

THERAPEUTIC REVIEW OF HERBO-MINERAL PREPARATION: MRUTPRANDAYI
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ABSTRACT

Rasa Shastra is a branch which deals with *Rasa*, Metals, Minerals, Gems, Herbal drugs and various Principles of Alchemy and Metallurgy etc. *Mrutprandayi rasa* is one such *Kharaliya* herbo-mineral formulation mentioned in various ayurvedic text. *Mrutprandayi rasa* is commonly indicated in *Sarva Jwara* (Fever) *chikitsa*, *Jwara* run a chronic and complex course and is difficult to treat. It is also indicated in various other diseases like *Grahini*, *unmad* etc. **Aims and Objective:** The main objective of this article is to discuss the therapeutic uses of *Mrutprandayi rasa* and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of *Mrutprandayi rasa*. **Materials and Method:** Data is collected from related ayurved and modern medical literature, articles which have been published in various journals on website. **Discussion:** Most of the drug in *Mrutprandayi rasa* is *katu*, *tikta rasatmak* with *ushna veerya*, *laghu*, *ruksha*, and *tikshna gunatmak* having *hwarghna* property. **Conclusion:** *Mrutprandayi rasa* is a very effective drug, it has multidimensional broad spectrum activity so this can be used in all type of *jwara*.

KEYWORDS: Herbo-mineral formulation, *Ayurveda*, *Kharaliye rasayan*, *Jwara*, *Mrutprandayirasa*.

INTRODUCTION

Ayurveda the traditional Indian system of medicine is regarded as the most Methodical and efficient among all such systems practiced indifferent regions of the world. According to WHO traditional medicine has established and proved itself to possess promotive, preventive, curative and rehabilitative roles. '*Rasa-Shastra*' has become an integral part of *Ayurveda*. In the current kinetic era. *Rasa ausadhies* have given *Ayurveda* a complete novel healthcare look. The innate qualities like quick action, lesser dose, prolonged shelf-life, better palatability of *Rasa ausadhies* have helped them to conquer the compliance of the patient as well as pharmaceutical proprietors. Nearly 70% formulations are Herbo- mineral compound which essentially contain minerals and metals as integral part of the formulation not in elemental form but in compound form. The sophisticated manufacturing process of *shodhan*, *maran* ensure that deep changes are taking place in these minerals. The final product after reaction with several organic and inorganic materials of herbal origin which is used in *shodhan* and *maran* are responsible for action, changing the properties of toxic metals, making it therapeutically effective and provides safety. *Kharaliye*

(*Trituration*) method is a basic procedure applicable to all *Rasa ausadhi* (Mercurial medicines) before they are subjected to any specific procedure. It is a simple process to convert crude drugs i.e. macro to micro level and also gives Specific *samskara* (stages of processing).

Mrutprandayi rasa is one such unique and efficacious *Kharaliye rasayan* mentioned in *Rasachandanshu*¹ (*Uttarkhand*) and *Rasayogasagar*² mainly in the context of *Sarva Jwara*. It is also indicated in various other diseases. *Mrutprandayi Rasa* literally means 'one that infuses life'. In *Ayurvedic* classics, *Jwara* is considered as the '*Rogadhipati*' i.e. King of all the diseases. It is among *Ashtamaharoga*. It is mentioned as disease as well as symptom of other diseases too. The term *Jwara* means the condition in which mind, sense organs and the body all are troubled (*Dehendriya mana santap*). *Mithya Ahara*, *Vihar* (unwholesome food and physical activities) leads to aggravation of *Vatadi doshas* which afflicts *Amashaya* and gets mixed up with *Agni*, it follows course of *Rasa* and obstructs the channels of *Rasa* and *Sweda*, suppress the activity of *Pachakagni* and expels the heat from the site of digestion spreading it all over the body thus causing "*Jwara*". *Jwara* is divided and

subdivided in many groups. Thus for the management of this diseases *Mrutprandayi rasa* is a very potent formulation.

Table 1: Table showing list of Ingredient drugs, their therapeutic uses and pharmacological actions.

