

**A REVIEW ARTICLE ON THE SIGNIFICANCE OF AYURVEDIC  
RASASHASTRA AND BHAISHAJYA KALPANA WITH SPECIAL  
REFERENCE TO IMMUNITY****\*<sup>1</sup>Dr. Mani, <sup>2</sup>DR. Sharyu Bisan, <sup>3</sup>DR. Kavita Ambe**<sup>1</sup>(H.O.D.& Professor. Dep. of Rachana Sharir)<sup>2</sup>(Assistant Professor Dep.of Rasashastra & Bhaishajya Kalpna)<sup>3</sup>(Assistant Professor Dep.of Samhita Siddhanta)

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DOI: <https://doi-doi.org/101555/ijarp.6791>**ABSTRACT**

*Rasashastra* and *Bhaishajya Kalpana* constitute essential branches of *Ayurveda* that deal with the preparation, processing, and therapeutic application of drugs derived from metals, minerals, and herbal sources. These formulations play a pivotal role in enhancing immunity (*Vyadhikshamatva*), promoting tissue nourishment (*Dhatu Poshana*), and improving overall health. The classical pharmaceutical processes such as *Shodhana* (purification), *Marana* (incineration), and *Putapaka* are employed to convert raw substances into bioavailable and therapeutically potent forms. Ayurvedic principles emphasize the role of *Agni* (digestive fire), *Ojas* (vital essence), and proper nutrition in maintaining immune strength. *Rasadravyas* act at the cellular level by improving metabolism, microcirculation, and micronutrient availability. Various dosage forms such as *Kwatha*, *Vati*, *Arishta*, and *Rasayana* preparations contribute to immunomodulation. This review highlights the significance of *Rasashastra* and *Bhaishajya Kalpana* in immunity enhancement and disease prevention.

**KEYWORDS:** *Rasashastra*, *Bhaishajya Kalpana*, Immunity, *Ojas*, *Rasayana*, *Agni*, *Ayurveda*

## INTRODUCTION

Ayurveda, the ancient system of medicine, considers that every substance in the universe possesses therapeutic potential when used appropriately. *Rasashastra*, a specialized branch of Ayurveda, primarily deals with the pharmaceutical processing of metals and minerals, transforming them into safe and effective medicinal formulations. *Bhaishajya Kalpana*, on the other hand, focuses on the preparation of various dosage forms for clinical application.

The term “*Rasa*” commonly refers to mercury (*Parada*), which is considered a potent therapeutic agent when processed correctly. Historically, *Rasashastra* developed through contributions from ancient scholars who explored the medicinal value of metals and minerals. These substances, after undergoing specific purification and incineration processes, become biologically assimilable.

Immunity in *Ayurveda* is described as *Vyadhikshamatva*, which is closely linked with *Ojas*, the essence of all seven Dhatus. Strong *Ojas* ensures resistance against diseases and maintains physiological balance. *Rasayana* therapy, an important aspect of *Ayurveda*, aims at enhancing *Ojas*, improving longevity, and strengthening immunity.

Modern perspectives correlate these concepts with immune modulation, antioxidant activity, and metabolic regulation. Thus, *Rasashastra* formulations offer a unique integrative approach toward preventive and therapeutic healthcare.

## AIMS AND OBJECTIVES

- To review the classical concepts of *Rasashastra and Bhaishajya Kalpana*
- To evaluate their role in enhancing immunity
- To analyze various Ayurvedic dosage forms and their therapeutic applications
- To correlate traditional knowledge with modern immunological understanding

## MATERIALS AND METHODS

This review is based on classical Ayurvedic texts, standard reference books, and contemporary interpretations of *Rasashastra and Bhaishajya Kalpana*. Information has been compiled and analyzed systematically to understand their role in immunity enhancement.

## CONCEPT OF RASASHASTRA

*Rasashastra* is the science dealing with metals, minerals, and their pharmaceutical processing. It involves several processes:

### **1. Shodhana (Purification)**

Removes impurities and detoxifies substances to make them suitable for therapeutic use.

### **2. Marana (Incineration)**

Converts metals and minerals into fine ash (Bhasma), enhancing bioavailability.

### **3. Jarana and Putapaka**

Processes that facilitate proper assimilation and therapeutic efficacy.

Properly processed *Rasadravyas* exhibit enhanced potency, reduced toxicity, and improved therapeutic action.

