

### A Glimpse on Rasa-preparations in Childhood Age (Review article)

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#### Abstract

With the advancements in the field of *kaumarbhritya*, there should be adaptations from various fields of Ayurveda in a synergistic way to pave a new era in the field of medicine. *Ras-Shastra*, branch of medicine is enriched with many preparations which have the unique therapeutic and pharmaceutical properties. It makes a factual basis to allow the *Rasa* preparations to administer in children at a new trial level. Before starting the treatment modality with *Rasa* preparations in children, an *Ayurvedic* physician has vital essentiality of basic concepts of *Ayurveda* like his age of the child, *prakriti*, *agni*, status of *Dosha*, *Dhatu*, dose of the medicine, duration of the medicine which should be coincide with concepts of modern science. This being an attempt, effort to bring knowledge and understanding of some *Rasa*-preparations scattered in classical domain for use of children diseases with proper care. In this article, we are discussing some formulations scattered in classics of Ayurveda, which should be clinically evaluated for better future of paediatric practice.

#### Keywords

*Kaumarbhritya, Ras-Shastra, Herbo-mineral preparations*



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## INTRODUCTION

“Child is the father of the man” (William Wordsworth). Childhood is the most important and preliminary age of a man. It is necessary to groom the children to adopt healthy attitudes from childhood age, and then only many diseases can be prevented easily at a late age. Children are dependent and they do not have the inability of expression therefore it is a moral duty of an *Ayurvedic* physician to diagnose the disease of children with caution and with the help of *Ayurvedic* diagnostic procedures and contemporary science. At this age many diseases can occur easily and they require a quick and low dose remedies. This age is attributed by simpler to complex division of

system taking care of functions. *Ayurvedic* pharmacopeia is enriched with many paediatric formulations, which if used, can be effective and health promotive. Some important factors to keep in mind while prescribing are age, nature of drug, dose diets, pathyapathya. After thorough decision of these factors, an *Ayurvedic* physician can decide the duration of treatment. Many Herbo-mineral or mineral formulations mentioned in *Ayurveda* classics are under trial or need to be trial in paediatric practices. These Herbo-mineral or mineral formulations can be effective as a *Shaman chikitsa* alone or with *Shodhan chikitsa*. Here, a glimpse on pharmaceutical aspect of these formulations is discussed.

## MATERIALS AND METHODS

**Table 1** Kumar Kalyan Ras<sup>1</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<i>Kharaliya</i>	➤ <i>Ras-sindoora</i>	➤ Childhood asthma	➤ Infants-15mg	Milk with sugar
	➤ <i>Mukta -pishti</i>	➤ Persistent Cough	➤ Toddlers-30 mg	
	➤ <i>Swarna bhasma</i>	➤ Recurrent fever	➤ Preschoolers-45 g	
	➤ <i>Abhrak bhasm</i>	➤ Anaemia	➤ Children-60 mg	
	➤ <i>Lauha bhasma</i>	➤ Recurrent diarrhoea	➤ Ricketes or weakness of the bones	
	➤ <i>Swarna-makshika bhasma</i>	➤ Ricketes or weakness of the bones	➤ Maximum possible dose-125 mg per day	
	➤ <i>Bhavna dravya-Kanya rasa</i> (aloe-vera juice)	➤ Congenital heart diseases		

**Table 2** Baal Rasa<sup>2</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<i>Kharaliya</i>	<ul style="list-style-type: none"> <li>➤ <i>Shuddha Parada</i>-1 part</li> <li>➤ <i>Shuddha Gandhaka</i>-1 part</li> <li>➤ <i>Swarnamakshika Bhasma</i>-1/2 part</li> <li><i>Bhavana Dravya</i>-<i>Keshraj patra swarasa, Bhringra j patra swarasa, Nirgundi patra swarasa</i></li> </ul>	<ul style="list-style-type: none"> <li>➤ Tridoshaja jwara</li> <li>➤ Chronoic fever</li> <li>➤ Kaasa</li> <li>➤ All types of Shoola (pain)</li> </ul>	➤ 1 Vati daily	<i>Naagvalli patra Swarasa</i>

