**Rasaushadhis in Apasmara: A Review**

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**ABSTRACT**

Apasmara is one among the manovikara which is caused due to vitiation of both sharirika and manasikadoshas. Symptoms of Apasmara includes sudden feeling of giddiness or fainting, feeling of entering into darkness, rotation of eyeballs, convulsions in limbs and falling down unconsciousness with stretched limbs. It is also associated with tongue bite, keeping the eyes wide open or fixed gazing and frothing from mouth. Symptomatology and causative factors of Apasmara can be considered similar to that of Epilepsy. In this article an attempt is made to collect the details of Rasaushadhi used in Apasmara and to analyze the mode of action of these individual bhasmas and formulations based on their ingredients and efficacy at the level of dosha, samprapti and lakshanas.

**KEYWORDS**

Apasmara, Epilepsy, Rasaushadhi, Bhasmas
INTRODUCTION

Apasmara is a manovikara known to mankind since the time of Acharya Charaka. In this disease remembrance and knowledge of nature of things are lost, so it is called Apasmara. Apasmara is defined as apagama of Smriti (memory) with Bibhatsachesta (loathsome activity) due to derangement of Dhi and Satva. Apasmara is the transient appearance of unconsciousness associated with loathsome activities due to perversion of memory, intellect and other psychic faculties. Because of the etiological factors, vitiation of sharirika doshas along with manasika doshas – rajas and tamas occurs and get accumulated in Hrudaya. This accumulation blocks the sanjnavahasrotas and leads to damage of memory and intellect and finally manifests as Apasmara.

Prodromal symptoms include palpitation, emptiness, perspiration, worry, fainting, delusion, hallucination and loss of sleep. General symptoms of Apasmara includes sudden feeling of giddiness or fainting, feeling of entering into darkness, rotation of eyeballs, convulsions in limbs and falling down unconsciousness with stretched limbs. It is also associated with tongue bite, keeping the eyes wide open or fixed gazing and frothing from mouth. On the basis of doshic involvement and symptomatology it is of four types namely Vataja, Pittaja, Kapha and Sannipataja. Apasmara can be correlated to Epilepsy; it is a paroxysmal discharge of cerebral neurons sufficient to cause clinically detectable events that are apparent either to the subject or the observer. A seizure is due to abnormal, excessive, hyper synchronous discharges from an aggregate of Central Nervous System (CNS) neurons. Epilepsy describes a condition in which a person has recurrent seizures due to chronic underlying process. Prevalence of Epilepsy in European countries is about 0.5% while in developing countries it is up to five times higher than developed countries.

Management of Apasmara

Ayurveda has described the following line of management for Apasmara namely the nidana parivarjana (removal of etiological factors), samshodhana (purification procedures), bahiparimarjana (external applications), samshamanana (palliative therapy), vegakaalina (treatment during attack of seizure), rasayana (rejuvenation therapy) and satvavajaya (Psychotherapy). The samshodhana chikitsa includes oral use of different single and compound Herbo-mineral formulation for the management of the disease.

In the treatment of Apasmara there is vegakaalina and vegantarakaalina chikitsa. Vegakaalina chikitsa includes Anjana
(collyrium), Nasya (nasal therapy), Dhupana (fumigation) and Siravyadha (bloodletting). Vegantarakaalina chikitsa includes rasa yogas like Smitisagara rasa, Manasmitra vati, Chaturbhuj rasa, etc.

**Anjana Yogas**

1) **SanjnaprabodhaVarti**: Shuddha Sphatika(Potashalum), Shudha Tuttha(Blue vitriol), Marichat(Piper nigrum), Nimbu beeja(seeds of Citrus limon)

2) **Unmadabanjani rasa**: Shuddha Manahshila(Realgar), Saindhava lavana (Rock salt), Vacha(Acoruscalamus), Hingu(Ferulafoetida), Shunti(Zingiber officinale), Maricha(Piper nigrum), Pippali(Piper longum) and triturated with Gomutra(Cow’s urine).

**Nasya Yoga:**

Swasakutara rasa: Shuddha Parada(Mercury), Shuddha Gandhaka(Sulphur), Shuddha Tankana(Borax), Manahshila(Realgar), Vatsanabha(Aconitumferox), Vatsanabha(Aconitumferox), Vatsanabha(Aconitumferox).

