



Review Article

RASADRAVYAS IN NETRA ROGAS: EXPLORING THE AYURVEDIC OPHTHALMIC MINERAL HERITAGE

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Article info

Article History:

Received: 07-06-2026

Accepted: 11-07-2026

Published: 15-08-2026

KEYWORDS:

Rasoushadhis, Netra Rogas, Kriyakalpa.

ABSTRACT

Our Acharyas have explained several *Netra Rogas* (ocular disorders) along with their management strategies including both herbal and herbo-mineral formulations. Due to their potent, rapid and target specific action, *Rasadravyas* including *Maharasa*, *Uparasa* and other mineral-origin drugs hold a significant place in Ayurvedic therapeutics. Acharyas have incorporated various *Rasoushadhis* in various *Kriyakalpas* (local ocular therapeutic procedures) which highlights their relevance in the management of different *Netra rogas*. In the current work, a comprehensive literary review was conducted using classical Ayurvedic texts w.r.t data related to the *Rasadravyas vargikarana*, their *Gunas*, *Rogaghnata* and their application in various *Kriyakalpas* like *Tarpana*, *Putapaka*, *Anjana*, *Seka*, *Bidalaka*, *Pindi* and *Aschyotana* were systematically compiled and analysed. *Chakshushya* (beneficial for eyes), *Rasayana* (rejuvenative), *Lekhana* (scraping) and *Ropana* (healing) are the properties exhibited by different *Rasoushadhis* which makes them effective in a wide spectrum of *Netra Rogas*. Their use in different *Kriyakalpas* enhances the drug bioavailability and ensures target specific therapeutic action. Specific formulations containing mineral components demonstrate efficacy in *Netra rogas* like *Abhishyanda*, *Timira*, *Arma* and other ocular pathologies. *Rasoushadhis*, when properly processed and meticulously administered through appropriate *Kriyakalpas* depending on *Roga bala* and *Rogi bala*, offers promising therapeutic potential in the management of any disease at the early stage itself.

INTRODUCTION

Rasoushadhis are a group of potent *Aushada* which has prepared mainly from metals and minerals, sometimes by adding few herbal preparations, processed through unique and specialized techniques described in *Rasa Shastra* by *Rasa vaidyas*. In *Netra Chikitsa* our Acharyas have elaborated several *Rasa dravyas* while treating both *Aushadha sadhya* and *Shastra sadya vyadhis*. Under *Maharasas-Abhraka*, *Makshika*, *Vimala*, *Sasyaka*, *Rasaka*, under *Uparasa-Gandhaka*, *Gairika*, *Kasisa*, *Kankshi*, *Anjana*, under *Sadharana rasa-Navasagara*, *Kaparda*, *Girisindhura*, *Hingula*, under *Dhatu vargas-Swarna*, *Rajata*, *Tamra*,

Mandura, under *Putiloha-Yashada*, *Vanga*, under *Mishra lohas-Kamsya* and *Vartha loha*, under *Ratna vargas*– all *Ratnas* and *Uparatnas* specifically *Manikya*, *Mukta*, *Pravala*, *Vajra*, *Vaidurya*, *Perojaka* and *Sphatikamani*, under *Sudha Varga-Khatika*, *Samudraphena* and *Shambuka*, under *Kshara varga-Tankana* *kshara* are described as *Chakshushya* (beneficial for vision) and *Netra-roghahara* (curative in eye diseases) due to their distinctive *Sukshma* (minuteness), *Teekshna* (penetrative), *Vyavayi* (pervasive), *Vikasi* (expansive) and *Yogavahi gunas* (catalytic), which enable them to rapidly permeate the *Sukshma srotas* (minute channels) of the eye and facilitate deeper and potentiation of the *Rasa dravyas* targeting the specific *Netra rogas*. Being powerful *Rasayana*, they not only arrest degeneration but also promote *Dhatu poshana*, especially of *Rasa*, *Rakta*, *Mamsa* and *Majja dhatu*, thereby enhancing *Drushti* (visual acuity) and preventing progressive *Netra rogas*. Functionally most of the *Rasadravyas*, they act through

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Quick Response Code



<https://doi.org/10.47070/ijapr.v14i8.4337>

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Tridosha shamana- with predominant *Pitta-shamana* (reducing *Shotha*, *Daha*, *Raga*), *Kapha-Shodhana/Lekhana* (clearing *Srava*, *Mala* and *Sroto avarodha*) and also stabilizing *Vata* in different degenerative *Netra rogas*.

