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Utility of *Rasa Aushadhi* in *Nasa Roga*

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ABSTRACT

Shalaky Tantra deals with the vital sense organs located above the *Jatru*, also considered as the *Uttamanga* in Ayurveda. Detailed description of diseases of nose and paranasal sinuses are explained in the Ayurvedic classics, titled as '*Nasa Rogas*'. Diseases of nose are among the commonest problems in the otorhinolaryngology. Depending upon the cause and severity nasal diseases can be temporary or persistent, unilateral or bilateral, of recent origin or long termed. The commonly seen causes include common cold, allergy, infections of nose and PNS, defects of nasal septum and other structures, inflammatory conditions of nose and PNS, foreign body, benign and malignant tumours, polypi, enlarged adenoid, trauma etc. And the commonly seen diseases of nose are allergic rhinitis, chronic sinusitis, rhino sinusitis, rhinitis sicca etc. For the management of *Nasa Rogas*, *Shamana* or *Shodhana* methods of treatments can be adopted. As *Shodhana* line of treatment requires the consideration of *Rithu* (season), *Pathya* (diet), and other restrictions *Shamana* line of treatment can be adopted so, it can be used irrespective of all seasons, with minimal diet and other restrictions. *Rasa Aushadis* are said to be best among *Shamana Aushadhi*. Because *Rasa Aushadhi* offers potent immunization, has rejuvenating effect and is used in the treatment of the diseases as they have low dose, swift action, long shelf life, palatability and high efficacy.

Key words: *Nasa Roga*, *Rasa Ausadhi*, *Shamana Aushadhi*.

INTRODUCTION

The use of herbo-mineral preparations in healthcare is a unique contribution of Ayurveda, through *Rasa Shastra*. It is understood that the term *Rasa* denotes *Parada*, *Maharasa*, *Uparasa*, *Sadharana Rasas*, *Dahthus*, *Ratnas*, *Sudhaavarga* and others. These *Rasas* after progressive procedures like *Shodhana*, *Bhavana* and *Marana* can be used pharmaceutically. The formulations which consist any of the above-mentioned *Rasa* as an ingredient is called as *Rasa*

Yoga or *Rasa Aushadhi*. *Rasa Aushadhi* are capable to deal with complicated and chronic diseases. For the treatment of *Nasa Roga* either *Shodana Chikitsa* or *Shamana Chikitsa* can be adopted. Among *Shamana Chikitsa*, *Rasa Aushadhis* are more beneficial because of its better efficacy. For the use of *Rasa Aushadies*, Consideration of *Dasha* involvement, Condition of disease, Gender of patient place and time of treatment is not required *Alpa Matra* is only required.^[1]

Rasa Aushadhi preparations for *Nasa Roga Chikitsa*

Godanti Mishrana Vati^[2]

Ingredients

- *Godanti Bhasma*
- *Sringa Bhasma*
- *Karpura*
- *Pippali Churna*

Dose: 250 - 500mg.

Anupana: Luke warm water

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Indication: *Peenasa*

Kaphaketu Rasa^[3]

Ingredients

- *Shudha Tankana*
- *Shudha Vatsanabha*
- *Shanka Basma*
- *Sudha Basma*
- *Pippali*

Trichurate with *Ardhraka Swarasa* for 3days.

Dose: 60 – 125mg.

Anupana: *Ardhraka Swarasa*

Indication: *Pinasa*

Lakshmi Vilasa Rasa^[4]

Ingredients

Swarna Bhasma, Rajatha Bhasma, Abrakabhasma, Tamra Bhasma, Vanga Bhasma, Kaalantha Loha Bhasma, Tikshna Loha Bhasma, Munda Loha Bhasma, Naaga Bhasma, Shudha Vatsanabha, Rasa Sindhura.

Indication: *Pratishyaya (Vataja Pratisyaya)*

Maniparpati Rasa^[5]

Ingredients

Sudha Paradha, Sudha Gandhaka, Hingula, Vajra Bhasma, Neela Basma, Panna Basma are taken in equal quantity.

Bhavana with *Shigru, Tulasi, Dattura Patra, Arka Patra, Nirgundi, Ardraka, Kadali Kanda Rasa, Chitraka Kwatha, Triphala Kwatha, Trikatu Kwatha* - each 7 times

Dose: 125mg.

