

2nd International Conference and Exhibition on **Traditional & Alternative Medicine** August 25-26, 2014 DoubleTree by Hilton Beijing, China

Nanoparticles as a medical intervention vis a vis rasaausadhis: A perspective

Pallavi Borah

Assam Health Department, India

Introduction: Today, a new chapter is been added in modern medicine with the use of nano particles for medical cure. Techniques for imaging nanoparticles dynamics have indicated their affectivity in treating conditions like malignancies, they can directly target cancer cells and destroy them and thus chemotherapy drugs are using nanoparticles. Concepts of fighting ageing by using nanoparticles are topics of research study today. The fact is if we ponder on our very own science of Ayurveda, we realize that this is not an ultimate and unique invention of modern medicine. On the contrary, this is what rasa shastra, bhasma ausadhis is all about.

Methodology: This paper shall highlight different nano particles used as medical cure and compare their advocacies in Ayurveda. Modern medicine argues that use of rasa ausadhis can be hazardous on grounds of being metals which can be detrimental to kidneys, e.t.c. However, little importance has been given to the criteria of rasa ausadhis like 'samyak mrit pariksha', 'vaaritar', 'Rigorous sodhan prakriyas or purification procedures', e.t.c. All this ensures miniscule form of drug or if may be put from the abstract's perspective- in 'nano form'. Most of the time they are prescribed as linctus or as lehyas thereby ensuring minute doses. Swarna bhasma and other rasa ausadhis are used as rasayan, in kshay, pandu where there is deplorable immunity conditions and today modern researchers have developed methods to fight ageing with nanoparticles that identify ageing cells and releases themselves. Again they have been indicated as antioxidants. Diseases like leukaemia, brain tumours are being intervened with diamond attached drugs. Ayurveda too advocates use of 'hirak bhasma' in several conditions.

Conclusion: In fact, it's high time one ponders on these already available rasa ausadhis and their use in different conditions and be reiterated that Rasa ausadhis are indeed a golden inclusion in the history of ayurveda and should be put to use with greater conviction for the larger interest of human health.

Biography

Pallavi Borah completed her graduation at the age of 24 and post graduation in basic principles of Ayurveda (Samhita and Siddhanta) from Gauhati University and her post graduate diploma in Hospital and health management from Indira Gandhi open University. She has won twice DABUR AYUR MEDHA, A.N Sharma and Dr S.P Sharma Award. She is a Medical Officer in state health department, Government of Assam, India. She has made paper presentations in various topics in national conferences, has been organizing student sensitization sessions amongst teenage on topics like sex education, etc., was health talks' presenter on All India Radio, Guwahati and was an anchor in television programs.

pallavijikmik@yahoo.co.in