Importance of Rasoushadhis

Rasoushadhis occupy a distinguished place in Ayurvedic therapeutics owing to their unique *Aushadha gunas* and remarkable clinical efficacy. Literature explains *Rasoushadhis* are superior to many herbal formulations because they produce therapeutic effects even in very small doses (*Swalpa Matra*), making administration convenient and improving patient compliance. They are generally tasteless or

nearly tasteless, which further enhances acceptability among patients w.r.to palatability.

One of the most important advantages of *Rasoushadhis* is their *Sadyovyadhihara guna* (rapid onset of action), making them particularly useful in *Sadyo* and *Dheerghakaalina vyadhis*. Because of their potent and concentrated nature, they possess extensive therapeutic efficacy despite being administered in minute quantities.

Thus, the unique combination of small therapeutic dosage, vigorous action, increased bioavailability and potent therapeutic efficacy makes *Rasoushadhis* an indispensable component of Ayurvedic pharmaceuticals and clinical practice.^[1,2,3,4,5,6]

Rasa Panchakas and karma of Chakshushya Rasoushadhis

Dravya	Rasa	Guna	Virya	Vipaka	Doshagnata-Karma	Reference
Abhraka	Madhura	Snigdha	Sheeta	Madhura	Tridoshaghna-Vata Pittaghna Rasayana, Vrishya, Ayushya, Balya, Deepana, Sarvarogahara, Keshyam, Varnya, Ruchikara, Netrya, Medhya, Stanya Vardhaka, Sthairyakara	R.R.S-2/2 R.T-10/72-74
Swarna Makshika	Madhura Tikta Kashaya	Laghu Ruksha	Sheeta	Katu	Tridoshaghna – Kaphapittahara Vrishya, Rasayana, Swarya, Chakshushya, Yogavahi, Sarvarogahara	R.R.S-2/78-79 R.T-21/26-28
Rajata Makshika	Tikta	Laghu, Ruksha Ushna	Ushna	Madhura	Vrushya, Rasayana, Chakshushya	R.R.S-2/79-80
Sasyaka	Madhura Kashaya	Laghu Khara Vishada Ushna	Sheeta	Katu	Kapha Pittahara- Lekhana, Bhedhana, Vamaka, Krimighna, Chakshushya, Medohara, Rasayana, Nadi Balakara, Twakdosahara, Sankochanakara, Ruchikara, Vishaghna, Shulahara	R.T-21/127- 129
Rasaka	Katu Kashaya	Laghu Ruksha	Sheeta	Katu	Kapha Pittahara, Tridosahara, Lekhana, Bhedana, Chakshushya, Mehaghna, Vishaghna, Kushtaghna, Balavardhaka, Veeryavardhaka, Yogavahi	A.P-2/277-280
Gandhaka	Madhura	Ushna Sara Snigdha	Ushna	Madhura	Kaphavatahara- Deepana, Pachana, Amonmochaka, Vishaghna, Krimighna, Rasayana, Deergha Ayushyakara, Drushtishaktivardhaka, Twakdosahara	R.R.S-3/16
Gairika	Madhura Kashaya	Snigdha	Seetha	Katu	Pittahara- Netrya, Vishaghna, Raktastambhaka, Kanduhara Balya, Vranaropaka, Jwaraghna, Dahahara	R.R.S-3/47
Kasisa (Pushpa)	Amla Kashaya Tikta	Snigdha Guru Ruksha	Ushna	Katu	Vata Kapahara- Keshya, Netrya, Kanduhara, Vishapaha, Shwitraghna, Kesharanjana, Raktaranjana, Rajapravartaka, Balya, Jwaraghna, Pleeha Roganashaka, Mukharogahara, Rasayana, Deepana, Vrana Shodhana,	A.P-2/274-275

