

Review of Kusthahara Rasakalpas in Rasashastra

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Abstract— According to Rasashastra historical research, metals and minerals were mostly used for alchemical and therapeutic purposes in ancient times. It is also found in the literature review that Rasakalpas were most commonly used in the management of kustha. In Ayurveda, there are three types of medicine: Asuri, Daiwi, Manushi and Rasaushadhi's comes under Daiwichikitsa. Because Rasaushadhis have no distinct flavor, they require minimal dosage, have small particles, are simple to administer. All the skin diseases in Ayurveda have been discussed under the broad heading of Kustha. it is a disease of Raktavaha strotasa that occurs due to three vitiated dosas, vata, pitta, and kapha, along with twak (skin or rasa dhatu) and rakta (blood), forming the seven-fold pathogenic vyadhi kustha. Many Rasaushadhi's are mentioned in Kustharogachikitsa Prakranam and it was discovered that only Rasaratna Samuchya has nearly 16 Rasayoga's mentioned in Kustharogadhikara for internal administration. Finally, it turns out that a wide number of Rasakalpas useful in kustha have been mentioned in the texts. While some of these are regularly used by ayurvedic practitioners, a major portion of Rasakalpas remain untouched. So this article aims to review some of the important Rasakalpas (formulations) that are mentioned under kustha rogadhikar (mainly indicated under kustha treatment) in classical Rasashastra texts.

Index Terms— kustha, Rasakalpa's..

I. INTRODUCTION

Kustha is caused by the morbidity of seven factors and described as a disease in *Ayurveda*, having the main clinical feature of discoloration and elevation of the patches (*kotha*) in the skin. The *Acharya Charak* mentioned in *Charak Samhita* says that *kustha* caused by the vitiation of *vata-kafa doshas* is not difficult to cure and is also easily curable in its primary stage. But if *Kustha* is caused by the simultaneous vitiation of two dosas, then it is difficult to cure (*kricchryasadhya*). the *Rasakalpas* mentioned in our classical literature can be found in *Kricchasadhya Vyadhi's* management. There are three types of *chikitsas* in *Ayurveda*: *Asuri*, *Daiwi*, and *Manushi*; *Rasaushadhi* falls under *Daiwichikitsa*. Therefore, the use of herbo-mineral compounds, the use of various *bhasmas*, and the use of medications containing metals and minerals are more beneficial in the management of *kustha*, these have many benefits over the use of plain herbal compounds. These medications are collectively known as *Rasakalpas*. A number of *Rasakalpas* useful in *Kustha* have been mentioned in the

Rasashastra texts. While some of these *Rasakalpas* are regularly used by *ayurvedic* practitioners, But there is a major lacuna with our *ayurvedic* practitioners that still major portion of the *Kusthahara Rasakalpas* remain untouched. Whereas *Rasashastra* texts already mention a wide range of *Kusthahara Rasakalpas*. In *Kusthahara rasakalpas*, *parad* gets processed with other drugs like *bhasmas*, herbal drugs, etc. The *bhasmas* are nanoparticle sized medicine, so they are widely used in the treatment of *kustha*.

in *Ayurveda*, *Kusthahara Rasakalpas* are described as the *kalpas* or formulations containing *rasa* that have *parad* (mercury) as one of the ingredients. Most of the time, *kalpas* containing *yogiks* of *parad* or different types of *parad* like *hingul* or *rasa sindoor* are also called *Rasakalpas*. And they are useful in small dosages and have a quicker action. Therefore, this review article focuses on these medications (*kusthahara rasakalpas*), which are mentioned in *ayurvedic* texts but still remain largely out of clinical practice and may be untouched.

II. AIM

To gather, summarise, and critically evaluate information on a variety of mineral and metal- based formulations, such as *Rasakalpas*, which is mentioned in *Rasashastra* classical texts

III. MATERIAL AND METHODS

Rasashastra deals with the importance of *Rasakalpas* in treating different diseases. These *Rasakalpas* (metallic preparations) hold a superior position in *ayurvedic* medicine due to their small dose, quick effectiveness, tastelessness, and long shelf life. While browsing the *Rasashastra* classical texts, we find so many formulations indicated for *kustha* treatment. After reviewing all of the *Rasashastra* classical texts, we discover that *parad*, *gandhak*, *haratala*, *manahshila*, and *tamra bhasma* are frequently used as constituents in formulations.

Our *acharyas* provided about 94 formulations, including *Rasakalpas*, in the texts *Rasaratnasamuchay*, *Yogaratanakara*, *Rasakamdhenu*, *Rasaendrasarasangraha*, *Rasendrachintamani*, and *Bhaishajyaratnawali*.

