



ROLE OF *RASAAUSHADHI* IN THE MANAGEMENT OF *HRIDROGA*

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ABSTRACT

In Ayurveda, *Hridroga* covers broad Spectrum with all cardiovascular diseases. According to current studies, 17.5 million people die each year from cardiovascular diseases, with an estimated 31 per cent of death worldwide. Among them 7.4 million died due to coronary heart disease, 6.7 million due to stroke, atherosclerosis etc., hence it is needed to discover effective drugs which can prevent death due to cardiovascular diseases and other cardiac disorders. Rasashastra & Bhaishajya Kalpana is a branch of Ayurveda that focus on the preparation of herbo-mineral or metal contains formulations. These mineral-metal containing formulations, called *Rasaaushadhi*, works at cellular level thus, curing life-threatening diseases. The aim of the review is to collect data on various *Rasaaushadhi* used for the treatment of *Hridroga*. The present review reveals that these *Rasasushadhi* regularize *Doshas* normal functions and help in preventing *Hridroga*.

KEYWORDS: *Rasaaushadhi*, *Hridroga*, Heart disease, Cardio-vascular disease

INTRODUCTION

Hridaya is one of the *Marma* in *Tri-Marma* and *Marma* also called as *Jiva-sthana* in our body hence disturbance of functions of *Hridaya* leads to life-threatening diseases conditions. In present era all cardiovascular diseases comes under *Hridroga*. Cardiovascular diseases are the leading cause of global mortality and a major contributor to disability. Prevalent cases of total CVD nearly doubled from 271 million in 1990 to 523 million in 2019 and the number of CVD deaths steadily increased from 12.1 million in 2019, reaching 18.6 million in 2019^[1].

In the category of *Rasaushadhi* includes the herbo-mineral or metal contains formulations which is use for therapeutic purpose. These *Rasaushadhi* are classified as *Khalvi Rasa*, *Parpati Rasa*, *Kupipakwa Rasa/Sindura* and *Pottali Rasa*. *Rasaushadhi* are effective in small doses, has no taste, fast acting and quick assimilation in small doses in the body^[2]. *Rasaushadhi* works at cellular level and enters into the blood stream due to nano level particles of medicine hence *Rasaushadhi* used in curable as well as incurable diseases. Ayurveda being the ancient science of life provides various herbo-minerals & metals contain formulations which can prevent and cure the cardiovascular diseases without any complications.

The review attempts on focusing of to discuss the therapeutic uses of various *Rasaushadhi* and to discuss the different pharmacological properties and therapeutic uses of isolated component of each formulations.

MATERIAL & METHOD

A review has been made to collect and compile of the *Rasaushadhis* with their ingredients, dose and *Anupana* (vehicle for drug administration) that are used in the treatment of *Hridroga* from various Ayurvedic classical texts.

Table no. 1 shows the formulation used for *Hridroga*

Sr. no.	Name of Formulation	Ingredient	<i>Bhavana Dravya</i>	Indication	Dose & <i>Anupana</i>
1	<i>Hridyarnava Rasa</i> ^[3-5]	<i>Shu. Parada</i> 1 part <i>Shu. Gandhaka</i> 1 part <i>Tamra Bhasma</i> 1 part	<i>Triphala Kwatha</i> & <i>Kakmachi Swarasa</i>	<i>Kaphaja Hridroga</i>	<i>Chanamatra Vati</i>
2	<i>Nagarjunabhra Rasa</i> ^[6-8]	<i>Sahastraputi Vjrabhrak Bhasma</i> 1 part	<i>Arjunatwaka Kwatha</i> -7 days	<i>Hridroga</i> & <i>Sarvashoola</i>	1 Ratti
3	<i>Trinetra Rasa</i> ^[9]	<i>Shu. Parada</i> 1 part <i>Shu. Gandhaka</i> 1 part <i>Abhrak Bhasma</i> 1 part	<i>Arjunatwaka Kwatha</i> - 21 times	<i>Vattik-Pattika-Kaphaja-Krimija-Tridoshaja Hridroga</i>	1 Masha
4	<i>Panchanan Rasa</i> ^[10-12]	<i>Shu. Parada</i> 1 part <i>Shu. Gandhaka</i> 1 part	<i>Amalaki Swarasa, Draksha Kwatha, Yashtimadhu Kwatha, Kharjura Kwatha</i>	<i>Hridroga</i>	1 Masha with <i>Amalaki churna</i> + <i>Sharkara</i>
5	<i>Prabhakar Vati</i> ^[13]	<i>Suvarna Makshika Bhasma</i> 1 part <i>Lauha Bhasma</i> 1 part <i>Abhraka Bhasma</i> 1 part <i>Vanshalochana</i> 1 part <i>Shu. Shilajita</i> 1 part	<i>Arjunatwaka Kwatha</i>	<i>Hridroga</i>	2 Valla