					Ropana	
Kankshi	Kashaya Katu Amla	Guru Snigdha	Ushna	Katu	Tridosahara- Kantya, Keshya, Vranaghna, Vishanashana, Netrahit, Vranashodini, Sankochakari, Rudhirasravarodhaka, Mukharogahara, Grahi, Shwitragnha	R.R.S-3/63
Souviranjana	Katu Kashaya Tikta	Snigdha	Sheeta	Madhuka	Tridosahara- Vrana Shodhana, Ropana, Drushti Prasadana, Sangrahi, Vayasya, Netrya, Lekhana	R.T-22 R.R.S-3 A.P-2
Srotanjana	Kashaya Madhura	Snigdha	Sheeta	Madhura	Tridosahara- Grahi, Netrya, Lekhana	R.T-22 R.R.S-3 A.P-2
Neelanjana	-	Snigdha Guru	Sheeta	-	Tridosahara- Rasayana, Netrya, Suvarna Maraka, Dhatu Mrudukaraka	R.T-22, R.R.S-3 A.P-2
Pushpanjana	Kshariya	Snigdha Sheeta	Sheeta	-	Tridosahara- Netrya, Vishaghna, Jwaraghna	R.T-22, R.R.S-3 A.P-2
Rasanjana	Madhura Tikta Katu	Snigdha Sheeta	Sheeta	-	Tridosahara- Netrya, Vishaghna, Varnya	R.T-22, R.R.S-3 -A.P-2
Manashila	Katu Tikta	Guru Snigdha Ushna	Ushna	Katu	Kaphapittahara- Lekhana, Rasayana, Vishaghna, Soshana, Varnya, Kanduhara, Agnideepaka, Netrarogahara	A.P-2/218
Navasagara	Amla Lavana Kshara	Snigdha Sheeta	Sheeta	-	Tridosaghna- Jataraghni Deepaka, Saraka, Pachaka, Vrishchika Vishanashaka, Hridroga Nashaka, Netrya, Kushtaghna, Shothahara, Samasta Dhatu Sandravaka	R.T-14/5-7
Kaparda	Katu Tikta	Guru	Ushna	Katu	Vata Kaphahara- Agnideepana, Pachana, Vrushya, Grahi, Netrya	R.R.S-3/133
Girisindhura	Katu Tikta	Ushna	Ushna	-	Tridosahara- Twachya, Netrya, Vranashodhaka, Vranaropana, Bhagnasandhanaka, Bhootaghna, Dehalohakara	R.T-21/151-152
Hingula	Tikta Kashaya Katu	Snigdha Ushna	Ushna	Katu	Tridosahara- Deepana, Pachana, Rasayana, Vrishya, Balya, Vajikarana, Medhakanthivardaka, Hridya, Netrya	R.R.S-3/140-141
Swarna	Madhura Kashaya Tikta	Sheeta Guru Snigdha Picchila	Veerya	Madhura	Tridosahara- Medhya, Vishaghna, Brihmana, Vrishya, Hridyam, Netryam, Rasayana, Kantikara, Ayushyam, Varnyam, Balyam, Ruchyam, Deepana, Keshyam, Medha-Buddhi-Smritiprada, Pushtikara, Ojovardhaka, Vayasthapaka, Yogavahi	R.R.S-6/10
Rajata	Amla Kashaya Madhura	Guru Snigdha Mrudu Sara	Sheeta	Madhura	Vata Pitta Shamaka- Lekhana, Deepana, Balya, Rasayana, Ayushya, Vrushya, Medhya, Rechana, Saraka, Vayasthapaka, Ruchya, Garbhashaya Shodhaka, Vishanashaka, Timirahara, Jatru Urdwa Vikara nashaka	R.T.16/14-15

