



A CRITICAL REVIEW OF RASAUSHADHIES IN THE MANAGEMENT OF TWAK VIKARA: INSIGHTS FROM THE BRIHAT TRAYIS

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Article Received on 21/11/2024

Article Revised on 11/12/2024

Article Accepted on 31/12/2024

ABSTRACT

In Ayurveda, skin diseases are classified under *kusta*, *visarpa*, and *kshudraroga* and are addressed using *Rasaushadhis* as described in the Brihat Trayi, which includes the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. This study explores the therapeutic applications of *Rasa dravyas* in treating *Twak vikaras* as cited in these texts. *Rasa Shastra*, the branch of Ayurveda that focuses on mercury-based medicines, underscores the effectiveness of these potent formulations, known for their rapid action, high absorbability, and extended shelf life. This review emphasizes the enduring value of *Rasaushadhis* in the management of complex skin conditions, drawing on the traditional insights of the Brihat Trayi. This provides a comprehensive review of Ayurvedic formulations containing *Rasa dravyas* in various forms, including *lepa*, *taila* and *choorna*, along with their therapeutic uses in dermatology. The Brihat Trayi mentions approximately 20 *Rasa drugs* specifically indicated for skin disorders.

KEYWORDS: Brihat Trayi, Rasaushadhi, Twak vikaras.

INTRODUCTION

In *Ayurveda*, skin diseases are explained under *kusta*, *visarpa*, and *kshudraroga*, and this article elaborates on the *Rasaushadhis* related to *twak roga* as outlined in the *Brihat Trayi*.

The term "*Brihat*" translates to "the great triad of compositions," while "*Trayi*" signifies three. The *Bhrittrayi* consists of three principal texts: The *Charaka Samhita*, the *Sushruta Samhita*, and the *Asthang Hridaya*. These texts are regarded as the most authentic and standard references within the field of *Ayurveda*. They hold esteemed positions due to their authority and credibility. Each of these treatises elaborates on various aspects of *Rasa Dravya* used in *Twak vikaras*.

Rasa Shastra, a branch of *Ayurveda* that focuses on *Rasa* preparations, primarily emerged during the medieval period. The term *Rasa Shastra* can be interpreted as "the science of mercury." Consequently, *Rasaushadhis* refer to "Preparations of Mercury," encompassing all herbo-mineral or metal formulations utilized for both preventive and therapeutic purposes. *Rasaushadhis* are administered in small doses, are easily consumable, and act swiftly.^[1] Incinerated minerals are known for their remarkable therapeutic properties and extended shelf life.

When used in therapeutic doses, *Rasaushadhis* are safe and readily absorbed by the body.

AIMS AND OBJECTIVES

To assess the different formulations referenced in *Bhrit trayi* that include *Rasa dravyas* and their corresponding therapeutic applications.

MATERIALS AND METHODS

Study is based on textual reviews.

Materials pertaining to *Rasa davya* were gathered from the *Charaka Samhita*.

Materials pertaining to *Rasa dravya* were gathered from the *Sushruta Samhita*.

Materials pertaining to *Rasa dravya* were gathered from the *Ashtangha Hridaya*.

An analysis of *Ayurvedic* formulations that incorporate *Rasadravya* and their associated therapeutic applications.

Ayurvedic Formulations and Their indications

This paper presents a comprehensive review and compilation of *Ayurvedic* formulations found in *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* that include *Rasa aushadhis* along with their respective therapeutic indications. The *Ayurvedic* formulations containing *Rasadravya* are available in various dosage forms, such as, *lepa*, *taila* and *choorna*.

Below is a list of Ayurvedic formulations featuring *Rasa dravya*, as detailed in *Charak Samhita* (Table 1), *Sushruta Samhita* (Table 2), and *Asthanga Hridaya* (Table

3), along with the corresponding diseases they are indicated for according to the context.

