

A CRITICAL REVIEW ON YASHAD

Rakesh Solanki*¹, Punita Sharma² and Avadesh Kumar Bhatt³

¹P.G. Scholar, Department of Rasashastra and Bhaisjya Kalpana, M.M.M. Govt. Ayurved College Udaipur, Rajasthan.

²Lecturer, Department of Rasashastra and Bhaisjya Kalpana, M.M.M. Govt. Ayurved College Udaipur, Rajasthan.

³H.O.D. & Prof., Department of Rasashastra and Bhaisjya Kalpana, M.M.M. Govt. Ayurved College Udaipur, Rajasthan.

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*Corresponding Author

Rakesh Solanki

P.G. Scholar, Department of
Rasashastra and Bhaisjya
Kalpana, M.M.M. Govt.
Ayurved College Udaipur,
Rajasthan.

ABSTRACT

Ayurveda, basically is a medical science. There is need of medicine to treat the diseases. Acharya Charka has told that there is no Dravya available which cannot be used as medicine but we can't use the natural materials in medicine as it is. So it is necessary to transform the material into useful form which can be easily assimilable into body so called as *Kalpana*. To complete this necessity, Rasashastra & Bhaisjya Kalpana branch has been developed. Rasashastra precisely uses metals, minerals and animal sources whereas Bhaishajya Kalpana mostly deals with plant resources. The drugs which are used in Rasashastra are further divided into Maharas, Sadharan Ras, Uparas Dhatu Varga and so on. Out of which Yashad is mentioned in Dhatu Varga. Dhatu are

used as medicine in form of Bhasm prepared by Maran procedure. Yashad Bhasm is an important medicine of Ayurveda which is used in many health conditions and many other formulations.

KEYWORDS: *Rasashastra, dhatu, yashad bhasm, marana.*

INTRODUCTION

Yashad (Jasad) Bhasma is an *Ayurvedic* mineral-based and immuno-modulatory medicine. It is also *Ayurvedic* zinc supplement in used in zinc deficiency, slow wound healing, stunted growth and diarrhea in children. *Yashad (Jasad) Bhasma* boosts the immune system and may help treating recurrent common cold and ear infections. It also prevents respiratory infections.

In *Ayurveda*, it is used for malaria and other parasitic diseases. Ayurveda is science of life which deals with the use of herbs and herbal preparations for the treatment of various ailments.^[1] Along with *Ayurvedic* eye drops, *Yashada Bhasma* is beneficial for macular degeneration, night blindness and cataract. It may also help in cases of asthma, high blood pressure, diabetes and AIDS. It is also used in skin diseases especially acne, eczema and psoriasis. Acharya Charak, mentioned the type of drugs on the basis of their source various formulations and pharmacology of drugs with considerable precision. The later treaties describe the medicinal properties of various metals like Parad, Swarna etc. in form of Bhasm. These are unique metal base preparation made by sophisticated pharmaceutical processes incorporating herbs, converted them in to suitable form. They are used in the Indian subcontinent since seventh century and widely recommended for the treatment of verities of chronic ailments. In 14th centaury Rasaka Stava (the metallic extract of zinc carbonate) was also independently known by the name of Yasad. Yasad comes under the category of puti lohas, its bhasma is mainly indicated in Prameha. Besides this it has been also used for various disorders including Prameha (Diabetes), Pandu (Anemia), Vatayadhies (neuromuscular disorders) and Netra vikaas (eye disorders) Currently some study was done on bhasma containing heavy metal salts enlighten mainly from toxicological point of view.^[2] In Indian traditional medicine Yashad Bhasma is a unique particulate preparation of zinc, which has been used by traditional practitioners for the treatment of various diseases such as diabetes, eye diseases, night blindness, cataract, asthma, skin disease, and acne etc.^[3-4]

MATERIAL AND METHODS

The Yashad Bhasma was prepared according to the method mentioned in the Ayurvedic literature.^[5] The various steps involved were: purification (shodhan), heating and roasting (jaran) levigation (bhavana) and incineration (maran). The incineration method was carried out by using traditional method of heating as well as using electric muffle furnace.

