

## CONTROVERSIAL DRUGS IN SADHARANA RASA

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### ABSTRACT

*Rasashastra* study of metal and mineral medicines is one of the oriental sciences which comes in the domain of god *Shiva* –the important deity of *Rasashastra*. It is understood that the term *Rasashastra* denotes *Parada*, *Maharasa*, *Uparasa* and *Sadharana Rasa*. *Rasdravyas* are the group of a drug which processed with *Parada* and helps to achieve *Lohavada* and *Dhatuvada*. *Sadharana Rasa* are less and commonly useful in mercurial preparation. The word controversy refers to a confusion and unauthenticated or unjustified version of subjects. Due to lack of difference opinion of scholar regarding identification, properties drugs, leads to reject in quality of *Rasa* preparations. It is creating problem for uniformity in standardization of *Rasaushadhies*. Standardization is required to rule out the state of uncertainty regarding the identification and use of drugs, to meet the challenges of new millennium with increasing demand on our products globally.

**Keywords:** *Sadharana Rasa*, *Rasadravya*, controversy, *Rasashastra*, Standardization

### INTRODUCTION

There are different types of drugs found in nature has been used by *Ayurvedic* science – a ancient system in

the field of medicine. After the *Samhita Kala* when *Rasashastra* evolved, it introduced use of metal &

minerals for both internal & external treatment. *Dehavada & Dhativada* are the 2-dimensional motivation of *Rasashastra* which helps to attain *Moksha* by using mercury mainly which is processed with other *Rasadravyas*. *Sadharana rasa* is also plays an important role in *Parada Samskara*. According to description all *Sadharana Dravya* are available in ancient time, but controversies of the drugs started after medieval period of *Ayurveda*. Because of lack of knowledge, brief explanation & non availability of drugs, it is creating problem for uniformity in standardization & reliability of *Ayurveda* products. To come up with standard Rasa preparation there is need to highlight the area of controversies in the field of *Rasashastra*.

*Sadharana Rasa*- The group of minerals which is less importance than *Maharasa* and *Uparasa* which includes all *pranija*, *Sudha*, *Lavana* with *Khanija* drugs & commonly useful in *ParadaSamskara* called as *Sadharana Rasa*.

They are 8 drugs: *Kampillaka*, *Gauriphashana*, *Navasadara*, *Kaparda*, *Vanhijara*, *Girisindoora*, *Hingula*, *Mruddarashruna*.<sup>1</sup>

Controversy in *sadharana Rasa*-

- *Kampillaka*
- *Navasadara*
- *Vanhijara*
- *Girisindoora*

**A. *Kampillaka*:** It is a vegetative source which is highly purgative in *Rasashastra*.

**Controversy:**

No controversies as such.

- a. As per text it is one of vegetable drugs. Generally, found in *Sourastra* (Gujarat state). It is *Phala Raja* of plant *Mallatous Phillipinesis Muell*.<sup>1</sup>
- b. It is like brick red dust & highly purgative found in *Saurastra*.<sup>2</sup>
- c. It is shiny mud which is *Raktavarna* available in hilly region of *Saurastra*.<sup>3</sup>
- d. It is shiny brick colour mineral found in *saurashtra*.<sup>4</sup>
- e. It resembles *Vidanga phala* & varies in properties. It will lighter than weight of *Kampillaka*.<sup>5</sup>

f. Some people consider *euphorbia tirucallani* plant (Indian tree spurge) as *Kampillaka*. The whole plant is full of latex & is poisonous.<sup>6</sup>

g. There are 2 sources- 1. Herbal 2. Mineral. *Kampillaka* of *Rasashastra* & *DravyaGuna* may entirely different. As per *Rasashastra* it may be a variety of clay used in Gujarat as purgative.<sup>7</sup>

**B. *Navasadara*:** It is yellowish white in colour having *Kshariya* & *Amla* taste. It is used for *Swarna shodhana* & also for *Parada Jarana* mainly.

**Controversy: found in source.**

- a. It is *Kshara*, which is found in *Kareera* & *Pilu* wood, when a state of decomposition called as *Chullika Lavana*.<sup>8</sup>
  - b. It is the pale, Saltish & light thing which is sometime found deposited on burnt bricks.<sup>9</sup>
  - c. The stool of man, camel etc is to be dissolved with water & filtrate through a piece of cloth slowly & then dried up by means of heat, the product being *Navasadara*.<sup>10</sup>
  - d. *Navasara* is obtained by residue *Bhasma* obtained by stool of man, camel etc after burning it has mentioned in *Kshara Gana*.<sup>11</sup>
  - e. In Europe it is obtained from man's urine called *Narasara*. It also obtained from volcanic mountain of *sisali* naturally.<sup>12</sup>
  - f. It is also called as *Vidalavana*.<sup>13</sup>
  - g. In Punjab it is extracted from mud.<sup>14</sup>
  - h. *Navasadara* mentioned under *Kshara Varga*.<sup>15</sup>
- C. *Agnijara*:** It is obtained from the seashore & is a *Jaraayu* of *Agninakra* (a sea animal). *Rasranva* mentioned about *Agnijara* first time.

