



Review Article

APPLICATION OF RASNADI CHURNAM ON SHIRAS (MID- SCALP) AS A DAILY REGIMEN

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ABSTRACT

In all the Ayurveda classics there are several practices which are having specific benefits have been mentioned to be followed daily and seasonally to maintain the health of a healthy individual. There are traditional practices which have been followed by people in particular region those are having classical references and without too. One among those traditional practice is application of *Rasnadi churnam* over wet mid-scalp after daily bath as a part of *Dinacharya* (daily regimen) to prevent seepage of water into the sinuses thus preventing infection, which has been given under *Churna yoga* (powder formulation) in the classical Ayurveda text from Kerala named *Sahasrayogam* as the name indicates it contain more than thousand formulations those are highly useful in various ailments. This article aims to generalize these kinds of practices to other societies so that everyone can adopt these kind of traditional Ayurveda practices in their daily life.

INTRODUCTION

Maintenance of health of a healthy person can be achieved by proper *Ahara Vihara*, in these *Vihara* is of *Niyatakalika* and *Aniyata Kalika*, *Niyata Kalika* is by following daily regimen and seasonal regimen. *Dinacharya* according to Arunadatta is something has to be done daily^[1] and as by doing the *Hita* (wholesome) daily it provides *Ayu* (lifespan). *Dinacharya* (daily regimen) describes the routine to be followed by a healthy individual for maintaining the health. *Dinacharya* (daily regimen) starts from rising from bed in the morning up to going to sleep at night.^[2] An ideal *Dinacharya* (daily regimen) starts with waking up at *Brahma Muhurta*^[3] followed by simple procedures which help to be one healthy. One among that is *Snana* (bathing) and after *Snana* (bathing) it's a traditional practice that application of a pinch of *Rasnadi churnam* over the wet scalp. It can be

considered as a *Masthishkya*^[4] (application over head) as the application of medicine is over the *Masthiska* (application over head) and it can also be considered as *Pratisarana* (application of medicine by fingers) as the powder application and rubbing done with tip of the finger^[5].

Rasnadi churnam is one among the *Churna yoga* (powder formulation) mentioned in an important classic *Sahasrayogam* by Kerala tradition of Ayurvedic practitioners. This classic is a compendium of one thousand-plus Ayurvedic medicines involving almost all pharmaceutical procedures. It is incorporated with the very simple formulation of a single ingredient to highly complex formulations with multiple ingredients, commonly used preparations, tested, trusted, and experienced by Kerala tradition of Ayurvedic physicians which are highly effective even in present times also. *Rasnadi churnam* is such a formulation in *Sahasrayogam* that has been known and used commonly by Keralites since a long time as daily routine.

Rasnadi churnam as name itself indicates it's a *Churna kalpana* (powder formulation). *Churna* is a fine powder of a drug or drugs.^[6]

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Ingredients

S.no	Name of the Ingredients		Botanical Name
	Name in <i>Sahasrayogam</i>	Sanskrit Name	
1	<i>Rasna</i>	<i>Rasna</i>	Alpinia galanda
2	<i>Amukkura</i>	<i>Aswagandha</i>	Withania somnifera
3	<i>Devadaru</i>	<i>Devadaru</i>	Cedrus deodara
4	<i>Katuka</i>	<i>Katuki</i>	Neopicrorhiza scrophulariiflora
5	<i>Chennyaaya</i>	<i>Kumari</i>	Barbadensis miller
6	<i>Chenchilya</i>	<i>Sarjam</i>	Shorea robusta
7	<i>Kottam</i>	<i>Kushta</i>	Saussurea robusta
8	<i>Vayambu</i>	<i>Vacha</i>	Acorus calamus
9	<i>Gairika</i>	<i>Gairika</i>	Kaolinum
10	<i>Nisa</i>	<i>Haridra</i>	Curcuma longa
11	<i>Yasti</i>	<i>Yashtimadu</i>	Glycyrrhiza glabra
12	<i>Bala</i>	<i>Bala</i>	Sida cordifolia
13	<i>Musta</i>	<i>Musta</i>	Cyperus rotundus
14	<i>Sunti</i>	<i>Sunti</i>	Zingiber officinale
15	<i>Maricha</i>	<i>Maricha</i>	Piper nigrum
16	<i>Pippali</i>	<i>Pippali</i>	Piper longum
17	<i>Puti</i>	<i>Puti</i>	Sterculina foetida
18	<i>Sahasravedi</i>	<i>Hingu</i>	Ferula assa foetida
19	<i>Jala</i>	<i>Hreebera</i>	Plectranthus vettiveroides
20	<i>Usira</i>	<i>Usira</i>	Vetiveria zizanioides
21	<i>Phenakam</i>	<i>Phenaka</i>	Sponge
22	<i>Sreekhanda</i>	<i>Chandana</i>	Santalum album
23	<i>Agaru</i>	<i>Agaru</i>	Aquilaria agallocha
24	<i>Tintrinidalasira</i>	<i>Amlika</i>	Tamarindus indica

