

# Harnessing the Power of Rasoushadhis for Netra Roga Management

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## ABSTRACT

*Rasoushadhis*, the Herbo-mineral formulations of *Ayurveda*, are renowned for their therapeutic potency and bioavailability. Within *Shalaky Tantra*, these formulations play a critical role in managing *Netra Roga* (ocular disorders). Despite their extensive use in classical practice, there is a need for systematically exploration of their relevance in modern ophthalmology. The pharmacological properties, preparation techniques, and clinical applications of these formulations were analysed. Emphasis was placed on their therapeutic effects such as anti-inflammatory, antimicrobial, and rejuvenative properties. *Rasoushadhis* such as *Svarna Bhasma*, *Shodhita Makshika*, and *Yasada Bhasma* were found to be effective in conditions like conjunctivitis, glaucoma, cataract, Pterygium and retinal degeneration. Their bioavailability and synergistic saction with herbal components enhance their efficacy in ocular treatments. Evidence from classical texts and recent studies highlights their safety and therapeutic potential when used under expert supervision. This paper attempts to encourage the involvement of rasoushadhis in the treatment of *Netra rogas*.<sup>[1]</sup>

**Keywords:** *Shalaky tantra, Rasaoushadhis, Netra rogas, Herbo-mineral*

## INTRODUCTION

According to *Ayurveda Shalaky tantra* is defined as the branch of *ayurveda* which deals with the treatment of eye, ear, nose, head and oral cavity. *Acharya Susrutha* has explained 76 *netrarogas* and *Acharya Vagbhata* compiled 96 *netrarogas*. The treatment protocol includes surgical and parasurgical, herbal and herbo - mineral drugs. *Rasaoushadhis* are the drugs which contain both herbal and mineral components. 'Rasa' includes *Maharasa, Uparasa, Sadharana rasa, Dhathus, Ratnas* and others. It works in smaller doses, tastes naturally, quick in action with better efficacy. Usage of this *Rasaoushadhis* after appropriate *samskaras* like *Shodhana, Bhavana* and *Marana* are considered most suitable forms. Herbo-mineral combinations are given because they offer not only *Lohasidhi* but also for *Deha sidhi*.<sup>[2]</sup>

Our daily activities can have significant impact on eye health especially habits like extended digital engagement, sleep deprivation, sun exposure, air pollution, due to these diseases multiplying but the treatment approach is limited. This leads to manifestation of diseases like cataract, refractive errors, degenerative changes in the eyes. *Rasoushdhis*, a unique contribution of *Ayurveda* can be administered in the condition.

**METHODOLOGY**

Various *Ayurveda Samhithas* and Siddha scriptures were gone through and knowledge of formulations compiled from different *Rasasastra* literatures and articles.

**CHAKSHUSHYA RASADRAVYAS<sup>[3]</sup>**

<i>Abhraka</i>	<i>Gandhaka</i>
<i>Makshika</i>	<i>Gairika</i>
<i>Vimala</i>	<i>Kasisa</i>
<i>Sasyaka</i>	<i>Kankshi</i>
<i>Rasaka</i>	<i>Anjana</i>
<i>Navasadara</i>	<i>Swarna</i>
<i>Karpada</i>	<i>Rajata</i>
<i>Girisindhura</i>	<i>Kamsya</i>
<i>Hingula</i>	<i>Tamra</i>
<i>Mukta</i>	<i>Loha</i>
<i>Samudraphena</i>	<i>Godanti</i>
<i>Mukta</i>	<i>Pravala</i>
<i>Vajra</i>	<i>Shanka</i>

**VYADHIPRATYAYANIKADRVAAYAS**

A kind of treatment approach in *Ayurveda*, in which addressing a specific disease is referred as *Vyadhi Pratyayanika chikitsa*. *Rasoushadhis* combating diseases in the same manner due to their high potency and bioavailability. Here specific approach that prioritize to breaking the *samprapthi* of an illness, which not only remove the disease but also rejuvenate the body. In this way *rasoushadhis* serve as potent tools to achieve quick and long-lasting consolation. Some examples of *vyadhi pratyayanika yogas* are below:

- *Netrasani rasa – Nakthandhya*
- *Vimala varti - Timira*
- *Drustiprasadaka Anjana -for better eyesight*
- *Gairikadi Anjana -Ratryandha*
- *Manasiladi Anjana -Timira, Arma*
- *Vasanthakusumakararasa -Pramehajanya Netrarogas*
- *Samudraphenadhi varti -Avrana Sukla*

Siddha medical system and herbo -mineral elements of ayurveda share common approach in employing metal, minerals and herbal formulations for treating diseases, including Netrarogas. Siddha formulations like *Parpam*. Calcined ash we can term it as *Bhasma* in *Ayurveda*. *Chendooram*, red coloured minerals similar to *Sindoora* preparation of *Ayurveda Rasashastra*. In South India, Chola emperors played a significant role in the innovation and propagation of *Rasasatra*. They know for their deep interest in medicine, alchemy and mercury based preparations. Some *Vaidhyas* formulated special medications for *netrarogas* which has the power to cure 96 kinds of *netrarogas*. The scriptures from that era denoted the interest of emperors and *Vaidhyas* emphasizing their role in public health.

