



**IMPORTANCE OF RASSHASTRA AND BHAIJSYA KALPNA AS IMMUNITY BOOSTER
W.S.R. KWATH & VATI**

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ABSTRACT

Rasa Shastra is a specialized branch of *Ayurveda* dealing mainly with formulations containing minerals or metals known as *Rasa dravyas* which have important therapeutic value. They help in attaining optimal physical strength, qualities of *Dhatus*, longevity, *Bala* and mental competence. In *Rasashastra* different *Ayurvedic* formulations are used for the management of various diseases and these formulations are mainly prepared through classical procedures of *Marana*, *Putta* and *Sodhana* etc. *Rasa Shastra* enhances immunity and virility in a healthy person through administration of metallic and herbal drugs. The principle of *Rasashastra* helps in enhancing the therapeutic properties of *Rasa* drugs therefore these drugs nourishes the whole body, improves immune system and hence increases the natural resistance to infection. *Ayurveda* advocates that better nutrition, rich *Ojas* system, stronger *Agni* and good microcirculation are necessary factors for good immune strength. *Rasadravyas* helps in supply of micronutrients, boost metabolism and promotes microcirculation thus ultimately responsible for good defense mechanism of the body.

KEYWORDS: *Rasa dravyas*, *Rasashastra*, *Ojas*, *Bala*, *Ayurveda*, immunity.

INTRODUCTION

Ayurvedic principles state that, every single substance of the Universe has a potential to be used as a drug, provided it should use cautiously by the physician. In *Ayurveda*, materials from natural sources such as plants, metals and animals etc. are used for the preparation of *Ayurvedic* formulation. *Rasa Shastra* along with *Dravya guna* makes up the entire therapeutics of *Ayurveda*. It is unique and provides quick remedy to diseases and is similar to the concepts of modern medicine. 'Rasa' word means the metal mercury or *Parad*. *Rasashastra* is the science of making metals or herbs assimilable for the body so that they can be used as medicines. In ancient India some great *Buddhist scholars* had used mercury for the very first time in medicine and propagated the theory of *Rasavidya*. Some formulations based on principles of *Rasa Shastra* are mentioned in **Figure 1**.

Ayurveda described *Ojas* as the final product of tissue nourishment and *Paramateja* of the *Saptadhatus* responsible for the immunity of the body. *Rasayana* therapy is considered to be an important biological aid to enhance *Bala* i.e. immunity. The immune system is a system that protects body against diseases. *Ayurveda* focuses on getting positive health by following life-style management, proper *Ahara* and rejuvenation therapy

with the help of a range of medicinal nutrients called *Rasayana*. *Rasayana* promotes qualitative changes in the cells and tissues of the body. They have antioxidant, haematogenic, anabolic and nutritive properties. They improve bodily functions, replenish *Oja* system resulting in improved *Ojabala* (immunity of the body).

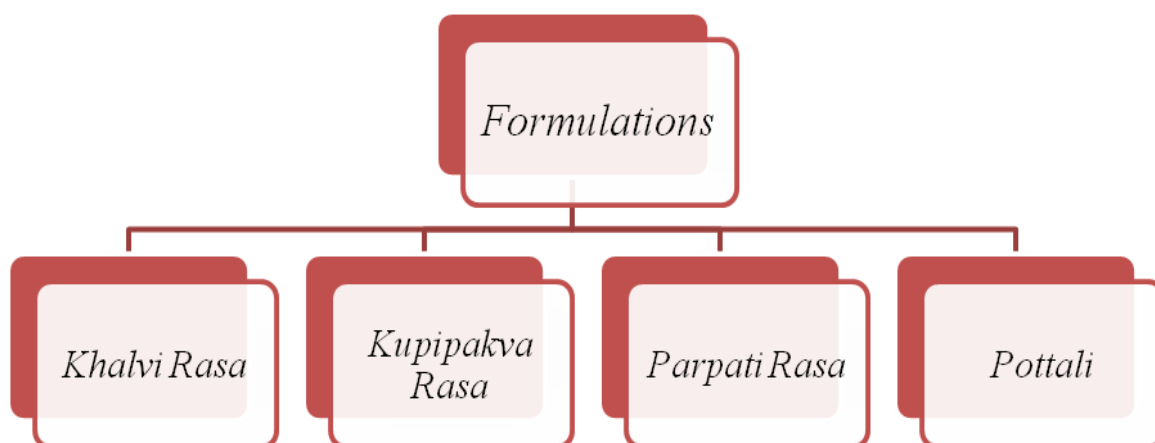


Figure 1: Some formulations based on principles of Rasa Shastra.

