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## THE ANCIENT NANOMEDICINE W.S.R TO AYURVEDIC BHASMAS

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### ABSTRACT:

Nanotechnology is an emerging new branch of science in the present era which deals with nanoparticles of size 1-100nm. One of the important milestones of nanoscience and nanotechnology is Nanomedicine which deals with use of nanoparticles of size 1-1000nm. Actual origin of Nanomedicine, we can understand that, it is from Ayurveda itself. *Ayaskriti*, a unique ayurvedic formulation where *Teekshna Lauha* is heated up to red hot and dipped in some liquid media immediately and repeated until flakes of iron become in fine powder form. It is considered to be the first ancient Nanomedicine. After the flourishing period of *Rasashastra* (started flourishing since 7<sup>th</sup>-8<sup>th</sup> century AD), *Bhasmas* are used widely in variety of disease conditions. *Bhasmas* which are unique metallic/mineral preparations, treated with herbal juices or decoction, and exposed for certain quantum of heat as per *Putra* system of *Rasa shastra*. Its preparation is not very simple and it involves many steps like *Shodhana*, *Marana*, *Jarana*, *Amritikarana* etc., after which we get the perfect *Bhasma*. Studies on constitutional aspects of *Bhasma* have found them very similar to nanoparticles. In both *Bhasma* and Nano medicine, particle size is the main objective to compare.

**Keywords:** Nanotechnology, Nanomedicine, *Bhasma*, *Marana*, *Bhasma Pareekshas*

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