



Available online on 15 March, 2025 at <http://www.hjhs.co.in/index.php/hjhs>

## Himalayan Journal of Health Sciences

Published by Himalayan Group of Professional Institutions

Associated with Himalayan Institute of Pharmacy

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Review Article

Open Access

### Properties and Clinical Significance of some Herbo-Mineral Formulations

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#### Abstract

*Rasa Shastra* is that particular Ayurvedic science specializing in the research and practical aspects of *Rasa* (mercury), metals, minerals, gemstones and herbal medications, and all sorts of principles regarding alchemy and metallurgy. *Rasa* drugs or herbo-mineral formulations offer several advantages in chronic and acute pathological conditions. These drugs possess specific properties and these *Guna* of herbo-mineral formulations supports their therapeutic activities. *Katu*, *Tikta* and *Ushna* properties of these drugs gives *Vata* and *Kapha* pacifying action thus helps in conditions like *Kaas*, *Shwas* and *Aamvata*, etc. These drugs act as *Rasayana*, promotes detoxification of *Ama*, aids in digestion by virtue of their *Dipan* and *Pachan* actions. Wide range of therapeutic potency of *Rasa* drugs make them most suitable for many disease treatments. This paper aims to describe Ayurvedic and pharmacological properties of herbo-mineral formulations.

**Keywords:** Ayurveda, Rasa, Herbo-mineral, Mercury, Rasayana

**Article Info:** Received 16 Feb 2025; Review Completed 07 Mar 2025; Accepted 14 Mar 2025



#### Cite this article as:

Jawale KE, Shaikh BF. Properties and Clinical Significance of some Herbo-Mineral Formulations. Himalayan J H Sci [Internet]. 2025 Mar 15 [cited 2025 Mar 15]; 10(1):18-20. Available from: <http://www.hjhs.co.in/index.php/hjhs/article/view/226>

DOI: 10.22270/hjhs.v10i1.226

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#### 1. Introduction

The ancient Indian health science, known as Ayurveda, has gained worldwide fame as a comprehensive and effective health science. Traditional medicine plays an essential role in facilitating health, the prevention of disease, treatment control, and helping in rehabilitation processes. Many of Ayurvedic formulations are made up of herbo-mineral compounds in which metals and minerals are processed to become bioactive substances rather than being used as elements. These formulations have gone through detailed processes such as *Shodhana* or purification and *Marana* or incineration techniques, etc. These methods are not only supposed to detoxify the toxic elements but also, through interactions with organic and inorganic herbal constituents to improve their therapeutic efficacy. The use of these *Rasa Aushadhis* or herbo-mineral formulations in Ayurveda has brought in a new dimension to healthcare. (1-4)

*Kharaliya* is the basic process to which all *Rasa Aushadhis* are subjected before further purification. It reduces raw materials to micro-level particles, and thus infuses them with the essential *Samskaras* that amplify

their medicinal effects. Examples of some *Rasa Aushadhis* are depicted in **Figure 1. (3-5)**

*These preparations offer several advantages as mentioned below:*

- ❖ Rapid action
- ❖ Lower dosage requirements
- ❖ Longer shelf life
- ❖ Improved palatability

Due to these advantages *Rasa Aushadhis* gained wide acceptance among patients and pharmaceutical industries. (5-7)

#### 2. General Properties of Ingredients of *Rasa Aushadhis*

- Most of the ingredients of *Rasa Aushadhis* offer *Katu* and *Tikta Rasa*, *Ushna Veerya* and *Laghu*, *Ruksha* and *Tikshna Guna*. Among key herbo-mineral substances, *Parad* or purified mercury is *Tridoshahara*; it balances all three *Doshas*, possess aphrodisiac, *Rasayana* and *Krimighna* properties.

➤ *Gandhak* is another important ingredient of *Rasa Aushadhis* which offer *Katu*, *Tikta* and *Ushna* properties. These properties give *Kapha* pacifying effect, acts as *Rasayana*, promotes detoxification process and gives *Dipan-Pachan* actions.

➤ *Tankan* offer pungent taste, it is dry & hot in nature. It is *Kaphanissarak* in nature and it is highly used in respiratory patients such as cough and breathlessness along with managing *Sthavar Visha*. In addition, it serves as a cardiogenic, *Balya*, acts as digestive stimulant agent.

