

## A review of *Rasakalpas* in the management of endometriosis

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### ABSTRACT

Recent years has shown a hike in the prevalence of endometriosis. About 25 million women are estimated to be suffering from endometriosis in India. Endometriosis is defined as the presence of endometrium in an abnormal of ectopic location. In Ayurveda there is no direct correlation of the disease as such. Only symptomatic correlation can be done from different description of *yonirogas* and the most appropriate being, *Vatiki*. A wide range of formulations are available in classics where many effective *rasa oushadhies* are also included. *Rasa oushadhies*, containing formulations can produce improved outcomes for the symptomatic therapy of endometriosis. In this article, an attempt has been made to compile the *Rasa Oushadhies* which can be used in endometriosis in respect to their metallic and mineral content. Total 28 formulations are selected for review, based on various symptoms presented in endometriosis. Indications mostly include *Pradara*, *Raktapitha* and *Yonisoala*. Many of the formulations having generalised gynecological indications has been excluded. Also

*padabheda* of the formulations was not considered. Analysing the *yogas*, 13 out of 28 *yogas* containing *Abhraka*, *Gandhaka*, *Parada* as the main ingredient. Even though *rasa* drugs has got immense potential in treating disease, selection of good quality mineral, its proper *sodhana* and *bhasmikiranana* should be taken care of. So this review gives scope in exploring these drugs.

Key words: Endometriosis, *Rasa oushadhies*, *Ayurveda*, *yoniroga*, *Vatiki*, *Parada*

### INTRODUCTION

Endometriosis is a multifactorial complex disorder that affects women globally. Endometriosis is defined as the presence of endometrium in an abnormal of ectopic location. Histologically, it is the presence of endometrial like tissue or glands outside the uterine cavity. More than one million cases are reported in India per year. Lifestyle modifications, stress, unhealthy food habits have also contributed to the hike in prevalence. Estimates indicates that up to 10% of women in the reproductive age may have endometriosis <sup>[1]</sup>. Endometriosis is an

inflammatory, oestrogen dependent condition associated with pelvic pain and infertility, thus affecting the quality of life. The most common symptom for women who have endometriosis is pelvic pain, but many women with endometriosis may not have this complaint. The pain is most often cyclic, but may also be chronic in nature. The pain usually begins just before menses and continues throughout the duration of menstrual flow. Dysmenorrhea and deep dyspareunia are the most common pain complaints with 80% and 30% prevalence respectively [2-4]. Dysuria, dyschezia, and intermenstrual pelvic pain are less common and are associated with bladder or bowel lesions<sup>[5]</sup>. The next most common symptom is infertility. Women with moderate and severe endometriosis, particularly those in which the ovaries and oviducts are involved with adhesive disease, have decreased fertility rates.

In Ayurveda, detailed description about the gynaecological disorders has been explained under *Vimsathi yonivyapath*<sup>[6]</sup>. There is no direct correlation of the disease as such. Only symptomatic correlation can be done from different description of *yonirogas* and the most appropriate being, *Vatiki*. Symptoms like pricking pain in the *Yoni*, stiffness, sensation of creeping of ants, roughness, numbness, fatigue, lethargy and other generalised symptoms associated with painful menstruation along with sound, froathyness or vaginal flatus, thin and dry or scanty bleeding which have been explained for *Vatala* or *Vatikiyoni vyapat* can be equated with endometriosis associated with laxity of perineum<sup>[7]</sup>. To explain dyspareunia in endometriosis, one has to consider *Paripluta Yonivyapat* along with *Vatala*. According to the classics, *Paripluta* is the condition where yoni gets swollen with pain, tenderness associated with bluish or yellowish menstrual discharge, severe pain during coitus etc. If menorrhagia is the

presenting symptom, one has to consider *Vataja Pradara* to explain the same.