**Table 1** Bhasmas indicated in Apasmara

<table>
<thead>
<tr>
<th>Bhasma</th>
<th>Dose</th>
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<tbody>
<tr>
<td>Swarna Bhasma</td>
<td>15-60 mg</td>
</tr>
<tr>
<td>Rajata Bhasma</td>
<td>15-60 mg</td>
</tr>
<tr>
<td>Haratala Bhasma</td>
<td>125-250 mg</td>
</tr>
<tr>
<td>SwarnaMakshika Bhasma</td>
<td>125-250 mg</td>
</tr>
<tr>
<td>Kousheyashma Bhasma</td>
<td>125-250 mg</td>
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**Table 2** Rasa Yogas

<table>
<thead>
<tr>
<th>Yoga</th>
<th>Ingredients</th>
<th>Dose</th>
<th>Anupana</th>
</tr>
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<tbody>
<tr>
<td>Smitisagara rasa</td>
<td>Shuddha Parada, Shuddha Gandhaka Haratala, Shuddha Manahshila, Tamra bhasma</td>
<td>125-250 mg</td>
<td>Ghrita (ghee), Ksheera (milk)</td>
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<tr>
<td></td>
<td>(Ash of Copper), Tamra bhasma (Ash of Copper), Kalaloha bhasma (Ash of Copper), Rajata bhasma (Ash of Silver), Bala(Sida cordifolia)</td>
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<td></td>
<td>, Nagabalat(Grewia hirsuita), Shankapushpi(Convolvulus pluricaulis), Vachat(Acoruscalamus),</td>
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<td></td>
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<tr>
<td></td>
<td>Bhrahmi(Bacopa monneri) Swarasa (juice) – 1 Bhavana with Jyothishmathi(Celastrus paniculatus) taila</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manasmitravati</td>
<td>Swarna bhasma (Ash of Gold), Tamra bhasma (Ash of Copper), Mukta bhasma (Ash of Pearl), Kalaloha bhasma (Ash of Iron), Rajata bhasma (Ash of Silver), Bala(Sida cordifolia)</td>
<td>125-250 mg</td>
<td>Ksheera (milk)</td>
</tr>
<tr>
<td></td>
<td>, Nagabalat(Grewia hirsuita), Shankapushpi(Convolvulus pluricaulis), Vachat(Acoruscalamus),</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Chaturbhujra rasa</td>
<td>Rasasindura, Swarna bhasma(Ash of Gold), Manahshila (Realgar), Haratala (Orpiment), Kasturi (Deer Musk), Kumari(Aloe vera)</td>
<td>125mg</td>
<td>Ardaka swarasa (juice of Zingiber officinale), Madhu (Honey)</td>
</tr>
<tr>
<td></td>
<td>swarasa for Bhavana (trituration)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indrabhramhavati</td>
<td>Rasasindura, Abhraka bhasma (Ash of Mica), Tikshnaloha bhasma (Ash of Iron), Rajata bhasma</td>
<td>250 mg</td>
<td>Madhu (Honey),</td>
</tr>
</tbody>
</table>
(Ash of Silver), Shuddha Gandhaka (Sulphur), Swarnamakshika bhasma (Ash of Copper pyrite), Shuddha Vatsanabha (Aconitum ferox), Nagakesara (Mesua ferrea) bhavana with Shushkheera (Euphorbia ligularia), Chitrakamula (Plumbago zeylanica) kwatha, Erandapatra (Ricinus communis) rasa, Vacht (Acorus calamus) kwatha, Nirgundi (Vitex negundo) swarasa

Ardaaka swarasa (juice of Zingiber officinale)

Bhutabairava rasa31
Rasasindura, Tamrabhasma (Ash of Copper), Lohabhasma (Ash of Iron), Shuddha Manashila (Realgar), Shuddha Gandhaka (Sulphur), Shuddha Haratala (Orpiment), Rasanjana (Extract of Barberis aristata) with Nara mutra (Human’s urine)

625 mg Madhu (Honey)

Chaturmukha rasa32
Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Loha (Iron), Abhraka (Mica) and Hemabhasma (Ash of Gold), Ghritakumari pulp (Aloe vera), Erandapatra (Ricinus communis)

625 mg Madhu (Honey) and Triphala churna

Apasmaranashana rasa33
Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Manahshila (Realgar), Shuddha Tuttha (Blue vitriol), Kanthalohabhasma (Iron), Swarnabhasma (Gold), Haridra (Curcuma longa) churna, Jyotishmati beeja (Celastrus paniculatus) churna

375 mg Chagamutra (Goat’s urine)

Navangavatika34
Swarnabhasma (Gold), Rajatabhasma (Silver), Tamrabhasma (Copper), Nagabhasma (Lead), Abhrakabhasma (Ash of Mica), Rasanjana (Extract of Barberis aristata) with Nara mutra (Human’s urine)

125 mg Madhu (Honey), Trikatu or Vacha churna (powder of Acorus calamus)

Unmadabhanjana rasa35
Shuddha Abhraka (Ash of Mica), Pravala (Ash of Coral), Rupya (Ash of Silver) and Vanga (Ash of Tin) bhasmas, Shank (Zingiber officinale), Maricha (Piper nigrum), Pippali (Piper longum), Ambakshi (Emblica officinalis), Vibhitaki (Terminalia belerica), Haritaki (Terminalia chebula), Devadaru (Cedrus deodara), Vidanga (Emblica ribes), Katuki (Picrorhiza scrophulariiflora), Kantakari (Solanum surattense), Yastimadhu (Glycyrrhiza glabra), Indrayava (Holarrhena pubescens), Chitrakamula (Plumbago indica), Balamula (Sida cordifolia), Sigrubeeja (Moringa oleifera), Trivrit (Operculina turpethum)

