

Role of Rasaushadhies in Balancing Doshas w.s.r. to Muscular Disorders

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ABSTRACT

There are different types of muscular disorders in human body. Here is an attempt to find out the improvement in these muscular deficiencies, which causes deformities, with special reference to *Rasa Shastra (Pharmaceutics)*. *Rasa Shastra* is the branch of science which deals with Alchemy. Its superiority among others is its fast acting tendency, lower dose, palatability, long shelf- life, quicker metabolism, *rog* (disease) conversion from *asadhyata* (untreatable) to *sadhyata* (treatable) stage etc. There are several *kashthaushadhi dravyas* (plant based medicinal parts) used to nourish *doshas* (Air, Fire, Water contents) but *Rasa Dravyas* (other than plant based medicinal parts like metallic, mineral, gems etc.) are more powerful as compared to them. But before consuming *Rasaushadhies* (mercurial preparations) proper purification (*shodhna*) of them is utmost important to vanish all the *malas* (impurities) and *doshas* (toxicity) to devoid of their toxic and unwanted affects.

In case of muscular disorders like atony, in which lack of normal elasticity exists, *Rasa Dravyas* can help to regain and retain muscular elasticity in different ways. Atrophy is another condition of wasting of tissues due to *Vata Vikriti* (Air imbalance) which can be controlled. Cramp is an involuntary contraction of skeletal muscles owing to salt's imbalance can be replenished by *Vata* (Air) and *Kapha* (Water) *Nash* (vanish via balancing them) and fibrositis can be balanced by *Vata Nash*. Fatigue is *Pitta* (Fire) related disorder. Bacteriae and other parasites can be killed by using very powerful antiseptics of *Rasa Shastra*. Spinal cord destruction can leads to limb weakness due to *Vata Dosha*, ligaments can be damaged also in this case. Also muscle pain and swelling can halt in day-to-day chores due to *Vata* imbalance. So balancing of these *Doshas* which are in disturbed quantities i.e. *Vata*, *Pitta* and *Kapha*, can be achieved with the use of *Rasaushadhies* effectively. In nut shell, muscular disorders are the result of *Dosha Vikriti* and to overcome these disorders different types of preparations of *Rasa* (mercurial), *Maharasa* (mostly used in mercurial operations), *Uparasa* (moderately used in mercurial operations), *Sadharnarasa* (least used in mercurial operations), *Ratna* (gems), *Visha* (toxic edibles), *Upvisha* (less toxic edibles), *Sudha Varga* (calcium supplements) etc. can be given to control and rehabilitate the destroyed tissues. Moreover, *Rasa* (mercurial) preparations can be used as *Rasayana* (rejuvenator) after different *Samskaras* (changes) like *Moorchhan* (purification), *Moorchhana* (Physical & chemical changes) and *Bhasmikanana* (incineration) etc.

Keywords: *Doshas*, muscular disorders, *Rasaushadhies*, *Rasayana*, *Vikriti*.

INTRODUCTION

Rasaushadhies balances:

1. *Vata Dosha*.
2. *Pitta Dosha*.
3. *Kapha Dosha*.

METHODOLOGY

1. Literary review.

2. Internet.
3. Review articles.

Method:

Parada (mercury): ^[1]

1. *Yogvahi* (bioenhancer).
2. Balances *Tridosha*.
3. Converts *Asadhya Vyadhi* to *Sadhya*.
4. *Shiv Virya* (Lord Shiva semen).

5. Antiseptic & bactericidal.
6. Helps to cure myositis.

Gandhaka (sulphur): ^[2]

1. Superior in *Rasayana*.
2. *Aama Nashaka* (digestive).
3. *Aama Shoshaka* (absorptive).
4. Used in *Asadhya Aama Vata* (untreatable RA).
5. Maintains normal elasticity in case of atony.

Rasasindoora (compound of mercury): ^[3]

1. *Sharirpushtikaraka* (nourishing).
2. Used in *Rasa, Rakta & maamskata Roga* (plasma, blood, muscular diseases).
3. Helps in strain.

Abhraka bhasma (mica): ^[4]

1. *Yogavahi*.
2. *Tridoshanashaka*.
3. *Vatajanyashoolanashak* (pain due to Air imbalance).
4. In muscle spasms, strain, sprain.

Vaikrant bhasma (Tourmaline): ^[5]

1. *Yogvahi*.
2. *Tridosha* (three elements of body) *Ghana* (balance).
3. Used in *Dhatu* (tissues) weakness.
4. In muscle cramps.

Swarnmakshik bhasma (Pyrite): ^[6]

1. *Yogavahi*.
2. *Pittashamaka*.
3. Helps to cure muscle fatigue.

Hartala (Orpiment): ^[7]

1. *Vata Nashaka*.
2. Helps to cure muscle spasms.
3. Helps to cure spasticity.
4. Helps to cure sprain.
5. Helps to cure strain.

Manshila (Realgar): ^[8]

1. *Kaphanashaka*.
2. In atony and cramps.

Ropya Bhasma (Silver ash): ^[9]

1. Used in *Snau Dorbalya* (weakness in ligaments).
2. *Vata-Pitta Nashaka*.
3. As an antibiotic.
4. As an antiseptic.
5. It acts on *Raktavahini* (capillaries) and *Vatavahini* (arteries & nerves) *sira* and regulate their functioning.

6. Used in inflammation by absorbing excessive water content in cells.

7. Regulate *Samaan Vau* (digestive Air).

8. Relaxes body by restricting constrictions of blood vessels.

9. Can cure fibrositis.

Tamra Bhasma (Copper ash): ^[10]

1. *Pittasravi* (Enzyme releaser).
2. In atony and muscle fatigue.