Table No. 1: List of formulations of charaka Samhita containing *Rasaushadhis*.^[2]

SI. No.	Formulations/ kalpa	Ingredients	Indication	References
1.	<i>Pana</i>	<i>Rasanjana</i> , gomutra for 1 month internally in kusta	Kusta	Cha chi 7/61
2.	<i>Lehya</i>	lelithaka, amalaki swarasa with honey	Sapta dasha kusta	Cha chi 7/70
3.	<i>Pana</i>	makshika dhatu, gomutra	Kusta	Cha chi 7/70
4.	<i>Bhasma</i>	parada Bhasma prepared out of Swarna makshika/ gandhaka	Kusta	Cha chi 7/71-72
5.	<i>Madhvasava</i>	Khadira, devadaru, madhu, loha Bhasma, triphala, twak, maricha, patra, ela, kanaka, matsyandika.	Kusta	Cha chi 7/73-74
6.	<i>Lepa</i>	<i>Rasanjana</i> , Abhaya, ela, kusta, darvi, shatapushpa, chitraka, vidanga	Kusta	Cha chi 7/84
7.	<i>Lepa</i>	Trapu, sisa, ayasa Bhasma	Mandala kusta	Cha chi 7/88
8.	<i>Kustadhi taila</i>	oil prepared with kusta, arka, tuttha, katphala seeds of mulaka, rohini, katuka, kutaja, Utpala, musta, brhati, karavira, kasisa, edagaja, nimba, patha, duralabha, citraka, vidanga, seeds of tiktalabu, kampillaka, sarsapa, vaca, and daruharidra and kusta	It can be used as alepana, udvartana, paragarshana and avachurna in kusta	Cha chi 7/102-104
9.	<i>Tikteshwadi taila</i>	Tikta alabu, tuttha, Gorochana, haridra, daruharidra, brihati, eranda, vishala, chitraka, murva, kasisa, hingu, sigru, trayushana, suradaru, tumburu, vidanga, langalaka, kutaja,	kusta, kandu, vata and kaphaja kusta	Cha chi 7/109-110
10.	<i>Kanaka ksheera taila</i>	sarshapa taila, kankushta, manasheela, bhargi, danti, lashuna, vidanga, karanja, saptacchada, arka, nimba citraka, asphota, gunja, eranda, bruhati, mulaka seeds of surasa, seeds of arjaka, kutaja, sigru, trusana a, ballataka, ksavaka, haratala, apamarga, tuttha, kampillaka, tuttha, sourashtri, kasisa sarjika lavana, daruharidra - mandala, krimi, kandu	Mandala kusta krimi, kandu	Cha chi 7/111-116
11.	<i>Sidhma lepa</i>	kusta, tamala patra, maricha, manashila, kasisa	Sidhma, kilasa	Cha chi 7/117
12.	<i>Vipadikahara gritha and taila</i>	vipadikahara gritha and taila – jivanti, manjishta, darvi, kampillaka, tuttha, paya, madhichista,	charkakya, eka kushta, kitibha, alasaka	Cha chi 7/120 -121
13.	<i>Lepa</i>	mana Sheela, vidanga, kasisa, Gorochana, kanaka pushpi, saindhava.	Shwithra	Cha chi 7/167
14.	<i>Pradeha</i>	moutika pishti	Visarpa	Cha chi 21/81
15.	<i>Lepa</i>	shankha/pravala/shukti/ gairika with gritha	Visarpa	Cha chi 21/82
16.	<i>Lepa</i>	danti chitraka, moola twak, Sudha arka, guda, ballataka asthi, kasisa,	bahirmargha granthi – kaphaja	Cha chi 21/125
17.	<i>Internaly</i>	swarna makshika	Visarpa	Cha chi 21/130
19.	<i>Kampillakadhi taila</i>	kampillaka, vidanga, darvi, karanja	visarpaja vana	Cha chi 21/136

Table No. 2: List of Formulations of sushruta Samhita containing *Rasa aushadhis*.^[3]

