

## INTRODUCTION OF ABHRAK BHASMA IN MANAGEMENT OF KASA ROGA ACCORDING TO AYURVEDA - A REVIEW ARTICLE

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### ABSTRACT

Abhraka bhasma is a general Rasashastra medicine in Ayurveda stream. It is Abhraka Bhasma, a mineral preparation commonly known in the classical texts of Ayurveda, is one of the most frequently used drugs in Ayurveda. To prepare the Bhasma, selective metallic/mineral origin materials are exposed repeatedly to Puta, which is a traditional method of Bhasma preparation essentially herbomineral training used by all Ayurvedic Vaidyas since long time. Abhraka is essentially Mica (Biotite). Bhasma is nothing but burnt ash. Rasashastra is an Indian metallurgy which pacts with several minerals and herbomineral provisions specially Bhasmas. There are numerous popular Bhasmas in Ayurveda but there is great demand of this Bhasma in Ayurvedic vaidyas. Use of this Bhasma is in multiple disorders, so could be reflect as a major Ayurvedic drug. Need of hour to evaluate its efficacy value as potential Ayurvedic drug in various disorders. As well as importance of Abhraka bhasma as an evidence-based drug. Review of

literatures and scientific studies of Abhraka bhasma clearly indicate that there are lot of studies is done on Abhraka bhasmas specially it is physicochemical characteristics, standardization as well as it is therapeutic uses. Abhraka bhasma is indicated in several ailments like Diabetes, Asthma, Paralysis, Neurological condition, Tuberculosis and Acid

peptic diseases.<sup>[1]</sup>

**KEYWORDS:** *Standardization, Abhraka Bhasma, Mica, Ayurveda.*

## INTRODUCTION

Of the human biological system. The metabolic activity needed metals as a trace element in specific concentration is so essential to maintain the metabolic activity of the human system e.g. Hg, Au, Ag, Fe, Zn, Cu, Pb etc. Deficiency or excess amount of intake leads to imbalance in the biological system causes metabolic disturbances. The states of an equilibrium level of metals as a trace element maintains immunity. Abhraka (Mica) in Rasashastra texts Abhraka Synonyms Gouriteja, Gagana, Bahupatrakam, Kha, Antariksha Ambara.<sup>[2]</sup> Ores: Biotite, Paragonite, Lepidolite, Muscovite, Phlegophite.<sup>[3]</sup> Type of the Abhraka Based on Colour: Krishna, Rakta, Peeta, Shweta. Based on Reaction to heat: Pinaka, Naga, Manduka, Vajra. Grahyata Considerable: Snigdha, thick and heavy layers, easily separable layers Not considerable: Chandrikaryukta, Kittayukta (Mala).<sup>[4]</sup> Shodhana Procedure is carried in following manner Nirvapana technique is used in which, Raw Abhraka is heated till become red hot and it is immersed in liquid media like Kanji or Gomutra or Triphala Kwatha or Godugda. Repeat the same procedure for 7 times. Each time fresh liquid is to be used.<sup>[5]</sup> Dhany Abhraka Procedure Shodhit Abhraka and ¼ Shalidhanya are combined to prepare Pottali by Kambala cloth (jute bag in case non availability). Pottali is kept immersed in Kanji for 3 days. Afterwards Pottali is macerated well with force. Abhraka in the form of small particles will come out from Kambala which is devoid of Valuka and is collected and dried. Marana Procedure Dhanyabhraka and Kasamarda swarasa combined by Bhavana process and Chakrika is prepared. The dried Chakrika is kept in Sharava and Samputikarana process is used for drying up. Gajaputa is repeated for 10 times till Bhasma siddhi lakshana are obtained. To treat the disease Sahasra puti (1000) is done to obtain Rasayana.<sup>[6]</sup> Amrutikarana Abhraka Bhasma is repeatedly subjected to Puta (incineration in a closed earthen vessel). Also process of Amrutikarana where Abhraka Bhasma is fried in Goghruta (cow ghee) and Triphala kwatha, have a role in its therapeutic efficacy which needs evaluation. As many as 100 incinerations are mentioned for the preparation of Shataputi Abhraka Bhasma which underlines the amount of Agni Samskara (heat processing) Abhraka Bhasma is subjected to before being used therapeutically. As mention in Ayurveda Prakash, 2nd chapter and 138th Sloka the process of Amrutikarana is carried out with the help of Triphala kwatha 16 Tola, Ghruta 6 Tola, Abhraka bhasma 10 Tola. Procedure Abhraka

Bhasma is mixed Ghruta and Triphala kwatha in iron vessel and Bharjana (fry it) is done until only Abhraka bhasma remains.<sup>[7]</sup> Lohitakarana It develops desired red colour in case of Abhraka bhasma and this process of Lohitakarana where Abhraka Bhasma is triturated with some distinct herbs before incinerating. This process is carried out in following manner, Abhraka bhasma by Bhavana process with Raktavarga dravyas and made into Chakrikas. These are kept in Sharava Samputikarana and Gajaputa is done. The process adopted to attribute red color to Bhasma which was lost due to a greater number of Puta (exposure to heat).<sup>[8]</sup> Bhasma siddhi lakshana Finalized Abhraka Bhasma shows some specific characteristics, in many Rasashastra texts it called as Siddhi lakshana. Rastarangini includes some Siddhi lakshana such, Nishchandratva means properly prepared Bhasma will not be having any luster or shining, also will be red in colour, fine powder in nature along with soft in touch.

**DOSE:** 1 to 2 Ratti (120 – 240 mg)

### ADVERSE REACTIONS

If Abhraka Bhasma is not prepared in prescribed manner so, not having any Siddhi Lakshana, after consuming it, the body may show some toxic symptoms such as, Moha, Mandagni, Visha, Pandu, Parshwapeeda, Kustha, Kshaya, Shotha.

### TREATMENT FOR ADVERSE DRUG REACTION

Ayurveda Vaidyas follows following method, treatment for the adverse effect cause by eating such Abhraka bhasma includes Uma phala (Atasi beeja) trituration in water and consume this preparation for 3 days. Famous Commercial Ayurvedic Formulations of Abhraka Bhasma Arogyavardhini vati, Panchamruta parpati, Yogndrarasa, Rasaraj Ras, Agnikumararasa, Vasant kusumkar Ras, Bruhat Kasturi bhairav Ras.

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