Table 3 Baalrogantak Ras<sup>3</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<i>Kharaliya</i>	<ul style="list-style-type: none"> <li>➤ <i>Shuddha Parada</i> - 1 part</li> <li>➤ <i>Shuddha Gandhak</i> -1 part</li> <li>➤ <i>Swarnamakshik Bhasma</i> - 1/2 part</li> <li>➤ <i>Marich Churna</i> - 1/2 part</li> <li><i>Bhavana dravya</i> -<i>Keshraj swarasa, Grishmasundar Bhringraj, Nirgundi patra, Kaakmachi, Suryavarta, Shaalimch, Mandukparni, Shwet Aparajita</i></li> </ul>	<ul style="list-style-type: none"> <li>➤ Tridoshaja Jwara</li> <li>➤ Aamajam jwara</li> <li>➤ All five types of Kaas</li> </ul>	➤ Sarshap Praman Vati	All types of <i>Anupana</i> depend upon Diseased and Disease conditions

Table 4 Dantodbhedgadantak Rasa<sup>4</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<i>Kharaliya</i>	<ul style="list-style-type: none"> <li>➤ <i>Pippali</i>-1 part</li> <li>➤ <i>Pippalimoola</i>-1 part</li> <li>➤ <i>Chavya</i>-1 part</li> <li>➤ <i>Chitrak</i>-1 part</li> <li>➤ <i>Shunthi</i>-1 part</li> <li>➤ <i>Ajmod</i>-1 part</li> <li>➤ <i>Yamani</i>-1 part</li> <li>➤ <i>Haridra</i>-1 part</li> <li>➤ <i>Mulethi</i>-1 part</li> <li>➤ <i>Devdaaru</i>-1 part</li> </ul>	➤ <i>Dantodbhed Vyadhies</i> e.g.- <i>Jwara, aakshepa, atisaara</i> , easy teeth eruption	➤ Make <i>Vati</i> of 1 <i>Valla</i> and apply locally on <i>Danta paali</i> , gingiva as paste form	Locally applied after making paste form in water, oral also

- *Daruharidra*-1 part
- *Vidanga*-1 part
- *Ela*-1 part
- *Naagkeshar*-1 part
- *Motha*-1 part
- *Shati*-1 part
- *Shringi*-1 part
- *Vid lavana*-1 part
- *Abhrak bhasma*-1 part
- *Lauha bhasma*-1 part
- *Shankh bhasma*-1 part
- *Swarna bhasma*-1 part
- *Swarnamakshika bhasma*-1 part
- *Bhavana dravya* - Dugdha or water

**Table 5** Mugdha Rasa<sup>5</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<i>Kharaliya</i>	<ul style="list-style-type: none"> <li>➤ <i>Shuddha Parad</i>-1 part</li> <li>➤ <i>Shuddha Khatika</i>-2 part</li> </ul>	<ul style="list-style-type: none"> <li>➤ Children disorders like <i>Atisaara</i>, <i>Vaman</i>, <i>Sahaj phirang</i></li> </ul>	<ul style="list-style-type: none"> <li>➤ 1/8 Ratti to 1/4 Ratti</li> </ul>	Water

**Table 6** Salil-shoshan churna<sup>6</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<i>Kharaliya</i>	<ul style="list-style-type: none"> <li>➤ <i>Ras-churna (Ras sindoor)</i>-1 part</li> <li>➤ <i>Yavakshar</i>-1 part</li> <li>➤ <i>Peetmuli</i>-1 part</li> <li>➤ <i>Ela</i>-1 part</li> <li>➤ <i>Daalchini</i>-1 part</li> <li>➤ <i>Tejpatra</i>-1 part</li> <li>➤ <i>Bharangi</i>-1 part</li> <li>➤ <i>Badi ela</i>-1 part</li> <li>➤ <i>Choti haritaki</i>-1 part</li> <li>➤ <i>Indravaruni</i>-1 part</li> </ul>	<ul style="list-style-type: none"> <li>➤ <i>Shirshambu</i></li> </ul>	<ul style="list-style-type: none"> <li>➤ 4 Ratti to 8 Ratti</li> </ul>	Milk

**Table 7** Vahini-bhasvar Rasa<sup>7</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
	<ul style="list-style-type: none"> <li>➤ <i>Swarna bhasma</i>-1</li> </ul>			