Sr. No.	Name Of Drug	Rasa	Guna	Veerya	Vipak	Doshagnata	Rogadhikar	Pharmacological Properties
1	Parad ^[3]	shadrasa	-	-	-	Tridoshar	-	Vrishya, Balya, Rasayana, Ropana, Krimighna
2	Gandhak ^[4]	Katu, Tikta	ushna	Ushna	Katu	Vatakaphanashak	Kaas, Shwas, Aamvata, Garvisha	Rasayan, Parad vikar, Dipan, Pachan, Medhya
3	Tankan ^[5,6]	Katu	Ruksha, ushna, tikshna	Ushna	Katu	Kaphanissarak	Kaas, Shwas, sthavar visha	Hrdya, Balya, Kapha nissaraka, Agnidipan
4	Vatsnabha ^[7,8] (Root)	Madhur, Avyakt rasa	Vyavayi, Vikasi, Ashukari, Tikshn	Ushna	Madhur	Tridoshghna	Sannipata, Jvara Atisara	Rasayana, Svedala, Febrifuge, Hypotensive, Analgesic, psychostimulant
5	Dhattur ^[9,10] (Beej)	Tikta katu	Laghu, Vikasi Vyavayi,	Ushna	Katu	Kaphavatashamak	Kaas, Shwas, Jwar, Unmad, Shotha, Vedana,	Agnividdikar, Hridayottejaka Garbhashaya-prasarak, Anti-viral, Analgesic, Anti-cancer
6	Shunthi ^[11,12] (Dried Rhizome)	Katu	Tikshna, Ruksha	Ushna	Madhur	Kaphvatashamak	Vishamjwar Jeernajwar Shoth aamvata	Dipan, Pachan Aamdoshhar Anti-pyretic, Anti-bacterial, Anti-rhinoviral, Analgesic, Antidepressant
7	Marich ^[13,14] (Fruit)	Katu, Tikta	Tiksna, Ruksha	Ushna	Katu	Kaphavatashamak	Shwas, Krimi, Ykrutvilkar	Dipan, Pachan, swedjanan, krimighn, Jwarghn Analgesic, Anti-inflammatory, Anti-microbial, Antifungal
8	Pippali ^[15,16] (Fruit)	Katu, Tikta	Laghu, Tikshna, Snigdh	Anushna	Madhur	Tridoshar	Shwas, Kaas, jwara, Vishamjwar, Shoth, Pleeharog vedana Krimi, aamvata Amadosha	Dipan. Jwarghna, Shoolprashman, Rasayan Medhya Anti-bacterial, Anti-malarial, Immunostimulatory

Table 2: Showing indication of *Mrutprandayi rasa* with different *anupan* in various diseases.

Sr. no	Diseases	Anupan
1	Jwar	Adrak swaras
2	Jwar Atisar	Mushta kwath
3	Arsh and Grahini	Madhu, Sharkara
4	Vataj Jwara	Trikatu, Chitrakmula Kwath
5	Kampvata, Avbahuk, Ekangvata, Apasmar, Unmad	5 Dhattur beej + Sharkara

MATERIAL AND METHOD

Mrutprandayi rasa, an Ayurvedic herbo-mineral formulation is indicated in the management of Jwara (hyper pyrexia). It contains three mineral drug viz Parad,^[3] (mercury), Gandhak,^[4] (Sulphur), Tankan,^[5,6] (Borax), five herbal drugs viz Vatsnabh,^[7,8] (Aconitum ferox), Dhattur,^[9,10] (Datura metal), Trikatu-Shunthi,^[11,12] (Zinziber officinale), Maricha,^[13,14] (Piper nigrum), Pippali,^[15,16] (Piper longum), all in equal proportion and five herbal drug decoction for bhavna viz. Vatsnabh, Dhattur, Trikatu in sufficient quantity.

Method: At first Parad is taken in a clean khalwa yantra and Parad shodhan,^[17] is done, later shodhit Gandhak,^[18] is added and kajjali,^[19] is prepared in the ratio of 1:1. Further Fine powder of shodhit Tankan,^[20] shodhit Vatsnabh,^[21] shodhit Dhattur,^[22] and Trikatu all in equal proportion is added to kajjali one by one and mardan / Trituration is done till it turns into homogenous mixture. At first add Vatsnabh moola kwath in sufficient quantity such that the above mixture gets completely immersed and do bhavana/wet grinding/Maceration till it dries completely, total three bhavana should be there. When bhavana with Vatsnabh kwath is complete and the product is completely dry add Dhattur beej kwath in sufficient quantity and give three bhavanas, finally add Trikatu kwath for another five bhavana. After drying in shade, pellets are prepared of one Gunja pramana (125mg) and is stored in Air-tight glass stoppered container.

