

## A REVIEW ON THERAPEUTIC USES OF VANGA BHASMA

<sup>1</sup>\*Dr. Laxmi H. Kokare and <sup>2</sup>Dr. Ninad Sathe<sup>1</sup>P.G Scholar (Rasashastra Bhaishajya Kalpana Department),<sup>2</sup>Professor (Rasashastra Bhaishajya Kalpana Department),

Dr. G. D. Pol Foundation's Y.M.T. Ayurvedic Medical College, Kharghar, Navi Mumbai.

Article Received on  
21 July 2018,Revised on 11 August 2018,  
Accepted on 31 August 2018

DOI: 10.20959/wjpr201816-13319

## \*Corresponding Author

Dr. Laxmi H. Kokare

P.G Scholar (Rasashastra  
Bhaishajya Kalpana  
Department), Dr. G. D. Pol  
Foundation's Y.M.T.  
Ayurvedic Medical College,  
Kharghar, Navi Mumbai.

## ABSTRACT

*Vanga* the metal was imported from Brahmadesh (Burma) and its route was through Bangal hence may be known as *Vanga/Banga*. *Vanga* is one amongst *Trivanga* group also known as *Putiloha*. After the incineration process (*marana*) *vanga* metal (*dhatu*) gets converted into *vanga bhasma*. Metallic preparation (*Bhasma*) is an *ayurvedic* formulation this is with specialty that dosage required is in less amount i.e. in milligrams, easily gets absorbed in system, with no any specific odor and it is tasteless thus *bhasma* are preferred in treatment. *Vanga bhasma* is the remedy most commonly used to treat all types of *prameha*, *shukravaha strotas dushti*, *shwetapradara*, *Krimi*, *Kshaya* (*Rajayakshma*) etc. As per the properties of *vanga dhatu* therapeutic uses have been explained in various *samhitas*.

**KEYWORDS:** *Vanga bhasma*, Properties, Action, Therapeutic uses.

## INTRODUCTION

Metals have long history in *ayurvedic* science. The pharmacological action, therapeutic indication, adverse effect (*Bhasma sevanjanya dosha*) and management of this adverse effect (*Chikitsa*) have been mentioned in *ayurvedic* *samhitas*. *Bhasma* required is in smaller dose, have quicker action, tasteless, no any specific odor with high therapeutic efficacy. *Vanga* one of the *putiloha* is known by the name of *Trapu*, *Trapusha*, *Banga*, *Ranga*, *Rangaka*, *Sukraloha*, *Swetarupya*, *Nagabhava*, *Nagajivana*, *Mruduvabga* etc. *Vanga bhasma* is widely used herbo-mineral formulation in *ayurveda* for various disorders such as *prameha*, *krimi*, *pandu*, *mutrakrichha*, *swapnadosha*, *swetapradara*, *raktapradara* etc. Researchers have proven its action on genito-urinary disorder such as capacity of testicular cell regeneration; its action in *madhumeha*, its *balya* property.

**AIM:** A review on therapeutic uses of *Vanga bhasma*.

## OBJECTIVE

To review classical literature and research papers for the reference of therapeutic uses of *vanga bhasma*.

## MATERIAL AND METHODS

Classical references and literature review through different articles, used for review of *Vanga bhasma*.

### Therapeutic uses of *Vanga bhasma* in various *samhitas*

*Rasa-ratna samuchaya*, *Rasatarangini*, *Ayurved prakash*, *Rasendrasara-sangraha*, *Rasayansara Rasamitra* are the classics of rasashastra have mentioned the therapeutic uses of *vanga bhasma*. Individual opinion of *samhitakaras* have been presented below.

#### *Rasa-ratna Samuchaya*<sup>[2]</sup>

Properties are - *Rasa-Tikta*; *Virya- Ushna*; *Guna- Ruksha*, *Slightly vataprakopaka*.

Uses - *Prameha*, *Kaphaja vikara*, *Medoroga*, *Krimi*.

#### *Rasatarangini*<sup>[3]</sup>

Properties are - *Rasa- Tikta*, *Kashaya*, *Slightly lavana*; *Guna- Laghu*, *Ruksha*, *Sheetal*.

Uses - *Medoroga*, *Ruchikara*, *Rasayana*, *Kaphaja vyadhi*, *Vanti*, *Vranavikara*, *Prameha*, *Chakshushya*, *Kshaya*, *Shukravardhaka*, *Shwetapradara*, *Krimi*, *Varnyakar*, *Kasa*, *Shwasa*, *Pandu*.

#### *Ayurveda-Prakasha*<sup>[1]</sup>

Properties are - *Guna- Laghu*, *Rechaka*, *Ruksha*, *Tikshna*; *Virya- Ushna*; *Slightly aggravates pitta*.