Anupana: *Ardhraka Swarasa* or *Ushna Jala*

Indication: All *Nasa Roga*

Panchaamrutha Rasa^[6]

Ingredients

- *Sudha Paradha*

- *Sudha Gandhaka*
- *Sudha Tankana Churna*
- *Sudha Vatsnaba Churna*
- *Maricha Churna*

Bhavana with *Ardhraka Swarasa*

Dose: -2 Tab

Anupana: As per disease

Indication: *Sarva Nasa Rogas, Pinasa*

Advised in early stage of *Peenasa*

Tripura Bhairava Rasa^[7]

Ingredients

- *Shuddha Vatsanabha*
- *Shunti*
- *Pippali*
- *Maricha*
- *Tamra Basma*
- *Shuddha Hingula*

Dose: 125-250 Mg

Indication: *Pratishyaya*

Chronic condition of *Pratishyaya*

Tribhvana Mishrana^[8]

Ingredients

- *Tribhuvana Keerthi Rasa*
- *Godandhi Bhasma*
- *Sudharshana Ghana Vati*

Dose: 125-250mg.

Anupana: Luke warm water, *Ardhraka Swarasa*

Indication: *Pratishyaya*

Vidangadi Dhoopa^[9]

Ingredients

- *Vidanga*
- *Saindhava Lavana*

- Hingu
- Guggulu
- Manashila
- Vacha

Mode of treatment: Inhalation of Fumes

Indication: *Pratishyaya*

Rasa Aushadhi - mode of action

According to Ayurvedic point of view due to the causative factors such as exposure to dust, wind, cold etc leads to the accumulation of *Dosas* in *Ghanendriya*. Later this gets aggravated then causes the disease.

According to contemporary science of medicine, the major cause for common Nasal disorders is smoke, pollution, perfumes, allergens and filtered particles etc. which leads to irritation of respiratory epithelial lining of the nose. Thus, histamines / leukotrienes are released by eosinophils and mast cells in Nasal mucosa. This leads to running nose and later congestion due to hypertrophy of turbinates.

The intake of *Rasaushadhi* along with its *Amapachana* action, it acts exclusively on Nasal Mucosa which is the primary cause for almost all the Nasal diseases such as infective conditions, inflammatory conditions etc. The antibodies (histamines and leukotrienes) present in submucosal membrane, comes in contact with antigen. *Rasaushadhis* bring down the infections, inflammations and congestion by improving the immunity and maintain the mucosal integrity thus the antigen is eradicated. So, the inflammation, congestion, discharge etc. will be arrested.

DISCUSSION

The present topic was taken up to analyse the *Rasa Aushadhis* in the context of swift treatment of *Nasa Roga*. *Rasa Aushadhis* are effective in treating the *Nasa Rogas* as it does the *Amapachana* and *Samprapthi Vighatana*. According to Ayurveda *Vata*, *Pitta* and *Kapha Dosa's* gets aggravated and obstructs the Nasal cavity, leading to the *Nasal*

disorders such as *Peenasa*, *Pratishyaya* etc. *Rasaushadhis* acts on the *Dosa's* and clears the obstruction, thus correct the condition. According to contemporary science of medicine, due to the action of immunoglobulin -E common Nasal complaints such as obstruction, running nose, common cold occur. If proper treatment is not taken in time it proceeds to complications. *Rasa Oushadhis* arrest the condition by improving the immunity and acting directly on Nasal mucosal changes, so the condition get cured earliest.

CONCLUSION

The present generation is encountering different Nasal disorders and the prevalence of these disorders are increasing in every year. *Rasa Aushadis* are advised in chronic conditions for the fast cure of the condition. *Nasa Rogas* are mainly due to *Ama* formation. *Rasaushadi* cures it by *Amapachana* action. At this juncture, *Rasa Aushadhi* will be an elixir in such conditions to enhance the bio availability and efficacy of the drug, with minimal dosage. *Rasa Aushadi* due to its action is a boon in treating certain challenging disorders which cannot be delt by other conventional medicaments. Further study on each medications mentioned will support the clinical efficacy of the drugs in better form.

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