Si. No.	Formulation/ kalpa	Ingredients	Indication	References
1.	<i>Lepa</i>	Kasisa, sarji kshara, tuttha, kasisa, vidanga,	Kusta	Su chi 9/10

		<i>agara dhuma, chitraka, katuka, sudha, haridra, saindhava lepa or kshara of these drugs.</i>		
2	<i>Lepa</i>	<i>Haratala, manashila, arkaksheera, tila, shigru, maricha</i>	<i>Kusta</i>	<i>Su chi 9/13</i>
3	<i>Avalagunjadi lepa</i>	<i>Avalagunja, makshika dhatu, kakoduburika, laksha, loha churna, magadhi, rasanjana, krishna taila -rubbed with gopitta</i>	<i>Shwithra</i>	<i>Su chi 9/25</i>
4.	<i>Tuttadhi lepa</i>	<i>Tuttha, ela, vyosha, shobhajana, arka, hayamaraka, kusta, avalagunja, bhallataka, kshirini, sarsapa, snuhi, tilvaka, arista, pilu, aragwadha, vidanga, bija, asvahantri haridra, brihati.</i>	<i>Shwithra</i>	<i>Su chi 9/26</i>
5.	<i>Vjraka taila</i>	<i>saptaparna, karanja, arka, malati, karavira, roots of snuhi, sirisa, chitraka, sariva, visa, langala, vajraka, kasisa, ala, manasheela, seeds of karanja, trikatu, triphala, two Rajani, Siddhartha, vidanga, prapunnada.</i>	<i>For abhyanga Kusta, vrana, dushta vrana</i>	<i>Su chi 9/54</i>
6.	<i>Mahavjraka taila</i>	<i>2 kharanja, two haridra, rasanjana, kutaja, prapunnada, saptaparna, mrgadani, laksha, sarjarasa, arka, asphota, aragwadha, snuhi, sirisa, tuvaraka, kutaja, aruskara, vacha, kushta, krimighna, manjistha, langali, chitraka, malati, katutumbi, Gandahva, mulaka, saindhava, karavira, gruhadhuma, visha, kampillaka, sindura, tejohva, tuttha, gomutra, karanja, sarsapa taila –</i>	<i>kusta, gandamala, bhagandara, nadi, drusta vrana,</i>	<i>Su chi 9/57</i>
7.	<i>Ayaskriti</i>	<i>Ayaskriti - Tikshna loha, lavana, triphala, salasardi Aushadha ayaskriti -trivrut, syama, agnisamtha, saptala, kebuka, sankhini, tilvaka, triphala, palasa, samsipa, loha, pippalyadi gana, honey, ghee</i>	<i>kusta, prameha, meda, shwayathu, pandu, roga, unmada, apasmara</i>	<i>Su chi 10/20</i>
9.	<i>Lepa</i>	<i>Hribera, lamajjaka, Chandana, srotanjana, mukta, mani, gairika macerated with milk added with ghee and applied cold and thin on the lesion</i>	<i>Visarpa</i>	<i>Su chi 8/17</i>
10.	<i>Lepa</i>	<i>After jalaukacharan apply sukti, srughi, yavakshara</i>	<i>Ajagallika</i>	<i>Su chi 20/3</i>
11.	<i>Lepa</i>	<i>lepa of manashila, haratala, kusta, devadaru</i>	<i>Andhalaji</i>	<i>Su chi 20/5</i>
12.	<i>Lepa</i>	<i>madhuchista, manjista, sarjakshara, yavakshara, gairika, gritha</i>	<i>Padadari</i>	<i>Su chi 20/20</i>
13.	<i>Lepa</i>	<i>Nimba, tila, kasisa, ala, saindhava, laksharasa Abhaya, Kasisa, Gorochana, manasila</i>	<i>Alasa</i>	<i>Su chi 20/21-22</i>
14.	<i>Lepa</i>	<i>saindhava, vajivistarasena, haratala, Nisha, nimbha, patola, yasti, nilotpala, eranda, markava</i>	<i>Arumshika</i>	<i>Su chi 20/27</i>
15.	<i>Lepa</i>	<i>payasya, agaru, kaliyaka, gairika.</i>	<i>Nyacca, vyanga</i>	<i>Su chi 20/33</i>
16.	<i>Lepa</i>	<i>kasisa, Gorochana, tuttha, haratala, rasanjana,</i>	<i>Ahiputana</i>	<i>Su chi 20/57-58</i>

