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Inspite of controversy in Girisindoora, Naagsindoora, and Rasanjna, their safe use in eye diseases

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ABSTRACT

An attempt is made to overview safety of these controversial medicines i.e. Girisindoora, Naagsindoora, Rasanjna in eye diseases. Girisindoora and Rasanjna are classified in Sadharana Rasa Varga and Naagsindoora is described in Dhatu Varga (metallic group). Chemically these are different from each other but some authors said they are alike. Girisindoora is oxide of mercury (HgO), Naagsindoora is Lead peroxide (PbO) and Rasanjna is mercuric oxide (HgO). These all can be used safely in eye diseases inspite of controversies regarding their availability and similarity.

Keywords: Controversies, Eye diseases, Girisindoora, Rasanjna, Naagsindoora.

1. INTRODUCTION

Girisindoora is red oxide of mercury. This red coloured exudate came out of the rocks of big mountains and dried with sun rays.

Mahagiri shilantsTho raktvarnshchyutom ras

*Suryatapen samshushkom giri sindoor sanghyakah*¹

Usually it is red in colour but sometimes it is yellow in colour. The yellow colour is due to humid atmosphere. Due to this change in colour it is called *Rasanjna* or yellow amorphous powder or yellow mercuric oxide.²

According to Rasendra Churamani, *Rasanjna* is solidified form of *Daruharidra*.

Rasanjnam ch peetabham vishraktagadapham

*Shwashidhmapaham vranyam vatpittasranashnam*³

According to Rasa Tarangini it is said to be Lead peroxide and used externally only and it is *Updhatu* of *Naag Dhatu*.

Sindooram girisindooram mahilabhalbhushanam

Ganeshbhushananchev tatha shingarbhushanam

Naagjam naagarbhanch tathev naagrenukam

*Mangalyam bhaalsobhagyam tadev parikirtitam*⁴

But according to *Sharangdhar Samhita* it is *Kashthaushadhi* and prepared from *Daruharidra*. So it is controversial substance that whether it is a mineral or metal or vegetative in nature in case of *Rasanjna*.

*Girisindoora*⁵ has all the properties possessed by lead, mercury, and sulphur. It is called as Mineral red vermilion.

2. TYPES

It is of two types

- *Girisindoora.*
- *Naagsindoora.*

In modern science the medicines containing mercury or lead which are heavy metals are said to be toxic for health. But after proper purification and incineration if properly followed as said in authentic books of *Ayurveda*, these become useful in many diseases.

3. EFFECTS OF PURIFICATION OR *SHODHNA* ⁶

1. Physical changes
 - Elimination of physical impurities.
 - Reduction in hardness.
 - Enhancement in brittleness.
2. Chemical changes
 - Elimination in chemical impurities.
 - Formation of new safer compounds.
3. Biological changes
 - Inorganic materials are changed to organic materials.

Examples

- Hg if purified in lemon juice is good for eyes in oxide form.
- *Anjana* purified in juice of *Bhringaraja* (*Eclipta alba*) is proved non-toxic to eyes.
- Incinerated lead, if taken with sugar can cure eye diseases.⁷

4. EFFECTS OF INCINERATION OR *MARANA* ⁸

- *Bhasma* (Ashes) become alkaline in nature.
- Oxides and sulphides are stable complexes.
- Can be easily absorbed by body tissues due to nanoparticles.
- Bioavailability enhances.

Uses

All these are used in eye diseases safely since ancient times.

- Incinerated lead, if taken with sugar can cure eye diseases.
- *Anjana* purified in juice of *Bhringaraja* (*Eclipta Alba*) is proved non-toxic to eyes.
- Hg is purified in lemon juice is good for eyes in its oxide form.⁹

5. CONCLUSION

Girisindoora, *Naagsindoora* and *Rasanjna* can be used in eye diseases safely.

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