DISCUSSION

Observing closely to all ingredient suggest that it mostly contains Dipan, Pachan and Agnivardhan dravyas, collectively they mainly act on Rasavaha, Annvaha and Manovaha strotasa. so by this we can infer that Mrutprandayi rasa is tridoshahahara, in the process of digestion it subsides all the three doshas which are responsible for Jwara, especially in amashaya which is the udbhava sthana of Jwara so this can be used in tridoshaja jwara. Acharya charaka while explaining line of dosha tackling in Jwara advices to conquer kapha first, pitta in second order and vata at last, Mrutprandayi rasa works on the same principle. Parad is yogvaahi and tridoshashamak. 'Yogvaahitva',^[23] is a unique attribute of mercury, these substances when combined with others besides maintaining their own activity, increase the therapeutic activity of the other substance many folds. This is one of the reasons why the dose of the drug and time required for the onset of action is considerably reduced by mercurial compounds. Purified Sulphur is useful in Kaas, Asthama, hepatomegaly and splenomegaly, chronic fever etc. Paradand Gandhak together form a compound called kajjali,^[24] this compound is found effective in diseases of all strotas. The impact is tridoshahar, immediately spreads in the body when consumed clears the obstructed channels. Tankan is pungent in taste and hot in nature, it is good for heart and act as antidote for vatsnabh as it compensat cardiac depressant action of vatsnabh. It is kaphnissaraka

in nature and indicated in productive cough, Asthama, chest congetion etc. It helps to improve menstrual flow. Vatsanabha as febrifugive agent is the best drug to reduce pyrexia by inducing sweat. Vatsnabh is tridoshahar and ashukariso its role is very important in this formulation. Dhattur is quick in action indicated in Jwara, Shoth, Vedana. It is having potent analgesic and anti-viral properties. Trikatu does deepana, pachana which is essential to reduce ama and thereby Jwara. Sunthi is one of the best drug for aampachan. It is having antipyretic and antimicrobial properties. Marich is of great value in fever specially as adjuvant to more active febrifugive agents. It exerts a stimulant action throughout the entire course of digestive system. Pippali acts as rasayan i.e. rejuvenator. It has great action in intermittent fever and splenomegaly as having jwarghna and antimalarial property. Drugs like Gandhak and Pippali are medhya in nature hence it also reduce manasantap. Here repeated bhavana (Lavigation) of ingredient's decoction makes this formulation more effective and fast acting. By all these aspects we can infer that Mrutprandayi rasa is one of the best drug to conquer the disease jwara as it ebolish all three symptom of Jwara i.e. Deha-indriya-manasantap.

CONCLUSION

It is clear from literature that *Mrutprandayi rasa* is an emergency drug and the components of *Mrutprandayi Rasa* are expected to be *Agnideepan, Amapachan, Shrotoshodhak, Malshuddhikar, Jwaraghna, Swedajanana, Shoolprashman*. These properties contribute to induce sweat, relieve pyrexia and pain, in addition to *Jwarghna* property (antipyretic) it is also having anti-microbial property. *Mrutprandayi Rasa* has multidimensional Broad spectrum therapeutic action i.e. Antipyretic, Analgesic, Anti-inflammatory, Anti-microbial, Anti-helminthic, Immuno stimulatory, CNS stimulant and many more etc. when used with suitable *anupanas*. This review has presented a collective knowledge on therapeutic, pharmacological and medicinal applications of *Mrutprandayi rasa* and its constituent drugs. This review will also facilitate to gain all about the past scientific research and the necessary information about the enormous pharmacological activities of these drugs which would motivate and lead to further exploration of pharmacological activities of these ingredients to protect human beings from different types of diseases specially *Jwara* and may serves as useful treasure for the promotion of health.

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