

ROLE OF RASAUSHADHIES IN THE MANAGEMENT OF SKIN DISEASES

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ABSTRACT

Now a day's skin disease becomes a very common and serious issue. The prevalence rate of skin disease in India is 10-12%. There is a strong association between skin diseases with psychiatric disorders and chronicity leads to anxiety and depression, loss of confidence, helplessness and less social support. Ayurveda has described many skin diseases under the umbrella kushtha which is tridoshaj vyadhi. The samprapti of kushtha is started from Rasa dhatu and travel onwards to another dhatus which increases the chronicity of disease. There are many types of formulations described in Ayurveda to treat skin diseases like Ghruta, Taila, Kashaya, Guggulu, Rasaushadhi, Lepa, Malhara, etc. As the skin diseases are difficult to treat and require long term treatment the medications which gives fast effect in small dosage forms should be used. Rasuashdhies fulfil above both criteria so it is good to use it in the treatment of skin diseases. Minerals like sulphur, blue and green vitriol, Arsenic compounds (disulphide and trisulphide), incinerated metals like Tin, Silver, iron, Zinc, gold. These minerals are used externally and internally to treat skin diseases and found very effective. They cure skin diseases and improve beauty of skin. In this article we have tried to enlighten role of Rasaushadhies to treat skin diseases.

Keywords- Rasaushadhi, Skin disease, Kushtha.

INTRODUCTION

Nowadays Skin disease became a burning issue for medical practitioners. It is increasing day by day due to change in life style and environment. Prevalence rate¹ of skin disease in India is 10-12%. Skin diseases are difficult to treat and require long term treatment. Patients stop treatment when symptoms subside but skin disease gets relapsed as basic pathology of skin disease is not removed completely due to incomplete treatment. Chronicity nature of disease makes further treatment more difficult and lengthy, which leads to depression and anxiety. So it is very important to treat the skin disease as quickly and keep patience while taking medicine and following diet. To cut short the duration of treatment we require drugs which act quickly. Due to vyavayi property of *rasaushadhies*, they act quickly even in small dose. So it is better to use them to treat skin disease. Present study includes contemplations of main *rasachikitsa* texts like *Rasachintamani*, *Rasendra Sar Sangrah* and *Rasaratnasamuchchaya* for the listing of *rasakalpas*

which mainly contain mercury, sulphur, blue and green vitriol, arsenic compounds (disulphide, trisulphide), incinerated metals (gold, silver, copper, iron, tin etc.).

AIM

To collect, summarize and critically analyse the information of various formulations containing minerals i.e. *Rasaushadhies* indicated in treatment of skin disease.

MATERIAL AND METHODS

Our *acharyas* described near about 98 formulations containing *rasaushadhies* which are used in the treatment of skin disease in text *Rasachintamani*, *Rasendra Sar Sangrah* and *Rasaratnasamuchchaya*. Summary of details of formulations which are used in the management of skin disease were mentioned in table no.1 to 9.

Table 1 Details of formulations containing single mineral.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of Minerals
1	<i>Shwetakushthari Rasa</i> ²	<i>RA.Chi</i>	<i>Shweta Kushtha</i>	1.5 gm	<i>Kakodumber kwath</i>	<i>Kajjali-100</i>
2	<i>Shwitrari Yoga</i> ³	<i>RA.Chi</i>	<i>Shwitra</i>	375 mg	Clarified butter+ Sugar	<i>Gandhak-14.28</i>
3	<i>Taleshwar Rasa</i> ⁴	<i>RA.Chi</i>	<i>Kushtha, Kandu, sravyukta pidika, Galit Kushtha</i>	6 gm	Goat urine	<i>Hartal-5.80</i>
4	<i>Vrudha Taleshwar Rasa</i> ⁵	<i>RA.Chi</i>	<i>Shwitra, Dadru, Savrana Kushtha, Gajacharma, Vicharchika, Ugra kushtha, Sahstra varsha kushtha</i>	62.5 mg	Honey	<i>Hartal-100</i>
5	<i>Talkeshwar Rasa (Siddha)</i> ⁶	<i>RA.Chi</i>	<i>Kushtha</i>	125 mg	Honey	<i>Hartal-100</i>
6	<i>Rajtaleshwar Rasa</i> ⁷	<i>RA.Chi</i>	<i>Arun, Audumbar, Rushyajiva, Kapal, Kakanak, Pundarik Kushtha, Dadru, Mandal Kushtha, Visarpa, Parisarp, Sidhma, vicharchika, Kitibha, Pama, Rakasa, Kilas, Shwitra</i>	3 gm	Honey, Rohitak Kwath, Kakodumber Kwath	<i>Hartal-100</i>
7	<i>Kushthebhakesari Rasa</i> ⁸	<i>RA.Chi</i>	<i>Galat kushtha, Shwitra</i>	250mg	Honey, Kakodumber kwath	<i>Hartal-100</i>
8	<i>Vajra Vati</i> ⁹	<i>R.S.S.</i>	<i>Pama</i>	500 mg	Honey	<i>Kajjali-60</i>
9	<i>Udaybhaskar Rasa</i> ¹⁰	<i>R.S.S.</i>	<i>Galit sputhit kushtha, vipul mandal kushtha, vicharchika, dadru, pama</i>	125 mg	Honey	<i>Tamra Bhasma-58.82</i>
10	<i>Talkeshwar Rasa</i> ¹¹	<i>R.S.S.</i>	<i>All Kushtha</i>	250 mg	Apamarga mul Kwath	<i>Hartal-33.33</i>
11	<i>Paribhadra Rasa</i> ¹²	<i>R.S.S.</i>	<i>Dadru Kushtha</i>	3 gm	Honey	<i>Rasasindur-33.33</i>
12	<i>Shadanan Gudika</i> ¹³	<i>R.S.S.</i>	<i>Kushtha</i>	250 mg	Warm water, cold Water	<i>Kajjali-28.57</i>
13	<i>Rasamanikya</i> ¹⁴	<i>R.S.S.</i>	<i>Sputith, Galit Kushtha, vicharchika, Charmadal, visphot, Mandal</i>	250 mg	Honey+Clarified butter	<i>Hartal-100</i>
14	<i>Vijay Vati</i> ¹⁵	<i>R.R.S.</i>	<i>Seven Kushtha</i>	375 mg	Honey, sugar	<i>Rasasindur-3.34</i>