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Table No. I to V contain a summary of the details of the formulations that are mentioned in our texts.

Table I: Contains information about *Rasakalpas* mentioned in *Yogaratnakara* in *Kustha rogadohikara*.¹

Sr. No.	Name of Formulation	Minerals used
1	Vijayeshvara- Rasa	Parad Bhasma (Rasa Sindoor), Shuddha Haratala.
2	Sashilekha Vati	Shuddha parad, Shuddha Gandhka, Tamra bhasma

Table II: Details of formulations mentioned in *Rasendra Sara Sangraha* in *kustha Rogadhikara*.²

Sr. no.	Name of formulation	Minerals used
1	Galatkusthari Rasa	Shuddha Parad, Shuddha Pandhak, Tamra Bhasma, Lauha Bhasma.
2	Bhramha Rasa	Shuddha Parad, Shuddha Gandhak.
3	Chandranan Rasa	Shuddha Parad, Abhrak Bhasma
4	Kusthakalana Rasa.	Suddha Parad, Shuddha Gandhak, Tamra Bhasma, Lauha Bhasma.
5	Vajra Vati	Suddha Parad, Shuddha Gandhak,
6	Chandrakanti Rasa	Suddha Parad, Shuddha Gandhak, Tamra Bhasma.
7	Sankoch Rasa	Suddha Parad, Abhrak Bhasma, Tamra Bhasma.
8	Amratankur Lauham	Rasasindoor, Lauha Bhasma. Tamra Bhasma, Abhraka Bhasma, Shuddha Gandhak
9	Udaya Bhaskara Rasa	Shuddha Gandhaka, Tamra Bhasma.
10	Talkeshwara Rasa.	Shuddha Haratala.
11	Manikya Rasa.	Shuddha Parad, Shuddha Gandhaka, Shuddha Haratala, Shuddha Manahshila
12	Kuthar Rasa	Rasa Sindoor, Shuddha Gandhaka, Lauha Bhasma, Abhraka Bhasma,
13	Taleshwara Rasa	Shuddha Parad, Shuddha Gandhaka.
14	Rajataleshwara Rasa.	Shuddha Gandhaka, Shuddha Naga, Shuddha Haratala.
15	Harिताleshwara Rasa.	Shuddha Parad, Shuddha Haratala, Shuddha Gandhaka, Krishnabhraka.
16	Rajrajeshwara Rasa	Shuddha Parad, Shuddha Gandhaka, Shuddha Haratala, Tamra Bhasma
17	Paribhadra Rasa	Rasa Sindoor
18	Lankeshwara Rasa	Rasa Sindoor, Shuddha Gandhaka, Abhraka Bhasma, Shuddha Haratala, Tamra Bhasma, Shuddha Shilajatu.
19	Bhoot bhairava Rasa	Shuddha Gandhaka, Shuddha Haratala
20	Arkeshwara Rasa	Shuddha Gandhaka, Shuddha Gandhaka.
21	Mahataleshwara Rasa.	Shuddha Parad, Shuddha Haratala, Shuddha Mahashila, Swarnamakshika.
22	Vijaya Bhairava Rasa	Shuddha Parad
23	Shadanan Gudika	Shuddha Parad, Shuddha Gandhaka.

Table III: Details of formulations mentioned in *Rasendra chintamani* in *kustha Rogadhikara*.³

