



## Review Article

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### A CRITICAL REVIEW OF RASAUSHADHI IN PRASUTI TANTRA EVAM STRI ROGA

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#### ABSTRACT

Prasuti Tantra Evam Stri Roga is a branch of ayurvedic classics that is reasonably equivalent to today's obstetrics and gynaecology. Rasaushadhi (herbomineral medicine) is the herbo-mineral or metal or mineral formulations used for therapeutic purposes. In Ayurveda practice, it has been considered more efficient and effective due to its small required dose, quicker action, palatability, acceptability, and shelf life compared to herbal preparations. Women, being the precious creation of the world, required proper care and medication. Rasaushadhi can be very beneficial for women's health. Various pieces of research have been reviewed for Rasaushadhi in PTSR and found that in Samhitas, mainly Rasaushadhi mentioned for Pradara Roga (excessive discharge), Yonivyapada (reproductive disorder), Vajikarana (aphrodisiac), Garbhini Roga (pregnancy-related disorder), Sutika Roga (puerperal disorder). Using Rasaushadhi is very demanding to achieve the goal of healthy mothers and healthy offspring since Rasaushadhi has its advantages in clinical practice.

**Keywords:** Rasaushadhi, Puerperal, Pradara, Prasuti Tantra Evam Stri Roga, Aphrodisiac

#### INTRODUCTION

Prasuti Tantra Evam Stri Roga is a branch in which Stri Roga deals with gynaecological diseases as well as maintenance of reproductive health, and Prasuti Tantra deals with prenatal, antenatal, and postnatal care aims for safe childbirth and healthy mother. The subject concerned is not given in one sthana or chapter in Ayurveda but dispersed throughout various Ayurvedic classics. In one health report in 2019 by Global Health Metrics, 39.6% of all females were living with gynaecological disorders on a global level <sup>1</sup> and complications during pregnancy, childbirth, and postnatal period have been the leading cause of death and disability among reproductive women. Disorder related to pregnancy and parturition needs utmost care due to significant biological, physical, social, and emotional changes. In Ayurveda, Acharya Charaka stated that the garbhini (pregnant women) and sutika (puerperal women) should be handled very delicately, like tailadroni (pot filled with oil). Rasaushadhi can be useful due to its immediate effect (increased bioavailability) and lesser dose. Rasaushadhi, although named after mercury ('Rasa' or 'Parada'). Two types of Rasaushadhi are mentioned in Ayurvedic classics. One is mercurial like Khalvi Rasa, Parpati Rasa, Kupipakwa Rasa/Sindura, and Pottali Rasa. The second is non-mercurial preparations like Dhatubhasma, Satva and Pisti. Rasa preparations are formulated with minerals or metals along with herbal drugs. The assimilation of rasa preparations in the body is much faster because the preparation undergoes different processes called samskaras. This helps in the active and quick assimilation of even the minute doses in the body. The herbo-mineral combinations are utilised in the treatment of gynaecological and obstetrics disorders. Thus, in this article, an

attempt has been made to review the herbo-mineral formulations mentioned in Ayurvedic classics for women's health problems.

#### Rasaushadhi mentioned for Pradara Roga

Pradara means excessive secretion. Two types of Pradara in the context of Prasuti Tantra Evam Stri Roga are mentioned in Samhita: Shweta Pradara and Rakta Pradar. Shweta Pradara (leucorrhoea) is an excessive vaginal discharge more than usual. Rakta Pradara (menorrhagia) is the excessive secretion of Raja (menstrual blood). (Table 1)

**Sutika Roga:** About six weeks after birth, the mother's reproductive organ returns to its original non-pregnant condition, called a puerperal period. Acharya Kashyapa says that after the child's delivery, the woman cannot be called sutika until the placenta is not expelled. Puerperal women refer to sutika in Ayurveda classics, and diseases in this period are mentioned as sutika roga. (Table 2)

**Rasaushadhi mentioned in Yonivyapada Roga:** Yonivyapada is a compilation of various disorders of the genital tract ranging from the vulva to the uterus. (Table 3)

**Garbhini Roga:** Garbhini refers to pregnant women in Ayurveda, and Garbhini Roga is a pregnancy disorder and its complications. (Table 4)

**Vajikarana:** Vajikarana produces a lineage of progeny, quick sexual stimulation, and enables one to perform sexual acts uninterruptedly. (Table 5)