Table no. 3: List of Formulations of Ashtangha Hridaya containing Rasa aushadhis.^[4]

Si. No.	Formulation /kalpa	Ingredients	Ingredients	Reference
1.	<i>Lepa</i>	<i>Padmini kardama, moutika, sankha, pravala, sukti, gairika, ghee</i>	<i>Pittaja visarpa</i>	<i>A H 18/13</i>
2.	<i>Lepa</i>	<i>Danthi, chitrakamula, Sudha arka, guda, ballataka asthi, kasisa</i>	<i>Visarpa granthi</i>	<i>A H 18/26</i>
3.	<i>Choorna</i>	<i>Guduchi, shilajatu</i>	<i>Visarpa</i>	<i>A H 18/29</i>
4.	<i>Lehya</i>	<i>makshika with madhu</i>	<i>Visarpa</i>	<i>A H 18/30</i>
5.	<i>Lepa</i>	<i>kapillaka siddha taila with darvi, vidanga, for</i>	<i>Visarpa, bahirantar</i>	<i>A H 18/35</i>

		<i>vrana ropana</i>	<i>vrana</i>	
6.	<i>Lehya</i>	<i>sasankha lekha, vidangasara, pippali, hutasmula, ayomala, amalaka + oil</i>	<i>Kusta</i>	<i>A H 19 /46</i>
7.	<i>Internaly</i>	<i>sita, taila, krimighna, Dhatri, ayomala a, pippali</i>	<i>Sarva kusta</i>	<i>A H 19/49</i>
8.	<i>Internally</i>	<i>tuvarasthi, ballataka, bakuchi, shilajatu</i>	<i>Rasayana in kusta</i>	<i>A H 19 /53</i>
9.	<i>Lepa</i>	<i>manashila, ala, maricha, taila, arka, karanja, prapunata with gomutra</i>	<i>Kusta</i>	<i>A H 19/70</i>
10	<i>Lepa</i>	<i>guggulu, maricha, vidanga, sarshapa, kasisa, sarjirasa, musta, srivestaka, manashila, kushta, kampillaka, haridra, Chakrika taila</i>	<i>Kusta</i>	<i>A H 19/71-72</i>
11.	<i>Lepa</i>	<i>maricha tamala patra, kushta, manashila, kasisa kept within oil in copper vessel</i>	<i>Sidhma kilasa</i>	<i>A H 19/73</i>
12.	<i>Lepa</i>	<i>jivanti, manjishtha, darvi, kampillaka, payas, tuttha, ghritha applied bha, alsaka kushta</i>	<i>charmakya, eka, kitibha, alsaka kushta</i>	<i>A H 19 /77</i>
13	<i>Lepa</i>	<i>siktha, sindura, pura, tuttha, trakshashaila, katu taila – kacchu, vicharchika</i>	<i>Kacchu, vicharchika</i>	<i>A H 19/64</i>
15.	<i>Internally</i>	<i>Bhallataka, roots of chitraka, Sudha arka gunja, trayushana, sankha, tuttha, kushta, panchalavana, kshara, lamngali, snuhi and arka.</i>	<i>kusta, kilasa, tilakala, masha, durnama a, charmakeela</i>	<i>A H 20 /</i>
16.	<i>Lepa</i>	<i>Kasisa patoli, rochana, tila, nimba</i>	<i>Alasa</i>	<i>A H 32/12</i>
17.	<i>Internally</i>	<i>manjistha, shabharodhbhava, tuvaraka, Lksha, haridra, Nepali, haratala, kumkuma, guda, Gorochana, haorika leaves of pandu vata, two chandana, kaliyaka, parada, pattanga, kamal, keasarc bark of padmakadi gana, vasa, ajya, vasa majja ksheera</i>	<i>Vyanga neela</i>	<i>A H 32/31</i>

