

Book Review

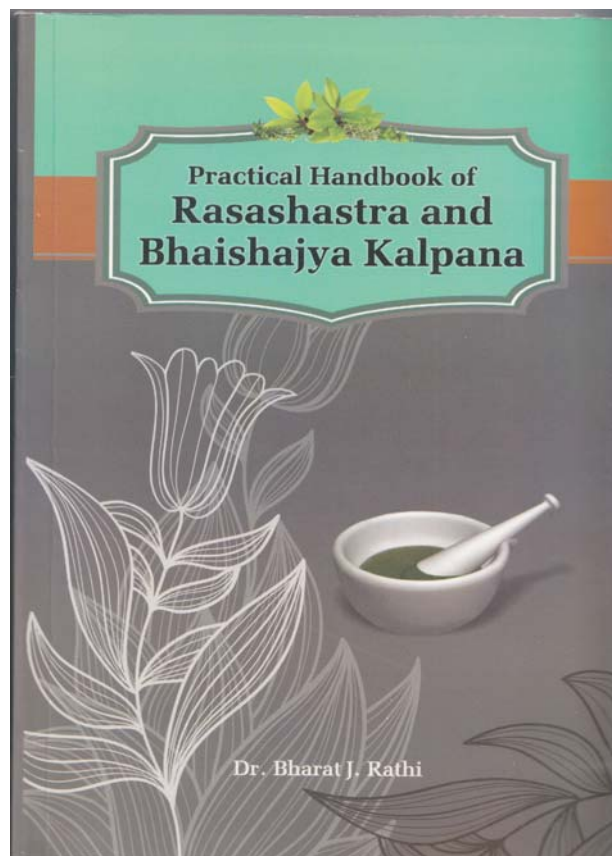
Practical Handbook of Rasashastra and Bhaishajya Kalpana

ISBN: 978-81608-10-4

Bharat J. Rathi

Ayurveda, the science of life is having many branches to serve the humanity. Treatment to the diseased person depends upon Chikitsa chatushpada i.e. Bhishak (Physician), Dravya (Drug), Upasthata (Author) and Rogi (Patient). Medicine is a tool by which diseases are eradicated. Genuine and standard medicines can only serve this purpose. Training in drug manufacturing is imparted to BAMS curriculum during their study period to make them confident in drug manufacturing, so that they may successfully treat their patients with genuine and standard medicines. Students learn a total 100 practicals in their tenure by conventional methods. These include various processes such as washing, pounding, grinding, squeezing, powdering, heating, melting, boiling, dehydrating, filtering, lavigation, puta, sublimation, distillation to convert the drug into suitable forms. Practical knowledge also includes the material identification, collection, preservation, storage, processing, physico-chemical characterization, quality assessment, safety & efficacy evaluation, dose determination, new drug developments, packing, dispensing, and even to evaluate therapeutic uses. Thus it is a complete science and skillful area of drug manufacturing.

The book "Practical handbook of Rasashastra & Bhaishajya Kalpana" written by Dr. Bharat Rathi read by me recently and found that it is very useful to the students for learning and performing the practicals in the subject of Rasashastra & Bhaishajya Kalpana. The salient features of the book can be highlighted as-



- The book is written in a simple and lucid manner explaining each preparation step by step.
- Reference is given for each practical
- Observations are given to understand the organoleptic characters of each formulation
- Additional examples are enlisted with their reference, dose and therapeutic uses.
- MCQ's given in annexure will be helpful to the students preparing for competitive exams.

The book covers almost C.C.I.M. new practical syllabus of Rasashastra & Bhaishajya Kalpana except a very few omission. This book will be of great help not only to the 2nd year BAMS students but also to researchers, teachers, practicing physicians and the people interested in Ayurveda. I appreciate the author's efforts for this valuable work

Review by: **Anil Kumar A.** (Author of Selected Ayurvedic Formulation) Professor, Head, Dept. of Rasashastra & Bhaishajya Kalpana, Dr.BRKR Govt. Ayurvedic College, Hyderabad -38, (AP) dr.anilkumardg@gmail.com