15	<i>Tripurantak Rasa</i> ¹⁶	R.R.S.	<i>Sarvadoshaj Kushthanashak</i>	375 mg	<i>Nimba, Guduchi kwath</i>	<i>Rasasindur-6.67</i>
16	<i>Vyoshadi Gutika</i> ¹⁷	R.R.S.	<i>Kushtha</i>	1 gm	Honey	<i>Kajjali-40.35</i>
17	<i>Kushthanashan Rasa</i> ¹⁸	R.R.S.	<i>All Kushtha</i>	375 mg	Honey	<i>Kajjali-9.24</i>
18	<i>Swarnakshiri Rasa</i> ¹⁹	R.R.S.	<i>Supta Kushtha</i>	3 gm	Honey	<i>Rasasindur-12.29</i>
19	<i>Chandraprabha Vati</i> ²⁰	R.R.S.	<i>Shwitra</i>	125-250 mg	Honey	<i>Kajjali-100</i>
20	<i>Swetari Yoga</i> ²¹	R.R.S.	<i>Shweta kushtha</i>	3-6 gm	Honey	<i>Gandhak-25</i>
21	<i>Gandhadikshar Gana</i> ²²	R.R.S.	<i>Shwitra</i>	12 gm	Honey	<i>Gandhak-14.28</i>
22	<i>Kushtharakshas</i> ²³	R.R.S.	<i>Kushtha</i>	12 gm	Warm water	<i>Gandhak-20</i>

Note: RA.Chi -Rasachintamani, R.S.S.-Rasendra Sar Sangraha, R.R.S.-Rasaratnasamuchchaya.

Table 2 Details of formulations containing two minerals.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	<i>Tarunamanda Rasa</i> ²⁴	RA.Chi	<i>Kushtha</i>	250 mg	Honey, Narikel Swaras	<i>Kajjali-26.67</i> <i>Abhrak Bhasma-26.67</i>
2	<i>Taleshwar Rasa (Vrudha)</i> ²⁵	RA.Chi	<i>Shwitra</i>	12 gm	<i>Triphala Kwatha</i>	<i>Kajjali-75</i> <i>Hartal-25</i>
3	<i>Talkeshwar Rasa</i> ²⁶	RA.Chi	<i>Sarvangat Kushtha, Updravyukta kushtha</i>	125 mg	Jaggary	<i>Hartal-66.67</i> <i>Parad bhasma-33.33</i>
4	<i>Bhutabhairav Rasa</i> ²⁷	RA.Chi,	<i>Nil, bahuruja, Dhaturgat Arun shweta Analpa bhrush Kushtha, Ashadasha Kushtha</i>	1 gm	Goat Urine	<i>Kajjali-17.33</i> <i>Hartal-20</i>
5	<i>Nagaraj Rasa</i> ²⁸	RA.chi	<i>Kashatayukta Kushtha</i>	125 mg	<i>Kakodumb er Swaras</i>	<i>Parad-50</i> <i>Tamra-50</i>
6	<i>Tamraparpati Rasa</i> ²⁹	RA.chi	<i>Kushtha</i>	750 mg	Water	<i>Kajjali-80</i> <i>Tamra Bhasma-20</i>
7	<i>Vijayeshwar Rasa</i> ³⁰	RA.chi	<i>Shweta Kushtha</i>	3 gm	<i>Darvi, Khadir, Nimba Kwath</i>	<i>Parad bhasma-8.34</i> <i>Hartal-8.34</i>
8	<i>Brahma Rasa</i> ³¹	R.S.S.	<i>Prasupti Kushtha</i>	6 gm	<i>Shikharim ul Kwath</i>	<i>Parad bhasma-1.92</i> <i>Gandhak-23.07</i>
9	<i>Chandranano Rasa</i> ³²	R.S.S.	<i>Kushtha</i>	125 mg	Honey	<i>Kajjali-66.66</i> <i>Abhrak bhasma-16.66</i>
10	<i>Chandrakanti Rasa</i> ³³	R.S.S.	<i>Kushtha</i>	3 gm	<i>Bakuchi Kalka</i>	<i>Kajjali-25</i> <i>Tamra Bhasma-25</i>
11	<i>Arakeshwar Rasa</i> ³⁴	R.S.S.	<i>Raktamandal Kushtha</i>	250 mg	Honey	<i>Kajjali-50</i> <i>Tamra-50</i>

