashaya, Madura rasa*. Its internal use cures *Udara Shula*
- <sup>28</sup>*Vyomashma* - unani system uses it in abdominal colic

#### **SUDHA VARGA**

##### **1. Sudha:**

- *Churnodaka* corrects digestion and cures *Udara Shula*
- <sup>30</sup>Dose: children: 30 – 60 drops
- Adult: 24 ml
- <sup>31</sup>daily gargling with *Churnodaka* will cure stomatitis
- *Churnodaka* judicially administered along with milk will cure *Amlapitta*.

- <sup>33</sup>Lime stone is added with jaggery and thoroughly made into a paste and tied on swollen and/or aching joints.

### 2. *Shanka bhasma* -

- <sup>34</sup>*Shankha bhasma* is administered daily in suitable doses along with *Amalaka churna* to cure *Amlapitta roga*
- <sup>35</sup>In *Parinama Shula shankha bhasma* along with *lavana panchaka* added with either *trikatu churna* or *guda*.
- <sup>36</sup>To cure *sannipathika sula*, *shankha bhasma* is given along with *trikatu churna*, *saindava lavana* and *suddha hingu*.
- <sup>37</sup>*Shanka dravaka* 1 drop of the medicine, administered along with enough quantity of water and food the person soon feels the pangs of hunger, it cures all 8 types of *Shula rogas*.

### 3. *Shambuka bhasma*

- <sup>38</sup>In *Parinama Shula Shambuka bhasma* is given along with warm water.
- <sup>39</sup>In *Udara Shula Shambuka bhasma* is added with *Pancha lavana* and *Krishna Maricha churna* in equal quantities and administered.

### 4. *Shukti bhasma*:

- <sup>40</sup>To cure all types of *Shula roga* *Shukti bhasma* is administered along with *Triphala* and *Trikatu* powders.
- <sup>41</sup>In *Hridaya Shula Shukti bhasma* is given along with *Amalaki curna* and *Kakamachi swarasa*

### 5. *Godanti bhasma*

- <sup>42</sup>In headaches *Godanti bhasma* is used as it is having *sita guna*.

### 6. *Mrgasringa bhasma*

- <sup>43</sup>To cure severe *Hridaya Shula srunga bhasma* is administered daily in suitable dosage along with cow's milk or butter.

- <sup>44</sup>To cure *Hridaya Shula* and *parswa Shula*, the *srunga bhasma* is administered daily in the dose of 1 *ratti* along with honey.

## KSHARA VARGA

### 1. *Yava kshara*.

- *Ama Shula – rasamrutam* 7/20
- <sup>45</sup>In *makkala Shula*, *yava kshara* is administered daily in suitable dose along with warm water or ghee.
- <sup>46</sup>In *Basti sula yava kshara* added with equal quantities of *Maricha churna* and *Shunti churna* administered daily twice or thrice along with warm water.
- <sup>47</sup>To cure *muthrakricha roga* associated with burning sensation and inflammation, *yava kshara* is given daily in suitable dose along with fine powders of *Ela* added with sugar.

- In *Tridosaja udara Shula yava kshara* is administered daily with suitable dosage along with *Shankha bhasma*, *Trikatu* and *Saindhava lavana* with warm water.

- In *parswa basti- Hridaya Shula*, *yava kshara* is given along with *Shigru kasaya* and honey
- In *Basti Shula & Ashmari – Yava kshara* is administered along with *pasana bheda kasaya*, *varuna kasaya* and *gokshura kasaya*

### 2. *Surya ksara*

- <sup>49</sup>Purified *Soraka* (potassium nitrate) is useful in *muthrakricha*.

## VISA VARGA

### 50 *Langali*

- Lt name: *Gloriosa superba*
- Family: *liliaceae*
- External application – palms & soles, head for delayed labour.
- Application of *moola kalka* over affected part bring down the pain and inflammation.

### <sup>51</sup>*Vatsanabha*

- Lt .name: Aconitum ferox
- Family: Ranunculaceae
- Action: encourages more micturition and sweating
- Dose :1/16- 1/8 ratti (8-16 mgs)
- It is useful in *Nethra sotha*, *karna sotha*, *karna Shula*, *Gridhrasi* and *Kati Shula*.
- <sup>51</sup>Its application over affected parts will bring down the poisonous effects of snake bite, scorpion bite and other poisons.
- *Suddha Vatsanabha* is useful in all types of *taruna sotha* in the body occurring due to different reasons.
- <sup>52</sup>It also cures *sparsasahatwa* and body ache during night times.
- **Formulations:**
- <sup>53</sup> *Hinguleswara ras – Amavata*
- <sup>54</sup> *Anandabhairava ras – Ajirna sula* with *raja jambu patra swarasa* .
- <sup>55</sup> *Jaya vati – Suryavarta*, *ardavabhedaka* and other pains of fifth cranial nerve, along with *Bala mula Kalka*.

