

**RASAUSHADHIES IN THE MANAGEMENT OF ACUTE/
EMERGENCY CLINICAL CONDITION**

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ABSTRACT

Today's era is all about emergencies & dealing with the necessary quick actions, equipment & medicines. *Rasashastra* is the heart of the Ayurvedic literature as it differs from modern medicines due to unique formulations used in it. *Rasaushadhies* are well known for its lesser dose, quick action & more potency. All the emergencies can be correlated to *Ashukari*, *Darun* & *Sadya* form of disease, which is clearly stated in *Ayurvedic* literature. Such diseases are *Hridayopaghat*, *Aakshepa* & *Apatanaka*, *Mad*, *Murchcha* & *Sanyasa*, *Chhidrodara*, *Moodha Garbha* etc. Certain *Vatavyadhi* fall under the category of emergency. The present article will discuss the pharmacodynamics & pharmacokinetics of *Rasaraj Ras* containing *Parad*, *Abhraka satva*, *Swarna Bhasma*, *Rajata Bhasma*, *Lauha Bhasma*, *vanga Bhasma* as

main ingredients wsr to neuro- muscular emergencies.

KEYWORDS: Ayurveda, *Rasashastra*, *Rasaushadhies*, emergency, *Rasaraj Ras*, *Vatvyadhi*, neuro-muscular disorder, Pharmacodynamics, Pharmacokinetics.

INTRODUCTION^[1]

अत्ययः कालः,कालप्रतिक्षां न सहते तत् आत्ययिकं ।

अत्ययो विनाशः भवति अस्मात् इति विघातकः ।

चक्र. च.नि.२/१

According to definition, the disease form which cannot wait for *Kala* is called as *Atyayik* or that form of disease which ultimately leads to detriment of a person is *atyay*. *Rasashastra* is popularly known as Indian alchemy. These formulations can be poly-herbal, poly-mineral & herbo-mineral. The term *Rasaushadhies* can be taken in both ways as it indicates preparations from *Parad* as well as from combination of other metals & minerals. Amongst all emergencies stated in Ayurvedic literature, the neuro- muscular emergencies are more debilitating as Shir(head) is considered as *sadya –pranahar Marma*. The conditions like whole body paralysis, hemiplegia, locked jaw, facial palsy, dizziness are acute forms of imbalanced *Vata Dosha*. In all these situations *Rasaraj Ras* can be the best option.

MATERIALS AND METHODS^[2]

Reference:-Bhaishajya Ratnavali, Vatavyadhi Chikitsa 26/198-202.

पलैकं शुद्धसुतस्य व्योमसत्त्वं च कार्षिकम् । तदर्धं कांचनंदेयं कन्यारसविमर्दितम् ॥
लोहं रूप्यं मृतं वंगं वाजिगन्धां लवंगकम् । जातिकोषं तथा क्षीरकाकोली च तदर्धतः ॥
काकमाचीरसैः पिष्ट्वा पंचगुंजामिता वटी । क्षीरं च शर्करातोयमनुपानं प्रकल्पयेत् ॥
पक्षाघातादिते वाते हनुस्तम्भेऽपतन्त्रके । धनु स्तम्भेऽपताने बाधिर्ये मस्तकभ्रमे ॥
सर्ववातविकारेषु रसरजः प्रकितितः । बल्यो वृषश्च भोग्यश्च वाजीकरण उत्तमः ॥

Rasa-sindoor (purified & processed mercury) - 40 gm

Abhraka Satva(purified & processed silica) - 10 gm

Swarna Bhasma - 5 gm

Lauha Bhasma - 5 gm

Rajata Bhasma - 5 gm

Vanga Bhasma - 5 gm

Ashwagandha Choorna (Withania somnifera) - 5 gm

Lavanga Choorna (Syzygium aromaticum) - 5 gm

Javitri Choorna (Myrestica fragrans) - 5 gm

Ksheera Kakoli (Fritillaria roylei) - 5 gm

Kakamachi rasa (solanum nigrum) - Q. S.

