A REVIEW ON BRUHATA VATACHINTAMANI RASA

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ABSTRACT
Rasa shastra is most ancient Indian alchemy, there are several categories of drug used in Rasashastra. Swarna kalpas are widely used as therapeutic agents. Bruhatvatchintamani rasa is the kharaliya swarna kalpa which is used in various vatadosha imbalance diseases such as Paralysis, Hemiplegia, Facial palsy, Tremors, Vatapittakruta roga, it is act on body as well as mind.

KEYWORDS: Bruhata Vatchintani Rasa, rasashastra, kharaliya kalp.

INTRODUCTION
Rasashastra deals with the study of preparation of herbo-minerals product. There are four drug formulation, Khalviya rasayan, parpati Kalpana, khipupakva Kalpana, and pottali Kalpana. Bruhatvata Chinthamani Rasa is Khalviya rasayan, widely used in the management of neuro-psychiatric illnesses such as stress, anxiety, depression, sleep disturbance, aggregation.. It contains Bhasma of Suvarna (gold), Lauha (iron), Abharak (mica), Rajat (silver), Mukta (calcium), Prawal (coral) and Rasasindoorn(mercuric sulphide).

The ingredients of compound formulary were indicated as stimulant, nerve, nootropic means it enhance the memory and facilates the learning and rejuvenate means which feel better younger and more vital which improves the acuity of mind as well as body. The drug
contains the ingredients having potent anti-inflammatory, anti-oxidant properties. It is used in rheumatoid arthritis. Parkinsonism, tremors, trigger finger in short Rasa kalpas are quick acting, palatable, small dose making them a drug of choice. Being Nano sized they act as Yogavahi, Sukshmastrotogami and Vyavayi. have rasayana property which provides Aayu, kama, bala, varna

AIM
To study the Bruhata Vatachintamani Rasa and its therapeutic use.

OBJECTIVES
1) To study the preparation and modification of Bruhata Vatachintamani Rasa
2) To study the applied aspect of Bruhata Vatachintamani Rasa.

MATERIAL AND METHOD
Content and its properties
1) Bhaishajya ratnavali- vatvyadhi shlok 502 to 505.

Table No. 1.

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Contents</th>
<th>Proportion</th>
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<tbody>
<tr>
<td>1</td>
<td>Swarna bhasma</td>
<td>3 part</td>
</tr>
<tr>
<td>2</td>
<td>Rajat bhasma</td>
<td>2 part</td>
</tr>
<tr>
<td>3</td>
<td>Lauha bhasma</td>
<td>5 part</td>
</tr>
<tr>
<td>4</td>
<td>Abharak bhasma</td>
<td>2 part</td>
</tr>
<tr>
<td>5</td>
<td>Prawal bhasma</td>
<td>7 part</td>
</tr>
<tr>
<td>6</td>
<td>Mukta bhasma</td>
<td>3 part</td>
</tr>
<tr>
<td>7</td>
<td>Rasasindoor</td>
<td>7 part</td>
</tr>
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</table>

2) According to Sidhaushadhi Prakash
Table No. 2.

<table>
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<tr>
<td>3</td>
<td>Lauha bhasma</td>
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<td>5</td>
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<tr>
<td>6</td>
<td>Mukta bhasma</td>
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<tr>
<td>7</td>
<td>Suvarna sindoor</td>
<td>7 part</td>
</tr>
<tr>
<td>8</td>
<td>Kasturi</td>
<td>1 part</td>
</tr>
<tr>
<td>9</td>
<td>Saindhav</td>
<td>1 part</td>
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</tbody>
</table>
Bhavna Dravya
Ghrutkumari Swaras – 96 part
Rasa-Tikta
Virya-sheeta
Vipaka-madhura
Guna-balya rasayani vishdoshnashak dahashamak rasayani

Content and its properties

Table No. 3.

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Contents</th>
<th>Rasa</th>
<th>virya</th>
<th>vipaka</th>
<th>Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Svarnana bhasma</td>
<td>Madhura</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Rajyakshma Sanniipataj Jwar, Hrudaykampan, Murcha, Ojovardhak, Vishanashak, Hrudya, Vatashaman, Murcha</td>
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<tr>
<td>2</td>
<td>Raupya bhasma</td>
<td>Kashaya</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Snigdh, Rasayan, Vata Putta Shamak, Jirnjawara, Rajyakshma, Apsmar</td>
</tr>
<tr>
<td>3</td>
<td>Lauha bhasma</td>
<td>Tikta, Kashaya</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Guru, Lekhana, Raktabrudhikar, Balya And Rasayana, Aamvata, Pittashanmak, Apsmar, Kshayroga</td>
</tr>
<tr>
<td>4</td>
<td>Prawal bhasma</td>
<td>madhura</td>
<td>Sheet</td>
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<td>Laghu, Pittashamak, Rasadhatuposhak, Dipana Pachana Tridoshprakop Shamak.</td>
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<tr>
<td>5</td>
<td>Mukta bhasma</td>
<td>madhura</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Sheeta, Dahashamak, Bala And Budhivardhak, Pittprakopshamak, Asthibalwardhak, Unmad, Mansik Aaghat, Jirna Jwarz Aayuvardhak, Vrushya, Raktpitta, Kshayhar</td>
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<tr>
<td>6</td>
<td>Abharak bhasma</td>
<td>madhura</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Snighda, Jwar, Rajyakshma, Shwas, Kasa, Vatapitta Shamak, Mismatchka Balya.</td>
</tr>
<tr>
<td>7</td>
<td>Rasasindoor bhasma</td>
<td>-------</td>
<td>-------</td>
<td>-------</td>
<td>Saptadhatuposhak, Yogavahi, Rasayan, Vishdoshnashak, Dahashamak, Balya, Vatshamak.</td>
</tr>
</tbody>
</table>

