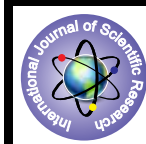


## Anti-Cancerous Activity of Rasaoushadhi W.r.t. Nityanand Rasa



### Medical Science

**KEYWORDS :** Nityanand Rasa, Analytical study

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### ABSTRACT

*Rasashastra is a branch of Ayurveda deals about the minerals, metals, precious stones, poisonous herbs having therapeutic property and their processing techniques to prepare medicine which are known as Rasaushadhis. Pharmacopoeia of 'Ayurveda' comprises of drugs derived not only from herbs but also from minerals, metals and animal products. Rasaushadhis occupied superior status among the Ayurvedic Chikitsa due to their high therapeutic potency in eliminating dreadful diseases and also for rejuvenation purposes. Hence, in field of treatment, Ayurvedic Scholars has given the crown of kingdom to Rasa-vaidyas among tri-vidhavaiyas. Nityanada rasa is one of the Rasousahdhi used in the management of Arbuda. In this study we done the physic-chemical analysis and qualitative analysis for the Nityanand rasa tablet. We got the result of physico-chemical analysis of Nityanand rasa.*

#### Introduction:

Rasashastra is a branch of Ayurveda deals about the minerals, metals, precious stones, poisonous herbs having therapeutic property and their processing techniques to prepare medicine which are known as Rasaushadhis. Pharmacopoeia of 'Ayurveda' comprises of drugs derived not only from herbs but also from minerals, metals and animal products. Rasaushadhis occupied superior status among the Ayurvedic Chikitsa due to their high therapeutic potency in eliminating dreadful diseases and also for rejuvenation purposes. Hence, in field of treatment, Ayurvedic Scholars has given the crown of kingdom to Rasa-vaidyas among tri-vidhavaiyas. Nityanada rasa is one of the Rasousahdhi used in the management of Arbuda.1

#### Importance of Rasachikitsa:2

"sarva SAstrArtha tatvagyo najAnAti rasaM yadA| sarvaM tasyopahAsAya dharmahIno yathA budha||" (B.R.)

The person who knows all the sastras (scripts), but not having knowledge of Rasashastra that person is not complete.

#### Importance of Rasachikitsa:3

"alpamAtro prayogitvadarucEra prasaMgataH|| kShipramArogya-dAyitvAdaiShadaibyO adhiko rasaH||"

(Rasendra sara sangraha1/4)

Rasoushadhis (herbo-metallic/herbo-mineral preparations) are popular because of their small dose, tastelessness, quick action, effective in dreadful diseases without producing any discomfort to patients and long shelf life.

#### Classification of Rasaoushadhi:4

**Rasoushadhis are prepared by four methods:**

1. Kharaleeya rasayana: Prepared by trituration of ingredients with herbal liquids.
2. Parpati rasayana: rasoushadhis prepared by pressing molten kajjali.
3. Kupipakwa rasayana: rasoushadhis prepared in prepared Kupu
4. Pottali rasayana: rasoushadhis prepared by molten Gandhaka

Nityananda rasa:5

hingula sambhavaM sUta gandhakaM mRutatAmrakam|  
kAMsyaM vaMgaM haritAlaM tutthaM SanguMvarATika||  
trikatu triphala lauhaM viDangaM paTupancakaM|  
cavika pippalimUlaM havusa ca vacA tathA||  
SaTIpATHa devadaru eLa ca vruddhdArukam||  
trivRutA citrakaM dantI gRuhItva tu pRuthak pRuthak||  
etAni samabhAgAni saMcUrNya guDakIkRutam|  
haritakirasaM dattva daSagunjonmitaMSuBam||  
ekaikaM BakShayennityaM SItancAnu pipejjalam|  
SIlpadaM kaphavAtotthaM raktamAMsAshritaScayat||  
medogataM dhAtugataM nihnantI nAtra saMSayaH|  
arbudaM ganDamAlASca vAtaraktaM sudAruNam ||  
kaphavAtodBavaM rogamantRavRuddhi cirantanIm|  
vAtarakte vAtakaphe gudaroge krimO tathA||  
agnivRuddhi karotyeSha balaM varNaSca susthatAm|  
shrlmad gahananAthena nimito vishvasampade||  
nityananda rasaScAyaM mahaSIlpadanASanaH|  
raktajepittaje ca api SIlpade yojyedbhum||  
nAtaHparataraM kicciMd viddhate SIlpadABaye|  
(B.R.ShlipadarogAdhikAra 45/30-38)

Properties of Nityanand Rasa:6

medogataM dhAtugataM hantyaavaSyam na saMSayaH|  
arbudaM ganDamAlAM ca hyantravRuddhiM cirantanAm|  
vAtapitte SleShmavAte gudaroge kRumA tathA|

agnivRuddhiM karotyeva balavIrya ca susthatAm|

shrImad gahana nAthena nirmito viSvasampade|

nityAnanda raso nAmnA SIIPada vyAdhI nASanaH||

(rasakAmadhenu aNDavRuddhirogasya nidAnAdInyAha-12-14)

(B.R. Shlipada rogadohikara45/30-38)

**Properties are:**

- Medogata,Dhatugata,Slipada,Arbuda,Gandamala
- Excessive days in Antravruddhi,Vatapitta,shleshmavata,gudarga & krumi,those are destroy and agni will be predominate.
- These Nityananda rasa will be best in shlipada roga.