12	<i>Vijaybhairav Rasa</i> ³⁵	R.S.S.	<i>All Kushtha, visphot</i>	125 mg with daily increase of 125mg for 7 days	Sugar + <i>Haritaki churna</i>	<i>Parad-11.11 Hartal-22.22</i>
13	<i>Vijayanando Rasa</i> ³⁶	R.S.S.	<i>Chronic shwitra Kushtha</i>	62.5 mg	Honey	<i>Parad-16.66 Hartal-33.33</i>
14	<i>Supta Kushthari Rasa</i> ³⁷	R.R.S.	<i>Supta Kushtha</i>	125 mg	Honey	<i>Kajjali-20 Tamra Bhasma-10</i>
15	<i>Kushathakuthar Rasa-I</i> ³⁸	R.R.S.	<i>All Kushtha</i>	250 mg	<i>Nimbadi Kwath</i>	<i>Kajjali-42.16 Loha Bhasma-14.45</i>
16	<i>Khageshwar Rasa</i> ³⁹	R.R.S.	<i>Shweta Kushtha, Pittaj kushtha</i>	375 mg	<i>Kutaj, Clarified butter</i>	<i>Kajjali-66.67 Kasis-33.33</i>
17	<i>Narayan Rasa</i> ⁴⁰	R.R.S.	<i>Dusadhya Kushtha</i>	1 gm	Castor oil	<i>Rasasindur-12.5 Gandhak-12.5</i>
18	<i>Dhanvantari Rasa</i> ⁴¹	R.R.S.	<i>Kushtha</i>	250 Mg	<i>Haritaki, Clarified butter</i>	<i>Kajjali-28.57 Tamra Bhasma-14.28</i>
19	<i>Kasibadha Rasa</i> ⁴²	R.R.S.	<i>Kilas Dadru</i>	375 mg	Honey	<i>Rasasindur-16.37 Kasis-83.62</i>
20	<i>Trailokyavijay Rasa</i> ⁴³	R.R.S.	<i>All Kushtha</i>	3 gm	Honey	<i>Kajjali-33.34 Hartal-16.67</i>
21	<i>Shwitrari Rasa</i> ⁴⁴	R.R.S.	<i>Shwitra</i>	125-375 mg	Honey	<i>Kajjali-66.67 Kasis-33.33</i>
22	<i>Kilasnashan Rasa</i> ⁴⁵	R.R.S.	<i>Arun Kilas</i>	125-250mg	Honey	<i>Kajjali-50 Tamra-50</i>
23	<i>Udayaditya Rasa</i> ⁴⁶	R.R.S.	<i>Shweta Kushtha</i>	250 mg	<i>Bakuchi churna</i>	<i>Kajjali-60, Tamra-40</i>
24	<i>Shwitrantak Rasa</i> ⁴⁷	R.R.S.	<i>Shwitra</i>	250 mg	<i>Tambul Patra</i>	<i>Kajjali-39.65 Gandhak-60.34</i>

Table 3 Details of formulations Containing three minerals.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	<i>Kanchanpottali Rasa</i> ⁴⁸	<i>RA.Chi</i>	<i>Ashtadasha Kushtha</i>	1.5 gm	Warm / cold Water	<i>Kajjali-33.33 Swarnamakshik-33.33 Suvarna-33.33</i>
2	<i>Talkeshwar Rasa</i> ⁴⁹	<i>RA.Chi</i>	<i>Ashtadash Kushtha</i>	625 mg	<i>Kakodumber Swaras</i>	<i>Kajjali-50 Abhrak bhasma-18.42 Hartal-31.57</i>
3	<i>Rasaraj Rasa</i> ⁵⁰	<i>RA.Chi</i>	<i>Shwitra, Ashtadasha Kushtha</i>	125 mg	Jaggary	<i>Kajjali-14.28 Swarnamakshik bhasma-7.14 Hartal-7.14</i>
4	<i>Devbhuti Rasa</i> ⁵¹	<i>RA.Chi</i>	<i>Asadhya Kushtha</i>	500 mg	<i>Tambul</i>	<i>Parad bhasma-33.33</i>

						Tamra Bhasma-33.33 Loha Bhasma-33.33
5	Vadvanal Rasa ⁵²	RA.Chi	Ashtadash Kushtha	375 mg	Cold Water Panchamrut Drava	Parad-7.14 Gandhak-71.42 Tamra-7.14
6	Kushthakalanalo Rasa ⁵³	R.S.S.	All Kushtha	750 mg	Honey	Kajjali-33.33 Tamra Bhasma-16.66 Loha Bhasma-16.66
7	Rajtaleshwar Rasa ⁵⁴	R.S.S.	Kashtasadhya Kushtha, Gajcharma, Sidhma, Vicharchika, Visphot, Visarp, Kandu, Dadru, Charmadal, Kiti bha	750 mg	Triphala kwath, Gudadrak	Nag Bhasma-14.28 Rasasindur-57.14 Hartal-28.57
8	Kushthaharिताleshwar Rasa ⁵⁵	R.S.S.	Ashtadasha kushtha	625 mg	Kakodumber Swaras	Kajjali-50, Hartal-31.57 Krushna Abhrak-18.42
9	Rajrajeshwar Rasa ⁵⁶	R.S.S.	Dadru, Kittim, Mandal Kushtha	250 mg	Honey + clarified butter	Kajjali-50, Hartal-25 Tamra Bhasma-25
10	Vatik Kushthari Rasa ⁵⁷	R.R.S.	Vataj Kushtha	125 mg	Honey	Gandhak-33.33 Abhrak bhasma-33.33 Tamra Bhasma-33.33
11	Pittaj Kushthari Rasa ⁵⁸	R.R.S.	Pittaj Kushtha	375 mg	Honey	Gandhak-5 Abhrak bhasma-5 Suvarna Bhasma-20.83
12	Kaphaj Kushthari Rasa ⁵⁹	R.R.S.	Kaphaj Kushtha	125 mg	Goat Urine	Gandhak-16.66 Abhrak Bhasma-8.33 Suvarna Bhasma-8.33
13	Prataplankeshwar Rasa ⁶⁰	R.R.S.	Vipadika	250 mg	Honey	Kajjali-28.57 Tamra Bhasma-14.28 Loha Bhasma-14.28
14	Kanaksundar Rasa ⁶¹	R.R.S.	Kaphaj Kushtha, Vatkaphaj Twakvikar	125 mg	Nimbadi Kushathadi dravya	Rasasindur-21.05 Suvarna Bhasma-10.52 Abhraksatwa bhasma-10.52
15	Vishvhita Rasa ⁶²	R.R.S.	Kushtha	375 mg	Marich, Cows clarified butter	Kajjali-40 Tamra -20 Hartal-20
16	Vajrashekhar Rasa ⁶³	R.R.S.	Kushtha	1 gm	Manjishthadi Kwatha	Kajjali-56.96 Abhrak bhasma-38.11