**Table 1: Rasaushadhi mentioned for Pradara Roga**

Rasaushadhi	Ingredient	Rasa	Dose	Anupana	Uses
Pradarantaka Rasa <sup>2</sup>	Parada, Gandhaka, Vanga, Rajata, Kharpar, Karpada, Loha Bhasama	Tikta	250 mg	Madhu (honey)	Severe Pradara (menometrorrhagia condition)
Sarvanga Sundar Rasa <sup>2</sup>	Abhraka, Naga, Tankana Bhasama, Rasanjana, Ela, Dalchini, Tejpatra, Karpura, Khasa, Javitri, Sugandhbala, Nagarmotha, Nagakeshara, Lavang, Kushtha, Amalaka, Haritaki, Baheda	Katu-Kashaya	250 mg	Madhu	-
Pradarari Rasa <sup>2</sup>	Parada, Vanga, Loha Bhasama, Raktakamal, Raktachandan	Kashaya	250 mg	Madhu	-
Pradarripu Rasa <sup>2</sup>	Parada, Gandhaka, Naga Bhasama, Rasanjan, Lodhra	Kashaya-Tikta	375 mg	Madhu	-
Pradarari Loha <sup>2</sup>	Kutajatak, Manjistha, Shalmali, Patha, Bilwaphala Majja, Nagarmotha, Dhataki Pushpa, Ativisha, Loha, Abhraka Bhasama	Kashaya	1-3 gm	Madhu and kushamula swarasa	-
Pradarantaka Loha <sup>2</sup>	Hartala, Loha, Tamra, Vanga, Abhraka, Varatika, Sankha Bhasama, Sunthi, Pippali, Maricha, Chavya, Vacha, Amalaki, Haritaki, Bhibhitaka, Hapusha, Chitrakamula, Vidanga, Panchalavana, Kushta, Sathi, Patha, Devadaru, Ela, Vridadaru	Lavana	1-2 gm	Madhu, sharkara ghee	Kukshi Shula (pain abdomen), Katishula (backache), Yonishula (vaginismus), Pandu (anaemia), Aruchi (anorexia), Shwasa (dyspnea), Kasa (cough)
Laxmana Loha <sup>2</sup>	Shweta Kantakari, Ashoka Twak, Kushamula, Mahua, Mulethi, Balamula, Patha, Bilwa Phala Majja, Loha Bhasama	-	500 mg	Madhu	-
Shilajatu Vatika <sup>2</sup>	Parada, Gandhaka, Shilajatu, Vanshlochana, Pippali, Amalaki, Karkatshringhi, Kantakari Phala and Mula, Dalchini, Ela, Tejpatra, Madhu	Madhura	1 gm	Mansa-rasa, Anararasa, Dughdha	-

**Table 2: Rasaushadhi mentioned for Sutika Roga**

Rasaushadhi	Ingredient	Rasa	Dose	Anupana	Uses
Sutikavinoda Rasa <sup>2</sup>	Parada, Gandhaka, Tutha, Bhawna (Liquid Media) - Trikatu Kwatha, Nimbu Swarasa	Katu	500 mg	Madhu	Ajirna (dyspepsia), Shula (pain), Jwara (pyrexia) during puerperal and pregnancy
Vrihatastika Rasa <sup>2</sup>	Abhraka, Tutha, Trikatu, Jatikosa, Bhawna-Sinduwara	-	-	Madhu	Sutika roga (puerperal disorder)
Sutikari Rasa <sup>2</sup>	Suta, Gandhaka, Abhraka, Tamra, Mandukaparni	Katu	500 mg	Madhu	Shotha (inflammation), Trishna (thirst), and Shwasa (dyspnea) in puerperal women
Sutikahara Rasa <sup>2</sup>	Parada, Gandhaka, Abhraka, Loha, Tamra, Naga Bhasama, Yavakshara, Lavanga, Javitri, Triphala, Bhringraja, Ela, Musta, Dhatakipushpa, Indrayava, Patha, Kesaraj, Karkatshringi, Bilwa, Sugandhbala,	Katu	500 mg	Madhu	Sutika Roga (puerperal disorder) <sup>2</sup>
Rasasarul Rasa <sup>2</sup>	Abhraka, Tamra, Loha, Kantapashana, Parada, Gandhak, Hartala, Tankana Bhasama, Maricha, Yavakshara, Triphala, Vatshnabha, Bhawna-Vasa, Tambulavalli, Grismasunder	Katu	250 mg	Madhu-Tambulpatra Rasa	Jwara (pyrexia), Kasa (cough), Anga Sangraha (body ache), Sutika Roga (puerperal disorder)
Sutikantaka Rasa <sup>2</sup>	Parada, Gandhak, Abhraka, Swarnamakshika Bhasama, Trikatu Vatshnabha,	Katu	125-500 mg	Madhu	Sutika Roga (puerperal disorder), Grahani (sprue), Agnimandhya (loss of appetite), Atisara (diarrhoea), Kasa (cough), Shwasa (dyspnea)
Sutikavallabha Rasa <sup>2</sup>	Parada, Gandhaka, Swarna, Abraka, Rajata, Swarnamakshika Bhasama, Javitri, Ahifena	-	250 mg	Madhu	Sutika Roga (puerperal disorder), Grahani (sprue), Atisara (diarrhoea), indigestion, increased Medha (intelligence)
Laxminarayana Rasa <sup>3</sup>	Gandhaka, Tankana, Hinguka, Abhraka Bhasama, Ativisha, Pippali, Kutajatak, Kutaki, Saindhava Lavana	Kashaya	375 mg	Madhu and Adraka Swarasa	Prameha, Grahani (colitis), Atisara (diarrhoea), Vatavyadhi
Mahabhra Vati <sup>3</sup>	Parada, Gandhaka, Abhraka, Tamra, Loha, Tankana, Manahshila, Kunathi, Triphala, Yavakshara, Vatshnabh, Marich, Bhawna-Vasa, Tambulavalli, Grismasunder	Katu	500 mg	Tambula Patra, Vasapatra Swarasa	Pandu (anaemia), Atisara (diarrhoea), Shula (pain), Shotha (inflammation), puerperal disorder