S	Name of	Minerals used
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r. No.	Formulation	
1	Mahataleshwar Rasa	Shuddha Parad, Swarna Makshik, Shuddha Manahshila, Shuddha Haratala.
2	Kusthakuthar Rasa	Rasa Sindoor, Shuddha Gandhak, Lauha Bhasma, Tamra Bhasma.
3	Kusthadalano Rasa	Shuddha Parad, Shuddha Gandhak.
4	Chandranana Rasa	Shuddha Parad, Shuddha Abhraka.
5	Kusthakalagni Rudra Rasa.	Shuddha Parad. Shuddha Gandhak, Shuddha Hartala, Shuddha Manahshila, Tamra Bhasma.
6	Talkeshwara Rasa-1	Shuddha Parad, Shuddha Haratala, Naga Bhasma.
7	Talkeshwara Rasa-2	Shuddha Gandhaka, Shuddha Haratala, Tamra Bhasma.
8	Kusthakalanala Rasa.	Shuddha Parad, Shuddha Gandhaka, Tamra Bhasma, Lauha Bhasma
9	Sarveshvara Rasa.	Shuddha Hingula. Abhraka Bhasma, Lauha Bhasma, Tamra Bhasma.
10	Udayabhaskara Rasa.	Shuddha Gandhaka. Tamra Bhasma.
11	Bhramha Rasa.	Rasa Sindoor, Gandhaka Churna.
12	Paribhadra Rasa.	Rasasindoor.
13	Shwetari Rasa.	Shuddha Parad, Shuddha Gandhaka.
14	Shashilekha Vati.	Shuddha Parad, Shuddha Gandhaka, Tamra Bhasma.
15	Talkeshwar Rasa.	Shuddha Haratala.
16	Vajra Vati.	Shuddha Parad, Shuddha Gandhaka.
17	Chandrakanta Rasa.	Shuddha Parad, Shuddha Gandhaka, Tamra Bhasma.
18	Sankoch Rasa .	Shuddha Parad, Shuddha Gandhaka, Abhraka Bhasma, Tamra Bhasma.
19	Manikya Rasa.	Shuddha Parad, Shuddha Gandhaka, Shuddha Haratala, Shuddha Manahshila, Abhraka Bhasma, Naga Bhasma, Tamra Bhasma, Lauha Bhasma.
20	Siddha Taleshwara Rasa.	Shuddha Parad, Shuddha Haratala.
21	Rasa Taleshwara Rasa.	Shuddha Parada, Shuddha Gandhaka.
22	Kusthaharitaleshwara Rasa	Shuddha Parad, Shuddha Gandhaka, Abhraka Bhasma, Shuddha Haratala.
23	RajaRajeshwara Rasa.	Shuddha Parad, Shuddha Gandhaka, Shuddha Haratala, Tamra Bhasma.
24	Lankeshwara Rasa.	Rasa Shindoor, Shuddha Gandhaka, Abhraka Bhasma, Tamra Bhasma, Shuddha Haratala, Shuddha Shilajatu.
25	Bhoot Bhairava Rasa.	Shuddha Parad. Shuddha Gandhaka, Shuddha Haratala.
26	Arkeshwara Rasa.	Shuddha Parad, Shuddha Gandhaka, Tamra Bhasma.
27	Vijaya Bhairava Rasa.	Shuddha Parad, Shuddha Haratala.
28	Shadanana Gutika.	Shuddha Parad, Shuddha Gandhaka.
29	Rasa Manikya.	Shuddha Haratala.
30	Amratankura Lauhama	Shuddha Parad, Shuddha Gandhaka, Abhraka Bhasma, Tamra Bhasma, Lauha Bhasma.
31	Shuddhimartand Rasa.	Shuddha Gandhaka, Tamra Bhasma.

Table IV: Details of formulations mentioned in *Rasa Ratna Samuchya* in *kustha Rogadhikara*.⁴

Sr. No.	Name of Formulation	Minerals used
1	Vatakushtahara Rasa	Shuddha Gandhaka, Abhrak Bhasma, Tamra Bhasma.
2	Pittakusthahara Rasa.	Shuddha Gandhaka, Abhraka Bhasma.
3	kaphakusthahara Rasa.	Shuddha Gandhaka, Swarna Bhasma, Abhraka Bhasma,
4	Sannipata Kusthahara Rasa.	Shuddha Gandhaka, Swarna Makshika, Lauha Bhasma, Abhraka Bhasma, Swarna Bhasma, Shuddha Haratala.
5	Vijay Rasa.	Rasa Bhasma (Parad Bhasma, Rasa Sindoor)
6	Sarveshwara Rasa.	
7	Sputa kusthari Rasa	Shuddha Parad, Shuddha Gandhaka.
8	Prataplankeshwara Rasa.	Shuddha Parad, Shuddha Gandhaka.
9	Kusthanashana Rasa.	Shuddha Parad, Shuddha Gandhaka, Swarna Makshik, Shuddha Shilajatu, Tamra Bhasma.
10	Kusthajidrarasa.(Krishna Manikya Rasa)	Shuddha parad, Shuddha Gandhaka, kanta Lauha, Teekshna Lauha, Swarna Makshika.
11	Taleshwara Rasa.	Shuddha Parad, Shuddha Gandhaka, Tamra Bhasma, Lauha Bhasma, Shuddha Hartala.
12	Mahataleshwara Rasa.	Shuddha Parad, Shuddha Manahshila, Shuddha Haratala, Swarnamakshika.
13	Kanakshundara Rasa	Shuddha Parad, Abhraka Bhasma, Swarna Bhasma.
14	Haribolankush Rasa.	Shuddha Parad, Shuddha Gandhaka, Abhraka Bhasma, Kanta Lauha, Tamra Bhasma,
15	Tripurantaka Rasa.	Parad Bhasma.
16	Vishvahita Rasa.	Shuddha parad, Shuddha Gandhaka, Tamra Patra.