						Swarnamakshik Bhasma-4.91
17	Parhit Rasa ⁶⁴	R.R.S.	All Kushtha	1.5 gm	Honey	Parad bhasma- 2.27 Gandhak-2.27 Suvarna Bhasma- 2.27
18	Jantughni Vati ⁶⁵	R.R.S.	Kushtha jantu Nashak	250 mg	Ashwagandha nimbadi Kwath	Kajjali-17.01 Mandur Bhasma- 2.37 Swarnamakshik- 8.50
19	Kushthant Parpati ⁶⁶	R.R.S.	Gajacharma	125 mg	Bakuchi churna, Honey	Kajjali-35.36 Tamra Bhasma- 7.31 Gandhak-50
20	Shwitrakushthari Rasa ⁶⁷	R.R.S.	Shwitra	125- 250 mg	Bakuchi Tail	Kajjali-50 Tamra Bhasma-25 Tutha-25

Table 4 Details of formulations containing four minerals.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	Vishweshwar Rasa ⁶⁸	RA.Chi	Sravi kharsparsh asaukhyada sputhit asputhit visham asthisansthit shushka rakta krushna sadhya asadhya kushtha, Prasupta mandal Kushtha, Kakanak, Pundarik, Gajcharma, Dadru, Pama	250 mg	Honey	Kajjali,-14.92 HIngul-7.46 Swarnamakshik Bhasma- 7.46 Raupyamakshik Bhasma- 7.46
2	Bhairav Rasa ⁶⁹	RA.Chi	Kushtha	125 mg	Triphala Kwath	Kajjali-21.05 Abhrak bhasma-10.52 Suvarna-2.63 Swarnamakshik Bhasma- 2.63
3	Chaturmukh Rasa ⁷⁰	RA.Chi	Twakvikar, Visarp	125 mg	Honey, Triphala Churna	Kajjali-47.05 Loha Bhasma-23.52 Abhrak bhasma-23.52 Suvarna Bhasma-5.88
4	Mahataleshwar Rasa ⁷¹	RA.Chi	Sadhya Asadhya kushtha, Sputhit kushtha	375 mg	Bilva Patra,	Kajjali-18.99 Hartal-43 Tamra Bhasma-9.49 Swarnamakshik Bhasma- 9.49
5	Laghutaleshwar Rasa ⁷²	RA.Chi	Stravyukta kushtha, Krumiyukta Kushtha	625 mg	Honey	Hartal-25.68 Gandhak-12.91 Abhrak-12.91 Shilajatu-12.91

6	<i>Hiravedhya Rasa-173</i>	<i>RA.Chi</i>	<i>Dushta Kushtha</i>	62.5 mg	Sugar	<i>Parad-26.39</i> <i>Hirak-0.14</i> <i>Naga-10.32</i> <i>Suvarna-10.32</i>
7	<i>Sankoch Rasa74</i>	<i>R.S.S.</i>	<i>Audumber Kushtha</i>	3 gm	Honey	<i>Parad-40</i> <i>Gandhak-50</i> <i>Tamra Bhasma-5</i> <i>Abhrak bhasma-5</i>
8	<i>Sarveshwar Rasa-175</i>	<i>R.R.S</i>	<i>Prasupti Kushtha</i>	125 mg	Honey	<i>Kajjali-32.76</i> <i>Tamra Bhasma-25.98</i> <i>Loha Bhasma-6.77</i> <i>Abhrak bhasma-25.98</i>
9	<i>Kushthanashan Rasa76</i>	<i>R.R.S</i>	<i>Arushi</i>	375 mg	Honey + clarified butter	<i>Kajjali-29.62</i> <i>Swarnamakshik Bhasma-14.81</i> <i>Tamra Bhasma-14.81</i> <i>Shilajatu-14.81</i>
10	<i>Medinisar Rasa77</i>	<i>R.R.S.</i>	<i>All Kushtha, Shwitra</i>	375 mg	Clarified Butter, Trikatu hurna	<i>Loha Bhasma-14.67</i> <i>Tamra Bhasma-14.67</i> <i>Gandhak-14.67</i> <i>Rasasindur-4.82</i>