### *Visatinduka*

- Lt name: Strychnos nuxvomica
- Family: loganiaceae
- Alkaloids: strychnine, brucine
- Half-life: 12 hours
- Dose:1/4 -1 ratti
- <sup>56</sup>*Suddha kuchala* is useful in chronic *Amlapitta* and abdominal pain associated with it due to constipation.
- <sup>57</sup>*Suddha kuchala* is useful in *Kati Shula* at night during sleep.
- **Formulations:**
- <sup>58</sup>*Navajivana Ras* is used in abdominal pains due to constipation or chronic *Atisara* and all types of *vataja Shula*.
- <sup>59</sup>*Agnitundi ras* is useful in back ache

- <sup>60</sup>*Sulanirmulana rasa* is practically proven medicine for *Vataja Shula* and *Udara Shula*

### *Ahiphena*

- Lt name : Papaver somniferum
- Family: Papaveraceae
- English name: opium poppy
- Useful parts: seeds, seed oil, unripe capsules, flowers, latex.
- Action: *Balya*, *grahi* ,*nidrajanaka*, slows down normal heart rate, pacify the hyper active nerves.
- Dose: exudate – 30 – 125 mg
- Khas khas1-3gm
- Fatal dose –opium- 2gm
- Morphine-0.2 gm
- Codeine- 0.5 gm
- **Formulations:**
- <sup>61</sup>*Vedanantaka rasa* one pill(250mgs) is administered twice or thrice to cure all types of pain in any part of body.
- <sup>62</sup>*Ahiphenasava* is useful in curing *Karna Shula*.
- <sup>63</sup>*Ahiphensava* is used in pain during fracture, dislocations of bones and other different types of pains due to various reasons.
- <sup>64</sup> when cotton soaked in *Ahiphenasava* is placed over infected tooth for a while *Danta Shula* will be reduced instantly.
- In acute *Amavata* *Ahiphena* induces sleep, and relieve pain

### *Datthura*

- Lt name: Datura stramonium
- Family: Atropaceae
- Useful parts: seeds, flower, root bark, leaves.
- Dose: seeds – 50-100mg
- <sup>65</sup>warm *Datthura patra swarasa* is instilled daily into ears to cure severe *Karna Shula*.

- <sup>66</sup> *Dattatura beeja churna* is made into pills with water and placed in tooth cavity of *Krimidanta roga* to cure the tooth ache.
- <sup>67</sup> In *sthana shotha* and associated pain *Dattatura patra swarasa* is triturated with desired quantities of *Haridra* and *Ahiphena* and applied daily as *lepa* over affected part.
- <sup>68</sup> In *Shotha* and its associated pain *Dattatura*. *Patra* is triturated with desired quantities of *Ahiphena* and water this mixture is applied over affected part daily.

#### **Vijaya (Bhang)**

- Lt name: *Cannabis sativa*
- Family: *Cannabaceae*
- Useful parts: flowers, leaves, resinous extract
- Dose :2-4 ratti
- <sup>69</sup> *Suddha Vijaya* is useful in *Dhanu Sthamba Roga, Antra Shula, Vrkka Shula, Pitta Sosa Shula*.
- <sup>70</sup> *Suddha Vijaya* cures menstrual disorders and associated pain.
- **Formulations:**
- <sup>71</sup> *Trailokya vijayavati* is useful in pain during menstruation.

#### **Gunja**

- Lt name: *Abrus precatorius*
- Family: *Leguminosae*
- Useful parts: fruits, leaf juice, roots, seeds
- <sup>72</sup> *Gunja patra Kalka* is used applied over affected joints in *Amavata* to reduce the inflammation and pain. It is also useful for application in all types *vataja Shula*.
- <sup>73</sup> Dose of *Gunja bija* is  $\frac{1}{2}$ -1.5 ratti.
- <sup>74</sup> *Gunja beeja lepa* is applied over the affected joints to reduce the local inflammation and pain.
- <sup>75</sup> *Gunjadaya tailam* is useful in *vataja Shula*

- <sup>76</sup> *Taila paka* done with 4 parts *Gunja patra swarasa* and 1 part of *tila taila*, is used for *Abhyanga* to cure all types of inflammations and pains in the body.

**DISCUSSION:** Pain is the feeling one experience at a movement, and this pain is the driving force for a person to approach a doctor to get rid of it. Ayurvedic medicine is in existence since long time to say from the beginning of creation itself. A person rush to a doctor for the treatment of pain which he needs instantly. There are many allopathic drugs for pain management but when it comes to our Ayurvedic system, it is considered only for chronic ailments. *Rasasastra* is separate branch which was initially developed with the aim of conversion of lower metals to higher metals; later on it is merged up with *Ayurveda* and now became inseparable with this life science. Pain is caused due to various diseases with different origins this study is aimed to keep all *rasaoushadhis* used in different pains, at one place to make it easy for the practitioners to know and to practice the same in emergencies.

**CONCLUSION:** There is thinking that *Ayurveda* is slow working medicine, actually this is the main drawback of system. There are many *rasaousada* formulations mentioned by *acharya* which are quick in action. One should have proper and complete knowledge about the dose and purification procedures as well as their side effects to use the *rasaousadas* and *visas* which are having fast acting properties for the instant relief of pain.

There are many articles regarding pain management in Ayurveda which gives the information about pain management in a particular disease. Here I have tried to summarise all the rasa drugs with shulagna property at one place which can be used in different types of pains in

different diseases, which will be very useful to the practitioners in their regular practice for the quick and easy management of pain.

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