

A Retrospective Study on the usage of *Sootashekhar Rasa* in an Ayurvedic Hospital in 250 Cases

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Abstract:

Rasashastra is an advanced and well developed branch of *Ayurved* science. It deals with various Metals, Minerals and Most toxic materials for Medicinal purpose. The concept of *Shodhana* and *Marana* are very unique and these procedures make all these metals and mineral combinations non toxic or easily assemblable in the body.

These *Herbo-mineral* formulations are widely used in *Ayurved* and in our hospital also on thousands of patients since many decades. In recent time there has been lot of discussions about safety of *Ayurvedic Herbo mineral* combinations and *Bhasmas*. So we started documenting therapeutic and adverse effects of *Ayurvedic Herbo-mineral* combinations and *Bhasmas* through approaches of Reverse

Pharmacology⁽¹⁾ and *Ayurvedic Pharmacoevidence*. *Sootashekhar Rasa* is the most widely and routinely used combination in *Ayurved* and there are no recent published reports on usage of *Sootashekhar Rasa* and its safety so selected first for study. And found to be very safe devoid of any adverse effect after studying in 250 patients.

Keywords: *Sootashekhar*, *Bhasmas*, *Herbo-mineral*, Safety, adverse effect.

Introduction:

Sootashekhar Rasa is a formulation used by almost all *Ayurvedic* doctors as a medicine for *Amlapitta* (~Acid peptic disorders) since centuries. It is an *Herbo-Metal* preparation which contains herbs and *Bhasmas* of "Purified" metals as per *Ayurvedic* medicine preparation protocol of *Rasa Shastra*. It is also widely used in

our hospital on thousands of patients since many decades. In recent time there has been a lot of discussions about the safety of *Ayurvedic Herbo mineral combinations* and *Bhasmas*. So we started documenting therapeutic and adverse effects of *Ayurvedic Herbo-mineral combinations* and *Bhasmas* through approaches of Reverse Pharmacology⁽¹⁾ and *Ayurvedic Pharmacoepidemiology*. There are no recent published reports on the usage of *Sootshekhar Rasa* and its safety.

Hence in this era of evidence based medicine it is a need to document the use and safety of common *Ayurvedic medicines* containing *Bhasmas* of Metals and minerals, such as *Sootshekhar Rasa*.

Material and methods:

A study was undertaken to clinically document tolerability and adverse effects of *Sootshekhar Rasa* in patients who were already consuming it for a long time for treatment of various ailments and disease conditions like Hyperacidity, Abdominal Pain, Headache, Bhrama (Giddiness), Chardi (vomiting) etc.⁽²⁾ at our Hospital.

We conducted a survey of 250 patients who were prescribed *Sootshekhar Rasa*

for any indication using a specially designed form. The purpose was to document the safety and tolerability of *Sootshekhar Rasa* as it is being used in current *Ayurvedic* hospital practice.

Additionally we studied 30 new cases that were prescribed *Sootshekhar Rasa* for various indications and followed them for 7 days and 15 days. Their details also are given below.

Results:

The findings in long term users (N=250) were analyzed with respect to age, sex, dose, duration of use and indications (Tables 1 to 3).

Table 1. Age and sex distribution in 250 cases using *Sootshekhar Rasa*.

Age (Yrs)	No of cases	%
21-40	101	40.4
41-60	89	35.6
61-76	60	24
Sex		
Male	148	59.2
Female	102	40.8

Table 2. Duration of use of Sootshekhar Rasa in 250 cases.

Duration	1-30 days	31-60 days	61-90 days	91-180 days
No. of cases	78	94	39	39
%	31.2	37.6	15.6	15.6

Table 3. Daily Doses of Sootshekhar Rasa advised in 250 patients

Dose	750mg /d	1000mg /d	1500mg /d
No. of cases	212	18	20
Percentage %	84.8 %	7.2 %	8 %

Out of 250 patients 59.2 % were males and 40.8 % were females. The age ranged from 21 to 60 years in 76 % of cases. The doses of *Sootshekhar Rasa* used in this survey range from 0.750 to 1.5 grams per day. The duration of use was from 31 to 60 days in 37.6 %, from 61 to 90 days in 15.6 %, and from 91 to 180 days in 15.6 % of cases. There were no adverse effects attributable to *Sootshekhar Rasa* in this sample survey. The most common indication for prescribing *Sootshekhar Rasa* was Acid-peptic disorders.

None of the cases reported any side effects due to *Sootshekhar* as per the survey.

The results of 30 new cases that were prescribed *Sootshekhar Rasa* for various indications and followed up at 1week and 2weeks their details are given below in tables 5 to 8.

Table 4. Age and sex distribution in 30 new cases using Sootshekhar Rasa

Age(yrs.)	No.of cases	%
12-20	0	0
21-40	12	40
41-60	15	50
61-71	3	10
Sex		
MALE	16	53.33
Female	14	46.66

Table 5. Duration of use of Sootshekhar Rasa in 30 new cases

DURATION	7 days	15 days
No.of cases	2	28
%	6.66	93.33

TABLE 6. INDICATION FOR WHICH SOOTSHEKHAR RASA WAS ADVISED IN 30 NEW CASES

INDICATION	No. of cases	%
<i>Amlapitta (Hyperacidity)</i>	21	70
<i>Hrullas (Nausea)</i>	3	10
<i>Udarshool (Epigastric Pain)</i>	4	13.33
<i>Shirahshool (Headache)</i>	2	6.67

Table 7. Daily doses of Sootshekhar Rasa advised in 30 new cases

DOSE	750mg	1500mg
No. of cases	2	28
%	6.66	93.33

No side effects were observed in these new cases.

Conclusion:

Ayurvedic medicines have been used for centuries and are generally considered to be safe. However there is not enough documentation of safety or side effects of commonly used preparations. In this survey we have documented the absence of side effects of *Sootshekhar Rasa* in 250 cases already under treatment and in 30 new cases who were prescribed *Sootshekhar Rasa* for their medical ailments as per the *Ayurvedic* indication.

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