PANCHAKARMA UPAYOGI RASADRUBYAS

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INTRODUCTION

In Ayurveda, chikitsa has been classified as Shodhana and Shamana as one of the category. For the same both Kashtadravya and Rasadravyas are used by making different formulations. Here Kashtadravyas are nothing but the plant origin drugs and Rasadravyas are the products of mineral origin. For Panchakarma which is nothing but the Shodhana chikitsa mainly Kashtadravyas are used for the treatment. But on screening different Ayurveda classics it is found that various Rasadravyas are also used for different Panchakarma chikitsa either in the form of Major Shodhana or Bahyachikitsa or in terms of upakrama chikitsa. Here in this article an attempt has been made to discuss exclusive Rasadravyas which are used in various Panchakarma chikitsa including Bahya or upakramas.

VAMANA: (Therapeutic Emesis)

Treatment procedure where the Vitiated doshas are expelled out through the oral route is called as Vamana.

Here some of the Rasadravyas which are used in Vamana as mentioned by different acharyas, they are

- Vamanopayogi – Rasanjana
- Vamanartha – Tamrabhasma prayoga
- Vamana karaka – Sasyaka

VIRECHANA: (Therapeutic Purgation)

Treatment procedure where the vitiated doshas are expelled out through the rectal route is called as Virechana.

As above mentioned here are some of the Rasadravyas which are used as Virechaka as mentioned by different acharyas in classics, they are

- Virechana- Kankustha
- Virechana – Kampillaka
- Bhedani- Girisindhura, Mukta
- Virechana– Meghanada rechana rasa, Hingula, Tankana
- Virechana yoga – Dhatritrivritadi churna, Kampillaka
- Virechana– Marichyadi gutika, Tankana, Parada, Gandhaka

ABSTRACT

Panchakarma now-a-days is gaining more popularity by the name of Shodhana i.e. detoxification. To plan such treatment Kashtaoushadhas play major role and they are mostly dependent upon to prepare various Shamana kalpas, Bahyakalpas etc. There are few instances and references where different Rasadravyas are used to perform various Panchakarma treatments including upakramas like Abhyanga, Lepa, Dhma etc. In this article it has been tried to collect and give references about different Rasoushadhas, which are used to conduct the Panchakarma.

Keywords: Rasadravya, Panchakarma, Vamana, Virechana, Basti
Tankana – Sukhavirechaka
Abhayavati – Tankana – Virechana
Udarari rasa – Rasasindhura, Parada, Sasyaka – Virechaka
Bindughrita – Jalodara virechanadau – Kampillaka, Kankusta – Virechana

**BASTI (Medicated Enema):**
Treatment procedure where the medicated preparations are administered through anus is known as Basti.
Various Rasadravyas which are used in the preparations of Basti mentioned by different acharyas are as follows:
- Tiktaskanda dravyas used for Niruhabasti – Kamsya, Louha
- Katuskanda dravya – Manashila
- Kashayaskanda dravya – Gairika
- Kasisadrava basti – Kasisa
- Basti upayogi dravya – Rasanjana
- Parada basti – Udararoga
- Basti kalka dravya – Gairika, Rasanjana
- Basti kwatha dravya – Kampillaka
- Ardhashlekasamapanna Bastaya – Kampillaka – Basti
- Sarvamayantaka ghrita – Shilajatu – Abhyanga, Basti

**NASYA (Nasal Medication):**
The procedure in which the medicated preparations are instilled through the nostrils is called as Nasya.
Some of the Rasadravyas which are used as Nasya mentioned by different acharyas are:
- Shirovirechanopaga – Rasanjana
- Harataladi Nasya – Haratala
- Sarvamayantaka ghrita – Shilajatu – Nasya

**ABHYANGA (Massage Therapy):**
The medicated preparations which are mainly of fat based are applied in a systemic way for a stipulated period in different posture and is known as Abhyanga.

Many preparations which have been used in the form of Abhyanga consist of following Rasadravyas:
- Sikthakadita ghrita – Siktha, Tutha
- Rasanjana-abhyanga
- Dhanvantarataila – Shilajatu –Abhyanga
- Prabanjanavimardanataila - Rasanjana-Abhyanga
- Panasabijadi taila – Samudraphena – Rasanjana – Sarjarasa
- Triphaladhiya taila – Rasanjana – Abhyanga
- Manjisthadi taila – Rasanjana – Abhyanga
- Amritadi taila – Sarjarasa – Abhyanga
- Lakshadi taila – Sarjarasa – Abhyanga
- Sahacharadi taila – Shilajatu-Abhyanga
- Kasisadya ghrita – Kasisa, Haratala, Manashila, Kampillaka, Gandhaka, Sikthana, Tutha, Rasanjana – Abhyangena
- Marichadi taila – Haratala, Manashila – Abhyanga
- Vajra taila – Gandhaka, Manashila, Haratala-Abhyanga
- Kumkumadi taila – Gorachana, Gairika – Mukhabhyanga

**DHUMA (Medicated Smoking):**
Some of Dhuma and Lepa preparations which contain Rasadravyas are:
- Mana dhuma
- Prapoundarikadi dhuma – Manashila
- Nepalyadi dhuma – Manashila – Dhuma

**LEPA (Medicated External Application):**
Vamanabhairava taila – Hingula, Haratala, Manashila, Gandhaka, Sarjarasa, Sasyaka – Lepa, Nasya
- Gugguladi taila –Kasisa, Sarjarasa, Haratala, Gandhaka, Manashila, Kampillka Kustha-Lepa

**DISCUSSION**
- Many Rasadravyas are used for different Panchakarma procedures as
per different authors. But no specific methods like dose, duration, method of application is explained clearly. So they have left the choice to physicians to use them according to the conditions of the patient and disease.

- Researches should be carried out on these references and particular protocol should be prepared for their administration in specific conditions
- Particular solution has to be found out by doing research in various aspects. For instance in Bhaishajya ratnavali Paradabasti in Udararoga is mentioned but the dose, method etc is not highlighted by the author on this regard it is thus necessary to find out exact dose, method etc.

CONCLUSION

- In most of the Panchakarma chikitsa one can get references about rasadravyas.
- Different Rasadravyas are utilized to formulate interns of Vamana, Virechana, Basti, Nasya, Lepa, Dhma, Abhyanga etc.
- Using Rasadravyas in Panchakarma will be of very effective if only used in appropriate quantity and proper shodhana.
- Though there are many references for both Kastha dravyas and Rasa dravyas in the preparations of Panchakarma chikitsa, rasadravyas have their own specificity which can’t be achieved by the Kastha dravyas alone.

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