<b>Kharaliya</b>	<ul style="list-style-type: none"> <li>➤ shana</li> <li>➤ <i>Abhrak bhasma</i>-1 shana</li> <li>➤ <i>Vaikrant bhasma</i>-1 shana</li> <li>➤ <i>Rajat bhasma</i>-1 shana</li> <li>➤ <i>Lauha bhasma</i>-1 karsha</li> <li>➤ <i>Shuddha Parad</i>-1 karsha</li> <li>➤ <i>Shuddha Gandhak</i>-1 karsh</li> <li>➤ <i>Makshik bhasma</i>-1 karsh</li> <li><i>Bhavana dravya-Rakta chitraka Swaras or Kwatha, Brahmi Swarasa</i> (each 21 times)</li> </ul>	➤ Shirshambu Roga, other Shiro-roga	➤ Make Vati of 1 Vall	As per patient and disease
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**Table 8** Hinguladi gutika<sup>8</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<b>Kharaliya</b>	<ul style="list-style-type: none"> <li>➤ <i>Shuddha Hingula</i>-1 part</li> <li>➤ <i>Jaatiphala</i>-1 part</li> <li>➤ <i>Jaatipatra</i>-1 part</li> <li>➤ <i>Gorochan</i>-1 part</li> <li>➤ <i>Jaypaala</i> - equal to above all</li> <li>➤ <i>Bhavna dravya - Nimbu Swarasa</i> for 7 times</li> </ul>	➤ Children disorder- Utphullika	-	-

**Table 9** Sudha-Shatak Yog<sup>9</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<b>Kharaliya</b>	<ul style="list-style-type: none"> <li>➤ <i>Praval bhasma</i> - 1 part</li> <li>➤ <i>Shukti bhasma</i> - 2 part</li> <li>➤ <i>Shankha bhasma</i> - 3 part</li> <li>➤ <i>Varatika bhasma</i> - 4 part</li> <li>➤ Tortoise's back bhasma - 5 part</li> <li>➤ <i>Godanti bhasma</i> - 6 part</li> <li>➤ <i>Bhavna dravya - Nimbu swarasa</i></li> </ul>	➤ Children disorder – Balshosha (Malnutrition), Asthimardava (Rickets)	➤ 1 Ratti-4 Ratti	Milk

for 3days

**Table 10** Rasa-pipari <sup>10</sup>

Type of Preparation	Ingredients	Therapeutic Indications	Dose	Anupana
<i>Kharaliya</i>	<ul style="list-style-type: none"> <li>➤ <i>Shuddha Parad-1</i> part</li> <li>➤ <i>Shuddha Gandhak-1</i> part</li> <li>➤ <i>Shunthi</i></li> <li>➤ <i>Maricha</i></li> <li>➤ <i>Chhoti Pippali</i></li> <li>➤ <i>Ativisha</i></li> <li>➤ <i>Karkatshringi</i></li> <li>➤ <i>Musta</i></li> <li>➤ <i>Mocharasa</i></li> <li>➤ <i>Jayaphala</i></li> <li>➤ <i>Javitri</i></li> <li>➤ <i>Tankan</i></li> <li>➤ <i>Badi Pippalli</i></li> <li>➤ <i>Kasturi</i></li> <li>➤ <i>Bhavna dravya</i> – Adraka Swarasa for 6 hours</li> </ul>	<ul style="list-style-type: none"> <li>➤ Children disorders – Pratisyaya, Kasa, Shwasa, Atisara, Jwara.</li> </ul>	<ul style="list-style-type: none"> <li>➤ 1vati two times in a day</li> </ul>	Breast milk or, Honey or, Water

### Bhasma preparations in children

Many bhasmas are trialled clinically at a smaller level, but if they are subjected for further more trials they can be additive to existing knowledge. As per documentation Yashad bhasma (zinc) is used for arrest of myopia<sup>11</sup>, Swarna bhasma for lehan<sup>12</sup>, Kukkutanda tvak bhasma (calcium supplement) is useful for treating rickets and other calcium deficiency problems in children. Likewise other bhasmas can be taken for contribution in childhood disease treatment also.

### DISCUSSION

### AND

### CONCLUSION

It is very clear from the findings of classical texts that there is a vast knowledge of mineral or herbo-mineral preparations that is scattered in our classical texts but it is hidden. Ayurveda has much to offer in the way of gentle and effective health care in prevention as well as curative way. If we go thoroughly through these formulations with experimental trial as well as clinical trial, we can get some new remedies for paediatric problems. These materials should be evaluated widely to get advancement in the childhood domain. Hence, above formulations can be trialled with caution and can get a new approach with the help of above discussed medicines. Further, these

should be documented well. So, Ayurveda physicians as well as other interested medical persons can use these alone as well as adjuvant therapies or can make more palatable dosage form of these medicines for children.

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