<i>Tamra</i>	<i>Tikta Kashaya Katu Madhura</i>	<i>Ushna Snigdha Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Pittanashaka- Lekhana, Ropana, Netrya, Deepana, Urdhwa and Adah Shodhaka, Vishaghna, Mrutyuhara</i>	<i>R.R.S-5/46</i>
<i>Loha</i>	<i>Tikta Madhura Kashaya</i>	<i>Guru Ruksha Sara</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshanashaka- Lekhana, Balya, Vrushya, Ayushya, Vayasthapaka, Varnya, Medhya, Chakshushya, Yogavahi, Raktavardhaka, Koshtashodhaka, Vajikara, Veeryavardhaka, Putrapada</i>	<i>R.T-20/15-17</i>
<i>Yashadha</i>	<i>Kashaya Tikta</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Pittahara- Cakshushya, Bala- Virya-Viveka Vardhaka, Shlesmakala Sankochaka.</i>	<i>R.R.S-3/16</i>
<i>Vanga</i>	<i>Tikta Amla Katu Kashaya Kinchit- Lavana</i>	<i>Laghu Sara Ruksha Ushna Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pittahara- Medohara, Ruchikara, Lekhana, Vrushya, Dhatusthoulyakara, Varnya, Chakshushya, Deepana, Pachana, Balya, Krimighna, Medhya, Rasayana, Prajajanaka, Ayushya, Shaktiprada, Pushtikara, Dahahara, Vishahara, Brimhana</i>	<i>R.R.S-5/155</i>
<i>Naga</i>	<i>Tikta Katu Madhura</i>	<i>Ushna Guru Sara Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshaghna- Deepana, Chakshushya, Medoghna, Viryavardhyakara, Ruchivardhaka, Kamavardhaka, Lekhana, Rasayana, Vajikara, Shukrala, Vrushya, Krimighna, Ayushya, Kantivardhaka, Rajataranjaka</i>	<i>R.R.S-5/171</i>
<i>Kamsya</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	-	<i>Vata-Pitta Shamaka- Lekhana, Drushti Prasadana, Deepana</i>	
<i>Vartha Loha</i>	<i>Katu</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Amla</i>	<i>Kapha Pitta Shamaka- Ruchivardhaka, Pachaka, Twachya, Krimighna, Netrya, Malashodhaka</i>	<i>R.R.S-5/213- 214</i>
<i>Manikya</i>	<i>Madhura</i>	<i>Snigdha Sheeta Ruksha</i>	<i>Sheeta</i>	-	<i>Deepana, Vrushya, Ayushya, Rasayana, Lekhana, Chakshushya</i>	<i>R.T-23/57 Su.Su-46/330</i>
<i>Mukta</i>	<i>Madhura</i>	<i>Sheeta Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kapha Pittahara- Drushti-Agni Pushtikara Vishahara, Bhedi, Veeryaprada, Agni-Deepaka, Pachana Samsthana Rogahara, Ayushya, Vrushya, Dahanashaka, Medhya, Asthi- Dantaposhaka</i>	<i>R.T-23/72</i>
<i>Pravala</i>	<i>Kshara Madhura</i>	<i>Laghu Sheeta</i>	<i>Sheeta</i>	-	<i>Tridoshaghna- Deepana, Pachana, Netrya, Balya, Vrushya, Vishaghna, Bhutaghna, Shukrala, Veerya-Varna Vardhana</i>	<i>R.T-23/140</i>
<i>Vajra</i>	<i>Shadrasa</i>	<i>Snigdha</i>	-	-	<i>Tridoshanashaka- Ayushprada, Yogavahi, Hridyaparam, Rasayana, Vayasthambakara, Vrushya, Klaibyahara, Kanthivardhaka, Deepaka, Netrya, Balya, Sarvarogahara, Maraka, Mrutyuhara</i>	<i>R.T-23/25</i>

