

A Critical Review on Pradarari Rasa – Herbomineral formulation

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ABSTRACT

Ayurveda is the most ancient and renowned system of medicine in India which is having the potential to cure the many diseases in an efficient manner. AYUH means life and VEDA means knowledge or science. Thus Ayurveda in totally means “Science of Life”. Rasa Shastra is a branch which deals with herbs, minerals, and metals to produce the drugs with higher efficacy in lower doses with good palatability. Bhasmas are unique dosage form of Rasa Shastra. The present study is to review the formulation i.e., Pradarari Rasa which is used in Shwetha pradara, Rakta pradara, Rakta srava, Bahu mutra tyaga.

Key words – Ayurveda, Pradarari Rasa

I. INTRODUCTION

Ayurvedic principles states that, every single substance of the universe has a potential to be used as a drug, provided it should use cautiously by the physician. Rasashastra is the science of making metals or herbs assimilable for the body so that they can be used as a medicine. Mineral materials are said to be toxic in nature but by adopting specialized pharmaceutical procedures like Shodhana, Marana, Jarana, Murchana etc. They are converted in to nontoxic, safe and potent therapeutic forms. Pradarari rasa¹ is one of the herbomineral formulation mentioned in Baishajya Ratnavali Streerogadikara 102-106. Which contains Vanga bhasma, Loha bhasma, Ahifena, Shadguna jaritha gandhaka, Rasa sindoor, Rakta chandana, Raktotpala, Ashoka Twak kwatha. Shodhana, bhavana, kwatha nirmana and the preparation of vati of Pradarari rasa are the main pharmaceutical procedures adopted in preparation of formulation.

II. MATERIALS AND METHODS

1. Ingredients:

Table 1: ingredients of Pradarari Rasa

	INGREDIENTS	QUANTITY
1	Vanga Bhasma	1 part
2	Loha bhasma	1 part
3	Shadguna Jaritha gandhaka	1 part
4	Rasa sindoor	1 part
5	Rakta chandana	1 part
6	Raktotpala	1 part
7	Ahifena	1 part
8	Ashoka twak kwatha	Q.S

2. METHOD OF PREPARATION:

- Collect ingredients in equal quantity.
- Make a homogenous mixture of all ingredients in kalwa yantra.
- Then it is subjected to Bhavana with ashoka twak kwatha followed by preparing vatis of chana matra pramana and dried in a shade.

Shadguna Jarita Gandhak – Place a sharava or an iron vessel over the valuka yantra on a chullika and add gandhaka of an equal part of parada and start heating, when the gandhaka melts,

then add shuddha parada in it and continue heating. When half the gandhaka is burnt, then again add shuddha gandhaka in equal quantity of parada. In this way, release gandhaka up to 6 times¹⁰.

3. DOSAGE: 125 to 250 mg

4. ANUPANA:

- Consume with Ashoka twak kwatha or
- Kwatha prepared of ashoka twak, guduchi, rakta chandana.

Table 2: showing the properties of individual drugs

DRUG	RASA	GUNA	VEERYA	VIPAKA	DOSHAGHNA TA
Vanga Bhasma ²	Tikta, kashaya	Laghu, Ruksha, Sheeta	Sheeta, Ushna	Katu	Kaphaghna
Loha Bhasma ³	Tikta, Kashaya	Ruksha, Guru, Lekhana	Sheeta	Madhura	Kaphapittaghna
Rasa Sindhoor ⁴	Shadrasa	Guru, Snigdha	Ushna	Madhura	Tridosahara
Rakta Chandana ⁵	Tikta, Madhura	Guru, Ruksha	Sheeta	Katu	Kaphapittaghna
Raktotpala ⁶	Kashaya, Madhura, Tikta	Laghu, Snigdha, Picchila	Sheeta	Madhura	Kaphapittaghna
Ahifena ⁷	Tikta, Kashaya	Ruksha, Laghu, Vyavayi	Ushna	Katu	Kaphagna(latex) Vatagna(seeds)
Ashoka ⁸	Kashaya, Tikta	Guru	Ushna	Katu	Kaphapittaghna

