

A CONCEPTUAL REVIEW ON RASAYANA PROPERTY OF ABHRAKA BHASMA

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ABSTRACT

Rasayana is a unique concept of *Ayurveda* helping the mankind to achieve supreme quality of living. *Rasashastra*, the pharmaceutical branch of *Ayurveda* helps in achieving this quality of *Rasayana* through its highly potent *Rasadravayas*. *Bhasmas* are traditional Ayurvedic Medicines prepared from metals and minerals by various procedures which remove the toxic properties of the metals and minerals and thus enhancing the therapeutic value of the same. *Abhraka Bhasma* is one among *Rasadravayas* which is told under *Maharasa Varga* having *Rasayana* property. It helps in treating different diseases like *Kshaya*, *Pandu*, *Grahani*, *Shula*, *Kushta*, *Swasa*, *Prameha*, *Aruchi*, *Kasa*, *Mandagni*, *Udara* etc. The present study focuses on the *Rasayana* properties of *Abhraka Bhasma* as mentioned in various classics of *Rasashastra*.

KEYWORDS: Bhasma, Abhraka Bhasma, Rasayana.

INTRODUCTION

Long life and healthy life are the two important facets wished by every individual ever since eternity. *Ayurveda* being “Science of Life” helps in achieving these two by its core principle i.e., ‘To maintain the health of a Healthy, to cure the disease of the affected’^[1]. *Rasayana* is one among the *Astanga* of *Ayurveda* and all our *Acharyas* have given utmost emphasis on this Branch. *Acharya Charaka* has explained this branch before explaining the treatment of various diseases which clearly mentions its importance both in preventive and curative aspect. References of Concept of *Rasayana* and *Rasayana yogas* is found abundantly in Ayurvedic treatise from *Bruhat trayee* (*Charaka Samhitha*, *Sushrutha Samhitha*, *Ashtanga Hridaya*) to most recent texts of *Rasashastra* like *Rasatarangini*.

Rasashastra, a pharmaceutical branch of *Ayurveda* aims at providing *Poshana* to *Dhatus* by *Parada* and other *Rasadravaya* imbibing the *Rasayana* and allivating the diseases^[2]. *Bhasmas* are traditional Ayurvedic Medicines which are nano drug particles having greater solubility and bioavailability prepared from metals and minerals by various procedures which remove their toxic properties. *Bhasmas* of *Rasadravaya* possess high therapeutic value by alleviating the disease when

administered even in small doses, it is quick in action, efficacious, having long shelf life and easily palatable.^[3]

Parada is never administered alone in *Rasashastra*. It is either processed or added with other drugs to be administered in therapeutic form. Among many *Rasadravayas* which are of high utility and importance in *Parada Karma* are grouped under *Maharasa Varga*. *Abhraka* is placed in the beginning of *Maharasa Varga* highlighting its significance.

MATERIALS AND METHODS

Rasayana In Rasashastra

Concept of *Rasayana* has been widely explained in *Rasashastra* and almost every *Rasacharya* has included *Rasayana* in their *Rasavangmaya*. There are many potent *Rasadravayas* which has *Rasayana* property. Also the combination of various *Kashtadravya* along with *Rasadravaya* helps in bringing about *Rasayana* effect. Numerous *Rasayana Yogas* are described in *Rasayanadhikara*. Apart from these there are lot of other yogas explained in other chapters which act partially as *Rasayana* but help in alleviating the diseases. *Parada* is a powerful medicine, which is best *Vajikara*, *Rasayana*, *Dhatuposhaka*, *Balya*, etc. When it is combined with other drugs it becomes more potent. Various *Samskaras* are adopted which enhances the therapeutic qualities of

Rasadravya like Shodhana, Marana, Murchana, Jarana etc. Murchitha Parada yogas are very effective Rasayana drugs which can be classified as

- ✓ Kharaliya/Khalviya Rasayana
- ✓ Parpati rasayana
- ✓ Pottali Rasayana
- ✓ Kupipakwa Rasayana

Rasadravayas which are considered as Rasayana are

PARADA	HINGULA
ABHRAKA	SWARNA
VAIKRANTA	RAJATA
SWARNA MAKSHIKA	LAUHA
SHILAJITU	VANGA
SASYAKA	HEERAKA
GANDHAKA	MANIKYA
SH. HARATALA	SURYAKANTA
SH. MANAHSHILA	RAJAVARTA
NILANJANA	VATSANABHA
TUTTA	BHALLATAKA

ABHRAKA BHASMA AS RASAYANA

Ayurvedic Alchemy has described *Abhraka* prominent among the *Maharasa* and is explained in all *Rasagranthas*. Based on colour *Abhraka* is of four types

- *Shwetha*
- *Peeta*
- *Rakta*
- *Krishna*
- Based on structure it is of four types again
- *Pinaka* - Upon subjecting it to fire, the layers get separated. Its use can cause severe constipation and death.
- *Naga* - On subjecting it to fire, it produces hissing type of sound similar to snake. Its therapeutic use leads to Mandala type of skin disorder.
- *Manduka* - On subjecting to fire, the layers of abhraka jump like frog and therapeutic use of this type of abhraka causes Ashmari roga that cannot be cured even with surgery.
- *Vajra* - Upon subjecting it to fire, it will be free of *Doshas*. It is suitable for *Deha siddhi* and *Loha siddhi*. It is capable of curing all types of diseases.

