

A REVIEW ON BRUHATA VATACHINTAMANI RASA

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Article Received on
05 April 2019,

Revised on 24 April 2019,
Accepted on 16 May 2019

DOI: 10.20959/wjpr20197-15109

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ABSTRACT

Rasa shastra is most ancient Indian alchemy, there are several catageries of drug used in Rasashastra. Swarna kalpas are widely used as therapeutic agents. Bruhatvatachintamani 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 Vatachintani 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, kupipakva 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 Rasasindoor(mercuric sulphide). The ingredients of compound formulary were indicated as stimulant, nervine, nootropic means it enhance the memory and facilitates 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 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.

Sr. No	Contents	Proportion
1	Swarna bhasma	3 part
2	Rajat bhasma	2 part
3	Lauha bhasma	5 part
4	Abharak bhasma	2 part
5	Prawal bhasma	7 part
6	Mukta bhasma	3 part
7	Rasasindoor	7 part

2) According to Sidhaushadhi Prakash

Table No. 2.

Sr. No.	Contents	Proportion
1	Swarna bhasma	3 part
2	Rajat bhasma	2 part
3	Lauha bhasma	5 part
4	Abharak bhasma	2 part
5	Prawal bhasma	7 part
6	Mukta bhasma	3 part
7	Suvarna sindoor	7 part
8	Kasturi	1part
9	Saindhav	1part

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.**

Sr. No	Contents	Rasa	virya	vipaka	Properties
1	Svarnana bhasma-	Madhura	Sheeta	Madhura	Rajyakshma Sanniipataj Jwar, Hrudyakampan, Murcha, Ojovardhak, Vishanashak, Hrudyaya, Vatashaman, Murcha
2	Raupya bhasma	Kashaya	Sheeta	Madhura	Snigdha, Rasayan, Vata Putta Shamak, Jirnajwara, Rajyakshma, Apsmar
3	Lauha bhasma	Tikta, kashaya	Sheeta	Madhura	Guru, Lekhana, Raktabrudhikar, Balya And Rasayana, Aamvata, Pittashanmak, Apsmar, Kshayroga
4	Prawal bhasma	madhura	Sheeta	Madhura	Laghu, Pittashamak, Rasadhatuposhak, Dipana Pachana Tridoshprakop Shamak.
5	Mukta bhasma	madhura	Sheeta	Madhura	Sheeta, Dahashamak, Bala And Budhivardhak, Pittaprapakopshamak, Asthibalwardhak, Unmad, Mansik Aaghat, Jirna Jwarz Aayuvardhak, Vrushya, Raktpitta, Kshayhar
6	Abharak bhasma	madhura	Sheeta	Madhura	Snigdha, Jwar, Rajyakshma, Shwas, Kasa, Vatapitta Shamak, Mastishka Balya.
7	Rasasindoor bhasma	-----	-----	-----	Saptadhatuposhak, Yogavahi, Rasayan, Vishdoshnashak, Dahashamak, Balya. Vatshamak.

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

Ras- madhura

Virya- sheeta

Vipaka- madhura

Kalavadhi-

1to 42 days

Matra

62.5 to 125 mg

Gunadharmas: Uttam Vatashamak, Ojovardhak, Hrudyaya, Balya, Rasayan, Saptadhatuposhak, Mashtishka Balya, Vatvahini Balya.

Rogaghanata: Bruhatvatachintamani Rasa are used in Sandhivata, Aamvata, Hrudmshool Pakshaghat, Vatvikar, Sandhivata Jirnajwara, Sanniipataj Jwar Apatantrak Pittashrita Vatroga, Manodaurbalya, unmad, Panduta Agnimandya Shofa Murchha Napunsakta Vrukka and Mashtishka Prabhavak.

Contraindication: strotorodhajanya Pakshaghat (kaphaj samprati)

Over dose of this drug lead to poisonous

Anupan: Various anupan in various disease.

Table No 4.

Sr No	Disease	Anupana
1	Hrudayroga	Arjun twak
2	Sannipat jwar	Tagaradi kashay
3	Smaranshakti	Arswatarishta
4	Historia	Jatamansi arka
5	Brain haemorrhage	Bramhi swaras
6	Dhanurvata	Rasonsidha ghrta

Amayika prayog

1. Hrudroga

a) aniyamita nadi

Bru.vata chintamani rasa+ shrungabhasma + lakshmvilas rasa
(62.5mg) (250mg) (125mg)

b) Hruddravata, 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**-(Dhatukshyayjanya) Bruhatvata Chintamani + Yograj Guguul (62.5mg)
(500mg)

Anupan - Dashmularishta

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.

5. **Jwar** (99°C above tmp) Bru. Vata chinyamani + suthshekhar+ prawal pishti+ kamdhudha.

6. **Mutramarga + shukra marga Daha** Bruhatwatchintani+rasaraj ras

7. **Jirnavatroga+Jirmapakshaghat**-Bruhatwatchintani+ yogendra rasa.

Modern view

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

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.

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