Different formulations available in Ayurveda

Ayurvedic medicinal formulations are available in different forms of powder, pills, liquid and semisolid etc. These are classified under following categories.

- **Kwatha**

In *Ayurveda*, the decoction is also called *Kwatha*, *Kashayam* and *Shrita* etc. A decoction is herbal liquid preparation made from 1 part of herbs in 16 parts of water, which is reduced to 1/8th part of liquid after boiling on a low flame. This remaining liquid is known as *Kwatha*.

- **Arishta**

Ayurvedic formulations that are prepared by soaking the herbs either in the powdered form which is *Churna* or liquid form which is *Kwatha* in a solution containing jaggery or sugar. This process of fermentation helps in extraction of active ingredients of herbs.

- **Vati**

These are *Ayurvedic* pills or tablets. These are prepared from various herbs or minerals in the form of tablets. They help you in getting rid of the various health problems. It is very widely used dosage form.

Properties of Rasa Drugs

Rasa Shastra contains a large number of medicines described as *Rasayana*. Mercury (*Parad*) is considered to be a very powerful medicine in *Ayurveda*. If mercury is properly processed, it helps in balancing all the three *Doshas*, has a soothing effect on the body and gives protection from diseases. It has *Balya*, *Rasayana*, *Ropana* and *Krimighna* properties. Apart from mercury there are a lot of minerals and metals which have *Rasayana* properties. Some therapeutic properties of these drugs are mentioned in the **Figure 2**.

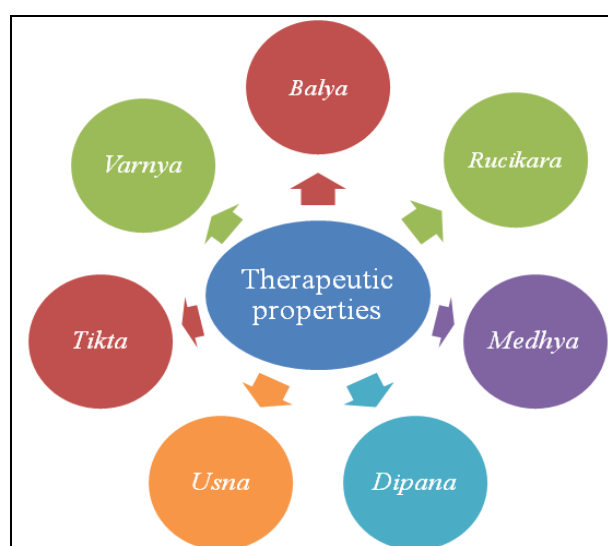


Figure 2: Some therapeutic properties of Rasa Drugs.

Vyadhi Nivartaka

They help in strengthening the immune system as a whole increasing the quality and quantity of the all the components like immunoglobulins. They also protect from some diseases. They help in the formation of healthy cells in the body, control the activities of the CD⁴⁺ T-cells.

Prashasta Dhatu (Promotes Health)

Rasa drugs improve metabolic processes thus helping in biotransformation and production of healthy body tissues. They balance anabolic and catabolic processes of the body and produce effects like *Balya*, *Kantikara* and *Vrishya* etc.

Immuno-modulation

In *Ayurveda* there is a continuous relation between *Ahara*, *Agni* and *Sapta Dhatus* like *Meda*, *Asthi*, *Majja*, *Mamsa*, *Rasa*, *Rakta* and *Sukra* resulting in the formation of *Ojas* which constitutes the vital strength and immune system of the body. When proper circulation of nutrition occurs in the body through *Rasa* it provides nourishment

to the body cells and tissue. This improved nutritional state and better qualities of *Dhatus* results in improved immune, mental and physical status of body. The

sequence of events taking place in this process is depicted in the **Figure 3**.

