

PANCHAKARMA UPAYOGI RASADRAVYAS

¹Dr S. N. Belavadi

²Dr A. S. Prashanth

¹Ph.D. Research Scholar & Reader, Department of P.G. Studies in Kayachikitsa D.G.M.
Ayurvedic Medical College, Gadag-Karnataka, India

²Professor, Department of Kayachikitsa, Ayurveda Mahavidyalaya Hubli-Karnataka, India

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, Dhuma 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

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 – Rasanjana¹

Vamanartha – Tamrabhasma prayoga²

Vamana karaka – Sasyaka³

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- Kankustha³

Virechaka – Kampillaka

Bhedani- Girisindhura, Mukta³

Virechana– Meghanada rechana rasa, Hingula, Tankana⁴

Virechana yoga – Dhatri trivritadi churna, Kampillaka⁵

Virechana– Marichyadi gutika, Tankana, Parada, Gandhaka⁵

Tankana – Sukhavirechaka⁶
Abhayavati – Tankana – Virechana⁶
Udarari rasa – Rasasindhura, Parada,
Sasyaka – Virechaka⁶
Bindhughrita – Jalodara virechanadau –
Kampillaka, Kankusta – Virechana⁷

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:

Tiktakanda dravyas used for Niruhabasti – Kamsya, Louha⁸

Katuskanda dravya – Manashila⁸

Kashayaskanda dravya – Gairika⁸

Kasisadrava basti – Kasisa⁹

Basti upayogi dravya – Rasanjana¹

Parada basti – Udararoga⁶

Basti kalka dravya – Gairika, Rasanjana^{10, 5}

Basti kwatha dravya – Kampillaka¹¹

Ardhashlekasamapanna Bastaya – Kampillaka – Basti¹²

Sarvamayantaka ghrita – Shilajatu – Abhyanga, Basti⁵

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 – Rasanjana¹³

Harataladi Nasya – Haratala¹⁴

Sarvamayantaka ghrita – Shilajatu – Nasya⁵

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:

Sikathakaditaila – Sikatha, Tuthaka

Rasanjana-abhyanga¹²

Dhanvantarataila – Shilajatu – Abhyanga⁵

Prabhanjanavimardanataila – Rasanjana-Abhyanga⁵

Panasabijadi taila – Samudraphena – Rasanjana – Sarjarasa⁵

Triphaladhya taila – Rasanjana – Abhyanga⁵

Manjisthadi taila – Rasanjana – Abhyanga⁵

Amritadi taila – Sarjarasa – Abhyanga⁵

Lakshadi taila – Sarjarasa – Abhyanga⁵

Sahacharadi taila – Shilajatu-Abhyanga⁵

Kasisadya ghrita – Kasisa, Haratala, Manashila, Kampillaka, Gandhaka,

Sikthana, Tutha, Rasanjana – Abhyangena

Kusthaani⁷ Marichadi taila – Haratala, Manashila- Abhyanga

Vajra taila – Gandhaka, Manashila,

Haratala-Abhyanga⁷

Kumkumadi taila – Gorachana, Gairika –

Mukhabhyanga¹⁵

DHUMA (Medicated Smoking):

Some of Dhuma and Lepa preparations which contain Rasadravyas are:

Manashila – dhuma^{10, 12, 2}

Prapoundarikadi dhuma – Manashila¹²

Nepalyadi dhuma – Manashila – Dhuma¹²

LEPA (Medicated External Application):

Vamanabhairava taila – Hingula, Haratala, Manashila, Gandhaka, Sarjarasa, Sasyaka –

Lepa, Nasya.⁵

Gugguladi taila – Kasisa, Sarjarasa, Haratala, Gandhaka, Manashila, Kampillaka

Kustha-Lepa.¹⁵

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 interms of Vamana, Virechana, Basti, Nasya, Lepa, Dhuma, 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 Kasha dravyas and Rasa dravyas in the preparations of Panchakarma chikitsa, rasadravyas have their own specificity which can't be achieved by the Kasha dravyas alone.

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CORRESPONDING AUTHOR

Dr S. N. Belavadi,
Ph.D. Research scholar and Reader,
Department of P.G. Studies in Kayachikitsa
D.G.M. Ayurvedic Medical College, Gadag-
Karnataka, India
Email: ayursnb@yahoo.co.in

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