Krishna-Vajrabhraka is considered to be *Shreshta*(best) variety amongst these varieties because of its high therapeutic value.

Abhraka bhasma is prepared through the process of *Marana*, in which purified *Abhraka* is triturated with *swarasa* and other *Dravadravya* of different plants and subjected to heating process called *Putra*. Number of *Putra* required for *Abhraka Bhasma* varies from 1-1000. Properties of *Abhraka Bhasma* varies with number of *Putra*.

- ✓ 100 – 1000 *Putra* – *Rasayana*
- ✓ 10 – 100 *Putra* – *Vyadhinashana*^[4]

On analysis, *Abhraka Bhasma* is found to contain Silica, Ferric oxide, Alumina, Magnesia, Lime in various

proportions. *Abhraka Bhasma* is also considered as an excellent cell regenerator and as a nervine tonic, thus used in many rejuvenation formulations.^[5] *Abhraka Satva Bhasma* is considered as *Rasayana* in many *Rasagrantha*. 1 *Valla pramana Abhraka Satva Bhasma* when taken along with *Madhu*, *Ghrita* or any suitable *Anupana* serve as *Rasayana*.

Research conducted to evaluate the Effect of *Putra* on in vitro anticancer activity of *Shataputi Abhraka Bhasma* on lung, leukemia and prostate cancer cell lines.^[6]

- The results showed that *Abhraka Bhasma* shows concentration dependent positive in vitro anticancer activity on all three cell lines with highly significant activity on prostate cancer cell lines.
- Anticancer activity of *Abhraka Bhasma* is in the order 100 *Putra* > 50 *Putra* > 20 *Putra*. *Shataputi Abhrak Bhasma* had maximum activity on prostate cancer cell lines almost equivalent to positive control drug Adriamycin.

Another study reveals that *Abhraka bhasma* the oxide form of the minerals are poorly soluble and hence not in free form which has been shown by acute toxicity study 5000mg/kg BW is safe in the Wister rats of both sex^[7] A clinical trial conducted to evaluate the efficacy of *Shataputi Abhraka Bhasma* along with *Chausasti Pippali* as an adjuvant to AKT in Pulmonary TB

- Results showed that co-administration of *Shataputi Abhraka Bhasma* and *Chausasti Pippali* along with AKT provided better outcome. The results seen in this study seem to be encouraging. It seems that the symptoms of TB got alleviated earlier. Sense of well being and weight gain in treatment group were also better.

DISCUSSION

Role of *Putra* in *Abhraka Bhasma*

- *Putras* or incinerations done repeatedly lead to increase in fineness of the *bhasma*, brings about changes in the structure, composition, arrangement of molecules and thus formation of newer compounds.
- Increased number of *Putra* increase the Bio-availability of the drug by reducing the particle size.
- In case of *Abhraka bhasma*, specific number of *Putras* has specific therapeutic action i.e., with increased number of *Putra* the *Yogavahi guna* of *Abhraka* increases and thus acts as *Rasayana*.

Role of *Bhavana Dravya* in *Abhraka Bhasma*

- *Bhavana* is a *Samskara* adopted for the formation of *Chakrika* before subjecting to *Putra*.
- Liquids like *Swarasa*, *Kwatha*, *Amla dravyas* like *Kanji* etc are used for *Bhavana*.
- Quantity of liquid used should be sufficient to make the particles to wet so that trituration facilitates particle size reduction and quick drying because of heat generated during friction.

- Common drugs used for *Bhavana* for formation of *Abhraka Bhasma* include *Kasamarda*, *Triphala*, *Bhringaraja*, *Musta*, *Kadali* etc has *Rasayana* action. Thus by *Bhavana Samskara* this *Rasayana* properties are imbibed into *Abhraka*.

CONCLUSION

Based on the data collected, we can infer that *Shata Puti Abhraka bhasma* has great therapeutic utility. These studies emphasize on use of *Abhraka Bhasma* as *Rasayana*. Though *Sahasraputi Abhraka Bhasma* is more effective *Rasayana*, because of its tedious manufacturing procedure *Shata puti* is more in practice.

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