Uses - *Prameha*, *Krimi*, *Chakshushya*, *Pandu*, *Shwas*, *Kasa*, *Kshaya*, *Vaman*, *Medoroga*, *Mandagni*, *Adhman*, *Balya*, *Shukravardhaka*, *Buddhivardhaka*, *Varnyakar*, *Bruhana*, *Deepan-Pachan*, *Ruchikaraka*, *Dhatuposhaka*.

*Ashudhha vanga bhasma sevanjanya vyadhi* – *Gulma*, *Hridaroga*, *Shoola*, *Arsha*, *Shwas kasa*, *Vamankaraka*.

*Ashudhha vanga bhasma sevanjanya vyadhi shanti* – *Meshashringi 3 masha + mishri for 3 days*.

**Rasendrasara-sangraha<sup>[4]</sup>**

Properties are - Rasa- Tikta; Virya- Ushna; Guna- Ruksha, Slightly Vataprakopaka.

Uses - Medoroga, shleshma nashaka, amanashaka, prameha, krimi.

**Rasayansara<sup>[5]</sup>**

Properties are - Sheetaguna pradhanata.

Uses - Kshaya, Saundaryakruta, Sarva prameha nashaka, Bala vardhaka, jatharagni rakshaka, Vardhakya nashaka, Shukradam, Buddhivardhaka

In Rasayanasara they have specified anupana as per diseases,

**Table 1: Different anupana's of vanga bhasma.**

<b>Vanga Bhasma</b>	<b>Anupana</b>	<b>Treats disease</b>
	Haridra churna (Termeric powder)	Amlapitta
	Mishri (Sugar)	Vitiated Pitta
	Pipal	Mandagni
	Karpur (Camphor)	Foul smelling mouth
	Vyaghri churna + Honey	Shwas roga
	Supari	Ajirna
	Khadir kwath	Skin disease
	Navaneeta (Butter milk)	Bone strengthening
	Nagaveli patra	Virya rakshaka
	Jayaphala	Pushti kara
	Tulsi patra	Prameha
	Ghee	Pandu roga
	Tankan (Borax)	Gulma roga, Pleehan
	Mishri + Nimbu rasa	Daha
	Kasturi	Shukra sthambhana
	Milk	Truptikaraka
	Lashun	Vatavyadhi
	Nirgundi + Samudraphala	Sarva kushtha
	Jayaphala + Ashwagandha	Katishoola
	Eranda moola + Vanga lepa	Shiroruja

Ashudhha vanga bhasma sevanjanya vyadhi – Panduroga, Prameha, Apachi roga, Gulma, Vatarakta.

Ashudhha vanga bhasma sevanjanya vyadhi shanti – Meshashringi + mishri for 3 days.