As per *Sahasrayogam* the ingredients are depicted above.^[7]

Properties and Action of Ingredients

S.No	Ingredient	<i>Rasa panchaka</i>	<i>Karma</i>	Indication	Chemical Constituents
1	<i>Rasna</i>	<i>Rasa: Thikta, Guna, Guru</i> <i>Veerya: Ushna</i> <i>Vipaka: Katu</i>	<i>Vatakapha shamana</i>	<i>Vatakaphasha mana</i>	Quercitrin, Pluchiol, βsitosterol, Dglucoside, stigmasterol and Pluchine
2	<i>Aswagandha</i>	<i>Tikta, Katu, Madura, Laghu, Snigda, Virya- Usna, Vipaka -Madura</i>	<i>Balyam, Brhmaniyam</i>	<i>Vatapitta hara</i>	Anaferine, Cuseohygrine, Anahygrine, Isopelletierine, Withanine.
3	<i>Devadaru</i>	<i>Rasa: Tikta, Katu, Kashya</i> <i>Guna: Laghu, Ruksa, Virya: Usna, Vipaka: Katu</i>	<i>Kapha vata hara</i>	<i>Kasa swasa prameha</i>	Dihydromyricetin, Cedrine, Deodorin, Polphenolic acids, Taxifolin, Lignans, Himasecolone, Isopimaric acid
4	<i>Katuki</i>	<i>Rasa: Tikta, Guna: Laghu, Ruksa, Virya: Sheeta, Vipaka: Katu</i>	<i>Kaphavata hara, Bhedana, Lekhana</i>	<i>Jwara, Kamala, Krumi</i>	Mannitol, katukiol, kutkisterol, apocyanin

