

**A REVIEW STUDY ON SASYAKA W.S.R. IN AYURVEDA MEDICINE****<sup>1</sup>\*Dr. Priyanka Rani Sarkar, <sup>2</sup>Dr. Hemant Sarkar and <sup>3</sup>Dr. Punita Sharma**<sup>1</sup>PG Scholar Department of Ras-Shastra and Bhaishajya Kalpana, M. M. M. Govt. Ayurveda College, Udaipur Raj.<sup>2</sup>RBSK AYUSH MO. Balotra, Barmer, Raj.<sup>3</sup>Lecturer(Ph.D), Department of Ras-Shastra and Bhaishajya Kalpana, M. M. M. Govt. Ayurveda College, Udaipur Raj.Article Received on  
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Raj.**ABSTRACT**

Ayurveda is the oldest science ever since serving the world. It is comprehensive system of natural health care that originated in the ancient Vedic times of India. Its primary emphasis is on prevention of disease and maintenance of health. It also provides treatment for disease. Ayurveda comprises many important branches and one of them is Ras-shastra. Ras-shastra is the branch related to herbo-mineral drugs. A careful survey of the original texts on Ras-shastra shows that the subject covers the entire field of inorganic pharmaceutical preparation like metallics, non-metallics and organometallic compounds of Ayurvedic materia medica. Sasyaka is one of the important mineral which is used as a drug in many diseases. This

article explains the properties, dosages of Sasyaka and methods and procedures of Sasyaka.

**KEY-WORDS:** Sasyaka, Sasyaka Bhasma.**INTRODUCTION**

Ras-shastra is the science of alchemy which includes Parada and many minerals and metals. These drugs are classified into different groups by different Acharya. The group names are maharasa, Uparasa, Sadharanarasa, Dhatu, Upadhatu, Ratna, Uparatna, Sudhavarga, Shuktivarga etc.

According to Rasa Ratna Samucchya maharasa<sup>[1]</sup> contains eight drugs named Abhraka, Vaikranta, makshika, Vimala, Aadrija, Sasyaka, Chapala, Rasaka. Sasyaka is the sixth

mineral of the maharasa. Chemically it is copper sulphate with the formula  $\text{CuSO}_4$ . Copper sulphate is also known as Blue vitriol, Salzburg vitriol, Roman vitriol. It is an odorless crystalline substance, blue in colour, highly toxic. It can be made by treating copper metal with hot concentrated sulfuric acid. The anhydrous form occurs as a rare mineral form called chalcocyanite. The hydrated copper sulphate occurs in nature as chalcantite and two other rare ones bantite and boothite. Copper sulphate was used as an emetic in the past. It is fungicide, herbicide, and algacide in nature. Copper sulphate is easily soluble in water, its solution is acidic in nature. When  $\text{CuSO}_4$  is heated upto  $2500^\circ\text{C}$  it loses all its water and forms white amorphous powder.

**Synonyms**<sup>[2]</sup> - Tuttha, Tutthak, Tutthanjana, mayuraka, Sasyaka, Tamragarbha, Shikhigriva. Copper sulphate is called peacock ore or bluestone.

**History** - Sasyaka is mentioned in Samhita period. It is mentioned in Charaka samhita and Sushruta samhita and used for therapeutic purpose. In classical texts of Ras-shastra it is given very importance and counted in the group of maharasa and is useful in Jarana and murcchana.

**Sasyaka Origin**<sup>[3]</sup> - Garuda drink Halahal vish after Amritapana. Due to combination of Vish and Amrita he vomited on marakata mountain. After some time the vomit transformed into blue solid form and that was called Sasyaka.

**Types of Sasyaka**<sup>[4]</sup> - It is of two types (a) Swabhavaj (b) Kritrim.

**Best Sasyaka Properties**<sup>[5]</sup> - Blue like the neck of the peacock and heavy in weight Sasyaka is best for the therapeutic use. Qualities of any drug is increases when Vish is added in it, thats why when Halahal got mixed with Amrita it became more beneficial.

Sasyaka mitigates kapha-pitta dosh. Properly prepared Sasyaka bhasma possesses lekhana(scraping), bhedana(incision), and sankochaka(contractive) properties in it. Sasyaka bhasma is Kashaya(astringent), madhura(sweet), and Laghu. It is krimighna and useful in eye diseases, prameha, medoroga, shularoga, kushtharoga, switra, amlapittaroga, skin diseases and heart diseases. It improves physical strength and is a good aphrodisiac. It strengthens the central nervous system and its consumption improves the appetite.<sup>[6]</sup>

Sasyaka reduces effects of toxins and useful in Hridaya roga, shula, arsha, kushtha, amlapitta and vibandh. It is best Rasayana. Sasyaka possesses Vaman karma and Virechan karma.<sup>[7]</sup>

**Complications of Impure Sasyaka<sup>[8]</sup>**- Vanti(vomiting) and Bhranti(vertigo) are the complications of impure Sasyaka consumption.