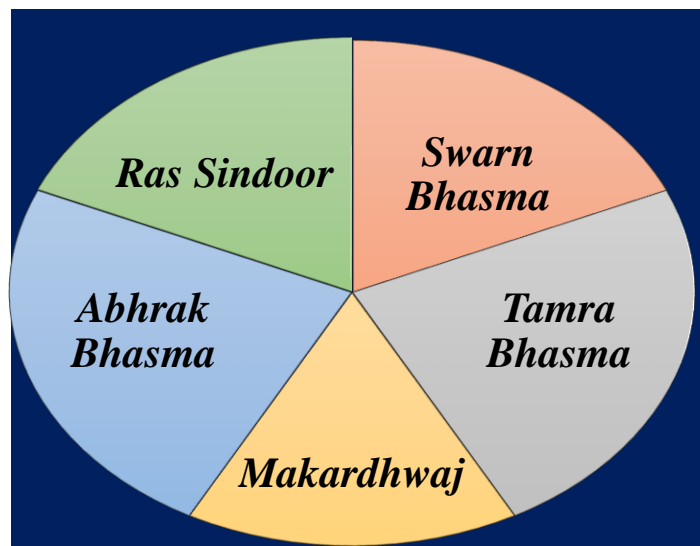


Figure 1. Examples of *Rasa Aushadhis*

Ayurveda's herbo-mineral formulations are prepared using ingredients as mentioned above. **Table 1** mentioned

Ayurvedic and pharmacological properties of some herbo-mineral formulations. (7-10)

**Table 1.** Properties of Some Herbo-mineral formulations

<i>Rasa Aushadhi</i>	Principal Ingredients	<i>Virya</i>	<i>Guna</i>	Action	Indications
<i>Ras Sindoor</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	<i>Ushna</i>	<i>Teekshna, Laghu</i>	<i>Rasayana, Balya, Vajikarana, Deepana-Pachana</i>	Respiratory disorders, debility, nervous disorders, rejuvenation
<i>Swarn Bhasma</i>	Purified Gold	<i>Ushna</i>	<i>Guru, Teekshna</i>	<i>Medhya, Balya, Vrishya, Rasayana</i>	Neurological diseases, immunity booster, cardiac tonic
<i>Tamra Bhasma</i>	Purified Copper	<i>Ushna</i>	<i>Teekshna, Ruksha</i>	<i>Deepana, Pachana, Yakrituttejaka</i>	Liver disorders, splenomegaly, ascites, skin diseases
<i>Lauh Bhasma</i>	Purified Iron	<i>Ushna</i>	<i>Guru, Snigdha</i>	<i>Rakta Vardhaka, Balya, Deepana-Pachana</i>	Anemia, weakness, digestive disorders
<i>Abhrak Bhasma</i>	Purified Mica	<i>Ushna</i>	<i>Laghu, Teekshna</i>	<i>Rasayana, Balya, Agni Deepaka, Medhya</i>	Pulmonary disorders, digestive issues, cognitive enhancement
<i>Makardhwaj</i>	<i>Swarna Bhasma, Parada, Gandhaka</i>	<i>Ushna</i>	<i>Laghu, Teekshna</i>	<i>Vajikarana, Balya, Rasayana</i>	General debility, sexual weakness, loss of strength or vigor

**3. Conclusion**

Herbo-mineral formulations are documented in *Rasa Shastra*, which exemplifies broad-spectrum efficacy towards complex and chronic conditions. These drugs give *Katu*, *Tikta Rasa*, *Ushna Veerya*, *Laghu*, *Ruksha* and *Tikshna Gunas*. *Rasa Aushadhis* possess higher bioavailability, safety and efficacy compared to other formulation. Herbs with *Rasayana*, *Balya*, and *Vajikarana* property are useful for respiratory disorders, debility, nervous system disorder, and rejuvenation. Those exerting *Medhya*, *Balya*, *Vrishya*, and *Rasayana* effects, support neurological functions, boost immune power, and

act as a cardiac tonic. *Deepana*, *Pachana*, and *Yakrituttejaka* properties prove to be invaluable in the treatment of liver conditions, splenomegaly, ascitis, and all skin disorders. These drugs act as *Rakta Vardhaka*, *Balya*, and *Deepana-Pachana* agents. In addition, their *Rasayana*, *Balya*, *Agni Deepaka*, and *Medhya* action add to the benefits concerning respiration, digestion, and mental conditions.

**Acknowledgements**

We would like to express our gratitude to Himalayan Journal of Health Sciences who gave us the opportunity to publish the article.

**Financial Disclosure statement:**

The authors have no relevant affiliations or financial involvement with any organization or entity with a financial interest.

**Conflict of Interest**

The authors declare that there is no conflict of interest regarding the publication of this article.

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