**Rasamitra<sup>[6]</sup>**

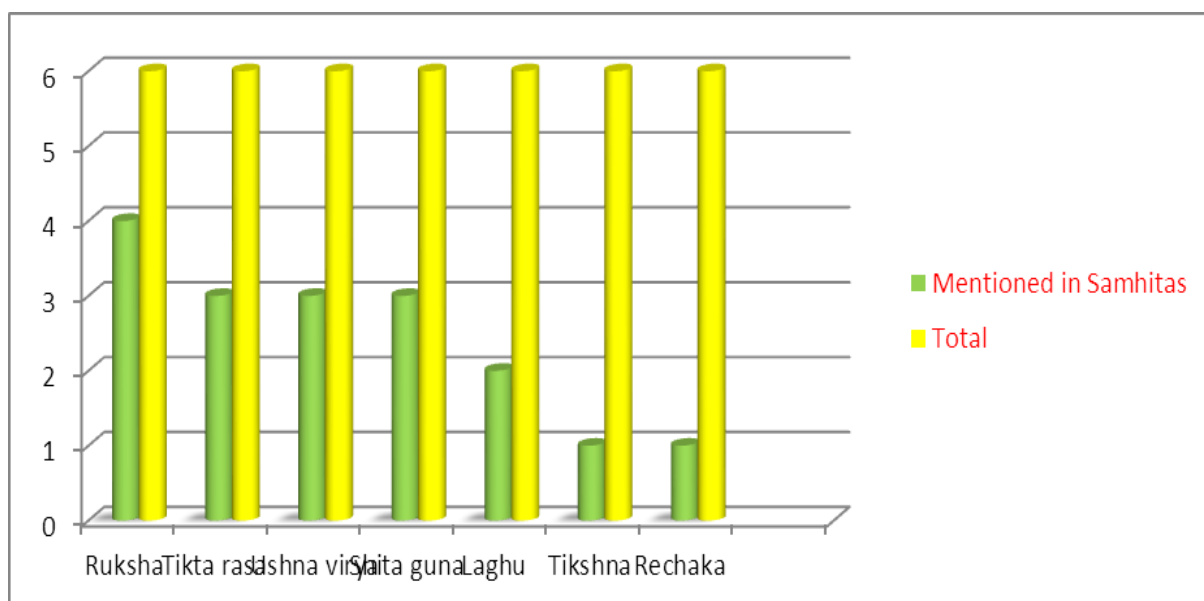
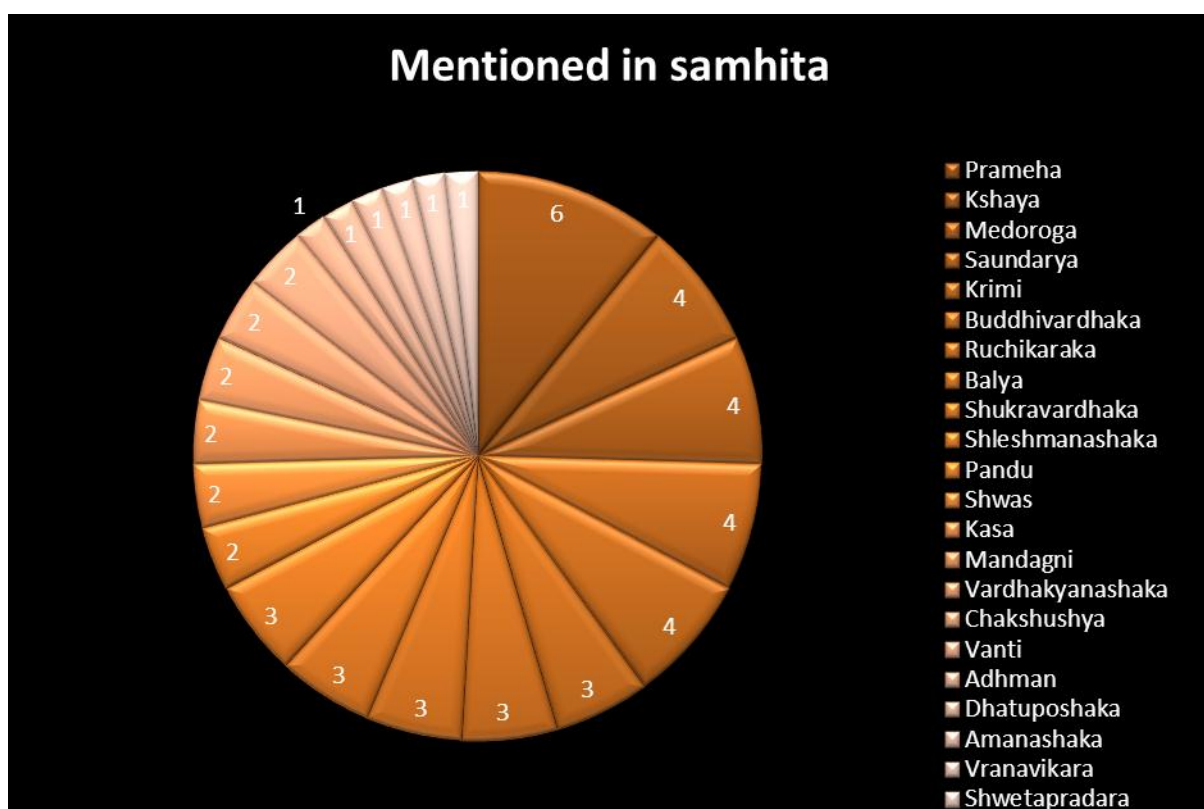
Properties are - Virya- Sheeta

Uses - Balya, Deepan, Pachana, Ruchivardhaka, Medhya, Varnyakara, Vayasthapaka, Kshayaghna, Prameha nashaka, Swapnameha nashaka.

Table 2: Properties and uses of *vanga bhasma* by different classics.

	<i>R.R.S.</i>	<i>R.T.</i>	<i>A.P.</i>	<i>R.S.S.</i>	<i>R.S.</i>	<i>R.M.</i>
<b>Properties</b>						
<i>Tikta rasa</i>	+	+		+		
<i>Ushna virya</i>	+		+	+		
<i>Sheeta guna</i>		+			+	+
<i>Ruksha</i>	+	+	+	+		
<i>Tikshna</i>			+			
<i>Laghu</i>		+	+			
<i>Rechaka</i>			+			
<b>Uses</b>						
<i>Prameha</i>	+	+	+	+	+	+
<i>Pandu</i>		+	+			
<i>Shwas</i>		+	+			
<i>Kasa</i>		+	+			
<i>Kshaya</i>		+	+		+	+
<i>Medoroga</i>	+	+	+	+		
<i>Mandagni</i>			+		+	
<i>Buddhivardhaka</i>			+		+	+
<i>Ruchikaraka</i>		+	+			+
<i>Vanti</i>		+				
<i>Balya</i>			+		+	+
<i>Saundarya</i>		+	+		+	+
<i>Vardhakyanashaka</i>		+			+	
<i>Shukravardhaka</i>		+	+		+	
<i>Krimi</i>	+	+	+	+		
<i>Chakshushya</i>		+	+			
<i>Adhman</i>			+			
<i>Dhatuposhaka</i>			+			
<i>Shleshmanashaka</i>	+	+		+		
<i>Amanashaka</i>				+		
<i>Vranavikara</i>		+				
<i>Shwetapradara</i>		+				