Table 5 Details of formulations containing five minerals.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	<i>Galatkushthari Rasa78</i>	<i>R.S.S.</i>	<i>Vishirna karna, anguli, nasika</i>	750 mg	Honey	<i>Kajjali-10.52</i> <i>Tamra Bhasma-5.26</i> <i>Loha Bhasma-5.26</i> <i>Shilajitu-5.26</i> <i>Abhrak bhasma-21.05</i>
2	<i>Amrutankur Lauha79</i>	<i>R.S.S.</i>	<i>All Kushtha</i>	125 mg With increasing order of 125 mg for 6 days	Coconut Water Milk	<i>Rasasindur-10.52</i> <i>Loha-10.52</i> <i>Tamra-10.52</i> <i>Abhrak-10.52</i> <i>Gandhak-10.52</i>
3	<i>Mahataleshwar Rasa80</i>	<i>R.S.S.</i>	<i>All Kushtha</i>	1.5 gm	Buffalo clarified butter	<i>Kajjali-25</i> <i>Hartal-8.33</i> <i>Swarnamakshik-8.33</i> <i>Manshil-8.33</i> <i>Loha Bhasma-33.33</i>
4	<i>Kalagnirudro Rasa81</i>	<i>R.S.S.</i>	<i>Visarp</i>	125 mg	<i>Pippali + honey</i>	<i>Rasasindur-18.18</i> <i>Gandhak-18.18</i> <i>Abhrak bhasma-18.18</i> <i>Swarnamakshik-18.18</i> <i>Kantaloha Bhasma-18.18</i>
5	<i>Kushthakutharo Rasa82</i>	<i>R.S.S.</i>	<i>All kushtha</i>	6 gm	Honey	<i>Rasasindur-5.26</i> <i>Gandhak-5.26</i> <i>Loha Bhasma-5.26</i> <i>Tamra Bhasma-5.26</i> <i>Abhrak bhasma-21.05</i>

6	<i>Visarpajit Rasa</i> ⁸³	R.R.S.	<i>Visarp</i>	125 mg	Honey	<i>Kajjali</i> -28.57 <i>Abhrak bhasma</i> -14.28 <i>Swarnamakshik Bhasma</i> -14.28 <i>Tikshnaloha Bhasma</i> -14.28 <i>Kantaloha Bhasma</i> -14.28
7	<i>Krushnamanikya Rasa</i> ⁸⁴	R.R.S.	<i>Kushtha</i>	125 mg	Honey	<i>Kajjali</i> -38.96 <i>Swarnamakshik Bhasma</i> -12.98 <i>Tikshnaloha Bhasma</i> -12.98 <i>Kantaloha Bhasma</i> -12.98 <i>Abhrak bhasma</i> -12.98
8	<i>Haribolankush Rasa</i> ⁸⁵	R.R.S.	<i>Kushtha</i>	250 mg	<i>Nimbatwak kwath</i>	<i>Kajjali</i> -46.15 <i>Abhraksatwa Bhasma</i> -7.69 <i>Kantloha Bhasma</i> -7.96 <i>Tamra Bhasma</i> -7.96 <i>Swarnamakshik bhasma</i> -7.96
9	<i>Kushathakuthar Rasa</i> -2 ⁸⁶	R.R.S.	<i>All Kushtha, Galit Kushtha</i>	6 gm	Warm Water	<i>Rasasindur</i> -5.88 <i>Gandhak</i> -5.88 <i>Loha</i> -5.88 <i>Tamra</i> -23.52 <i>Shilajitu</i> -5.88
10	<i>Mahataleshwar Rasa</i> 2 ⁸⁷	R.R.S.	<i>Kushtha</i>	250 mg	<i>Yashtimadhu Churna</i>	<i>Kajjali</i> -30 <i>Hartal</i> -10 <i>Manashila</i> -10 <i>Swarnamakshik Bhasma</i> -10 <i>Tamra Bhasma</i> -20
11	<i>Arogyavardhini Vati</i> ⁸⁸	R.R.S.	<i>Kushtha</i>	375 mg	Honey	<i>Kajjali</i> -4.5 <i>Loha Bhasma</i> -2.27 <i>Tamra Bhasma</i> -2.27 <i>Abhrak bhasma</i> -2.27 <i>Shilajitu</i> -6.8
12	<i>Vajradhar Rasa</i> ⁸⁹	R.R.S.	<i>All Kushtha</i>	65 mg	Honey	<i>Rasasindur</i> -12.5 <i>Hirak Bhasma</i> -12.5 <i>Abhrak bhasma</i> -12.5 <i>Suvarna Bhasma</i> -12.5 <i>Hartal</i> -50

Table 6 Details of formulations containing six minerals.