*Rasa* and *raktha dhatus* favours vascular and lymphatic spread and development of endometriosis in extra pelvic sites which can be correlated to the features of *Asrugdara* (menorrhagia or polymenorrhoea). On considering the involvement of all the three doshas, progressive, ongoing, long standing nature and complications, medical prognosis become *krichrasadhya*, *yapya* or *asadhya*. Prolonged oral route administration of Ayurvedic medications are effective in both pelvic and extrapelvic endometriosis in early stage.

Table1: *Yonivyapat* and corresponding symptoms with respect to endometriosis

DISEASE	SYMPTOMS
<i>Vatiki</i>	<i>Ruk toda ayasa suphata</i>
<i>Paripluta</i>	<i>Gramyagharna ruja brishm</i>
<i>Antarmukhi</i>	<i>Sasthi mamsam mukham teevrarujam</i>
<i>Asrgdhara</i>	<i>Raja pradeeryathe yasmath</i>
<i>Vandhya</i>	<i>Garbha na grahnadi</i>
<i>Rakthayoni</i>	<i>Asrk athisruthy</i>
<i>Udavartini</i>	<i>Raja krchrena munchathi</i>
<i>Raktha vidrathi</i>	<i>Dahajwarahara ghora</i>
<i>Vipluta</i>	<i>Nithya Vedana</i>

Treatment of pelvic endometriosis includes expectant management that is observation only, medical therapy, surgery (conservative and definitive) and combined therapy (medical and surgical). Ayurvedic approach includes *Samana* and *Sodhana Chikitsa*. If the dosha accumulation is mild, *samana chikitsa*

may be effective. This will also reduce the severity of the symptoms. A combination of *snehana*, *swedana* in the form of *avagahaswedana*, and *sodhana* using *virechana* and *vasthi* will be more effective.

*Rasaushadhies* held a prominent position in Ayurvedic therapies. These medications have been in use for a long time and are recognized as safe, which is the best evidence of their non-toxic positive effects. *Rasaushadhies* can be formulated from metals, minerals, metallo-minerals, and herbs. *Rasaushadhies* are touted as being a boon to traditional pharmaceutical sciences since they have fast action, require a less dose, are palatable, and have a long shelf life. Therefore, in this article, an attempt has been made to compile the *Rasaushadhies* that can be used in endometriosis with respect to their metallic and mineral content.

Table 2.

Sl. No.	Yoga	Dose	Bhavana Dravya	Anupana	Indication
1	<i>Pushyanuga churna</i>	<i>2masha</i>	–	<i>Tandulambu madhu</i>	<i>Yonidosham, Rajodosham, Rakthapradaram</i>
2	<i>Pratarari ras</i>	<i>Chana pramana</i>	–	<i>Ashoka kwatha</i>	<i>Raktha pradara, Raktha srava</i>
3	<i>Shilajatu vatika</i>		–	<i>Dadima swaras, paya</i>	
4	<i>Sarvanga Sundara ras</i>	<i>2 ratti</i>	<i>Jala</i>	–	<i>Pradara</i>
5	<i>Bola parpati</i>	<i>1-2 ratti</i>	–	<i>Sita, madhu</i>	<i>Pradara, yonirava</i>
6	<i>Pratarari loha</i>	<i>2 masha</i>	–	–	<i>Pradara</i>
7	<i>Pratarant aka loha</i>	<i>4 ratti</i>	–	<i>Sarkara, madhu, ghrta</i>	<i>Pradara</i>
8	<i>Kanta bhasma</i>		–		<i>Sula</i>
9	<i>Kanmada basma</i>	<i>2-8 ratti</i>	–	–	<i>Yoni Amaya, Shula</i>

## MATERIALS AND METHODS

We carried out thorough, comprehensive study of literature using internet database, including pubmed, scopus and google scholar. All feasible publications that described endometriosis, *yonivyapat*, dysmenorrhoea were obtained. The keywords endometriosis, *yonivyapt*, *vatiki*, *rasa oushadies* were used during research. Various classics of Rasashastra like *Rasayoga sagara*<sup>[8]</sup>, *Bhaishajya ratnavali*<sup>[9]</sup>, *Barata Bhaishajya ratnakara*, *Rasaratna samuchya*, *Rasa Tarangani* were searched.