Vanga Bhasma (Tin ash): ^[11]

1. Used in *Vatavahini sira* and *maanspeshi shithilta* (muscular fatigue).
2. *Pittakaraka* (enzyme producer).
3. *Vaataghana* (Air balancer).
4. Used in *dhatuksheenta* (Tissue wasting).
5. Helps in spasticity, sprain, strain.

Loh Bhasma (Iron ash): ^[12]

1. Helps to relax *snau* (ligament).
2. Helps in *dharna shakti* (holding power) of *raktavahini sira*.
3. *Raktastambhaka* (hemostatic).
4. *Pittavikaranashaka* (enzyme abnormality destroyer).
5. Analgesic.
6. In muscle fatigue.

Kapardika Bhasma (Cowery ash): ^[13]

1. *Aama Pachaka*- Helps to metabolise and absorb food with the help of *pitta srava* from 6th *pittadhara kala* (i.e. mucous membrane lying inside stomach, duodenum).
2. *Pittasravaka*.
3. *Pachana* (digestive) is due to *Tejas* (efficacy to digest) of *Pitta*.
4. Contains calcium which helps in contraction and relaxation of muscles.
5. Helps to cope up with atony.

Shankha Bhasma (Conch shell): ^[14]

1. *Aamapachka* (digestive).
2. Source of calcium and phosphorous.
3. In muscle fatigue.

Heerak Bhasma (Diamond ash): ^[15]

1. *Tridosha Nashaka*.
2. *Saraka*.
3. In muscle fatigue.

Moti Bhasma (Pearl ash): ^[16]

1. Calcium source.
2. Used in *Pitta Vikara*.
3. In atony and muscle fatigue.

Pravala Pishti (Coral coolant powde): [17]

1. *Pittashamaka*.
2. *Dahghana* (coolant).
3. *Kashayanashaka* (nourishious).
4. In atony and muscle fatigue.

Tankana (Borax): [18]

1. *Vataroganashaka*.
2. In atrophy.
3. In fibrositis.
4. In muscle spasms.

Ushira (Vetiveria zizanioides): [19]

1. *Pittashamaka*.
2. *Kaphashamaka*.
3. In atony.

Shatavari (Asparagus racemosus): [20]

1. *Vatashamaka*.
2. In cramps.

Haldi (Curcuma longa): [21]

1. *Pittashamaka*.
2. *Pachna* (digestive).
3. For atony.

Kasturi (Musk): [22]

1. *Snaudorbalyanashaka*.
2. In atrophy.

Kapura (Camphor): [23]

1. *Vatahara*.
2. Helps to cure atrophy.

Giloy Satva (Extract of Tinospora cordifolia): [24]

1. *Pittasaaraka*- helps to decrease *abhishtayand* (excessive secretions) in *pittamarga* (routes of enzymes).
2. In atony and muscle fatigue.

Chitraka (Plumbago zeylanica): [25]

1. *Pittasaaraka*.
2. *Vatahara*.
3. *Kaphahara*.
4. Antinflammatory.
5. Can cure cramps.

Arka Dugdha (Calotropis gigantea milk): [26]

1. *Pittasravi*.
2. Used in joint pain.
3. Used in joint inflammation.
4. In myositis.

Sambhalu (Vitex negundo): [27]

1. Antinflammatory.
2. In myositis.

Surana (Amorphophallus campanulatus): [28]

1. Used in joint pain.
2. Used in joint inflammation.
3. In myositis.

Sehund Dugdha (Euphorbia neriifolia): [29]

1. Used in *Aamdosha*.
2. In atony and muscle fatigue.

Sahjan (Moringa oleifera): [30]

1. Source of calcium.
2. Source of magnesium.
3. *Kaphavatashamaka*.
4. *Snau dorbalya*.
5. Antinflammatory.
6. In atony, sprain and muscle fatigue.

Arjuna (Terminalia arjuna): [31]

1. *Kaphapittashamaka*.
2. *Shothaghna* (antinflammatory).
3. Source of calcium and magnesium.
4. In atoni, fibrositis.

Marich (Piper nigrum): [32]

1. *Vatakaphanashaka*.
2. Irritate and strengthens vessels.
3. In cramps.

Pippali (Piper longum): [33]

1. *Yogavahi*.
2. *Vatakaphanashaka*.
3. *Aama nashaka*.
4. In all muscular disorders.

Ghrita (Clarified butter): [34]

1. *Yogavahi*.
2. *Vatapittanashaka*.
3. In fibrositis and muscle fatigue.

Madhu (Honey): [35]

1. *Yogavahi*.
2. *Tridoshashamaka*.
3. In all muscular disorders.

Takra (Buttermilk): [36]

1. *Kaphavatashamaka*.
2. In atony.

DISCUSSION

- All these *Rasaushadhies* containing above contents helps in muscular disorders by balancing *Tridoshas*.
- Also regulate secretions of mucous membrane.
- Regulate *Pittasrava* in small intestine.
- Clear pathway of blood vessels.

- Strengthen muscles.

CONCLUSION

- These contents whether main ingredient or as *anupana* (vehicle), helps to cure musculoskeletal disorders.
- Further studies can be opted to prove their relevance in curing these disorders.

ACKNOWLEDGEMENT

I pay my thanks to Dr. Balwinder Singh Walia (Chairman), Dr. Iqbal Singh Walia (Secretary), Dr Y. N. Sharma (Director) for their support in exploring *Ayurveda*.

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How to cite this article: Kaur R. Role of rasaushadhies in balancing doshas w.s.r. to muscular disorders. International Journal of Research and Review. 2018; 5(10):121-125.