- *Kapardika bhasma* + *Shanka bhasma* + *Kataka* + Pepper (equal quantity) mixed with juice of sugarcane and prepare *Vati*, dry them properly. Mix it with breast milk and apply to the eyes for 20 years old Cataract. [*Nayanaroha gutika*]
- 2 pala *Tutha*, 1 pala *Shanka bhasma*, 1/2 pala *Tankana*, 1/4 pala *Tamra*, 1/8 pala *Saindhava* all powdered, kept in *Tamra patra* mixed with *Beeja pooraka rasa*, keep in 1 *mandala kala* and use as an *Anjana* [*Tambiradi gilika*]—for all Pitta related diseases, cataract, corneal opacity.
- *Bhasmas* of *Swarna*, *Tamra*, *Tutha*, *Mukta*, *Karpoora*, *Triphala*, *Yasti madhu*, *Kataka*, *Shanka bhasma*, *Trikatu*, *Peeta rohini* -take in equal quantity *Rajata* mixed with lemon juice then *mardana* with *Ajak Sheera*, *Nandhya varta* flower and *Dadima swarasa* then *Varti* is prepared and, dried in shade, with anyone of this *dravadravya* mentioned for *mardana* can be applied to eyes [*Swarna tambiradi gutika*] – for *Timira*, *kacha*, *Arma* like 96 *netrarogas*<sup>[4]</sup>

*Rasoushadhis* are highly potent and require careful attention to ensure their safety, efficacy, and minimal toxicity. It is essential to ensure proper *Shodhana* (purification) and processing, adhere to the correct dosage, and consider individual health conditions and contraindications. Continuous monitoring for side effects is necessary, along with ensuring quality assurance and authenticity of the products. Furthermore, it is crucial to avoid mixing *Rasoushadhis* with certain substances to prevent adverse interactions like *Kulatha* and *Kapota*.

## CLINICAL APPLICATION

- *Sudha gandhaka* (1/2 *masha*) taken along with lukewarm milk in morning for 6 months – for *divya dristi*
- *Abraka bhasma* + *Triphala churna* with honey - increase eyesight
- 1-part *Saindhava lavana* +2 parts *Maricha* +3 parts *Sudha Manasila* +4 parts *Shanka* – *Anjana* for *sarva Netra rogas*
- *Vanga bhasma* + *Guduchi satwa* + honey – for *Pramehaja Netra rogas*
- 1 *ratti Yasadha bhasma* + *Purana Ghrutha* – orally helps to improve vision
- *Samudraphena bhasma* + *Pippali* + *Saindhava* – for *Avrana Sukla*
- 4 tola of *Sudha Souviranjana* and 3 *masha* of *Karpura* is titrated and used as *Anjana* – *Timira*
- 1 part of *Sudha Samudraphena Bhasma* is added with *Sudha tutha* and *Haritaki churna* titrated & used as *Anjana* – *Pothaki roga*.<sup>[5][6]</sup>

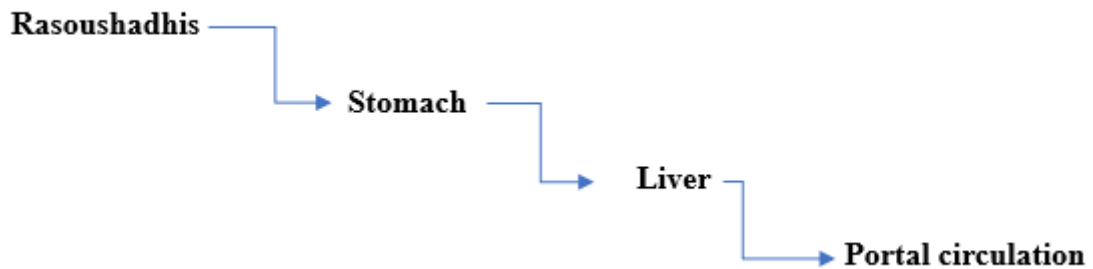
## DISCUSSION

In *Netrarogas* the integration of *Rasoushadhis* and modern contemporary medicine offers a holistic and complementary effect. Characters like anti-oxidant, immunomodulatory and neuroprotective action restores the conditions like glaucoma, diabetic retinopathy and macular degeneration. Enhanced bioavailability and potentiation obliging the neurological eye pathology.