6	Chintamani Rasa ^[14]	Shu. Parada	1 part	Chitraka Kwatha, Bhringraja Swarasa, Arjuna Kwatha- 7 times of each Dravya	Hridroga, Phupphusa Roga, Prameha, Swasa, Kasa, Bala- Tushtikara	1 Gunja With- Godhuma Kwatha
		Shu. Gandhaka	1 part			
		Abhrak Bhasma	1 part			
		Lauha Bhasma	1 part			
		Vanga Bhasma	1 part			
		Shu. Shilajita	1 part			
		Suvarna Bhasma	¼ part			
		Rajata Bhasma	½ part			
7	Vishvesara Rasa ^[15]	Shu. Parada	1 part	Arjunatwaka Kwatha	Hridroga, Phupphusa Roga	1 Ratti
		Shu. Gandhaka	1 part			
		Abhrak Bhasma	1 part			
		Lauha Bhasma	1 part			
		Vanga Bhasma	1 part			
		Vaikranta Bhasma	1 part			
		Suvarna Bhasma	1 part			
8	Shankara Vati ^[16]	Shu. Parada	4 parts	Kakmachi Swarasa, Chitraka kwatha, Adraka Swarsa, Jayanti Swarasa, Vasa Swarasa, Bilva Kwatha, Arjuna Kwatha	Hridroga, Phupphusa Roga, Jirnajwara, Prameha, Kasa, Swasa, Grahani, Bala-pushti vardhana	2 Ratti With-Ushnodaka
		Shu. Gandhaka	8 parts			
		Lauha Bhasma	3 parts			
		Naga Bhasma	2 parts			
9	Kalyanasund-ara Rasa ^[17]	Rasasindoora	1 part	Chitraka Kwatha & Hastisundhi Kwatha-7 Bhavana	UraStoya, Hridroga, Vaksha Vata, UraKshatagata Raktastrava, Phupphusaroga	1 Ratti With-Ushnodaka
		Abhrak Bhasma	1 part			
		Rajata Bhasma	1 part			
		Tamra Bhasma	1 part			
		Suvarna Bhasma	1 part			
		Shu. Hingula	1 part			
10	Ratnakara Rasa ^[18]	Shu. Parada/Rasa sindoora	1 part	Arjuna Kwatha, Godhuma Kwatha, Yava Kwatha- each 7 times Kumari Swarasa- 3 times	Vattik-Pattika- Kaphaja-Krimija- Tridoshaja Hridroga, Yakshama	Kalayamatra With Arjuna Kwatha/ Godhuma Kwatha/ Yava Kwatha/Kanji/Asa va/ Ghrita
		Shu. Gandhaka	1 part			
		Abhrak Bhasma	1 part			
		Hiraka Bhasma	1 part			
		Vanga Bhasma	1 part			
		Vaikranta Bhasma	1 part			
		Suvarna Bhasma	1 part			
		Lauha Bhasma	7 parts			

