

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

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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)1. Shiv is known as the first clinician of Devas (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.

ee nsg jlks; Lekt~ jLrsuk;eqP;rsAA

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 Kashthaushadhies.

Lkk;/s"qk Hks"hta loZehfjra rRosfnukA
 vklk?;s"okfi nkrO;ks jlks vr% Js"B mP;rsAA

2. Materials & methods

The present literary research material included the classical texts like Rasaharidyatantra 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]

Czkā.kk fg; FkkizskDrek;qosZna iztkifr% A
 txzkg fuf[kysUkknkof'oukS rq iquLrr%AA
 vf'oH;ka Hkxok'ENdz% izfrisns g dsoye~ A
 _f"kizksDrks Hkj}ktLrLekPNdzeqikxer~AA
 vFk ESk=hij% iq;ekosZna iquozlq% A
 f'k"ks;H;ks nRroku~ "kM~H;% loZHkwrkuqdEi;k AA
 vfXUkos'k p Hksy'k p trwd.kZ% ijk'kj% A
 gkjh% {kkjfk.k'k p tx'gqLrUequsoZp%AA

Brahma

↓

Daksh Prajapati

↓

Ashwini Kumar (Ashwinao)

↓

Inder

↓

Bhardwaj

↓

Atrey Punarvasu

↓

Agnivesh, Bhel, Jatukaran, Prashar, Haareet, Ksharpani

According to Sushruta Samhita [4]

czāk izksokp rr% iztkifrf/ktxs] rLeknf'oukS]
vf'oH;kfeUnz% bUnzknga] e;kfRog izns;ef ZFkH; %
iztkfgrgrsks % AA
vFk [kyq HkxoUreejoje`f"kk.kifjo`rekJeLFka dkf`k]kta
fnoksnkla

/kUoUrfjekSi/ksuooSrj.kkSjHkzikS"dykordjoh;

Zxksiqjjf{krqJqrizHK`r; Āpq% AA

Brahma

↓

Prajapati

↓

Ashwinau

↓

Inder

↓

Dhanwantari

↓

Aupdhenav, Vaitran, Aurbhar, Poshklawat, Karveerya,
Gopurakshit, Sushruta, Bhoj, Nimi, Kankayana, Gargya,
Galavadi.

According to Ashtang Sangraha [5]

vk;qosZnke`ra lkFksZ czāk cq/ok lukrue~ A
nnkS n{kk; l-f'oH;ka rkS `krdzros rr% AA
/kekZfFkZdkeeks{kk.kka fo?udkfjfhkjkje;S% A
ujs"kk ihM;ekus"kk iqjLd`R; iquoZlqe~ AA
/kUoUrfjHkj}ktfufedk`;id';ik% A
eg"kkZ;ks egkRekuLrFkk-yEck;ukn;%AA

Brahma

↓

Daksh Prajapati

↓

Ashwini Kumar Dway (Dasr & Nastya)

↓

Inder

↓

Punarvasu

↓

Dhanwantari, Bhardwaj, Nimi, Kaashyapa, Kashyapa &
Alambayanadi

According to Kaashyap Samhita [6]

Lo;aHkwczZāk iztk% fill`{kkq% iztkuka

ifjikyukFkZek;qosZnesokxzs`l`tr~ loZafor~] rrks fo`okfu

Hkwrkfu A

rrjra iq.;ek;qosZnuUrek;q"kkks o/kZuek/kkjekI;k;ue
e`ref`oH;ka d% iznnkS] rkfoUnzk;] bUnz_f"kh;`prqH;Z%
d`;iof`k"Bkf=Hk`xqH; (rs iq=sH;% f`k";sH;`p
iznnqfgZrkFkZa /kekZfFkZdkeeks{k`kfDrifjikyukFkZapsfr] ,
oeqRiUu% AA Brahma

↓

Ashwini Kumar

↓

Inder

↓

Kashyap, Vashishth, Atri, Bhriku

↓

Their sons & students

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 Rasaushadhies.

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