## OBSERVATIONS AND RESULTS

Formulations that can be used in the symptomatic treatment of endometriosis were compiled and analysed for the contents of *rasa oushadhies*. The observations and results were tabulated



10	<i>Jaharmohar pishti</i>	2-8 ratti	–	<i>Madhu, dugdha, ketaki rasa</i>	–
11	<i>Garbhachintamani ras</i>	2 gunja	<i>Brahmi, Vacha, bringaraj, parpata, dashamula swaras or kwath</i>	–	<i>Pradara, sutika Amaya</i>
12	<i>Bolabadha ras</i>	1 gunja	<i>Kathakakwatha</i>	<i>Sita, madhu</i>	<i>Asrkdhara</i>
13	<i>Hirakarasayana</i>	1 ratti	<i>Ajadugdha, gorakhmundi</i>	–	<i>Yonivyapat</i>
14	<i>Trailokyatilaka ras</i>		<i>Nimbu rasa</i>	–	<i>Rakthagulma, Rajashula</i>
15	<i>Panchabhadra ras</i>		<i>Bringadwaya vari</i>	<i>Madhu, sarpi</i>	<i>Pradara</i>
16	<i>Pushpadhanwa ras</i>	Valla matra	<i>Godugdha</i>	<i>Sarpi, sarkara</i>	<i>Yonishula</i>
17	<i>Sinduradivati</i>	1 gunja	<i>Kanyarasa</i>	–	<i>Asrkdhara, Asthi pradara</i>
18	<i>Chintamani ras</i>	1 ratti	–	–	<i>Pradara, somaroga</i>
19	<i>Abhrakayoga</i>	1 karsha	–	<i>Madhu, sita</i>	<i>Pradara</i>
20	<i>Panchamruta ras</i>	2 masha	<i>Nagavallirasa, makshika</i>	<i>Ushna godugdha</i>	<i>Vandhya, Shanda</i>
21	<i>Pravala bhasma</i>	1-2 ratti	<i>Kumari swarasa</i>	<i>Madhu</i>	<i>Raktha pitha</i>
22	<i>Pradararipu rasa</i>	2 valla	–	<i>Madhu</i>	<i>Pradara</i>
23	<i>Pugapaga</i>	2 tola	–	<i>dugdha</i>	<i>Pithasra, Pradara</i>
24	<i>Ratnaprabha vati</i>	1 ratti	<i>Karpoora salila, Jayanti swarasa</i>	<i>Balaambu, Ushnapayas, bringaraj swarasa</i>	<i>Sarvastrirogahantri</i>
25	<i>Pradarantaka ras</i>	1-2 ratti	<i>Ghrta kumari</i>	–	<i>Pradara</i>
26	<i>Chandrabhavatika</i>		–	–	<i>Vrishya, Andavridhi, Artava ruja</i>
27	<i>Rajapravartini vati</i>	Chanaka	<i>Kumari swarasa</i>	–	<i>Rajorodham, Kashtaraja</i>
28	<i>Chandrakala ras</i>	Chanaka	<i>Musta kwatha, Dadima kwatha,</i>	–	<i>Streenam raktam mahasravam, Urdhwa adho raktapitta</i>

			<i>Durva swarasa etc</i>		
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**Table 3 :RASOUSHADHIS WITH ITS METALLIC OR MINERAL CONTENT**