Perojaka	Madhura Kashaya	Sheeta, Sara	Sheeta	-	Deepana, Hridya, Vishaghna, Ashmarihara	R.T-23/210
Sphatika	Kashaya	Sheeta Snigdha	Sheeta	Katu	Netrya, Hridya	R.T-23/213
Shankha	Katu Kashaya Kshareeya	Laghu Sheeta	Sheeta	-	Tridoshanashaka- Grahi, Balya, Varnya, Vilekhana, Agni Deepana, Vishaghnam, Varnya, Hridya, Netra Pushpahara	R.T-12/10
Vaidurya	Madhura	Sheeta	Sheeta	-	Tridosahara- Praghna-Ayur-Balavardhana, Medhya, Deepana, Chakshushya, Malabhedana, Santatikara	R.R.S4/59
Shambhuka	Kashaya Madhura	Laghu Ruksha	Sheeta	Madhura	Pittahara, Deepana. Pachana, Shulahara, Netrarogahara	R.T-12/60
Khatika	Tikta Madhura	Sheeta	Sheeta	-	Kaphapittahara- Vishaghna, Netrya, Shothaghna, Vranaropana	R.T-11/211-212
Samudraphe na	Kashaya	Laghu Ruksha	Sheeta	-	Kaphahara- Lekhana, Agni Deepaka, Pachaka, Anrottejaka, Karnasravahara, Vishaghna, Kushtaghna, Netrarogahara	R.T-12/113-114
Trinakanta	-	Ruksha Sheeta Shlakshna	Sheeta	-	Pittahara- Hridya, Indriya Prasadana, Grahi, Rakta Sthambaka	A text book of Rasashastra evam Bhaishajya Kalpana-9-545
Akika	Kashaya Madhura	Sheeta	Sheeta	Madhura	Pittashamaka- Hridya, Vrushya, Raktajanaka, Netrya, Balya, Kamottejaka, Ashmari Nashaka, Ojo Vardhaka, Mastishkya, Medhya, Smaranashaktivardhaka, Pramathi, Raktasthambhi, Vrana Ropaka, Vrana Shoshaka	A text book of Rasashastra evam Bhaishajya Kalpana-9-545
Tankana	-	Ushna Ruksha Teekshna Sara	Ushna		Vatakaphaghna- Pittakara, Kaphadravaka, Hridya, Balya, Dhatu shodana, Dhatu dravana, Mudagarbha pravartaka, Artavajanaka, Vishaghna, Netrabishyandahara	R.T-13/106-107

Kriyakalpa yogas

Kriyakalpa	Yogas	Indication	Reference
Tarpana	Bilwapatra swarasa mixed with Saindhava lavana and Ghrita is rubbed with a Varatika in a Tamra patra mixed with Stanya and them fumigated with Gomaya agni	Netra shotha, Shula, Abhishyanda, Adhiantha and Rakta srava	C.D-59/39-40
Putapaka	Chaga yakrit, Pippali, Saindhava	Abhishyanda	A.S.Ut-19/13
	Pippali, Loha, Tamra, Shankha, Vidhruma, Saindhava, Samudraphena, Kasisa, Srotanjana, Dadhimastu	Shukla rogas	Y.R.NR
Seka	Shweta lodhra (fried in ghee), Tapy, Tuttha, Pippali	Netrashula	Y.R.NR
	Tuttha, Vyosha, Abhaya, Lodhra, Yashti,	Sarvabhishyanda	A.S.Ut-19/41

	<i>Dhanyamla</i>	<i>shula</i>	
<i>Ashchyotana</i>	<i>Tuttha vari prayoga</i>	<i>Shukra</i>	<i>B.R-64/69</i>
	<i>Kshoudra, Chandana, Madhuka, Lodhra, Manjishta, Swarnagairika Kwatha</i>	<i>Pittajabhishyanda (Teevra Shula, Daha Hara)</i>	<i>Y.R.NR</i>
<i>Anjana</i>	<i>Saindhava and Kasisa - Pishta with Stanya</i>	<i>Sirotpata</i>	<i>B.R-64/63</i>
	<i>Katakadyanjana – Kataka beeja, Shankha, Tinduka, Rajata Bhasma mixed with Stanya and Ghrista on Loha patra</i>	<i>Kshata shukra, Netra arti</i>	<i>B.R-64/65</i>
<i>Pindi</i>	Warm bolus prepared with <i>Shunti</i> and <i>Nimba patra</i> mixed with <i>Saindhava lavana</i>	<i>Netra shota, kandu and vyadha</i>	<i>C.D-59/28</i>
	<i>Lodhra</i> and <i>Saindhava</i> mixed with <i>Nimba</i> and <i>Jati kalka</i> is made into <i>Gutika</i> form and fried slightly. This is then wrapped with soft cotton cloth.	<i>Abhishyanda</i>	<i>B.R-64/37</i>
<i>Bidalaka/Lepa</i>	<i>Saindhavadi Bidalaka– Saindhava, Daruharidra, Gairika, Haritaki and Rasanjana</i>	<i>Sarva-akshirogas</i>	<i>B.R-64/10</i>
	<i>Haratala, Vacha, Devadaru</i>	<i>Pilla rogas</i>	<i>C.D-59/220</i>