5	Kumari	Guna: Guru, Snigdha, Pichhial, Rasa Tikta, Madhur, Vipaka Katu, Veerya Sheeta	Kaphavatahara, Bhedana	Kamala, Vibanda, Dagda vrina	Anthranol, Barbaloin, Chrysophanic acid, Ethereal oil
6	Sarjam	Rasa: Kashaya, Guna: rooksha, Usna, Virya: Sita, Vipaka: Katu	Kahahara	Visha, Vruna, Karna roga	Ursoloic acid, amyrenone, shoreaphenol
7	kushtham	Raa: Tikta, Katu, Madura, Guna: Laghu, Virya: Usna	Vatapitta Samana	Visarpa, Vatarakta, Kasa	chlorogenic acid, β -costic acid, daucosterol, β -sitosterol, and saussureamines
8	Vacha	Rasa: Katu, Thikta Guna: Laghu, Thikshna Veerya: Ushna Vipaka: Katu	Kaphavata samana	Apasmara, Sotha	Acolamone, acorenone, acoragermacrone, acoramone, acorone, calacone, calcorene, calamine
9	Gairika	Rasa: madura, Guna: Snigda, Visada, Virya: Sita, Vipaka: Madura	Pittakapha samana	Seetapitta, Raktapitta	Hematite, goethite limonite
10	Haridra	Rasa: Thikta, Katu Guna: Laghu, Ruksha Veerya: Ushna Vipaka: Katu	Kaphapitta shamaka	Prameha, Dadru kustha, Vatarakta	Curcuminoids, desmethoxycurcumin, bidesmethoxycurcumin, dihydrocurcumin, phytosterols, fatty acids and polysaccharides.
11	Yashtimadu	Rasa Madhura (sweet) b) Guna (characteristics)- heavy and slightly oily. c) Veerya (potency)- Sheeta (cold) d) Vipaka (post digestion effect)- Madhura (sweet)	Reduces Vata and Pitta, may increase Kapha.	Aamvata, Amlapitta Arsha Ashmari, Kasa, Kshata, Kshaya	Licoagrone, Isoflavone Liquoric acid, Flavone glycosider, hamnoliquiritin, Pinocebrine
12	Bala	Madhura Rasa (sweet in taste), Snigdha guna (demulcent), Sheetavirya (cold in potency), Madhuravipaka (sweet at post digestive effect)	Vatashamaka (subsides Vata Dosha), Balya (strength promoter).	Vata vyadi, Arshas, Raktapiita	Ephedrine, hypaphorine, vasicinone, vasicine, vasicinol, pseudoephedrine, indole alkaloids
13	Musta	Musta Rasa - Tiktha, Katu, Kashaya Guna - Laghu, Ruksha Virya - Sheeta	Kapha Pitahara, Dipana, Pachana, Grahi, Lekhana	Jwara, Atisara, Halimaka, Krimi, Trsna, Grahani	Cyperen, cyprol, beta Cineol, copadiene, copaene,
14	Sunti	Rasa: Katu, Guna: Tiksna, Ruksa, Virya: Usna, Vipaka: Madura	Pachana, Bhedana, Vrisya	Swasa, Kasa, Chardhi	Monoterpenes, β -caryophyllene, Ar-curcumene, Zingiberen
15	Maricha	Rasa: Katu Guna: Lagu Light, Virya: Usna Vipaka: Katu	Vatakapha samana	Agnimandya, Udarasoola, jwara	Piperide, Trichostachine, Methylenedioxcycinnamic, Piperettine, Citronellol
16	Pippali	Rasa - Katu Guna - Laghu, Snighda, Tikshna Virya - Ushna, Vipaka - Madhura	Vata Kaphahara Dipana, Vrsya, Rasayana	Udara, Pliharoga, Gulma, Jwara, Kushta, Sula, Amavatha	Piperine, beta sitosterol, piplartine, piperlongumi nine

17	Puti	Rasa: Kasaya, Katu, Guna: Lakhu, Virya: Usna	Kapha hara	Jwara, Apasmara, tvakra roga	Flavone, quercetin-3, apigenin, puerarin
18	Hingu	Rasa: Katu Guna: Usna, Tikсна Virya: Usna Vipaka: Katu	Vatakpha samana	Ahnimandya, Udara shoola, Krimi	Carotene, riboflavin and niacin.
19	Hreebera	Rasa: Tikta, Kashaya, Madhura Guna: Laghu, Ruksha Veerya: Seetha Vipaka: Madhura	Pitta kapha samana	Kushta, Daha, Trishna, Jwara	Triterpenoids, phenolic compounds, flavonoids, tannins
20	Usira	Rasa: Tikta, Madhura guna: Ruksha, Laghu Virya: Sheeta, Vipaka: Katu	Kapha pitta shamaka	Jwara, Mutra krchra, Daha	Benzoic acid, vetiverol, furfurool, Iso-Khusimol, Calacorene.
21	phenaka	Rasa: Kasaya, Guna: Laghu, Ruksa, Virya: Sita, Vipaka: Katu	Kaphanashaka	Netra roga, Karna roga, Visha	Calcium, magnesium, potassium, phosphorus
22	Chandana	Rasa: Tikta, Madhura Laghu, Guna: Ruksha Virya: Sheeta Vipaka: Katu	Kapha pitta shamaka	Dāha, Jvara, Kustha, Visarpa, Kandü,	tricyclic α -santalol. β -Santalol comprises
23	Agaru	Guna: Laghu, Ruksha, Tikshna Rasa Katu, Tikta Vipaka Katu Virya Ushna	Tikshna, Snigdh, Sheetprasasmana, Varnaprasadan tvachya	Karna aksi roga kasa kushtha	Saponins, steroids,
24	Amlika	Rasa: Amla, Guna: Guru, Ruksa, Virya: Usna, Vipaka: Amla	Kaphavata samana	Pandu, vataroha, sopha, ajirna	Amino acids flavonoids, minerals, pectin, protein, saponins

