

ROLE OF 'RATNA VARGA' ON PRANVAHA STROTAS; A CRITICAL REVIEW

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ABSTRACT

Present scenario of Covid pandemic has enabled mankind to inculcate practice of various treatment modalities worldwide. Modern science have constant endeavor for addressing the present issue. Different types of treatment protocols had been tested to overcome the life-threatening effects of the pandemic. Indian system of medicine had also worked to address the issue along with modern science treatment to minimize and also in prevention of pandemic effects. Ayurveda has wide range of treatment protocols which were used for treatment and also many other modalities which can be used effectively for treatment of pandemic. Medicines prepared from precious stones – *Ratna varga* can be used for this purpose. *Pishti*- paste of single *Ratna*, *Pottali kalpana* made by amalgamation of various *Ratna* and other herbo mineral preparations are said to have prominent effect on *Pranvaha stotas* – the circulatory as well as respiratory system.

KEYWORDS: *Ratna varga*, *Pottali kalpana*, *Pranvaha stotas*.

INTRODUCTION

Today covid pandemic had led to new research and also innovation in treatment of symptoms on pandemic level. Primarily it had been known to affect respiratory system and circulatory system. Acute aggravation of symptoms have life threatening effects. So in context to such situation, a potent, fast acting and easy to use treatment protocol or drug delivery to subside the aggravation is the need of time. Also post covid symptoms are been experienced by many of cured patients. Prolong coughing, shortness of breath, weakness, fatigue, disturbed bowel movements, ano rectal disorders etc. are some of the major to be mentioned. Herbo mineral preparations of *Rasashastra* can be of utmost use for these underlying signs and symptoms. Many groups of medicine described in *Rasashastra* are found to be having prompt effect on covid progression and recovery. *Ratna varga* is one such group which has collection of *Ratna* – precious stones and its therapeutic use. High potency in very minute dose, having effect on *Pranvaha stotas*, ease of drug delivery, prevention of further post disease complications are some of the highlights which serves the purpose for present review.

Pranvaha stotas

Ayurveda classics had described the physiology – *Kriya sharir* in a very special manner. The functioning of body is based on three factors; *Dosha*, *Dhatu* and *Mala*. *Dosha* are functional units of body which in turn affect physical aspect i.e. *Dhatu* and *Mala*. These physical entities have

some set of organs which are interdependent and serve the purpose of origin, circulation/ optimization and elimination of respective *Dhatu*. *Pranvaha stotas* is one such *Strotas* (channels) mentioned which includes circulatory as well as respiratory system. *Mool sthana* – place of origin of *Pranvaha stotas* is mentioned to be *Hridaya* and *Mahastrotas*. (*Cha. Viman 5/7*) as mentioned by *Acharya Charaka* in *Viman sthan 5th* chapter seventh verse, symptoms related to respiratory symptoms and stating origin in *Hruday* as well as *Mahastrota* indicates involvement of circulatory and respiratory systems.

Ratna varga**Definition**

मणयोऽपि च विज्ञेयाः सूतबन्धनकारकाः ।

देहस्य धारका नृणां जराव्याधि विनाशकाः ॥ - R.R.S. 4/1

Classification

Many *Rasashastra* authors had classified *Ratana* according to their merits. Mainly these are classified in nine *Ratna* and six to seven *Uparatna*. This both have vivid therapeutic applications. Many medicinal preparations; *Bhasma*, *Pishti*, Herbo mineral preparations are prepared from it. They have effect on various ailments.

High potency in very minute dose makes it a prime tool to be used in acute conditions. Following are the various

Ratana and *Uparatna* along with their properties and forms used in specification to *Pranvaha Strotas* signs and symptoms.

Table 1: Ratna therapeutics.

<i>Ratna</i>	English name with chemical formulae	Medicinal Properties as per form	<i>Dharan Prabhav</i>	<i>Kalpa</i>
<i>Manikya</i>	Ruby – Al ₂ O ₃	Bhasma/Pishti : ‘ <i>Kaphavatakshyartinut ..</i> ’ - R.R.Sa.4/12	<i>Hrudroga, Shool.</i>	<i>Manikya rasayan, Mani parpati</i>
<i>Nilam</i>	Sapphire - Al ₂ O ₃	‘ <i>Shwas kasahar... </i> ’ - R.R.Sa. 4/53	<i>Yakshma, Shwas.</i>	Ratna Bhagottar rasa, Mani parpati
<i>Mukta</i>	Pearl - Ca CO ₃	Bhasma/Pishti : ‘ <i>Kaphapittakshya dhwansi...Kasashwasagnimandyanut... </i> ’ - R.R.Sa. 4/15.	<i>Kasa, Hrudroga Shwaskruchata.</i>	Kshya kesari rasa, Hirayna garbha pottali
<i>Praval</i>	Coral - CaCO ₃	Bhasma/Pishti : ‘ <i>Visheshat Kaphavatanut...Kshyakashara... </i> ’ - R.T. 23/140	<i>Shwas, Kasa.</i>	<i>Praval panchamruta, Sarvanga sunder rasa.</i>
<i>Pukhraj</i>	Topaz - Al (F ₂ OH) ₂ SiO ₄	Bhasma/ Pishti : ‘ <i>ChardiKhapavatagnimandyanut..... </i> ’ - R.R.Sa. 4/25	<i>Hrudrog, Kasa, Akasmat shwas.</i>	<i>Ratnabhagottar rasa, Pukraj Pishit.</i>
<i>Markata</i>	Emeralad - Be ₃ Al ₂ SiO ₂	‘ <i>Shwaschardi prashamanam..... </i> ’ - R.T. 13/110	<i>Shwas, Chardi.</i>	<i>Markata Pishti, Jawaharmohra vati.</i>
<i>Vajra</i>	Diamond - C	<i>Bhasma/ Pishti : ‘Hrudyam paramrajyakshmaprashamnam..... </i> ’ - R.T. 23/27	<i>Hrudya, Pachan samsthan roga.</i>	<i>Panchamrut rasa, Ratnaprabaha vati.</i>
<i>Gomed</i>	Zircon - Zr SiO ₄	<i>Bhasma / Pishti: ‘Kaphapittaghna Kshya..... </i> ’ - R.R.Sa. 4/56.	<i>Gastric diseases.</i>	<i>Sarveshwar parpati rasa.</i>
<i>Suryakant</i>	Sun stone	<i>Bhasma/pishti; ‘Balasvaatshamano visheshen... </i> ’ - R.T. 23/185	<i>Kapha disorders</i>	<i>Suryakant Bhasma</i>
<i>Perojaka</i>	Turquoise – Cu Al ₆ (PO ₄) ₄ H ₂ O	<i>Bhasma/Pishti; Shooldvijvishaghna... </i> - R.T. 23/210	Enhance immunity	<i>Bhasma and Pishti</i>

CONCLUSION

Through study of each *Ratna* with respect to *Shodhana* – purification and *Marana* – incineration helps to understand the drug utility when used in singular form or in combination of other drugs. Secondly the pin point indications of each *Ratna* medications and that too in a very small dose is thing to ponder upon. This class of drugs has an additional effect i.e. *Dharan prabhav*; this also helps us to use this gem stones in complimentary fashion along with other treatment modalities to gain desired and prompt results.

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