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Conceptual Study of Kasisa Bhasma and its Importance in Ayurveda

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Abstract: *Ayurveda* has been the greatest emphasis to comprehensive knowledge of drugs including identification, procurement, processing preservation, dispensing of prepared drugs under a board heading known as *Rasashastra* and *Bhaishjaya Kalpana*. *Rasashastra* is the unique branch of *Ayurveda*, which deals with drugs of mineral and Herbo-Mineral origin, their varieties, characteristics, processing techniques, properties and them therapeutic uses. The origin of *Rasmushadhi's* is from *Parthiva Dravyas,* as the *Dravya* can be classified as *Parthivi audhbhida* and *Jangama*. Use of metals and minerals for therapeutic purpose was prevalent even in pre historic period but to a very limited extent. Their frequent use in therapeutics has started only after the development of *Rasashastra* as an independent branch of medicine. *Kasisa* is used in various preparation such *Rajpravartini vati, Hingwadi taila, Jatyadi Ghruta, Bruhata Chintamani Rasa*. In modern science *Kasisa* is Ferrous Sulphate [$FeSO_4$,$7H_2O$] and also known as Green Vitriol, Copper as a melantrite mineral

Keywords: Review, *Kasisa Bhasma,* Ferrous Sulphate

I. INTRODUCTION

In *Ayurveda* now a days *Rasashastra* and *Bhaishajaya kalpana* is known for the Herbo-mineral preparation. These preparations are unique in nature[1]. *Rasashastra* deals with mostly *Khanija dravyas* i.e Metals and Minerals and *Bhaishjaya kalpana* deals with mostly Herbal of
medicinal plant. Among this *Kasisa* is a *Uparasa* and it was known to India long back[2].
Kasisa has been a part of Indian medicine since ancient times. in *Charak Samhita,* many diseases which can be treated by *Kasisa* have been mentioned. since, those times, we can find number of formulations of *Kasisa Bhasma* in the *ayurvedic samhitas*, which are useful in the treat *Bhasmas* are prepared from purified minerals, metals and marine and animal products. Properly incinerated metals may be absorbed and assimilated by body easily. Their proper uses eradicate all types of chronic ailments and their prolonged uses in proper dose provide strength and immunity to body[3].
According to *Acharya Charaka* and *Sushruta, Kasisa* was used in several diseases as a therapeutic agent such as *Keshya, Netrya, Kandughna, Vishpranuta, Mutraashmari, Kshvitra* etc. *Kasisa* is used in various preparation such *Rajpravartini vati, Hingwadi taila, Jatyadi Ghruta, Bruhata Chintamani Rasa*. In modern science *Kasisa* is Ferrous Sulphate [FeSO4,7H2O] and also known as Green Vitriol, Copper as a melantrite mineral[4].

Concept of *Kasisa Bhasma* –
The names of *Kasisa* in different language are as follows[5];
English – Green vitriol, Ferrous sulphate
Arabi – Jaje Afsar
Germany – Schwerelsaures Fisenxyduc
French – Sulphate ferret
Latin – Ferri sulphas
Hindi & Sindhi – *Kasisa*

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Marathi & Konkani – Hira Kasa
Gujarati – Hirakasi
Bengali – Hire Kasa
Punjabi & Kashmiri – Sangai Sabja
Tamil & Kannad – Annabhedi
Parsi – Tritiyasaba
Baluchi – Ladha

Vernacular names in *Sanskrit* mentioned are as follows[6];
They can be classifying into 4 different captions which are;
1] According to Origin – *Ayogandhamla, Pansuka, Dhatu Kasisa.*
2] According to Characteristics – *Kesharam, Pushpa Kasisa, Valuka Kasisa, Hira Kasisa.*
3] According to Properties – *Danta Ranjakam, Kasisa*.
4] According to Action – *Kesharanjakam, Dhatushekharam, Kansakam, Nainausadham, Chakshukam.*

***Sanskrit* Synonyms with its meanings[7] –**
Ayogandhamla – It contains iron & sulphuric acid.
Kasisa – It increases body lustre.
Kasisahaka – It increases body luster.
Kesharam – It is water soluble.
Kesharanjakam – It is used in hair dyeing.
Kansaka – It is used in *Kaphaja Vyadhis* like *Kasa, Shosha*, etc.
Danta Ranjakam – It discolours the teeth.
Dhatu Shekharam – *Kasisa* is given first preference amongst the other preparations in the disease anaemia.
Nainausadham – It is used in eye disorders.
Panasuka – It is found in small granules. Also gained from the *Mruttika* from the mine.
Pitta Kusumam – It looks loke yellowish on earth.
Maliyasam – It is with slag in mine.
Valu Kasisa – Its colour and size found sandy.
Chakshukam – It is useful in eye disorders.
Hira Kasisa – Due to its greenish colour, it is also named '*Hira Kasisa'*.

