

Review on Rasa Yogas in the Management of Krimi Roga According to Bhaisajya Rathnavali (Renown Ayurveda Text)

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Worm infestation (Krimi Roga) is a disease caused due to the presence of worms in the body particularly in intestines. World Health Organization revealed soil transmitted helminth infections are among the most common infections worldwide. Rasa Shastra is one of the special branches in Ayurveda which use various metals, minerals and other substances, including purified mercury combined with herbs to treat illnesses. However low attention is paid to use Rasa Yogas in management of Krimi Roga. Therefore, this review is carried out to identify rasa yoga in Bhaisajya Rathnavali to examine rasa ingredients in Rasa Yogas. The main objective of the study was to analyze the pharmacological properties of Rasa ingredients. Analysis was conducted using Microsoft Excel. According to findings, 19 Rasa Yogas can be used for Krimi Roga. Kitari Rasa, Kitamarda Rasa, Krimivinasana Rasa, Krimihara Rasa and Krimighno Rasa were identified as the drugs that can be used for all types of Krimi Roga. Analysis revealed that 16 rasa ingredients were included in rasa yogas. As prominent rasa ingredients, yogas contained shuddha parada and gandhaka in 21.82% of the yogas. Other considerable rasa ingredients were rock salt, lauha basma and manoshila. Rasa ingredients include guna karma to cure Krimi Roga. Kapha is prominent dosha in Krimi Roga. Katu and tikta rasa were the most prominent rasa in selected rasa ingredients in rasa yogas. Katu, thiktha rasa and ushna virya decrease kapha dosha to cure Krimi Roga. Therefore further studies should be carried out to ensure the effect and efficacy of rasa yogas.

Keywords: Rasa Yoga, Krimi Roga, Rasa Shastra