DISCUSSION

The *Brihat Trayis* identifies 20 rasa drugs for treating *Twak vikaras*. However, it lacks detailed descriptions of the *shodhana* processes for these substances. Each rasa aushadhi undergoes *shodhana* to ensure purification, and similar guna karma drugs can be utilized to enhance the drug's effectiveness. For instance, *gairika* shodhana combined with *ksheera* enhances the *sheetha guna*, which can effectively alleviate *daha* in cases of *visarpa*.

The first mention of *Marana* can be traced back to the *Samhita* period, during which *loha* were ground into powder for internal use through a process known as '*Ayaskriti*.' The term '*Ayaskriti*' literally translates to '*Making of Lauha*,' referring to a method where metal is pulverized by the application of certain organic materials and subjected to intense heat treatment. In the *Samhita* texts, the term '*Bhasma*' is not utilized instead, the word '*churna*' is employed.

Rasa aushadhis demonstrate rapid action at the targeted site due to their *Ashugamitwa guna*, with absorption commencing in the oral mucosa. They enhance the bioavailability of other medications through their *yogavahi guna*, such as *parada*^[5] and *swarnamakshika*.^[6] Various *Rasa aushadhis*, including *Haratala, manasheela, gairika, tuttha, shankha, pravala*, and *sindhura*, are utilized in *lepa* formulations as outlined in the *Brihat trayis*. A significant benefit of employing these minerals and metals in *lepa* is their ability to facilitate swift drug absorption, attributed to

their fine particle size. Certain mineral-based drugs, like *Giri sindura*, are designated for external use only, prioritizing safety.

Most skin disorders are characterized by chronic inflammation and a psychosomatic component, often leading to a higher likelihood of recurrence. In such cases, the usage of *Rasayana therapy* is essential, which can be achieved through various *rasa dravyas* such as *shilajatu*,^[7] *swarnamakshika*,^[8] *loha*,^[9] *manasheela*,^[10] and *gandhaka*,^[11] among others. Additionally, stress can exacerbate inflammation in the body, potentially worsening skin conditions; here, *swarnamakshika* serves as a *yogavahi*, aiding in anxiety reduction. *Pruritus (kandu)* is a frequently observed symptom in skin lesions, and in this context, *Gairika* and *kasisa* may be utilized. Numerous classical formulations possess *Vrana ropana* properties, such as *Kampillaka*^[12] *Girisindura*,^[13] and *Vanga*,^[14] which are beneficial for treating *Twak vikaras*. *Varnya dravyas* hold significant importance in dermatological conditions, with many *lepas* in the *Brihat Trayi* incorporating *Varnya* drugs like *Loha*^[15] *Rasanjana*^[16] and *Manasheela*.^[17]

CONCLUSION

Skin disorders represent one of the most prevalent and rapidly increasing health issues in contemporary society. Alongside internal medication, external treatments play a crucial role in the effective management of these conditions. The *Rasa aushadhis*, as outlined in the *Brihat Trayis* under the category of *Twak Vikaras*, possess

various properties such as *Kandughna*, *Krimighna*, *Vranaropana*, and *Varnya*. These properties contribute to alleviating symptoms during acute phases and minimizing the likelihood of recurrence.

ACKNOWLEDGEMENT

The authors are thankful to Dept. of PG and PhD studies in Rasashastra and Bhaishajya Kalpana, GAMC Bengaluru.

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