- **Purification**

Raw Yashad Bhasma was purified by liquefying and pouring method. In this process the raw Yashad was heated in the iron pan till it melts. The melted sample was then poured in 100 mL cow milk. This process was repeated 21 times.

- **Heating and Roasting**

fter Shodhan, the metal becomes more brittle and was then subjected to Roasting (Jaran). The

sample after purification was taken in an iron pan and melted. The melted sample was stirred and rubbed with the help of Azardica Indica branch (18 cm long with 0.6mm inner diameter). This Process was continued till whole metal was converted into powdered form (8h). After heating and roasting (Jaran) process the metal was converted into very fine grayish powder which was fit for final step of Incineration (Maran).

- **Levigation**

In this method the sample was triturated with juice of Aloe vera. The process was repeated seven times.

Chemical composition

Yashad (Jasad) Bhasma contains calcined and pure zinc. It is highly absorbable zinc supplement because of the decreased particle size and nanochemistry.

Medicinal properties

Yashad (Jasad) Bhasma has following healing properties.

1. Antacid
2. Anti-inflammatory
3. Anti-arthritis
4. Anti-pyretic
5. Digestive Stimulant
6. Haematinic (increases hemoglobin levels)
7. Hematogenic (helps in formation of red blood cells)

Therapeutic indications

Yashad (Jasad) Bhasma is used in following diseases.⁶

General conditions

- Fever
- Chronic low grade fever
- General debility after fever
- Physical weakness after chronic or long standing disease
- Zinc deficiency
- Acute diarrhea in children
- Slow wound healing

- Recurrent common cold
- Recurrent ear infections
- Malaria
- Diabetes

Brain & Nerves

- Memory loss
- Attention deficit hyperactivity disorder (ADHD)
- Alzheimer's disease
- Parkinson's disease
- Severe head injuries

Eyes

- Macular degeneration
- Night blindness
- Cataract

Ears

- Tinnitus (ringing in the ears)

Heart & Blood

- High blood pressure
- Anemia
- Sickle cell disease

Lungs & Airways

- Asthma
- Seasonal flu
- Lower respiratory infections

Digestive health

- Burning mouth syndrome
- Hypogeusia – Blunted sense of taste
- Crohn's disease
- Ulcerative colitis
- Peptic ulcers

- Anorexia nervosa
- Loss of appetite
- Muscle cramps linked with liver disease

Muscle, Bones & Joints

- Weak bones (osteoporosis)
- Rheumatoid arthritis
- Muscle cramps
- Fibromyalgia

Skin & Hairs

- Acne
- Psoriasis
- Eczema
- Premature graying of hairs
- Aging skin
- Herpes simplex
- Wounds

Men health

- Benign prostatic hyperplasia (BPH)
- Male infertility
- Erectile dysfunction (ED)

Others

- For improving physical endurance, athletic performance and physical strength.

Medicinal Uses & Benefits

Yashad Bhasma is useful in the treatment of diseases related to zinc deficiency, throat, eyes, respiratory system, heart, blood and digestive system. It also works well in diabetes mellitus and men's problems.

CONCLUSION

Yashad Bhasma is useful in all types of fever and infections due to its immuno-modulatory effects. It improves immune system and helps the body fighting off the disease. The roles of metals in human physiology are well established. It is also known that many metals are

required in trace amounts for normal metabolism and their deficiency leads to diseases. In Ayurveda, metal-based preparations, for example, *bhasmas*, are indicated for the treatment of several diseases. However, in present day Ayurvedic practice, the use of *bhasmas* is limited. This could be because the synthesis procedures of *bhasmas* are laborious, time consuming, and often difficult to interpret from ancient texts. Different protocols exist to get several types of *bhasma* of the same metal. Hence, selection of the synthesis protocol requires sound knowledge of the Ayurveda system. To address this issue, standardization of the synthesis procedure and its detailed documentation would be helpful.

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