Sr. No	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	<i>Mahalaxmi vilas Rasa</i> ⁹⁰	<i>RA, Chi</i>	<i>Ashtadash a Kushtha</i>	250 mg	<i>Mansa, Pishta, Dugdha, Dadhi, varibhakta, Surasidhu</i>	<i>Kajjali</i> -18.95, <i>Hartal</i> -3.92 <i>Abharak Bhasma</i> -30.06 <i>Vanga Bhasma</i> -7.84 <i>Tamra Bhasma</i> -1.96 <i>Suvarna Bhasma</i> -1.96

2	<i>Lankeshwar Rasa</i> ⁹¹	R.S.S.	<i>Kushtha</i>	250 mg	<i>Triphaladi Kwatha</i>	<i>Rasasindur-14.28</i> <i>Abhrak bhasma-14.28</i> <i>Tamra Bhasma-14.28</i> <i>Gandhak-14.28,</i> <i>Hartal-14.28</i> <i>Shilajit-14.28</i>
3	<i>Tridoshaj Kushthari Rasa</i> ⁹²	R.R.S.	<i>Tridoshaj Kushtha</i>	375 mg	Honey	<i>Gandhak-6.67,</i> <i>Hartal-6.67</i> <i>Swarnamakshik Bhasma-6.67,</i> <i>Abhrak bhasma-6.67,</i> <i>Suvarna Bhasma-6.67,</i> <i>Tikshna Loha Bhasma-6.67</i>
4	<i>Dadru kushtha Vidravan Rasa</i> ⁹³	R.R.S.	<i>All kushtha, Vicharchika, Dadru</i>	375 mg	Honey	<i>Kajjali-10.52</i> <i>Swarnamakshik bhasma-5.26,</i> <i>Hartal-5.26</i> <i>Kantaloh Bhasma-5.26</i> <i>Krushnabhrak bhasma-5.26,</i> <i>Hingul-5.26</i>
5	<i>Mahataleshwar Rasa-1</i> ⁹⁴	R.R.S.	<i>All Kushtha</i>	1.5 gm	Buffalo clarified butter, <i>bakuchi churna</i> , Honey	<i>Kajjali-20.74,</i> <i>Hartal-6.86</i> <i>Manashil-6.86</i> <i>Swarnamakshik Bhasma-6.86,</i> <i>Tamra Bhasma-13.88,</i> <i>Loha bhasma-27.91</i>

Table 7 Details of formulations containing seven minerals.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	<i>Manikya Rasa</i> ⁹⁵	R.S.S.	<i>All Kushtha</i>	250 mg	Milk, cold pond water	<i>Kajjali-36,</i> <i>Hartal-32</i> <i>Manashil-16,</i> <i>Naga -4</i> <i>Tamra-4,</i> <i>Abhrak-4</i> <i>Loha-4</i>
2	<i>Manikyatilak Rasa</i> ⁹⁶	R.R.S.	<i>Kushtha</i>	250 mg	Honey	<i>Kajjali-20</i> <i>Swarnamakshik Bhasma-10</i> <i>Hartal-10</i> <i>Kantaloha Bhasma-10</i> <i>Tikshnaloha Bhasma-10</i> <i>Abhrak bhasma-10</i> <i>Hingul-10</i>

Table 8 Details of formulations containing nine minerals.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	<i>Kushtharudreshwar Rasa</i> ⁹⁷	<i>RA.chi</i>	<i>Kushtha</i>	125-250 mg	<i>Kwtha of Khadir, vijaysar, rohitak prepared in Gomutra</i>	<i>Kajjali-30.76</i> <i>Naga bhasma-7.69</i> <i>Vanga bhasma-7.69</i> <i>Tamra Bhasma-7.69</i> <i>Pittal Bhasma-7.69</i> <i>Kantloh Bhasma-7.69</i> <i>Loha bhasma-7.69</i> <i>Rajat Bhasma-7.69</i> <i>Makshik Bhasma-7.69</i>
2	<i>Sarveshwar Rasa-2</i> ⁹⁸	<i>R.R.S.</i>	<i>Supti, Mandal Kushtha</i>	250 mg	Honey	<i>Kajjali-33.37</i> <i>Tamra Bhasma-6.42</i> <i>Abhark Bhasma-6.42</i> <i>Loha Bhasma-6.42</i> <i>Hingul-6.42</i> <i>Suvarna Bhasma-4.18</i> <i>Rajat Bhasma-4.18</i> <i>Hirak Bhasma-0.13</i> <i>Hartal Satwa-12.98</i>

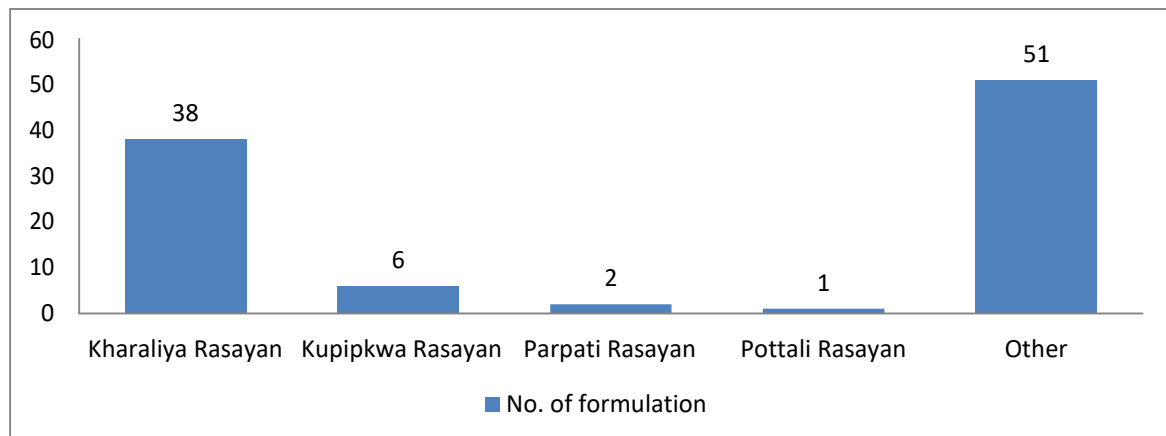
Table 9 Details of formulation containing fourteen minerals.