**Controversy:**

- a. It is a product of *Agninakra* fish's chorion.<sup>16</sup>
- b. It is uterine expulsion of a kind of shark thrown on the beach by the waves of sea. It is dried when exposed to sun.<sup>17</sup>
- c. It is a type of tree found near western seashore which is used as medicine. *Amongrakta*, *peeta*, *shweta*, *Krishna* - Red variety is considered as medicine.<sup>18</sup>
- d. According to modern view, it occurs a biliary secretion of intestine of sperm whale & can be found floating upon sea or in sand near coast.

- e. Found in abdomen of whale, which is solid, waxy, flammable substance, dull grey/black colour produced in digestive system.<sup>19</sup>
  - f. It is intestinal part of whale. Due to ingestion of some grass in sea, the intestine of whale gets obstructed which leading to death of whale. After death, the intestinal part starts decaying and float on the sea.<sup>20</sup>
  - g. When whale fish died due to obstruction of hard stool, which comes out from the intestine of dead fish & floating on seawater & on drying through sunrays it is known as Amber.
  - h. It is intestinal stone of whale shark. Due to this shark died & stone comes out in sea water and dried up by rays.<sup>21</sup>
- D. *Girisindoora*:** In big mountains, mercury in small quantity comes out of cracks in rocks which is dry & red in colour.
- Controversy:**
- a. It is red colour dry mercury found in mountain inside the rocks.<sup>22</sup>
  - b. It is red coloured exudates coming out off the rocks of big mountain & dried with sunrays.
  - c. *Girisindoora* is probably a compound of mercury and oxygen which occurs rarely in mineral from mixed with other minerals or in between the rocks.<sup>23</sup>
  - d. It is obtained by lead compound which look like red called as *Nagasindoora*.<sup>24</sup>
  - e. According to D A kulkarni, it is a compound of Hg & oxygen and is rarely found in rocks along with other minerals. Nowadays it is obtained by the name of sipicand in modern shops & prepared artificially. To differentiate it from *Naga sindoora* ancient scholars of *Rasashastra* might have added the adjective *Giri* to it. It may be known as red oxide of mercury.
  - f. In modern mercuric oxide obtained by heating mercury to its boiling point in air. It is produced in small quantity by the prolonged heating. It is orange yellow in colour, odourless, amorphous powder insoluble in water.<sup>25</sup>
  - g. In market, in the name of *sindoora* available is prepared by lead peroxide. It is available natural and artificial. When litharge is heated up to 450°C in presence of oxygen and form red colour on external surface. This is known as *Nagasindoora*.<sup>26</sup>
  - h. It is also prepared by lead kept in crucible or heating pan heating and open air.<sup>27</sup>
  - i. According to Dr. Vaman Ganesh Desai, it is *Rakta Bhasma*, a type of *parada Bhasma* (mercuric oxide) which is prepared by *Urdhwapatana kriya* called as Calcined mercury.<sup>28</sup>

## DISCUSSION

Controversy about authentic drugs dealt in classical texts led a cause of substitution & create a problem for standardization of rasa practices & herbo-mineral products. Substitution of drug is need of time although substitution should only do for endangered drugs. The major constituents should not substitute. *Kampillaka*, there is no much controversy observed. As per definition it is a drug which resembles brick powder available in *surasthra*. Many of authors accepted as, it is a *PhalaRaja* of plant *mallatous philippinesis muell* obtained specially in *Saurashtra* in ancient time, nowadays this plant grows in different part of country. In market for the profit purpose brick powder is usually added. In case of *Navasadara*, there is different opinion in source- plant/animal/mineral. It is available in natural & artificial. In India, *Navasadara* is prepared by *Kshara* of burnt wood of *Kareera* & *Pilu* & found deposited on burnt bricks in Punjab. In other country by using animal source as well as human byproduct it is prepared. *Agnijara*, it is obtained from sea animal. Here doubt arises about which part of sperm whale is considered as *Agnijara*? As per modern view, it is a solid, waxy, flammable substance of dull grey or blackish colour produced from in the digestive system of sperm whale which has fecal odour when fresh; it acquires sweet, earthy scent as its ages. *Girisindoora* is a rare mineral in ancient time. In the name of *sindoora* what available in market is prepared by lead compound is not having the same quality of *Girindoora*. It is *Tridoshashamka*, used in eye disorder and helps to attain *DehaSiddhi* & *LohaSiddhi*. But market available *Sindoora* is used only in external treatment.

## CONCLUSION

Descriptions about *Rasadavyas* are clear in *Rasashastra*. Controversy arises mainly due to synonym, definition by different views of *Acharya*. Proper identification of drug source is a great problem till date. Controversy about authentic drugs should be resolved by research:

- 1) *Kampillaka* widely used nowadays is of herbal origin which is acceptable to most of authorities.
- 2) *Navasadara* is available both natural & artificial. It differs from *Vida Lavana*.
- 3) Present day according to availability *Agnijara* is of animal origin- a product of sperm whale.
- 4) *Girisindoora* is red oxide mercury naturally occurring. But in market *Nagasindoora* is available in the name of *Girisindoora*.
- 5) For quality, safety, standardization purpose of rasa medicines the problem related drugs should be resolved for its worldwide acceptance.

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