**Dosage of Sasyaka Bhasma<sup>[9]</sup>** - One eighth to one fourth of a Ratti is the normal dose of Sasyaka bhasma however the dosage is finalized after the consideration of all the factors which affects the dosage.

**Uses<sup>[10]</sup>** - Sasyaka is highly emetic so used for emesis.

In the field of agriculture the solution of copper sulphate is used for the protection from parasites, fungi and other infections.

As local application impure Sasyaka is used in boil, pruritis, leprosy, leucoderma, eye diseases and krimiroga.

Sasyaka is also used in Firang, Updansha, and skin diseases.

Sasyaka bhasma is used in Prameha, medoroga, Krimi, Kushtha, Switra, Amlapitta, Hridyaroga and Arshroga.

It is a good muscle contractor and strengthens Central nervous System.

## SHODHAN

Sasyaka is highly emetic and induces giddiness so it is very necessary to purify the impure Sasyaka for therapeutic uses. The process of the purification of Ayurveda drugs is called as Shodhan. There are many methods for the purification and few of them are.

Sasyaka is subjected for seven Bhawanas of Kwath or Swaras of Raktavarga (Kusumba, Khadira, Laksha, manjishtha, Rakta Chandan etc.)<sup>[11]</sup>

Swedan of Sasyaka is done in Dolayantra with urine of cow or buffalo or goat for three Prahar (9 hr).<sup>[12]</sup>

Sasyaka is grated with lemon juice for 6 hours in a Khalva yantra.<sup>[13]</sup>

Sasyaka is subjected to seven bhawanas of drugs stated under Amlavarg.<sup>[14]</sup>

After purification Sasyaka does not cause giddiness or vomiting.

**MARANA**

Marana or incineration is the process of giving intense heat to metals or minerals so that they transform into fine particles which is easily absorbed by the body. The methods of incineration of Sasyaka are:-

Pure Sasyaka is mixed with lemon juice and pellets of even size are made then they are dried under sunrays. After drying pellets are placed in Sharava Samputa and subjected to Laghuputa. After getting cool on its own the Tuttha bhasma is triturated with curd for 3 days and dried under sun. This Bhasma is used for therapeutic uses.<sup>[15]</sup>

Pure Sasyaka is mixed with equal Gandhaka and Tankana and triturated with Lakucha Swarasa and placed in musa Samputa. Then placed in Kukkuta puta.<sup>[16]</sup> After getting cool on its own Tuttha bhasma is grinded and used.

**Satvapatana**

The extract or essence of any mineral or metal is called as Satva and the procedure of extracting the Satva is known as Satvapatana. Satvapatana is done for getting most potent part of the drug.

Mixture of one part Sasyaka and one-fourth Tankana is placed in musa, then musa is filled with Karanja tail. After one day this musa is given intense heat. When musa cools down on its own we get reddish Satva that is copper.<sup>[17]</sup>

Mixture of Tuttha and Tankana is taken in the ratio of 4:1 and then mixed with lemon juice, then placed in musa and given intense heat. After cooling down Satva is extracted from musa.<sup>[18]</sup>

**Treatment of Complications**

If impure Tuttha or crude Tuttha bhasma is taken giddiness and vomiting occurs. For the treatment of these complications Jambiri Nimbu Swarasa or Lajamanda is used for 3 days.<sup>[19]</sup>

**Formulations of Sasyaka**

1. Jatyadi tail
2. Agnikumarloah
3. Vadavanala rasa
4. mahamrityunjaya rasa

5. Jatyadi ghrita
6. Kanaka sundar rasa
7. Tutthamrta malahara
8. Swet malahara

## CONCLUSION

Sasyaka is counted in the group of maharasa varga in the texts of Ras-shastra. It is highly poisonous in nature and is highly emetic also and this is the reason of using Sasyaka externally more than internally. For therapeutic administration it has to be purified first and for adding in some formulations it is incinerated or its extract is used as medicine which is copper. It is antibacterial, antifungal, in nature. It has property of Lekhana, Bhedana, Sankochaka, Krimighna. It mitigates Kapha-pitta Dosha. Sasyaka is used in Vrana, Netraroga, Prameha, Krimi, Arsha, Kushtha, medoroga etc. so Sasyaka is very important drug and should be used very carefully.

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