Sl. No.	YOGA	RASA
1	<i>Pushyanuga churna</i>	<i>Swarnagairika</i>
2	<i>Pradarari ras</i>	<i>Vanga, Loha, Naga, Rasa sindoora</i>
3	<i>Shilajatu vatika</i>	<i>Suta, Gandhak, Silajatu</i>
4	<i>Sarvangasundara ras</i>	<i>Abhraka, tankana</i>
5	<i>Bola parpati</i>	<i>Gandhaka, Parada</i>
6	<i>Pradarari loha</i>	<i>Loha, Abhraka</i>
7	<i>Pradarantaka loha</i>	<i>Loha, tamra, haratala, vanga, abhraka, varatika, sankh</i>
8	<i>Kanta basma</i>	<i>Kanta loha</i>
9	<i>Kanmada basma</i>	<i>Silajatu</i>
10	<i>Jaharamohar pishti</i>	<i>Nagapashana</i>
11	<i>Garbha chintamani</i>	<i>Parada, gandhaka, Swarna, loha, rajata, swarnamsakhika, haratala, Abhraka</i>
12	<i>Bola badha ras</i>	<i>Parada, gandhaka, tankana, vanga, naga</i>
13	<i>Hiraka rasayana</i>	<i>Vajra, tarkshya, manikya, pushparaga, nila, vaidurya, gomedha, Chandrakanta, mani, pravala, vaikranta, swarnamakshika, roupyamakshika</i>
14	<i>Trailokya tilak ras</i>	<i>Krishnabhraka, tankan, tikshnaloha, hingula, haratala, manasila, gandhak, swarnamakshik, kajjali, vaikranta basma, rajavarta bhasma, rasa parpati</i>
15	<i>Panchabadra ras</i>	<i>Loha, Abhraka, Swarna, Rasa</i>
16	<i>Pushpadhanwa ras</i>	<i>Rasa bhasma, Gandhaka, Mukta, Swarna, Haratala, Manasila, Rajata, Abhraka, Vanga, Swarna Makshika, naga, Loha, Pravala</i>
17	<i>Sinduradi vati</i>	<i>Rasa sindoora</i>
18	<i>Abhraka yoga</i>	<i>Abhraka</i>
19	<i>Panchamruta ras</i>	<i>Loha, Abhraka, tamra, Vanga, Rasa, Naga</i>
20	<i>Pravala bhasma</i>	<i>Pravala</i>
21	<i>Pradararipu ras</i>	<i>Parada, Gandhaka, Naga</i>
22	<i>Pugapaga</i>	<i>Abhraka bhasma, Vanga</i>
23	<i>Ratnaprabha vati</i>	<i>Swarna, moukthika pishti, Abhraka, Naga, Vanga, Pithala, Makshika, Rajata, Vajra, Loha, Haratala, kharpara Bhasma</i>
24	<i>Chintamani ras</i>	<i>Ras sindur, abhraka, Loha, Swarna</i>
25	<i>Pradarantaka rasa</i>	<i>Suta, Gandhaka, vanga, roupya, kharpara, varata, loha</i>
26	<i>Chandraprabha vati</i>	<i>Loha Bhasma, Shilajathu</i>
27	<i>Rajapravarthini vati</i>	<i>Kaseesa, Tankana</i>
28	<i>Chandrakala rasa</i>	<i>Parada, Tamra, Abhraka, Gandhaka</i>

Table 4:NUMBER OF FORMULATIONS WITH RESPECT TO METALS/MINERALS

Sl. No.	Metal/mineral	No. of formulation
1	<i>Parada</i>	13
2	<i>Gandhaka</i>	13
3	<i>Abhraka</i>	13
4	<i>Loha</i>	11
5	<i>Vanga</i>	8
6	<i>Naga</i>	6
7	<i>Swarna makshika</i>	6
8	<i>Swarna</i>	5
9	<i>Haratala</i>	5
10	<i>Rajata</i>	4
11	<i>Tankana</i>	4
12	<i>Pravala</i>	3
13	<i>Tamra</i>	3
14	<i>Varatika</i>	2
15	<i>Vajra</i>	2
16	<i>Vaikranta</i>	2
17	<i>Manasila</i>	2
18	<i>Silajatu</i>	3
19	<i>Kharpara</i>	2
20	<i>Mukta</i>	2
21	<i>Gairika</i>	1
22	<i>Kantaloha</i>	1
23	<i>Nagapashana</i>	1
24	<i>Tarkshyam</i>	1
25	<i>Manikya</i>	1
26	<i>Pushparaga</i>	1
27	<i>Nila</i>	1
28	<i>Vaidoorya</i>	1
29	<i>Gomeda</i>	1
30	<i>Chandrakantha</i>	1
31	<i>Roupyamakshika</i>	1
32	<i>Tikshan loha</i>	1
33	<i>Hingula</i>	1
34	<i>Rajavarta</i>	1
35	<i>Pithala</i>	1
36	<i>Sankha</i>	1
37	<i>Kasisa</i>	1