**Materials and Method:7**

**Ingredients:-**

Kajjali (HgS)

Tamra bhasma(CuFeS2)

Kansya bhasma(CuSn)

Vanga bhasma(SnO2)

Shuddha haratala(AS2S3)

Shuddha tutta(CuSO47H2O)

Shankha bhasma(CaCO3)

Varatika bhasma(CaCO3)

Loha bhasma(Fe2O3)

Trikatu(equal combination of

Pippali(Piper longum),

Maricha(piper nigrum) &

Shunti(zingiber officinalis)

Amalaki (Embilica officinalis)

Chavya (Piper retrofractum)

Pippalimoola (Root of piper longum)

Hapusa (Juniperus communis)

Vacha(Acorus calamus)

karchura (Curcuma zedoaria)

Patha (Cissampelos pareira)

Deodaru(Cedrus deodar)

Ela(Elattaria cardamomum)

Vridhdharuka (Argyrea speciosa)

Trivrit (Operculina turpenthum)

Citraka (Plumbago zeylanica)

Danti (Baliospermum montanum)

**Method of Preparation:**

Kajjali is prepared from shudda Parada and Gandhaka in a clean khalva. Then all the remaining ingredients are added to it then it is triturated along with the decoction of Haritaki and collected in a clean container

**Table no.1: Properties of Bhasma:**

Preparation	Rasa	Guna	Virya	Veerya	Prabhava	Karma	Indriya
Kajjali	Shad rasa				Trishulgula	Trishulgula Lagana	
Tamra Bhasma	Tikta,ushna tamedura	Laghu	ushna	Madhura	Kaphapitta rak	Deepan Bhujaka	Panchangaaksh n.kara
Kansya Bhasma	Tikta	laghu	ushna	-		Deepan,lehana Drohi prasadi Viparivrttanaka shloka	Kramasthana
Vanga Bhasma	Tikta, kasa, kashya & lehana	lakshana shulga, sushna, shloka	ushna	Kam		Shukrahara sakshya Tusshaka, Vajrika, Panchama Chakshya, lagna - drama, peelana	Melaha, Panchaka
Tulla Bhasma	Kati,Shukra, a	laghu, a	ushna	Kam	Vatavyaha	Rasavajrika, Baidhaka Agastyaaksh a	vikagha, nasa Vrasita,vaqa, dramalipala
Sulfa Jata	Kati,kashyama dura Akshaya	Laghu	ushna	Kam	Kaphapita, saksh	Panchama Lekha,lehana	Kasha, sakshya, Shoola
Yasthi Bhasma	Kati,kashyaka kama	Laghu, a	ushna	Kam	Indriya- gita	Agnipitaka, Lekha,prahulya atrasya	Antarya, prakri, stana
Varatika Bhasma	Kati,Shukra	Guruma a	ushna	Kam	Vatavyaha- saksh	Deepan	Panchamohi gula, shloka, Jvara,maruta bhava.
Loha Bhasma	Tikta,ushna, akshya	Panchama, akshya	ushna	madhura	Indriya- gita	Lekha	Jvara,maruta bhava.

**Table no.2: Properties of Herbal Drugs:-**

Drops	Lobha	rasa	guna	Virya	Veerya	Prabhava	Karma	Indriya
Pippali	Zingiber officinalis rac.	katu	Laghu suksha	ushna	madhura	kaphamadh ak	Shitprakashan,vedhi sardapana,deepan,pa dha,shloka,rashtya shloka	Acidic,diuretic, gastro,antibiotic, spasmolytic
Pippali	Piper longum lin	Katu	Laghu suksha, shukha	Ausana	madhura	pitakama	Deepan,aptojanan, dha,prabhava,vy dha	Vishada,galak apandi,shloka, ojala,apamandhi, yakamarga
Maricha	Piper nigrum lin	katu	Laghu, kama	Ushna	kam	kaphamadh a	Lehana,kashya, ak	Agnivadya, gastro,antibiotic, antishloka,kama mga
Amalaki	Embilica officinalis girth	Panch rashtya ak (rajni) akshya yadhi a	Gurava kashya a	Shata	madhura	pitakama	Daha,prakashana,dha kashya,kashya	Kulita,vaqa, hridyogya,prakti pita,panamandhi, ojala,shloka, akshya
Dehila	Ternstroem holtonii	Kashya a	Pikata, kama	ushna	madhura	kaphak	Vedana,deepan,antibio tika,deepan,lehana a, gula,vykarak,shloka dha	Vatavyadhi,antibio tika Kramastya,lehana ak
Harsa	Ternstroem oleosum	Panch rashtya ak (rajni) kashya yadhi ak	Laghu, shloka	ushna	madhura	pitakama	Vedana,deepan,antibio tika,shloka,vaqa,kama	Moolvadya,lehana, antibio, lehana,vaqa, prabhava,kashya a,vaqa,prasa
Vidanga	Embilica kum.f	Katu, kashya a	Laghu, shloka, kama	ushna	kam	kaphamadh ak	Kulitadha, deepan,prabhava, kama	Cardamom,vaqa, kashya,shloka, akshya
Chavya	Piper retrofractum yali	Katu	Laghu, shloka	ushna	kam	Saptarasmu kashya,prabhava, shloka	Kashya,lehana,prabhava, kama,shloka,prabhava, a, yadhi	Antia,apamandhi, va,shloka, kama
Pippali	Piper longum lin	Katu	Laghu, suksha, shukha	ushna	madhura	pitakama	Deepan,aptojanan, medhi a	Vishada,galak antibio,shloka, apamandhi,kashya maga