## **BHAISHAJYA KALPANA (AYURVEDIC PHARMACEUTICS)**

*Bhaishajya Kalpana* deals with preparation of medicines in various forms:

### **1. Kwatha (Decoction)**

Prepared by boiling herbs in water (1:16 reduced to 1/8). It ensures rapid absorption.

**2. Arishta and Asava :** Fermented formulations that improve bioavailability and shelf life.

**3. Vati (Tablets):** Convenient dosage form prepared from herbal or mineral drugs.

### **4. Taila and Ghrita**

Lipid-based preparations used for both internal and external therapies.

These formulations are designed to enhance therapeutic efficacy and patient compliance.

## **CONCEPT OF IMMUNITY IN AYURVEDA**

Immunity (*Vyadhikshamatva*) depends on:

- **Agni (Digestive Fire):** Proper digestion and metabolism
- **Dhatu Poshana:** Nourishment of body tissues
- **Ojas:** Vital essence responsible for strength and immunity

Disturbance in these factors leads to disease susceptibility.

## **ROLE OF RASASHASTRA IN IMMUNITY**

### **1. Rasayana Effect**

*Rasa* drugs act as rejuvenators, improving longevity and vitality.

### **2. Dhatu Nourishment**

They enhance tissue formation and metabolic processes.

### **3. Microcirculation Improvement**

Facilitate proper nutrient delivery at the cellular level.

#### 4. Immunomodulation

Regulate immune responses and improve resistance against infections.

#### PROPERTIES OF RASA DRUGS

- *Balya* (Strength promoting)
- *Rasayana* (Rejuvenative)
- *Vrishya* (Aphrodisiac)
- *Krimighna* (Antimicrobial)
- *Ropana* (Healing)

Mercury (*Parada*), when properly processed, is considered a potent immunomodulator balancing all three Doshas.

#### IMMUNOMODULATORY MECHANISMS

*Rasashastra* drugs influence immunity through:

- Enhancement of *Agni* leading to better metabolism
- Promotion of *Ojas* formation
- Regulation of immune cells such as lymphocytes
- Antioxidant and anti-inflammatory actions
- Detoxification (*Ama Pachana*)

#### AYURVEDIC IMMUNITY-BOOSTING FORMULATIONS

##### 1. *Kwatha* (Decoctions)

- *Ayush Kwatha*: *Tulsi, Dalchini, Sunthi, Marich*
- *Haridra Kwatha*: Anti-inflammatory and antimicrobial
- *Guduchi Kwatha*: Enhances immunity and platelet count
- *Shirishadi Kwatha*: Immunomodulatory effects
- *Vasa Kwatha*: Supports respiratory immunity

##### 2. *Vati* (Tablet Formulations)

- *Giloy Ghan Vati*: Immunomodulator
- *Sanjeevani Vati*: Enhances immune response
- *Sudarshan Vati*: Reduces infections
- *Samshamani Vati*: Improves WBC function

## DISCUSSION

*Rasashastra* provides a unique approach by integrating metals, minerals, and herbs into therapeutics. These formulations act at multiple levels, including digestion, metabolism, and cellular immunity. Unlike modern pharmaceuticals that often target specific pathways, Ayurvedic formulations offer a holistic approach by improving systemic balance.

The concept of *Ojas* correlates with immune competence, while *Agni* reflects metabolic efficiency. *Rasayana* drugs enhance both, resulting in improved disease resistance. Contemporary research supports the antioxidant, anti-inflammatory, and immunomodulatory properties of many *Ayurvedic* drugs such as *Guduchi* and *Haridra*.

However, proper processing and standardization are essential to ensure safety and efficacy. Scientific validation and integration with modern medicine can further enhance their global acceptance.

## CONCLUSION

*Rasashastra* and *Bhaishajya Kalpana* play a crucial role in *Ayurvedic* therapeutics, particularly in enhancing immunity. Through processes like *Shodhana* and *Marana*, toxic substances are transformed into safe and effective medicines. These formulations improve *Agni*, nourish *Dhatu*s, and promote *Ojas*, thereby strengthening the immune system. *Ayurvedic* dosage forms such as *Kwatha* and *Vati* provide practical and effective means of administration. Integrating traditional knowledge with modern scientific approaches can further validate and expand their application in preventive and curative healthcare.

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