375 mg Adjuvant as per the requirement

Sutabhasmaprayoga36
Paradabhasma (Ash of Mercury), Shankapushpi (Convolvulus pluricaulis), Vacht (Acorus calamus), Bhranhi (Bacopa monneri)

250 mg Madhu (Honey)

Vatakulantaka rasa37
Kasturi (Deer musk), Shuddha Manashila (Realgar), Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Nagakesara (Mesua ferrea), Jatiphal (Myristica fragrans), Lavanga (Syzygium aromaticum)

250 mg Madhu (Honey)

Apasmarari rasa38
Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Tuttha (Blue vitriol)

125 mg Ghrita (Ghee), Yusha

Unmadagajakesari rasa39
Shuddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Shuddha Manahshila (Realgar),

125 mg Ghrita (Ghee)
Dhaturabeeja (Datura stramonium), Bhrahmi (Bacopa monnieri) swaras (juice)

<table>
<thead>
<tr>
<th>Dhaturabeeja</th>
<th>Datura stramonium</th>
<th>Bhrahmi</th>
<th>Bacopa monnieri</th>
<th>1-2 g</th>
<th>Ghrita</th>
<th>Ghee</th>
</tr>
</thead>
</table>

**Trikatrayadyaloham**

<table>
<thead>
<tr>
<th>Lohabhasma (Ash of Iron), Amalaki (Emblica officinalis), Pippali (Piper longum), Chitrakamula (Plumbago indica), Jeevaniyagana dravyas</th>
</tr>
</thead>
</table>

**Chandabhairava rasa**

<table>
<thead>
<tr>
<th>Rasasindura, Shuddha Manashila (Realgar), Shuddha Haratala (Orpiment), Shuddha Gandhaka (Sulphur), Tamrabhasma (Ash of Copper), Lohabhasma (Ash of Iron), Rasanjana (Extract of Barberis aristata)- trituration with Gomutra (Cow’s urine)</th>
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<tr>
<td>625 mg Madhu (Honey)</td>
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**Anandabhairava rasa**

<table>
<thead>
<tr>
<th>Shuddha Hingula (Cinnabar), Shuddha Tankana (Borax), Shuddha Gandhaka (Sulphur), Shunti (Zingiber officinale), Maricha (Piper nigrum), Pippali (Piper longum), Visha (Aconitum ferox)</th>
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**DISCUSSION**

Apasmara is a shareeramano adhistitha (disease of pshyco somatic) manasaroga and has episodic manifestation as its salient feature. Based on this feature it can be correlated to Epilepsy, as same episodic seizures are seen.

Although much herbal yogas have been mentioned for the chikitsa (treatment) of Apasmara, Rasaoushadhis play a major part because of Alpamaatropayogitva (requirement of very small dose), kshipramarogyadhayitva (instant effectiveness) and Yogavahi (synergistic) property.

Treatment of Apasmara includes vegakalina and vegantarakalina approach. In vegakalina, the patient loses consciousness, and hence to regain consciousness; anjana (collyrium) and nasya (nasal therapy) are helpful. The rasa dravya present in these yogas will enter into minute channels of brain and helps in regaining conscious.

Bhasmas like Swarnabhasma (Ash of Gold), Rajatabhasma (Ash of Silver), Swarnamakshikabhasma (Ash of Copper pyrite), Haratalabhasma (Ash of Orpiment) and Kousheyashmabhasma (Ash of Asbestos) are specially indicated in Apasmara as they act on sanjavahasrotas. Parada (Mercury), Gandhaka (Sulphur), Swarna (Gold), Swarnamakshika (Copper pyrite), Haratala (Orpiment), Kousheyashma (Asbestos), Abhraka (Mica), Tamra (Copper), Loha (Iron), Manashila (Realgar) are the major mineral drugs that have action on Apasmara. Most of the yogas which are mentioned above contain these metals and minerals as major ingredients.

The metals and minerals present in these yogas possess Madhura (sweet), Tikta (bitter) and Kashaya (astringent) Rasa
(taste), *Snigdha* (unctuous) and *Laghu* (light) *Guna*, *Sheeta* (cold potency) *Virya*, *Madhura* (sweet) and *Katu* (pungent) *Vipaka*. Almost all ingredients are *Tridoshahara* and exhibits *Karma* like *Medya* (increases memory), *Rasayana* (rejuvenative) and *Balya* (strengthening) that help in the management of the disease.

**CONCLUSION**

*Apasmara* is a known disorder since ancient times and *Ayurveda* gives a detailed description including etiology, pathogenesis and management. For the management of *Apasmara* many herbal and herbo-mineral formulations in different dosage forms are enlisted in *Ayurveda* texts. Among all the dosage forms, *Rasaushadhis* have an upper hand due to its quicker action and less dosage. By use of these drugs as a single drug or in combinations one can not only control but also manage the disease well.
REFERENCES