## DISCUSSION

Endometriosis is a public health disorder, affecting women globally and its treatment is challenging. *Rasaoushadhies*

being prepared from minerals are found to be more fast acting than herbal medicines. *Rasayogasagara* and *Bhaishajya ratnavali*

were referred extensively for procuring the formulations. Total 28 formulations are selected for review, based on various symptoms presented in endometriosis . Indications mostly include *Pradara*, *Raktapitha* and *Yonisoala*. Many of the formulations having generalised gynecological indications has been excluded. Also *padabheda* of the formulations was not considered. Among these very few of the formulations are available in the market. So it is essential to explore the formulations in our classics and bring it to clinical practice. Analysing the *yogas*, 13 out of 28 *yogas* containing *Parada*, *Gandhaka*, *Abhraka* as the main ingredient. *Abhraka* is *vrishya*, has got *snigdha sita guna* and *rasayana* property<sup>[10]</sup>. *Parada* and *gandhaka* is used as *kajjali* in most of the *yogas*. *Kajjali* is *yogavahi* so potentiate the action of other contents. Its judicious use improves the virility in person and it mitigate *tridosha*. 11 formulations has *Loha* as main ingredient. *Loha* is *ruksha*, *kapha pitha samana*, *madhura vipaka*, *sita virya* and has got *lekhana* property<sup>[11]</sup>. It creates *rajorodham* which is essential in treating excess bleeding, also got *pradarashulahara* property. *Vanga* is the main ingredient in 8 of the *yogas* . It has action on *garbhashaya* and is *sweta asrgdhara nashana* *Naga* is *lekhana* and *pradarhara*. *Swarna* has *vishahara* and *vrishya* property. *Swarnamakshika* is *vrishya*, *madhura*, *yogavahi* and *rasayana*. *Rajata* is *parama lekhana*, *vrishya* and *garbhashaya vishodhana* . *Manasila* exhibits *lekhana* property. Generally members of *Sudha varga* has got *sita virya* . *Pravala* is *rakthapitha pranashana*. *Gairika* is *rakthapitha prashamana* and *asrgdhara nashana*. *Tamra* is *lekhana* and has got *shula nishoodana* property. *Tankana* is *stripushpajanana*. *Ratnas* are *vrishya*. *Vaidurya* is *Raktapitha prasamana*. *Pithala* possesses *tikta rasa* and does *lekhana karma*. *Tarkshya* is *ojovivardhana* Even though *rasa* drugs

has got immense potential in treating disease, selection of good quality mineral, its proper *sodhana* and *bhasmikiranana* should be taken care of.

## CONCLUSION

Endometriosis has substantial social, economic, and public health effects. Due to extreme pain, exhaustion, sadness, anxiety, and infertility, it might lower quality of life. Therefore, it is preferred to combine medicinal management with lifestyle modification. *Rasa oushadhies*-containing formulations can produce improved outcomes for the symptomatic therapy of endometriosis. Most formulas contain *parada* and *gandhaka* in the form of *kajjali*, coupled with *abhraka*. All these, by virtue of the properties, helps in managing the symptoms. Additionally, it helps keep the formulations stable. Most formulations also has *loha*, *vanga*, and *swarna makshika* as the main ingredient. The current review provides a glimpse into identifying different *rasa oushadhies* that can be employed in the treatment of endometriosis. Among these, very few are prepared today still a less are common among practicing physicians . So this review gives scope in exploring these drugs.

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