Table no. 2 shows formulations' ingredients with *Hridya* property

Sr. No.	Name of <i>Rasadravya</i>	Ingredient used for <i>Bhasma</i> Process	Properties	<i>Anupana</i>	<i>Matra</i> (Dose)
1	<i>Abhrak Bhasma</i> ^[19-21]	<i>Kashmarda Swarasa, Erandapatra Swarasa, Triphala, Kakmachi, Kshiratraya, Kumari, Gomutra, Guduchi</i>	<i>Hridya, Vrushya, Balya, Sarvarogahara, Jwarahara</i>	<i>Trikatu, Ghrita</i>	1 Valla
2	<i>Suvarna Makshika Bhasma</i> ^[22-23]	<i>Nimbu Swarasa</i>	<i>Hridroga, Bastiroga, Panduroga, Prameh, Arsha, Sopha. Kandu</i>	<i>Triphala, Trikatu, Vidanga</i>	½ to 2 Ratti
3	<i>Shilajita</i> ^[24-25]	-	<i>Hridshoola, Jwara, Pandu, Medhasmritikara, Balya,</i>	<i>Godugdha, Takra, Mamsarasa, Mudgayush, Jala, Gomutra</i>	1 Karsh to ½ Pala
4	<i>Tuttha Bhasma</i> ^[26-27]	<i>Lakucha Swarasa</i>	<i>Hridgadashoola, Prameha, Medohara, Krumi, Kushtha, switra, Amlapiita, Arsha</i>	-	1/8 to ¼ Gunja
5	<i>Suvarna Bhasma</i> ^[28]	<i>Nimbu Swarasa</i>	<i>Hridya, Balya, Rasayana, Buddhimedhasmriti kar</i>	-	2 Gunja
6	<i>Mukta Bhasma</i> ^[29]	<i>Gulab Jala</i>	<i>Hridya, Mehara, Medhya, Jwarahara</i>	-	1/4 th to 1 Gunja
7	<i>Hiraka Bhasma</i> ^[30]	<i>Nimbu Swarasa</i>	<i>Hridyam Param, Yogavahi, Rasayana, Rajyakshama, Prameha, Pandu</i>	-	1/32 to 1/16 Ratti

Table no. 3 shows the *Hridya* formulation used for different types of *Hridroga*^[31]

Sr. no.	Type of <i>Hridroga</i>	Name of Formulation
1	<i>Vataj Hridroga</i>	<i>Kalyansundar Rasa</i>
		<i>Vishveshwar Rasa</i>
2	<i>Pittaja Hridroga</i>	<i>Chintamani Rasa</i>
		<i>Panchananan Rasa</i>
		<i>Nagarjunaabhra Rasa</i>
3	<i>Kaphaja Hridroga</i>	<i>Prabhakar Vati</i>
		<i>Hridyarnava Rasa</i>
4	<i>Tridoshaja Hridroga</i>	<i>Shankar Vati</i>
		<i>Trinetra Rasa</i>
5	<i>Krimij Hridroga</i>	<i>Hridyarnava Rasa</i>
		<i>Shankar Vati</i>
		<i>Kalyansundar Rasa</i>

DISCUSSION

In Ayurved *Hridroga* refers to heart disease or cardiac disorders. Ayurvedic medicine offers various herbal remedies and treatment approaches to address *Hridroga* and promote heart health. These medicines aim to strengthen the heart, improve cardiovascular function and manage related symptoms. Rasashastra and Bhaishajya Kalpana is a specialized branch of Ayurved that deals with the preparation and use of herbo-mineral and metallic formulations. The Ayurvedic *Bhasma* preparations are unique metal nanoparticles. These metal nanoparticles are safe, stable in solid state and are having excellent biological activities.

After reviewing various Rasa texts, it is revealed that total 10 *Rasa* formulations are described for the treatment of *Hridroga* (Table 1). The specific *Hridya* formulation is used for particular type of *Hridroga* (Table 3). The repeatedly *Rasa Dravya* used in *Rasa* formulation are *Parada*, *Gandhaka*, *Abhraka* and *Tamra*. There are different *Anupana* used for *Hridroga* such as *Arjuna Kwatha*, *Ushnodaka*, *Godhuma Kwatha*, *Yava Kwatha*, *Amalaki Swarasa* etc. (Table 1). All these *Rasa Dravyas* have properties like *Hridya*, *Vrushya*, *Hridshoola hara*, *Balya* etc. (Table 2).

Bhavana Dravya used for the preparation of *Hridya* formulations are *Arjunatwak Kwath*, *Triphala Kwatha*, *Kakmachi Swarasa* etc. (Table 1). The incorporation of *Bhavana Dravya* for the preparation enhances the therapeutic efficacy and bioavailability of the drug due to its unique properties. E.g. *Arjuna* has demonstrated effectiveness as an anti-ischemic and antiatherogenic agent^[32]. Thus use of *Rasaaushadhi* and their mechanism of action can pave the way for evidence-based integrative approaches to cardiovascular health, offering holistic benefits for individuals with heart-related concerns.

CONCLUSION

Ayurveda offers a variety of cardio-protective drugs and formulations that aim to promote heart health and protect against cardiovascular diseases. *Rasaaushadhi* works at the cellular level, addressing imbalances in the *Doshas* and promoting rejuvenation. Integrating Ayurvedic Knowledge with evidence-based medicine can lead to comprehensive and synergistic approaches to cardiovascular health, promoting a healthier heart and improved quality of life.

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