Method of Preparation

The procedure given in Ayurveda formulary of India can be adopted. All the ingredients after powdering separately should be mixed homogeneously in equal proportion.

Indication

Shira shoola (head ache) and running nose or cold.^[8]

Method of Application

Here the mode of administration of *Rasnadi churna* is externally. Dry the hair properly after washing. The specific point in which *Pratisarana* (application medicine by figures) by *Rasnadi churna* used to be measured traditionally by the distance between thumb and middle finger from the tip of the nose, to the point where the tip of the middle finger touches on *Shiras*. Apply a measure of 1 or 2 pinch of *Churna* (powder).

Probable Mode of Action

All the *Indriyas* (organs) of the body depends on *Shiras* (head) where the *Prana* (life) also been located^[9], Hence any medicinal applications over *Shiras* (head) directly contributes to overall health of the being. Most of ingredients of the formulation are

having *Katu rasa* (pungent taste), *Lagu guna* (light in property) *Usna virya* (hot in potency) and *Katu vipaka* (pungent) hence the *Karma* (action) will be *Kapha hara* by contradicting to the qualities like *Snigda* (unctuous) *Guru* (heavy) *Manda* (viscous) *Mrutsna* (slimy) and *Sthira* (stability) of *Kapha Dosha*^[10].

Probable mode of action of *Rasnadi churnam* can be considered as like any topical application penetration of the drug molecule into the surface layer of the skin. Passive diffusion and interaction at the connective tissue layer finally metabolism by enzymes.

DISCUSSION

All Ayurveda classics have been elaborated regimens and lifestyle for the well being of healthy individual in separate chapters that should be followed to maintain the healthy state even before enlisting treatment. Also there are traditional practices followed by people of different regions.

Rasnadi churnam is an externally applicable powder formulation mentioned under *Churna Prayoga prakarana* of *Sahasrayogam*. But seldom known and used by people as this textbook itself unique to Kerala

tradition and the original versions has scripted in Malayalam language. On the basis of historical studies, it is evident that the attempt to standardize learning of *Vaidya* ended up delegitimizing all other practices of *Vaidya* that used hundreds of regionally available vernacular texts. English or Sanskrit versions of such books will enlighten the budding Ayurveda community^[11].

As a daily regimen and as an advice for *Hemanta Ritucharya Murdni tailam* (oil application) over *Shiras* has mentioned that may provoke the *Sthanika kapha* and can cause *Kapha* disorders, to pacify this application of *Rasnadi churnam* as a traditional practice been followed by Keralites. As per the *Phala sruti* (benefit) mentioned in *Sahasrayoga* it can be equally useful in head ache, while looking into the ingredients in the formulation it is understood that most of them are *Katu rasa* (pungent taste), *Usna virya*, (hot potency) *Laghu guna* (light in property) and *Katu Vipaka* (pungent) predominant. Hence it can be used as a topical application over scalp in all the *Kapha* vitiated conditions like sinusitis, cough, rhinitis.

In combination with other drugs it can be used in manifold conditions as per the *Yukti* (logic) of the physician. Like made into a paste with a suitable adjuvant such as lemon juice or *Dhanyamla*, *Rasnadi churnam* can be applied to relieve pain and swelling.

CONCLUSION

Traditional textbooks in the field of Ayurveda contribute significantly in the particular society and the science of medicine itself. There are many more regional practices that should be made standardized for evidence based development of Ayurveda. For documentation and creation of evidences on these types of practices more research has to be done.

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