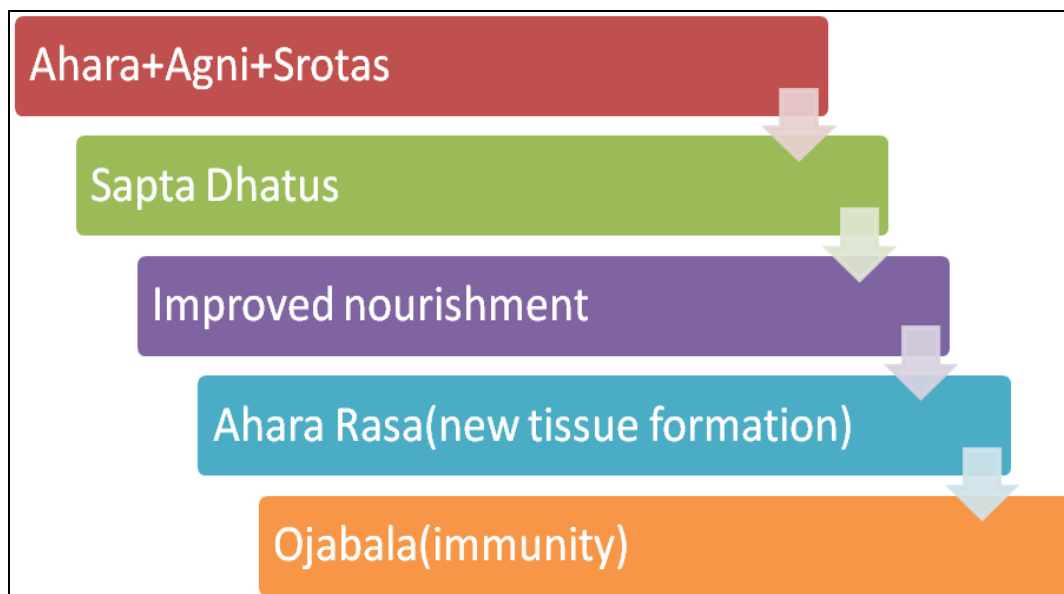


Figure 3: Immunomodulation by *Rasa dravyas*.

Some immunity booster *Kwatha* and *Vati*

Kwatha

This is very effective and widely used dosage form. *Kwatha* can be single or multi drug-herb decoction which has good adaptability, better absorption and assimilation in body system. Following *Kwatha* are used as immunomodulators:

- ✓ *Ayush Kwatha* is greatly in use now days due to corona pandemic. It is made up of herbs like *Tulsi*, *Dalchini*, Cardamom, *Sunthi* and *Krishna Marich*. These pacify the *Vata* and *Kapha*, stimulate digestion, increase immunity and also remove *Ama* from the body. Cardamom and black pepper are helpful in flu and different allergic problems. Cinnamon and ginger also help in digestion, which directly impacts our immunity as our first line of defense is in the gut.
- ✓ *Haridra Kwath* (*Curcuma longa* Linn.) has bactericidal, anti-inflammatory and anti-viral properties.
- ✓ *Shirishadi Kwatha* helps in modification of the immune system thus strengthens it.
- ✓ *Kadu Kariyatu Kwath* and *Vasa Kwatha* (*Adhatoda vasica*) helps in boosting the immune system.
- ✓ *Giloy Kwatha* helps in improving the immune system due to its *Rasayan* properties. It also helps in increasing platelet count and remove toxins from the body.

Vati

It is one of the most important *Ayurvedic* formulations. It resembles tablet or pills, prepared from one or more plants or minerals in the form of compressed powder or tablets. They promote digestive fire, clears *Srota*,

balances fats, remove *Ama* (toxins) and balances all three *Doshas* thus ultimately boosts immunity.

Some examples of immunity booster *Vati* are

- ✓ *Giloy Ghan Vati* contains extract of *Giloy*, which in *Ayurveda* is known to be a potent immunomodulator (immunity booster) herb.
- ✓ *Sanjeevani Vati* along with *Mrityunjay Rasa*, *Tulsi* and *Giloy* increase the production of interferons (proteins) and antibodies to generate an immune response against viruses and increase the rate of phagocytosis to destroy microorganisms, thus increase immunity against contagious diseases.
- ✓ *Sudarshan Ghana Vati* also reduces infection and improves health.
- ✓ *Samshamani Vati* is extract of *Guduchi* helps in developing immunity by improving function of white blood cells (macrophages).

CONCLUSION

In *Ayurveda* immunology is interlinked with tissue nourishment and *Ojas* formation is the biological determinant of vital strength and immune strength of an individual. *Rasayanas* are considered as the therapeutic means of obtaining the best quality of *Dhatus* through microcirculation. Thus they play an important role in enhancing defense mechanism of the body. *Rasa Shastra* is the branch of *Ayurveda* which deals with the *Rasa dravyas*. It treats physical and mental illness through administration of metallic and herbal drugs. Different *Ayurvedic* formulations like *Kwatha*, *Tailaa* and *Vati* etc. are available in the market for the easy therapeutic usage. Some examples of immune-booster *Kwatha* and *Vati* are *Haridra Kwatha*, *Shirishadi Kwatha*, *Giloy Ghan Vati* and *Sudarshan Vati*, etc.

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