HISTORICAL REVIEW OF *KASISA* –
***A] VEDIC KALA* –** There is no reference of *Kasisa* available in *Vedic Kala.*
B] SAMHITA KALA[8] –
1) Charaka Samhita –
There are 14 preparations of *Kasisa* are described. *Kasisa* was used externally in the form of *Lepa, Varti and Taila*.

2) Sushruta Samhita –
Kasisa has been used externally as well as internally. Approximately 15 preparations of *Kasisa* have been described.

3) Ashtanga Hridaya –
Kasisa was used externally and internally in the form of *Churna, Lepa, Pichu* and *Taila*. There was total 15 preparations of *Kasisa* available.

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Types of *Kasisa* –

In *Rasashastra, Rasa Dravyas* are classified according to their colour, size, shape and origin. So, we get types of *Kasisa* according to colour and its origin.

***1] Samhita Kala* –**

In *Charaka (Ch. Si. 6/64), Sushruta (Su. Su. 38/37)* and *Vagbhatta* it is clearly mentioned that *Kasisa* is of two types i.e., *Kasisa* and *Pushpa Kasisa.*

***2] Rasa Kala* –**

Rasa Granthas like *Rasa Tarangini (R. T. 21/228)* mentioned two types of *Kasisa* i.e., *Kasisa* and *Pushpa Kasis.* In *Rasa Ratna Samuchchaya (R.R.S. 3/52) Valu Kasisa* and *Pushpa Kasisa* are named as two types.

***Shodhana* of *Kasisa* –**

Various references are found regarding the *Shodhana* of *Kasisa* in different *Rasagranthas* as below -

***A] Rasa Ratnasamucchaya* –**

Samuchchaya kara has explained that *Kasisa* gets purified when it comes in contact with *Bhringraja Swarasa, Pitta* or *Striraja*. In the present quote. *Klinnam* word is used which means mixed in such a proportion that the solid is soaked very well in order to maintain their prolong contact.

***B] Rasayana Sara* –**

In this *Granthas*, stated that, there are three varieties of *Kasisa* and it can be purified by *Mardana* in *Nimbu Swarasa* and let them dry in *Sunrays*.

***C] Rasendra Chintamani* –**

Acharya Dundhuknath has mentioned in his *Granthas* that *Kasisa* is purified by *Swedana* (heating) in *Bhringraja Swarasa* in *Dolayantra* for one day.

***Rasapanchaka* of *Kasisa*[9] –**

***Rasa* –** *Kshara, Amla, Kashaya, Tikta, Tuvara*
***Guna* –** *Ushna, Snigdha*
***Virya* –** *Ushna*
***Vipaka* –** *Katu*
Karma* –Rakta Sanjanana, Raja Pravartaka, Kesharanjana, Ama samshoshana, Balya Sankochaka, Shvitraghna, Netrya, Vishaghna, Vatamayahara, Kacha Ranjana.*

***Kasisa Marana* –**

In *Rasa Grantha* 17 methods of *Kasisa Marana* are described.

***A] Rasayana Sara* –**

Rasayana sara kara has stated the process of *Marana* for *Shuddha Kasisa* that, *Shuddha Parad* (mercury), *Shuddha Gandhak* and *Shuddha Kasisa* should be taken in equal quantity and prepare *kajjali* of that and then fill it in the glass bottle and kept that bottle in *Valukayantra* for *Marana* process. *Kasisa Bhasma* will set in the base of that bottle. Or else they mentioned that *Kasisa Bhasma* can be prepared if *Kasisa* mixed with equal part of *Shuddha Gandhak* and undergone three *Putas*.

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B] Rasaratna Samucchaya – *Rasaratna Samuchchaya kara* has stated that *Kasisa* should be mixed with *Shuddha Gandhaka* and subjected for the *Marana*.

Dose of *Kasisa Bhasma* –

65 mg – 250 mg = *Rasatarangini*

125 mg – 250 mg = *Rasamrita, Dravya Guna Vigyana*

125 mg – 375 mg = *Rasatantra Sara Anupana*

II. DISCUSSION & CONCLUSION

Shodhana is the basic prerequisite procedure in the preparation of *Rasoushadhis*. The concept of *Samanya* and *Vishesha Shodhana* are mentioned in recent texts of *Rasashastra*. Whether all lohas need to be subjected for either/both of *Samanya* and/or *vishesha Shodhana* is not clearly known. The knowledge of Indians regarding *Kasisa* is from ancient times. In *Charaka Samhita,* they had mentioned many diseases which can be treated by *Kasisa*. Since those times, we can find number of formulations of *Kasisa* in the *Ayurvedic Samhitas*, which are useful in the treatment of many diseases like *Vrana, Shwitra Kushtha, Pandu,* etc. *Kasisa* is easily available drug and can easily prepare with a smaller number of *Putas*. It is widely useful in the treatment part.

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