Sr. No.	Name of Formulation	Reference	Indication	Dose	Anupan	% of minerals
1	<i>Varishoshan Rasa</i> ⁹⁹	<i>RA.chi</i>	<i>Asadhya Kushtha</i>	250 mg	<i>Kakodumber Kwath</i>	<i>Kajjali-21.17,</i> <i>Swarna makshik Bhasma-9.41</i> <i>Kasis Bhasma-5.29</i> <i>Tutha -9.4,Hartal-2.35</i> <i>Manashila-1.76,Shilajatu-2.94,Abhrak Bhasm-8.23</i> <i>Hirak Bhasma-7.64, Suvarna Bhasma-1.17, Rajat Bhasma-1.17,Tamra Bhasma-5.29,Loha Bhasma-4.70,Vanga Bhasma-7.05</i>

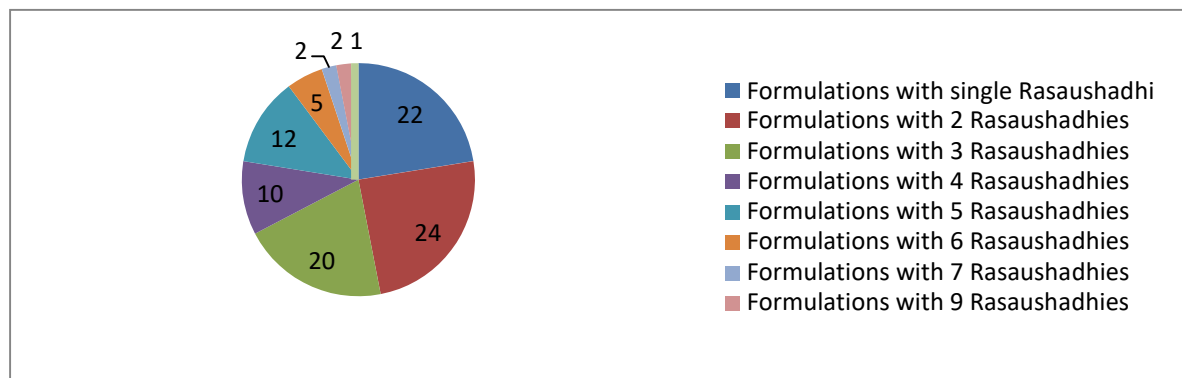
DISCUSSION

Rasachintamani, *Rasendra Sar Sangraha* and *Rasaratnasamuchchaya* described near about 98 formulations containing minerals (*Rasaushadhies*) which are used internally for the treatment of skin disease. *Rasachintamani*, *Rasendra Sar Sangraha*, and *Rasaratnasamuchchaya* has described 28, 24 and 46 formulations respectively. Many of above formulations are not seen to be used by medical practitioners .It may be due to unavailability of formulations in market.

Kharaliya rasayan is commonly used method of preparation. Other formulations include use of *puta* and *gudapaka* ,*shilajit*, *guggulu* and *gomutra* for preparation of formulations.

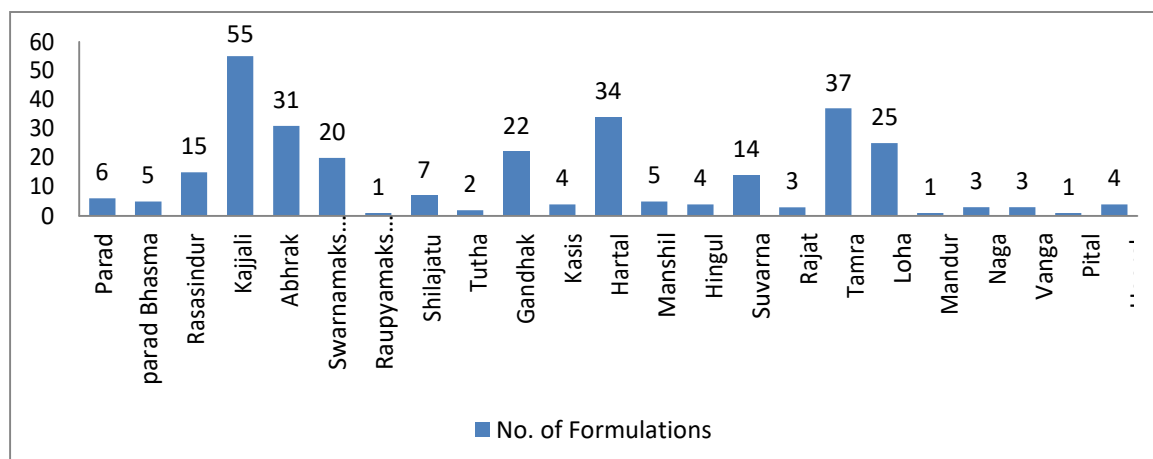
Graph No.1 Total number of formulation as per type of formulation.

Maximum formulations (24) contain two minerals. Only one formulation contains maximum number of 14 minerals.