- Anupana-ghruta, marhu, sita
- Rasa virya vipak of Bruhatvatachintamani rasa

Ras- madhura
Virya- sheeta
Vipaka- madhura
Kalavadhi-
1to 42 days
Matra
62.5 to 125 mg

Gunadharma: Uttam Vatashamak, Ojovardhak, Hrudya, Balya, Rasayan, Saptadhatuposhak, Mashtishka Balya, Vatvahini Balya.
**Rogaghanata:** Bruhatvatchintamani Rasa are used in Sandhivata, Aamvata, Hrutdmshool Pakshaghhat, Vatviker, Sandhivata Jirnajwara, Sanniipataj Jwar Apatantrak Pittashrita Vatroga, Manodaurbalya, unmad, Panduta Agnimandya Shofa Murchha Napunsakta Vrukka and Mashtishka Prabhavak.

Contraindication: strotorodhajanya Pakshaghhat (kaphaj samprati)
Over dose of this drug lead to poisonous

**Anupan:** Various anupan in various disease.

**Table No 4.**

<table>
<thead>
<tr>
<th>Sr No</th>
<th>Disease</th>
<th>Anupana</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Hrudayroga</td>
<td>Arjun twak</td>
</tr>
<tr>
<td>2</td>
<td>Sannipat jwar</td>
<td>Tagaradi kashay</td>
</tr>
<tr>
<td>3</td>
<td>Smaranshakti</td>
<td>Arswatarishta</td>
</tr>
<tr>
<td>4</td>
<td>Historia</td>
<td>Jatamansi arka</td>
</tr>
<tr>
<td>5</td>
<td>Brain haemorrhage</td>
<td>Bramhi swaras</td>
</tr>
<tr>
<td>6</td>
<td>Dhanurvata</td>
<td>Rasonsidha ghrita</td>
</tr>
</tbody>
</table>

**Amayika prayog**

1. **Hrudroga**
   a) **aniyamita nadi**
   
   Bru.vata chintamani rasa+ shrungabhasma + lakshmivilas rasa
   (62.5mg) (250mg) (125mg)

   b) **Hrudravata, jirna hrudroga**
   
   Bru. Vata chintamani + shrungabhasma
   (62.5mg) (250mg)
   Anupana - dashamularista-15ml

2. **Shwasa**
   a) **Vegawashta**-Bruhatvata chintamani+ talishadi
   (62.5mg) (250mg)
   Anupana –Aadrak swaras/madhu. muhurmuhur chatan

   b) **Avegavastha**-Bruhatvata chintamani ras + pippali churna+ shrunga bhasma
   (62.5mg) (500mg) (250mg)
   Anupana- chyavanprash
3. Vatvyadhi  
   a) Pakshaghat-(Dhatukshayajanya) Bruhatvata Chintamani + Yograj Guguul (62.5mg) (500mg)  
      Anupan - Dashmularistha  
   
   b) sandhigata vata  
      Bru.vata Chintamani + Vatavidhwansa + Ashwagandha (62.5mg) (250mg) (500mg)  
      Anupan-  
      Dashamularishta-15ml  

4. Jirnajwara  
   Bru. Vata chintamani+ guduchi churna (62.5mg) (500mg)  
   
   Anupan: Ghrita, Dugdha, Amrutarishta, paripathadi kadha.  

6. Mutramarga + shukra marga Daha Bruhatwatchintani+rasaraj ras  

Modern view  
   i. Parkinsonism  
   ii. Anxiety  
   iii. Depression  
   iv. Restlessness, Neuritis,  
   v. Trigeminal Nuralgia,, Multiple Sclerosis Facial Palsy  
   vi. Cervical And Lumbar Spondylosis. Tremors,  
   vii. Trigger Finger, Hypotension, Neurological Diseases  
   viii. Recovery Face Of Demylination.  

CONCLUSION AND DISCUSSION  
The Suvarnakalpa acting like ‘CHINTAMANI’, the one who takes complete care in various vatavikara and specially hrudroga It is excellent vatashamak, rasayan, balya, and hrudaya sanrakshak kalpa. Effective in cardiovascular diseases like irregular pulse, irregular heart rate, anginal pain, improper blood circulation due to weakness of heart muscle.
REFFERENCES