**Table 3: Rasaushadhi mentioned in Yonivyapada Roga**

Rasaushadhi	Ingredient	Rasa	Dose	Anupana	Uses
Nastapushpantaka Rasa <sup>4</sup>	Parada, Gandhaka, Loha, Vanga, Rajata, Tankana, Tamra, Abhraka Bhasama, Guduchi, Triphala, Danti, Parijata, Kantakari, Daruharidra, Jivanti, Kushtha, Vrihati, Kakamachi, Haridra, Vasa, Mulethi, Rasna, Gokshura, Dantimula, Talishpatra, Vanshlochan	-	125 mg	Ushnodaka	Nashtartava (amenorrhoea), Nashtashukra (azoospermia), Yonishula (vaginismus), Kashtartva (dysmenorrhoea), Yonikleada (vaginal discharge)
Rajahpravritini Vati <sup>4</sup>	Tankana, Kasis Bhasama, Hingu, Ghritkumari	Tikta	125-250 mg	Ushnodaka	Kashtartava (dysmenorrhoea), Rajorodha (amenorrhoea)
Kumarika Vati <sup>4</sup>	Ghritkumari, Ahifena, Agastyapushpa Twak	Tikta	250 mg	Ushnodaka	Makkal shula (puerperal pain), Yonishula (vaginismus)
Garbhasthapaka Yoga <sup>4</sup>	Swarana, Rajata, Tamra Bhasama	-	125 mg	Ghrita	Garbhadharana (conception)

**Table 4: Rasaushadhi mentioned in Garbhini Roga**

Rasaushadhi	Ingredient	Rasa	Dose	Anupana	Uses
Garbha Vilasa Rasa <sup>5</sup>	Parada, Gandhaka, Tutha	Katu	125 mg	Madhu-Ushnajala	Indigestion, pain during pregnancy
Garbha Chintamani Rasa <sup>5</sup>	Rasasindura, Rajata, Loha, Abhraka, Vanga, Tamra Bhasama, Karpura, Jatiphala, Jatikosa, Gokshura, Satavari, Balamula, Atibalamula	Katu	250 mg	Madhu-Ushnajala	Sannipata (enteric fever), Pradar (discharge), Daha (burning sensation), fever during pregnancy and puerperium
Garbhavinod Rasa <sup>5</sup>	Jatikosa, Lavanga, Trikatu, Hingula, Swarnamakshika, Hingula Bhasama	Katu	250-500 mg	Madhu	All pregnancy-related disorders
Garbhapal Rasa <sup>5</sup>	Hingula, Naga, Vanga Bhasam, Ela, Dalchini, Tejpatra, Shunthi, Pippali, Maricha, Dha	Katu-Tikta	125-250 mg	-	Maintenance of pregnancy

