

COMPOSITIONAL ANALYSIS AND CLINICAL APPLICATIONS OF CHANDRAPRABHA VATI – A CLASSICAL REVIEW

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ABSTRACT

Ayurveda contains various *kalpa* and herbo-mineral formulations, which are beneficial in many diseases in the broader aspects. *Chandraprabha Vati* is a common herbo-mineral preparation which is efficient in various disorders mainly of genito-urinary and even in the broader aspect, as it is said to be *sarvaroganashini*. *Chandraprabha Vati* comes under *khalaveeya Rasayana*. The preparation described by *Sharangadhar Samhita* is accepted by AFI and is taken here for the critical review of its actions and properties. It is made up of 37 ingredients and is indicated in *prameha*, *mutravahasrotasa vyadhi*, *anaha*, *shoola*, *shwasa*, *kasa*, *shukradosha*, *pandu*, *kamala*, *gudagatavyadhi*, *netraroga*, *dantaroga*, *kushtha*, *aartavaruja*, *agnimandya* and various other diseases. Overall, it has anti-inflammatory, renal protective, hepato-protective, anti-diabetic effects. Under broader aspect it also has *rasayana*, *vrushya*, *balya*, *tridosha shamaka* effect. *Chandraprabha Vati* is a miscellaneous formulation and can be used in variety of ailments successfully. Hence this study is

done to understand and explore the formulation in various ways through the aspect of the classics.

KEYWORDS: *Ayurveda*, *Chandraprabha Vati*, *Rasayana*, *Mutrakrichra*, *Prameha*.

INTRODUCTION

The main principle of *Ayurveda* is maintaining health of a person who is healthy, and treating the diseased patient. In treatment protocol the main aim is to do *shodhana* and *shamana* of vitiated *doshas* to achieve *dosha samyata* and other is to prevent the *marmas* (*prana sthana*) from getting vitiated. There are 107 *marmas* discussed in the literature, and from those *marmas hridaya*, *basti* and *shiro marma* are the vital *marma*, which on vitiation (*aaghata*) may cause serious complication or death.

One such formulation which mainly act on one of the *trimarma* i.e., *basti* is *Chandraprabha Vati* which comes under *khalveeya rasayana* and is a combination of herbal and mineral drugs. Meaning of *chandraprabha* is, ‘*Chandra*’ means moon and ‘*Prabha*’ means lustre so from this we can understand that the one which gives lustre like moon is *chandraprabha*.^[1] The term *Chandraprabha* is also said to be generated due to the fact that it represents the first ingredient of the formulation. There is difference in opinion of experts about the drug *Chandraprabha*.

It is described in different classical texts like *Sharangadhar Samhita*, *Rasendra Sara Sangraha*, *Bhaishajya Ratnavali*, *Siddha Yoga Sangraha*, *Bharata Bhaishajya Ratnakara*, *Yoga Ratnakara* etc. and have also narrated some difference in ingredients and indications. It is recommended in *prameha*, *mutravahasrotaja vyadhi*, *anaha*, *shoola*, *shwasa*, *kasa*, *shukradosha*, *pandu*, *kamala*, *gudagatavyadhi*, *netraroga*, *dantaroga*, *kushtha*, *aartavaruja*, *agnimandya* and various other diseases. Hence has been attributed as “*Sarvaroga Nashini*.”^[2]

OBJECTIVE

This writeup aims at exploring the various aspects where the *Chandraprabha Vati* is indicated and could be utilised and how it acts in various diseases along with having main action in *mutrakrichra*.

MATERIALS AND METHOD

Various *Ayurvedic* texts have been studied to gather all relevant information about this formulation. Mainly we have found details about this from *Sharangadhar Samhita Madhyama Khanda* 7/40-498^[2] and *Bhaishajya Ratnavali Prameha Chikitsa* 102-1109.^[3] Also we have reviewed from scientific journals, internet publications for this present work.

Composition of *chandraprabha vati*: *Chandraprabha Vati* contains 37 individual drugs which have *Shilajatu* and *Guggulu* present in maximum quantity i.e., 32 parts each and *Sita*

and *Loha Bhasma* in 16 and 8 parts accordingly. *Trivrita*, *Danti*, *Patraka*, *Tvak*, *Ela* and *Vamshalochana* are present in 4 parts each. Rest of the drugs in 1 part each. *Chandra* is the very first and main ingredient used in this formulation which is described as *Karpooora* according to AFI, hence gives the medicine its name.^[4]

Table 1: Rasapanchaka and Doshaghnata of chandraprabha vati.