Rasoushadhi yogas

Yogas	Reference
<i>Lohadi guggulu</i>	<i>B.R-64/218</i>
<i>Netrashani rasa</i>	<i>B.R-64/219</i>
<i>Timirahara loha</i>	<i>B.R-64/227</i>
<i>Nayanamrita loha</i>	<i>B.R-64/228</i>
<i>Madhukadhya loha</i>	<i>B.R-64/231</i>
<i>Saptamruta loha</i>	<i>B.R-64/232</i>
<i>Makshikadi vati</i>	<i>B.R-64/237</i>
<i>Dhatri loha</i>	<i>C.D-27/57</i>
<i>Shivagutika</i>	<i>C.D-66/172</i>
<i>Chandraprabha guggulu</i>	<i>Sha.Sam-Mad-7/40</i>
<i>Triphala churna</i>	<i>Y.R.NR</i>
<i>Loha churna</i>	<i>Y.R.NR</i>
<i>Bheemaseni karpura</i>	<i>Y.R.NR</i>

Amayika Prayogas^[7]

Abhraka Bhasma is indicated in *Drishtimandhya* (diminished vision) and is traditionally administered along with *Triphala Churna* and *Madhu*.

Shuddha Gandhaka, Triphala Churna, Ghrita, Bringaraja Swarasa and *Madhu*, administered in *Shana Pramana*. This formulation is acclaimed in the classics for imparting exceptionally sharp vision like "eagle-like vision."

A fine powder prepared from *Sphatika, Kumkuma Pushpa, Shankha* and *Yashtimadhu*, triturated with *Madhu* is indicated in the management of *Arjuna* in the form of *Anjana*.

Girisindhura, processed with *Ghritha* and prepared as a *Varti*, is administered as *Anjana* for the treatment of *Netrakandu* and *Anjananamika*.

DISCUSSION

The present article emphasizes the remarkable contribution of many *Rasadravyas* in the management of *Netra Rogas* as described in the classical Ayurvedic literature. Owing to their rapid therapeutic action, minute dosage, prolonged shelf life and *Yogavahi* property plenty of mineral and herbo-mineral drugs have given importance by our *Acharyas* even though the herbal formulations constitute the major therapeutic modalities in *Shalakya Tantra*. Due to the

above mentioned *Gunas Rasoushadhis* specifically valuable in chronic, recurrent and degenerative ophthalmic disorders where long-standing treatment is often required.

Probable Mode of Action of *Rasoushadhis* in *Netra Rogas*

When the classical *Rasashastra* literatures were reviewed, it revealed that *Rasadravyas* belonging to *Maharasa*, *Uparasa*, *Sadharana Rasa*, *Dhatu*, *Ratna*, *Uparatna*, *Sudha* and *Kshara Vargas* possess one or more ocular-specific properties such as *Chakshushya*, *Netrya*, *Drishti Prasadana*, *Lekhana*, *Ropana*, *Rasayana* and *Yogavahi*.

Most of the *Rasadravyas* possess *Sukshma*, *Teekshna*, *Vyavayi*, *Vikasi* and *Yogavahi gunas*, enabling them to penetrate *Sukshma Srotas*. Their *Yogavahi guna* enhances the bioavailability and therapeutic efficacy of both mineral and herbal components when administered together. Drugs possessing *Lekhana guna*, such as *Sasyaka*, *Rasaka*, *Tamra*, *Souviranjana*, *Rasanjana* and *Samudraphena*, are predominantly indicated in the diseases where *Kapha dosha* is majorly involved including *Arma* and other *Shukla Rogas*, *Abhishyanda* and other excessive ocular secretions. Conversely, *Sheetala dravyas* such as *Mukta*, *Pravala*, *Gairika*, *Sphatika* and *Shankha* exhibit *Pittahara*, *Daha-hara* and *Raktaprasadana gunas*, making them suitable for *Shotha pradhana netra rogas* characterised by *Raga* and *Daha*. *Vata dosha* will be stabilized through *Rasayana* and *Balya* actions. Simultaneously, they promote *Dhatu Poshana*, improve tissue metabolism, support microcirculation and facilitate the repair and regeneration of ocular structures.