**Table 5: Rasaushadhi mentioned in Vajikaranadhikara**

Rasaushadhi	Ingredient	Rasa	Dose	Anupana	Uses
Pushpadhanwa Rasa <sup>6</sup>	Rasasindura, Naga, Loha, Abhraka, Vanga Bhasama	Tikta	125-250 mg	Madhu, Go-Dughdha,	Vajikarana (aphrodisiac)
Laxmanadi Loha <sup>6</sup>	Laxmana, Triphala, Trikatu, Chitrakamula, Vidang, Musta, Ashwagandha, Loha Bhasama	-	1 gm	Go-Dughdha,	Vajikarana (aphrodisiac)
Anangasundara Rasa <sup>6</sup>	Parada, Gandhaka, Bhawna- Kamal Pushpa, Agastya Pushpa, Kesar	-	-	-	Vajikarana (aphrodisiac)
Kaminimadabhanjana Rasa <sup>6</sup>	Parada, Gandhaka, Bhawna- Kamal Pushpa	-	125-250 mg	Madhu, Ghrita	Vajikarana (aphrodisiac)
Purnachandra Rasa <sup>6</sup>	Rasasindura, Abhraka, Loha, Swarnamakshika Bhasama, Shilajita, Vidanga	Tikta	500-1 gm	Madhu, Ghrita	Vajikarana (aphrodisiac)
Hemasindura Rasa <sup>6</sup>	Rasasindura, Swarna Bhasama	-	125-250 mg	Ghrita, Dughdha, Dadhi	Vajikarana (aphrodisiac)
Makaradhwaja Vati <sup>6</sup>	Swarna, Rajata, Loha, Praval, Abhraka Bhasama, Kasturi, Muktapishti, Javitri, Rasasindura, Karpura, Makaradhwaja	Katu	375 mg	Madhu	Jwara (chronic fever), Unmada (mental disorder)

**Table 6: Rasaushadhi mentioned in other Stri Roga**

Chandrakala Rasa <sup>7</sup>	Parada, Gandhaka, Tamra, Abhraka Bhasama, Kutaki, Guduchi Satwa, Parpata, Ushira, Chandana, Sariva, Malati Lata	-	125 mg	Dughdha	Mutrakriccha (dysuria), Raktapradar (menorrhagia)
Pratapankeshwar Rasa <sup>8</sup>	Parada, Gandhaka, Loha, Shankha Bhasama,	-	125 -375 mg	Adraka Swarasa	Sutika Roga (Post labour disorder)
Bolbaddha Rasa <sup>9</sup>	Parada, Gandhaka, Guduchi Satwa, Raktabola, Shalmali Twak	-	125 mg	Dughdha	-
Bola Parpati <sup>9</sup>	Parada, Gandhaka, Raktabola	-	125 mg	-	-

### Single Rasa Dravya Useful in Prasuti Tantra Evam Stri Roga

Kapardika bhasma is administered for various diseases like hyperacidity ulcerative dyspepsia. It is a good calcium supplement that can be used in menopausal syndrome<sup>10</sup>. Loha preparations like Dhatri loha, Saptamrut loha, Navayas loha, and Abhra loha are used for anaemia and improvement in the

generalised health status. Vanga strengthens uterine muscle so it can be used as a uterine tonic. Vanga is used in sexual disorders<sup>10</sup>. Gairika is natural hematite material. It has a cooling property and is widely used in bleeding disorders like meno-metrorrhagia. Kasisa is extensively used as a haematinic drug. Kankshi (Shubhra) is used in vaginal laxity, vaginal itching, excessive secretions, and Raktapitta (excessive bleeding)<sup>11</sup>.

## Research related to Rasaushadhi in Prasuti Tantra Evam Stri Roga

Table 7: Research related to Rasaushadhi in Prasuti Tantra Evam Stri Roga

Title	Medication	Conclusion
Effect of Garbhapala Rasa on pregnancy-induced nausea and vomiting <sup>12</sup>	120 mg bd with milk and 3-4 Munakka	The severity of nausea and vomiting decreased compared to the control group, Significantly increased Hb level
Effect of Pushpadhanwa Rasa Svayamagupta-Ikshuraka Beeja Churna on Ksheen Shukra <sup>13</sup>	250 mg bd with honey + ghee in unequal amounts /lukewarm milk	Significant improvement in semen liquefaction time and volume. Significant improvement on s. Testosterone level
Evaluation of Pushpadhanwa Rasa, a generic ayurvedic herbomineral formulation in PCOS – a pilot study <sup>14</sup>	250 mg	Significant symptomatic relief of pain and swelling in the lower abdomen. Significant reduction in the size of the cyst.
A clinical study of Rajah Pravartini Vati on Kashtartava w.s.r. To primary dysmenorrhoea <sup>15</sup>	500 mg bd with lukewarm water	Improvement in pain intensity, pain duration, nature of pain
A clinical study to evaluate the effect of Bolbaddha Rasa in Asrigdar <sup>16</sup>	500 mg Tds	Very significant result on intensity, duration, amount of menstrual blood, body ache, Significant result on intermenstrual bleeding, pallor, burning sensation
Clinical efficacy of Rajah Pravartini Vati in the management of Artava Kshaya (oligomenorrhoea) <sup>17</sup>	250 mg bd	Highly significant result in irregular menses, Satisfactory significant result in scanty menstrual bleeding