Graph No.2 Total number of formulations as per no. of minerals

In these formulations mercury was used in the form of *Parad bhasma*, *Rasasindur*, *Kajjali*, *Hingul*. *Kajjali* is mostly commonly used form of mercury (55 out of 98 formulations). *Kajjali* contains more percentage of sulphur than other forms of mercury. Even ancient scholars recommended the *Kajjali* prepared by using *samguna*, *dwiguna*, *ashtaguna gandhak*. Excess sulphur may helpful to act on the skin diseases as described later. *Kajjali* act as *jantughna*, *Rasayan*¹⁰⁰. *Bhasma* of *bhrak*, *Swarnamakshik*, *Raupyamakshik*, *Suvarna*, *Rajat*, *Tamra*, *Loha*, *Mandur*, *Naga*, *Vanga*, *Pittal*, *Heerak* are used in the *bhasma* form. *Shilajatu*, *Tutha*, *Gandhak*, *Kasis*, *Hartal*, *Manashila*, *Hingul* are used directly after *shodhana* (purification). In some formulations *kasis*, *tutha*, *hartal* are used in *bhasma* form also. Only *Gandhak* is used in 22 formulations and in 55 formulations in the form of *kajjali*.

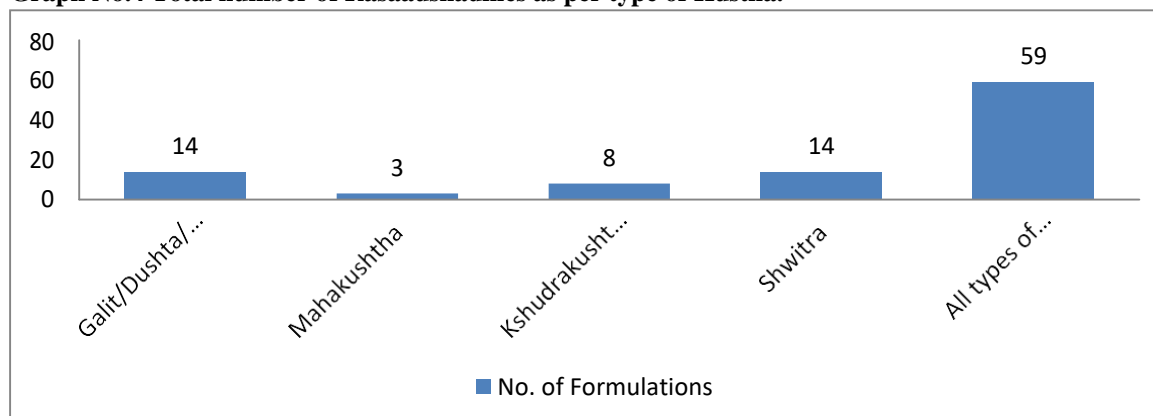
Graph No.3 Total number of formulations as per specific mineral.



Gandhak has Rasayana, swedajanak, kaphanissarak, pittanissarak, virechak property¹⁰¹. Skin diseases mainly have pitta dominant and rakta dhatu dushti dominant pathology. Virechan is recommended therapy for pitta and raktavaha strotodushiti dominant diseases. Gandhak through pittasarak property helps to remove the dushit pitta and pathological factors in the rakta dhatu. Sulphur also helps in perspiration which is helpful in the skin diseases occurring due to absence of perspiration. Kandu (itching) lakshana in skin diseases is due to dushit kapha which is the one of the leading factor in samprapti of skin disease as Gandhak has kaphanissarak property it may remove dushit kapha from body and get relief from skin diseases. As per modern science sulphur has antifungal and antibacterial activity¹⁰². Hartal is used when there is vatapradhan and kaphapradhan dushti and Twak, mansa, ambu are dushyas. Hartal is not used in pittapradhan samprapati of kushtha. Hartal is used in serious and advanced condition of kushtha (Galit and asadhya) where organ deformities appear. Rasasindura and Tamra bhasma, Abhrak bhasma are also indicated in such conditions. Hartal is not used in kshudra kushtha but it can be used in kshudra kushtha in chronic condition¹⁰³. Suvarna yoga act by raktaprasadan property. Twakgat pittavikar get cured by suvarna yoga. Germs responsible for mahakushtha get killed by suvarna yoga¹⁰⁴. Tamra removes dushit pitta and kapha by its urdhwa-adhoshodhan activity which are the major reasons for skin diseases¹⁰⁵. All the minerals used in formulations for skin disease are not directly act on skin disease but has supporting role to treat skin disease due to their rasayan property, capacity of improving dhatupariposhan krama ,raktaprasadan and raktsvrudhikar property etc. Eg. Parad bhasma, Rasasindur, Suvarna bhasma, rajat bhasma, Abhrak bhasma, loha bhasma ,Suvarna makshik ,heerak bhasma etc.

Out of these 98 formulations 59 formulations can be used in all types of kushtha. 14 formulations are used to treat galit, asadhya, sputhit, supta, dushtasadhya kushta where organ deformity is appear.

Graph No.4 Total number of Rasaushadhis as per type of Kustha.



CONCLUSION

There are near about 98 *Raskalpas* described in *Rasachintamani*, *Rasendra Sar Sangrah* and *Rasaratnasamuchchaya* which are used in management of skin disease. *Kajjali* is the most commonly used form of mercury in formulations may be due to it contains more free sulphur than other *kalpas*. *Gandhak* and its compounds are used more in management of skin diseases. *Hartal* is used in later stage of skin diseases. Hence *Rasaushadhies* gives relief from symptoms of skin disease and may have great role in management of skin diseases. On the basis of textual reference it can conclude that above formulations have great therapeutic efficacy. But many of them are unavailable in market so it is need to manufacture these formulations and check them for their therapeutic efficacy. It will be a boon for Ayurveda.

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