- Copper: produces collagen, component of connective tissue, keeps cell membrane healthy
- Magnesium: improve vision, helps for nerve conduction, dilating blood vessels
- Zinc: protect against swelling, helps absorption of vitamin A
- Selenium: boosting immune system, fighting against infection
- Chromium: important role in muscular contraction which helps to focus the eye

**MODE OF ACTION**

*Rasoushadhis* are widely used in *netra rogas* because of their quick and potent therapeutic effects. The mode of action can be understood through their characteristics like *Dristi prasad aka, Chakshushya, Shothahara, Raktashodhaka, Vranaropana, Srotoshodana, Krimighna, and Rasayana* traits. The oral administration of *rasaoushadhis* is in the form of *vati, churna* and *basma* with adjuvants like honey, ghee, triphala decoction in *Netrarogas*. Topically some are used in *Anjana, Aschyotana, Pindi* and *Pratisarana*. The action of herbo mineral compounds is based on the *Rasa, Virya, Vipaka* and *Prabhava* along with their ability to penetrate deeper tissue due to their *Sukshma, Vyavayi, Vikashi, Kshipra guna, and Yogavahi* properties. *Bhasma* form of medications is in colloidal form and happen to breakdown easily. Because of particle size it enters to stomach then goes to liver and later ends up in circulation. which has high chemical reaction with enzymes and absorbed more rapidly. In such a way *rasoushadhis* acts holistically by detoxifying, nourishing and rejuvenating the ocular tissues and enhances the circulation.<sup>[7] [8]</sup>



<b>Rasa drug</b>	<b>Mode of action</b>
<b>Loha</b>	Serves as a cofactor for RPE {RPE65 PROTEIN}, helps in photo transduction, visual adaptation
<b>Abhraka</b> {K, Mg, Fe, Na}	Easily absorbable in to micro channels
<b>Makshika</b> {Cu,Fe,S}	Anti-bacterial & anti-fungal
<b>Vimala</b> {Fe, S}	Helps to increase oxygen supply
<b>Yasada</b>	Acts on RPE, interact with taurine and Vit.A, regulate light rhodopsin reaction, anti-oxidant, slow down the macular degeneration
<b>Gandhaka</b>	Glutathione amino acid present, anti-fungal, anti-bacterial, anti-viral, repairing oxidative damage, restoring cell membrane elasticity
<b>Kasisa</b>	Antibiotic property

<b>ADVANTAGES</b>	<b>LIMITATIONS</b>
Holistic healing	Toxicity risks
Potency of medicines	Lack of standardization

Extended shelf life	Scientific validation
Bio enhancing properties	Skilled preparation required
Treatment of chronic diseases	Regulatory challenges
Quick action	Long preparation time
Personalized medicine	Public perception
Minimal side effects	Cost of preparation
Spiritual benefits	Limited practitioners

## CONCLUSION

*Rasoushadhis* exhibit high bioavailability, function as coenzymes, and act as *Yogavahi*, effectively reaching the target site. Their nano-sized particles penetrate the *srotas* (microchannels) and deeply integrate into tissues, even crossing the blood-brain barrier. *Bhasma*-based formulations possess diverse therapeutic properties, including immunomodulatory, antioxidant, free radical scavenging, analgesic, and anti-inflammatory effects. They also exhibit *Tridoshaghna*, *Chakshushya* (vision-enhancing), *Deepana-Pachana* (digestive stimulants), and *Rasayana* (rejuvenating) qualities, making them valuable in the treatment of various *Netra Rogas* (eye disorders). Classical *Ayurvedic* texts prescribe *Rasoushadhis* primarily for external applications in the form of *Kriyakalpas*, with limited but significant use in internal administration. Common procedures include *Anjana*, *Putapaka*, *Bidalaka*, and *Pratisarana*. Due to their *Rasayana* properties, *Rasoushadhis* promote physical and mental strength, delay aging (*Jara Nivaraka*), enhance disease resistance (*Vyadhi Nivaraka*), and support longevity (*Deergha Ayushkara*). Integrating the ancient knowledge of *Rasashastra* with modern nanoscience offers a promising approach for the management of *Netra Rogas* and overall human health.<sup>[9][10]</sup>

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