## RESULTS

Figure 1: Properties of *Vanga Bhasma*.Figure 2: Pie diagram showing therapeutic uses of *vanga bhasma* in different diseases.

*Vanga bhasma* is used in male infertility which had been proven by animal studies. Cadmium chloride induced wistar rats used as model, *vanga bhasma* administered for 30 days, which helps in maintain normal blood hormonal level (Serum testosterone) and normal morphology

of sperm. *Vanga bhasma* boosts up *dhatvagni* and facilitates nourishment to all body tissues this could be the reason to maintain normal morphology of sperms.<sup>[7,8]</sup>

Clinically *vanga bhasma* have been evaluated by administrating 125 mg dose thrice in a day with luke warm water after meal and results observed in 30 patients with known complaint of Diabetes mellitus. In this study *vanga bhasma* showed encouraging result within a short period of 21 days.<sup>[9]</sup>

*Balya, Medohara, Chakshushya* activity of *Vanga bhasma* is been proven by an experiment.<sup>[10]</sup>

## DISCUSSION

*Vanga bhasma* is with *Tikta rasa, ruksha – laghu – tikshna guna yukta* all this properties are helpful to break *smprapti* in *Prameha* and *medoroga* that is by removing *kleda*. As it is also useful in *Kaphaja vyadhi*.

*Dhatuposhakatva* is the therapeutic use mentioned in classics which results in *Shukradhatu vardhaka*.

## CONCLUSION

On the basis of review from different classics and recent researches we can conclude that *Vanga bhasma* is choice of drug in *prameha, Shukravaha strotas dushti*.

## ACKNOWLEDGEMENT

The authors are very grateful to the

1. Dr. Sheela Pargunde, HOD of Rasashastra Bhaishajya Kalpana Department
2. Dr. Meenakshi Amrutkar, Reader of Rasashastra Bhaishajya Kalpana Department
3. Dr. Ashvini Deshmukh, Reader of Rasashastra Bhaishajya Kalpana Department
4. Dr. Vaishali Khobragade, Lecturer of Rasashastra Bhaishajya Kalpana Department
5. Dr. Ashish Punde, Lecturer of Rasashastra Bhaishajya Kalpana Department

At Y.M.T. Ayurved Medical College, Kharghar, Navi Mumbai.

For their encouragement and constant support.

## REFERENCE

1. Shri Gulrajasharma Mishra; Ayurved prakash samhita; 2007; Chaukhambha bharat Akadami.

2. Dr. Indradev Tripathi; Rasaratna-samuchhaya; 2006; Chaukhambha Sanskrita Bhavana.
3. Pandit Kashinath Shastrinam; Rasatarangani; 2009; Motilal banarasidas.
4. Ramtej Pandey; Rasendrasara Sangraha; 2011; Chaukhamba Sanskrita Pratishthan.
5. Pt. Shyamsundaracharya Vaishya; Rasayansara; 2005; Chaukhambha Krishnadas Academy, Varanasi.
6. Tryambaknath Sharma; Rasamrita; 2007; Chaukhambha Sanskrit Series Office, Varanasi.
7. Kavya Shree B.P., Shreeshananda Sharma, Manjula S.N.; Regenerative effect of vanga bhasma in cadmium chloride induced testicular damage – An experimental study; WJPPS Vol 8, Issue 9 1517-1529, ISSN 2278-4357.
8. V. Nagaraju, D. Joshi, N.C Arya: Study on vrsya property (Testicular regenerative potential) of Vanga bhasma Anc. Sci. Life 1985 Jul-Sep, 42-48.
9. C.E Lagad, Rajesh Ingole : Pharmaceutical and Clinical evaluation of Vanga bhasma in the management of madhumeha(Diabetes mellitus) AYU VOL 30, NO. 4 OCT-DEC. 2009; 443-446.
10. R.R Hiremath, BL Pandey, CB Jha; Experimental study of Vanga bhasma; AYU 29, 88, 2008.