DRUG	KARMA	ROGAGHNATA
Vanga Bhasma ²	Rasayana, Medhya, Vranahara	Shwetha pradara, Rakta pradara, Krimihara, Pandu, Chardihara, Prameha, Varnya
Loha Bhasma ⁹	Balya, Vrushya, Varnya, Medhya	Shwetha pradara, Madhumeha, Hridroga, Atisara, Kashtartava
Rasa Sindoor ⁴	Rasayana, Vajikarana, Balavardhaka	Jwara, Gulma, Prameha, Shula, Vrana, Kushta
Ahifena ⁷	Rakta sthambaka, Shulaprashamana, Swasakasahara	Udarashula, Atisara, Sandhishula
Ashoka ⁸	Rakta sthambaka, Mutrala, Shodhaka, Daha prashamana, Shotahara	Rakta pradara, Shwetha pradara, Kashtartava, Atisara, Krimiroga
Rakta chandana ⁵	Shodhaka, Raktapitta Sthambaka, Dahaprashamana,	Daha-kshata-shotha, Vrana, Shoola, Rakta vikara
Raktotpala ⁶	Rakta sthambaka, Dahaprashamana, Balya, Varnya, Medhya	Rakta pradara, Raktapitta, Daha, Vrana, Atisara, Mutrakrichra
Shadguna jarita gandhaka ¹⁰	Sarva rogahara	Sarva rogahara

III. DISCUSSION:

The formulation that has been selected as a review which is described in Baishajya Ratnavali streerogadikara i.e., Pradarari rasa indicated in shwetha pradara, raktapradara, raktasrava, bahu mutra tyaga which is consumed along with the ashoka twak kwatha or kwatha prepared out of ashoka twak, guduchi, rakta chandana.

By reviewing the ingredients of formulation, it is found that most of the drugs having tikta kashaya rasa, laghu ruksha guna, sheeta veerya, katu vipaka almost all the drugs having the sthambaka property hence Pradarari Rasa is indicated in shweta pradara, rakta pradara, rakta srava.

- Ashoka drug owns the properties like rakta sthambaka, shodhaka, daha prashamana kwatha of this drug enhances the potency of formulation in preparing when given bhavana for the other mixed ingredients. Haemotoxilin is the important chemical constituent of ashok twak. It regulates bleeding especially in menstrual irregularities. Tannin and catechin constituents help to slowdown the excess menstrual flow. Its main action is on uterine muscles and ovaries help to regulate the ovarian function¹¹.
- Vanga bhasma is reported as rasayana, medya, vranahara. Which is having tikta kashaya and alpalavana rasa, laghu ruksha guna, sheeta veerya, katu vipaka and kaphahara property. It influences on ovaries and uterus in females and helps in curing the shwetha pradara and rakta pradara¹².
- Loha bhasma possess the qualities of balya, vrushya, varnya, medhya with tikta kashaya rasa, ruksha laghu lekhana guna, sheeta veerya madhura vipaka and kaphapittahara with these properties it is beneficial in bleeding disorders however it may not reduce bleeding but it can compensate the iron loss that occurs¹³. In which bleeding is caused due to imbalance of kapha dosha.
- Rakta chandana acts as Shodhaka, Raktapitta shamaka, Daha prashamana which is having tikta madhura rasa, guru ruksha guna, sheeta veerya, katu vipaka and kaphapittahara. The wood is bitter, sedative, cooling, astringent, cardiac tonic and diuretic⁵. Acts as Rakta prasdana which detoxifies the blood and in turn helps in bleeding disorders¹⁴.
- Raktotpala referred as Raktasthambaka, Dahaprashamana, balya, medhya, varnya having kashaya tikta madhura rasa, laghu

picchila snigdha guna, sheeta veerya, madhura vipaka and kaphapittahara. The rhizomes and seeds contain resin, glucose, tannin, metarbin. Tannin helps in slowdown the excess menstrual flow. Also it is haemostatic, cardiotoxic, diuretic, galactagogue.⁶

- Ahifena is reported as Raktasthambaka, Shulaprashamana which is having tikta kashaya rasa, ruksha laghu vyavayi guna, ushna veerya, katu vipaka and kaphaghna properties. It mainly acts as raktasthambaka. It contains primary alkaloid as morphine, codein, narcotine because of these it acts as analgesic, anaesthetic, anti-colic, anti diuretic⁷.
- Shadguna Jaritha Gandhaka which contains parada as ingredient acts as a sarva rogahara¹⁰.

By considering all these specific actions of each drug of Pradarari rasa states that it will work on the female reproductive system by its sthambaka property helps in excessive discharge conditions like Shwetha pradara and Rakta pradara.

IV. CONCLUSION

This review presented with the details of therapeutical, pharmacological applications of Pradarari rasa. The main action of this formulation is on menstrual bleeding disorders like Rakta pradara, Shwetha pradara. With all its constituents helps in stopping of bleeding and regulates the health of the individuals. Ashoka kwatha which is used in both as bhavana and anupana for the formulation the main action of this is on uterine muscles and ovaries which helps to regulate ovarian function, thus Pradarari rasa is safe for the therapeutic use at its normal dose.

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