Hapusa	Anusena concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Lekhana,rasayana,krishna lita	Shukra,prabhakar, rasayana,krishna lita
Vacha prabhakar & lita	Anusena concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Vaidyanadiprasada,krishna lita,rasayana,krishna lita	Anusena,prabhakar, rasayana,krishna lita
Kandha a	Cumasa concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Krimighna,shukra,rasayana, krishna lita	Shukra,prabhakar, rasayana,krishna lita
patha	Cumasa concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Shukra,rasayana,krishna lita	Anusena,prabhakar, rasayana,krishna lita
devada s	Churna devada	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Shukra,rasayana,krishna lita	Shukra,prabhakar, rasayana,krishna lita
Elu	Haritaki concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Shukra,rasayana,krishna lita	Shukra,prabhakar, rasayana,krishna lita
Vaidha danta	Anusena concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Shukra,rasayana,krishna lita	Shukra,prabhakar, rasayana,krishna lita
Tamra Prabhakar & lita	Anusena concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Shukra,rasayana,krishna lita	Shukra,prabhakar, rasayana,krishna lita
Danti Prabhakar & lita	Anusena concomit lana	Kasa lita	Laghu shukra shukra	shukra	kasa	laghushukra shukra	Shukra,rasayana,krishna lita	Shukra,prabhakar, rasayana,krishna lita

**In the treatment of Arbuda, the required properties may be;**

- Lekhana (Scraping)/ Bhedana: Shudha tuttha, vanga bhasma, shudda haratala, Loha bhasma, Kansya bhasma,Sankha bhasma,Varatika bhasma,Trikatu , pippalimula, Hapusa, Trivrit, citraka
- Rasayana (immunomodulating):Vanga bhasma, shudha tuttha, shudha harital, Loha bhasma. Vriddhadaruka,citraka, Triphala(Haritaki,bibhitaki,amalaki)
- Srotogamitwa (penetrating to minute pores): Haritaki,bibhitaki etc.all the rasayana dravyas.
- Balya (strengthening)/ dhatusoulyya kara/ Dhaturardhaka (Nourishing tissues) :Tamra bhasma ,Vanga bhasma,Suddha haratal,Sankha bhasma,Varatika bhasma ,Trikatu(Sunthi, Maricha, Pippalli), patha,Elu,Vriddhadaruka
- Yogavahi : Kajjali
- Vrana shodhaka / Shothaghna: Haritaki,Vacha,Karchura,Devadaru, Patha.vriddhadaruka,trivrit,citraka,Danti
- Krimighna: Kansyabhasma,Suddharatal,Suddhatuttha,Pippali,Maricha,Bibhitaki,Karchura,Patha,Citraka,Danti.Vidanga.Chavya,Hapusa,Vacha,Devdaru

**Analytical study:-**

In this study done in Central research facility in KLEU'S B.M.Kankanwadi Ayurveda mahavidyalaya Belgaum.

**Results are obtained:**

- Nityananda rasa dark brown in colour,
- Its Average hardness is 3.5kg/cm2
- Disintegration time is 31 minutes
- Ph is 4.44
- LOD is 11.28
- Ash value 8.128
- Acid insoluble ash 1.274

**Method of use/Administration and its anupana:-**

1. Nityananda Rasa dose: 1/2 tab - 1 tab. two times a day on empty stomach for 2 months.
2. Consume this medicine in doses of One Pill Daily during morning and evening hrs before taking meals. (pills measuring 1250 mg.each)

**Anupan:**

With cold water

**Conclusion:-**

As Rasa preparations can be administered even in incurable diseases, Preparation of Rasoshadhis are essential for treatment of ailing humanity, provided these are produced without compromising the fundamentals of the Ayurvedic pharmaceutical operations (like shodhana, marana , etc). Nityanand Rasa preparation is combination of potent multiple mineral bhasma, metallic bhasma, herbs which possess tremendous potential effect for a cancer. Nityanand Rasa having the therapeutic properties like lekhana, rasayana, which will help for inhibiting the growth of cancer cells, acts like a curative therapy , ingredients used will help as immunotherapy , non-toxic, harmless , used as rejuvenating , correction of metabolic defects, it may help in treating Arbuda.

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