Evolution (Avtarna) of Rasa Shastra (Pharmaceutics) in Ayurveda: A Review Article

Ravneet Kaur
Assistant Professor, Department of Rasa Shastra & Bhaishajya Kalpana, GNAMC & RI, Ludhiana, India

Abstract: Background: Avtarna of Ayurveda is described in various concerned texts like Samhitas by our ancient sages but Avtarna of Rasa Shastra is barely clearly depicted. It is yet to be explored. Aim: Systematic analysis of Avtarna of Rasa Shastra. Materials & Methods: Review of ancient classical texts like Rasahridyatantra and various articles on evolution of Rasa Shastra. Results: After analyzing the literary material there is a new detailed description about evolution of Rasa Shastra. Conclusion: Rasa Shastra evolutionary history can become more systematic, apparent and free from uncertainty than previous times.

Keywords: Avtarna, Evolution, Rasa Shastra, Sages, Systematic Analysis.

1. Introduction
Rasa Shastra is branch of science that deals with pharmaceutical processes. It is known as allied alchemy. A careful systematic analysis of Ayurvedic treatise shows that Rasa Shastra came into force stepwise through Shaiv Parampara (Deity Shiv tradition). Shiv is known as the first clinician of Devtas (Deity) in ancient times. Parada (mercury) was used in preparing most of the medicines at that times also and was known as Veerya (semen) of Shiv.

Rudra gave so many preparations in texts to heal different types of diseases. Even He said that incurable diseases can also be healed with the help of Parada Yog (mercurial preparations) and shows its superiority against Kashthaushadhes.

2. Materials & methods
The present literary research material included the classical texts like Rasahridyatantra and web resources etc. Necessary and valuable material was collected from the said resources, analysed and interpreted to fill the gap regarding evolution of Rasa Shastra.

3. Study design
- This study is Exploratory Review type.
- Books are the source of information for the study.
- Information is collected through library and local book stores.

4. Methodology
Evolution of Rasa Shastra [2]
Rasahridyatantra
Shiva ↓
Parvati ↓
Nandi ↓
Ashwini ↓
Wishwini ↓
Dhanwantari ↓
Agastya ↓
Pulastya ↓
Teryar ↓
Byuhmuni ↓
Nagarjuna, Gorakhnath, Vyadi

Evolution of Ayurveda
According to Charak Samhita [3]
Brahma ↓
Daksh Prajpati ↓
According to Ashtanga Sangraha [5]

According to Sushruta Samhita [4]

5. Observations

Acharya Govind Bhagavatpadacharya gives a clear description regarding chronological evolution of Rasa Shastra in his book. There is a lot of confusion among the writers that whether Rasa Shastra is evolved in Samhita kala or Nath samparda and gave it to their followers. In Samhitas, uses of mercurial preparations are rare and Marana (incineration) process was not in vogue. Mostly metals were used in powdered form called as Ayaskriti. But Rasahridyatantra gave a clear view about history.

6. Discussion

Rasa Shastra can become a future prosperous field for scientists to deal with merciless diseases responsible for untimely deaths. Knowledge of origin of every field is necessary. So this article can help in this respect.

7. Conclusion

From long times there is no proper evolutionary history is seen regarding Rasa Shastra. Here is an attempt to give the meaningful. Shiva showers His knowledge to Parvati and so on for preparing Rasaushadhis.

Acknowledgement

I pay my thanks to Dr. Y. N. Sharma (Director GNAMC&RI, Gopalpur, Ludhiana) and his wife Mrs. Kiran Sharma for their cooperation and to boost my morale for article writing.

References


[5] Kaviraj Dr. Ambikadatt Shastri, Sushruta Samhita, 1st Part, Chapter 1, Sutrasthanama,