It is a Kharaliya Rasayana prepared in the form of tablets of 125mg to 250 mg. It can be administered along with milk or water.

DISCUSSION

It is said that Ayurveda is effective in chronic diseases & is limited to only rejuvenating therapy. But that time also there were emergencies that could be best handled with available sources. All emergency conditions require a team work of trained doctors, advanced instruments & effective medicines.

Rasaushadhies can perform the same function of effectiveness as it has less dose, more potency & *Rasayana* effect of almost all metal preparations. In spite of *Kharaliya Rasayana*, *Kupipakwa* & *pottali* preparations can also be tried.

Ayurvedic medicines has got limitations in practicing due to the various quick & effective routes of administration like intra cardiac, intra pleural, intra thecal.

So attention should be given on preparation of new dosage forms with same medicine. Medications blended with *Vyavayi* & *Vikasi guna* can also be prepared. Some basic instructions should be followed like having faith in Ayurveda, work with courage & confidence while dealing in emergencies, try to understand basic sutras of Ayurveda.^[3]

The combine action of Rasraj Rasa with herbal drugs can be explained by following Rasapanchak of each dravya.

1) Ashvagandha^[4]

Latin name: *Withania Somnifera*

Family: *Solanaceae*

Rasapanchaka

Ras	Tikta, Katu, Madhur
Guna	Laghu, Snigdha
Virya	Ushna
Vipaka	Madhur
Satmikaran	Balya, Brinhan, Rasayana

2) Lavanga^[5]

Latin name: *Syzigium aromaticum*

Family: *Myrtaceae*

Rasapanchaka

Ras	Tikta, katu
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Guna	Laghu, Snigdha	
Virya	Sheet	
Vipaka	Katu Satmikaran	Katupaushtik

3) Javitri^[6]

Latin name: *Myristica fragrans*

Family: *Myristicaceae*

Rasapanchaka

Rasa	Tikta, Katu
Guna	Laghu, Tikshna
Virya	Ushna
Vipaka	Katu Satmikaran Katupaushtik

4) Kakmachi^[7]

Latin name: *Solanum nigrum*

Family:-*Solanaceae*

Raspanchaka

Ras	Tikta
Guna	Laghu, Snigdha
Virya	Anushna
Vipak	Katu
Satmikaran	Hridya, Shothhar, Raktabharshamak, Tridoshaghna

RESULT

As its name suggests it is the “king” of all *Rasa* medicines. High blood pressure may result into improper blood supply to brain which results into serious neuro- muscular disease. It is *tridoshaghna*. It strengthens brain, nerves, heart & muscles. It is Balya, vrishya, Bhogya, & Uttam Vajikar.^[8]

CONCLUSION

From the above discussion we can say that *Rasaraj Ras* can be effectively used in neuromuscular emergencies. Likewise *Rasaushadhies* can be used well in mild to moderate emergencies. But it is the need of time to focus on various routes of administration of drugs like Intravenous, Intramuscular, and Subcutaneous etc. *Rasaushadhies* can be used well in mild to moderate emergencies while severe type of emergencies first need prompt procedures

& not medicines. Emergencies can be medical, surgical, gynecological & medico- legal like *Agni dagdha*, *vish peeta*, *Sarpa damsha* etc. Treatment for the same was stated at various places in *charak chikitsasthan*, *sharir sthan*, *sushrut nidanstan*, *sushrut kalpa sthan* etc. There are some limitations in wide spreading of Ayurveda due to consumer protection act as people may find some procedure of Ayurveda violent like *pradhama nasya*. Some other issues threaten *Rasaushadhies* as the metals & mineral content of drugs & trying to banned the metallic & mercurial preparation. So it is a big challenge towards us to protect *rasaushadhies* from this non Ayurvedic people lobby. The main goal of any pathy should be focused first on life saving of a patient. A freedom should be given to Ayurvedic practitioners also to handle emergencies as our medicines are time tested. We should practice *Ayurveda* in the way it was stated for. The emergency management described in *Ayurveda* needs only enlightenment & a genuine practice.

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