Together these *Gunas* contribute to *Drishti Prasadana* (clarity in the vision), stops the progression of degenerative conditions, accelerate healing of ocular tissues and restore normal *Drishti kriya* (physiology of eyes). Thus, *Rasoushadhis* exert their therapeutic effects through a combination of *Sarvadaihika rasayana kriya*, targeted ocular action, and enhancement of *Netra dhatu poshana*, making them valuable therapeutic agents in the management of a wide spectrum of ophthalmic diseases.

Therapeutic Applications of *Rasoushadhis* in *Netra Rogas*

Rasoushadhis are administered through both *Bahya* and *Abhyantara aushadha margas* in the management of different *Netra rogas*. *Loha* preparations, *Bhasmas*, *Vatis*, *Guggulu* formulations and *Rasayana yogas* are used as *Abhyantara aushadhas* which act systemically by correcting *Dosha* imbalance, improving *Agni*, promoting *Dhatu Poshana*, and strengthening ocular tissues. These formulations are particularly beneficial in chronic and degenerative ocular disorders such as *Timira*, *Drishtimandhya* and *Kacha*. Through various *Kriyakalpas Bahya aushadha*

prayoga is achieved. Through these procedures there will be direct delivery of *Aushadha dravyas* administered in to the ocular tissues. These local ocular therapeutics enhance local drug bio-availability, provide rapid symptomatic relief, and effectively manage inflammatory, infective and degenerative eye diseases. The combined use of systemic *Rasoushadhis* and local *Kriyakalpas* provides an extensive therapeutic strategy by addressing both the underlying *Sarvadaihika* and *Sthanika dosha-dhatu vaishamya* which manifests different of *Netra Rogas*.

From a contemporary view, many *Rasadravyas* possess pharmacological activities such as antioxidant, anti-inflammatory, antimicrobial, wound-healing, immunomodulatory, and tissue regenerative effects after appropriate *Shodhana* and *Marana*.

Overall, this work demonstrates that *Rasoushadhis* with their multidimensional pharmacological actions, versatility in *Bahya* and *Abhyantara prayoga* and compatibility with various *Kriyakalpas* make them valuable therapeutic agents in several *Netra Rogas*. Future interdisciplinary research integrating classical Ayurvedic principles with modern pharmaceutical and clinical sciences is necessary further to establish their therapeutic potential and facilitate evidence-based integration into contemporary ophthalmic practice.^[8]

CONCLUSION

Rasoushadhis represent a unique and scientifically intriguing component of Ayurvedic ophthalmology. The classical Ayurvedic literature reveals that a wide range of mineral and herbo-mineral drugs possess *Chakshushya*, *Netrya*, *Rasayana*, *Lekhana*, *Ropana*, *Yogavahi* and *Tridosha-shamaka gunas*. Due to these *Gunas* the *Rasoushadhis* are suitable for the prevention and management of diverse *Netra Rogas*. Their incorporation into various *Kriyakalpas* enables targeted ocular therapy, while oral formulations provide systemic support by correcting *Dosha vaishamya* and promoting *Dhatu poshana*. Standardisation of pharmaceutical procedures, multi-centric clinical trials, evaluation of toxicity, quality control are need for hour to strengthen the evidence base for these *Rasoushadhi yogas*. These efforts will surely facilitate the rational integration of *Rasoushadhis* into contemporary evidence-based ophthalmic practice while preserving the rich therapeutic heritage of *Ayurveda*.

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Cite this article as:

Sankanagoud Patil, Sreenidhi. G. S, Prakruthi. G. Rasadravyas in Netra Rogas: Exploring the Ayurvedic Ophthalmic Mineral Heritage. International Journal of Ayurveda and Pharma Research. 2026;14(8):57-61.

<https://doi.org/10.47070/ijapr.v14i8.4337>

Source of support: Nil, Conflict of interest: None Declared

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