Table V: Details of formulations mentioned in *Rasachintamani* in *kustha Rogadhikara*.⁵

Sr. no.	Name of formulation	Minerals used
1.	Taleshwar Rasa	Shuddha Haratala
2.	Mahataleshwar Rasa	Shuddha Parad Shuddha Gandhak Shuddha Hartala Tamra Bhasma Swarnamakshika Bhasma
3.	Vridhha taleshwar Rasa	Shuddha Haratala
4.	Laghu taleshwar Rasa	Shuddha Gandhak Shuddha Haratala Abhraka Bhasma Shuddha Shilajatu
5.	Taleshwar Rasa (Vridhha)	Shuddha Parad Shuddha Gandhak Shuddha Hartala
6.	Taleshwar Rasa	Parad Bhasma Patratata
7.	Talkeshwar Rasa (Siddha)	Patratata
8.	Rajataleshwar Rasa	Shuddha Haratala
9.	Shweta kusthari Rasa	Shuddha Parad Gandhaka Churna
10.	Bhootbhairav Rasa	Shuddha Haratala Shuddha Gandhaka
11.	Vishweshwar Rasa	Shuddha Parad Shuddha Gandhak

		Shuddha Hingula Swarnamakshika Bhasma Rajat Bhasma
12.	Switranashan Yoga	Tuttha ,Haratala
13.	Switrari Yoga	Shuddha, Amlasara Gandhaka
14.	Switrari Yoga (Dwitiya)	Swarna Bhasma, Tuttha Kasees
15.	Surya Siddha Rasa	Shuddha Parad
16.	Kusthahara Prayoga	Abhraka Basma
17.	Kustha Rudreshwara Rasa	Parad, Gandhaka, Naga Vanga, Tamra, Pitala Kanta Lauha, Lauha Bhasma Rajata Bhasma Makshika Bhasma
18.	Kusthebhkesri Rasa	Haratala
19.	Kusthanashka Prayoga	Shuddha Haratala
20.	Nagraja Rasa	Shuddha Tamra Churna Shuddha Parad
21.	Talkeshwara Rasa	Shuddha Parad Shuddha Gandhaka Shuddha Patratata Krishnabhraka Bhasma

IV. DISCUSSION

Among all the above formulations prescribed for *Kustha*, the presence of *parad*, *gandhak*, *haratala*, *manahshila*, and *tamra bhasma* is seen in many formulations. In total, 94 *Rasakalpas* are reviewed here for their proposed efficacy in treating *kustha*. In *Rasa chintamani*, single mineral use with some herbal drugs is mentioned separately for *haratala*, *gandhaka*, etc. Most of the above formulations contain *gandhak*, *haratala*, *manahshila*, and *tamra bhasma* with *parad* (mercury) and all of these minerals and metals have *sarva kusthahara* properties; studies conducted in the past have shown their *kusthahara* properties.

The formulation with the same name, *Taleshwara rasa*, has two different formulations in *Rasachintamani*, but both formulations have different *dravyas*. and the other formulation, which is *Laghu Taleshwara rasa* and *Vridhdha Taleshwara rasa*, has also been mentioned in *Rasachintamani*. *Taleshwara rasa*, *Mahateshwara rasa*, *Vridhdha Taleshwara rasa*, *Laghu Taleshwara rasa*, *Siddha Taleshwara rasa*, and *Raja Taleshwara rasa*, which is mentioned in *Rasa Chintamani*, are the eight formulations of the same name. Therefore, in this review, we have come to the conclusion that in many *samhitas*, the description of many *yogas* by the name *Taleshwar* is found.

ACKNOWLEDGEMENT

I am very grateful to the –

1. Prof. Dr. Govind sahay shukla, HOD of the Rasashastra and Bhaishajya Kalpana Department, of UPGIAS&R Jodhpur Rajasthan.
2. Dr. Rajaram Agarwal, Associate Professor of the Rasashastra and Bhaishajya Kalpana Department, of UPGIAS&R Jodhpur Rajasthan.

3. Dr. Manisha Goyal, Associate Professor of the Rasashastra and Bhaishajya Kalpana Department, of UPGIAS&R Jodhpur Rajasthan.

For their encouragement and support

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