## DISCUSSION

All the formulations listed above have been utilised for pradara (excessive discharge), yonivyapada (reproductive disorder), vajikarana (aphrodisiac), garbhini roga (pregnancy-related disorder), sutika roga (puerperal disorder). There are some scientific relations behind these different formulations to treat the disorder. Bolbaddha rasa has Kapha-Pittashamak property. Due to its sheeta virya and Raktastambaka (haemostatic) properties, it helps control excessive bleeding. It also acts as a Vrana ropaka (wound healing) in healing cervical erosions and ulcers in the vagina and tones up the uterine muscles<sup>16</sup>. Garbhapala rasa has Naga and Vanga bhasma as ingredients, which gives strength to the uterus. Hingul acts as rasayan and yogavahi (enhancing the properties of the other drugs). Trijat, Jeera, Draksha are Pittashamak acts as garbhashaya shotha-nashak. Loha bhasma provides nourishment to the foetus as well as uterine muscles. Hence, in habitual abortions, this formulation is used with Trivanga bhasma before conception. It maintains the pregnancy so that we can use it in garbhasrava garbhapata. It can help to minimise pregnancy-induced ailments like nausea, vomiting, leg cramps, heartburn, low backache, abdominal pain, oedema, constipation and flatulence during pregnancy<sup>18,19</sup>. It improves haemoglobin level<sup>19,20</sup>. We can use it in normal ANC patients for uncomplicated pregnancy. It can be safely used during pregnancy<sup>18,19</sup>. Rajahpravritini vati's main ingredients are shodhit Tankana and shodhit Kasisa. It has katu, tikta rasa, laghu snigdha, tikshna guna, katu vipaka and ushna virya. It removes the strotavarodha and facilitates the flow of Vata; due to its katu vipak and ushna virya property, it pacifies the aggravated Vata and thus allows the painless flow of artava<sup>20</sup>. Pushpadhanwa rasa are having Vajikaraka properties like yogavahi, dhatu-viddhikara, veerya-varhdhana, agni-pradiptikara etc and its tikta, katu rasa, laghu, vikasi. Vyavayi guna of bhavana dravya may lead to stimulative effects mainly on endocrine glands. It is a promising drug in Ayurveda in cases of anovulatory factor of vandyatava. This affects the testes and accessory sex glands, improving the quantity and quality of semen like count, volume, and mortality. This adaptor-immuno endocrine-modulator properties of the drug may act on nerve impulses and decrease depression and anxiety, further improving sexual drive like erection, satisfaction, etc<sup>21</sup>. These strong and simulative effects ultimately improve the metamorphosis of all dhatu. As a result, improvement in immunity and nutrition may lead to improvement in the generalised health status<sup>21</sup>. Prataplankeshwar rasa balances the Vata and Kapha dosha. Having yogavahi and rasayan property. Loha bhasma, in this formulation, acts as balya, which strengthens the uterine muscles. Cow dung ash has garbha kosha

shodhak property (cleanses out toxic blood collection in the uterine cavity) and is used in post labour disorder<sup>22</sup>.

The indications, dose, vehicle (anupan), period of drug administration, interval or duration of treatment, disease diagnosis, nature or prakruti of the patient, pathya-apathya etc., are significant factors which should always be considered by the physician before prescribing Rasaushadhi to the patients. Do not exceed the recommended dose. Metallic preparations can be harmful and toxic if they are not appropriately prepared. It is necessary to ensure manufacturers follow all the mandatory GMP guidelines.

## CONCLUSION

It is stated that the Rasaushadhi has several therapeutic uses, including the prevention and treatment of gynaecological and pregnancy-related diseases. Not much research work has been done on Rasaushadhi in the context of Prasuti Tantra Evam Stri Roga, so there is a need to work on it because the use of Rasaushadhi to treat disorder related to this will bring a revolutionary change in society due to its quicker action despite of small dose use.

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