S. No.	Drug	Latin Name	Rasa	Virya	Vipaka	Guna	Quantity	Action
1	Chandraprabha	<i>Cinnamomum camphora</i>	Tikta, Katu, Madhura	Sheeta	Katu	Laghu, Tikshna	1 part	Tridosha-hara
2	Vacha	<i>Acorus calamus</i>	Katu, Tikta	Ushna	Katu	Laghu, Tikshna	1 part	Vata-kaphahara
3	Musta	<i>Cyperus rotundus</i>	Tikta, Katu, Kashaya	Sheeta	Katu	Laghu, Ruksha	1 part	Kapha-pittahara
4	Bhunimba	<i>Andrographis paniculata</i>	Tikta	Ushna	Katu	Laghu, Ruksha	1 part	Kapha-pittahara
5	Amrita	<i>Tinospora cordifolia</i>	Tikta	Ushna	Madhura	Laghu, Snigdha	1 part	Tridosha-hara
6	Devadaru	<i>Cedrus deodara</i>	Tikta	Ushna	Katu	Laghu, Snigdha	1 part	Kapha-vatahara
7	Haridra	<i>Curcuma longa</i>	Tikta, Katu	Ushna	Katu	Laghu, Ruksha	1 part	Tridosha-hara
8	Ativasha	<i>Aconitum heterophyllum</i>	Tikta, Katu	Ushna	Katu	Laghu, Ruksha	1 part	Tridosha-hara
9	Darvi	<i>Berberis aristata</i>	Tikta, Kashaya	Ushna	Katu	Laghu, Ruksha	1 part	Kapha-pittahara
10	Pippali moola	<i>Piper longum</i>	Katu	Ushna	Katu	Laghu, Ruksha	1 part	Kapha-vatahara
11	Chitrak	<i>Plumbago zeylanica</i>	Katu	Ushna	Katu	Laghu, Ruksha, Tikshna	1 part	Kapha-vatahara
12	Dhanyaka	<i>Coriandrum sativum</i>	Katu, Tikta, Madhur, Kashaya	Ushna	Madhur	Laghu, Snigdha	1 part	Tridosha-hara
13	Haritaki	<i>Terminalia chebula</i>	Lavana, Varjit, Sarv Ras	Ushna	Madhura	Laghu, Ruksha	1 part	Tridosha-hara
14	Amalaki	<i>Emblica officinalis</i>	Lavana, Varjit, Sarv Ras	Sheeta	Madhura	Guru	1 part	Tridosha-hara
15	Vibhitaki	<i>Terminalia bellirica</i>	Kashaya	Ushna	Madhura	Laghu, Ruksha	1 part	Kapha-pittahara
16	Chavya	<i>Piper retrofractum</i>	Katu	Ushna	Katu	Laghu, Ruksha	1 part	Kapha-vatahara

17	Vidanga	Embllica ribes	Katu, Kashaya	Ushna	Katu	Laghu, Ruksha Tikshna	1 part	Kapha- vatahara
18	Gajapippali	Scindapsus officinalis	Katu	Ushna	Katu	Laghu, Ruksha Tikshna	1 part	Kapha shamaka
19	Shunthi	Zingiber officinalis	Katu	Ushna	Madhura	Snigdha	1 part	Kapha vatahara
20	Maricha	Piper nigrum	Katu, Tikta	Ushna	Katu	Laghu, Ruksha Tikshna	1 part	Kapha- vatahara
21	Pippali	Piper longum	Katu	Anushna	Madhura	Laghu, Snigdha	1 part	Kapha- vatahara
22	Makshik bhasma	Purified copper iron sulphate	Katu, Tikta	Ushna	Katu	Laghu, Tikshna	1 part	Kapha- pittahara
23	Yava kshara	Hordeum vulgare	Katu, Kshara	Ushna	Katu	Laghu, Ruksha, Sara	1 part	Kapha- vatahara
24	Sajji kshara		Katu, Kshara	Ushna	Katu	Laghu, Tikshna	1 part	Kapha- vatahara
25	Saindhava lavana		Lavana, Madhur	Sheeta	Madhura	Laghu	1 part	Tridosha- hara
26	Vida lavana		Lavana, Madhura	Ushna	Madhura	Tikshna, Sukshma	1 part	Vatahara
27	Sauvarchala lavana		Lavana, Madhur	Ushna	Madhura	Laghu, Sukshma	1 part	Vatahara
28	Trivrita	Operculum terpentum	Madhur, Katu, Tikta	Ushna	Katu	Laghu, Ruksha Tikshna	4 parts	Kapha- pittahara
29	Danti	Baliospermum	Katu, Kashaya	Ushna	Katu	Tikshna, Sara, Laghu	4 parts	Kapha- vatahara
30	Patraka	Cinnamomum tamala	Katu, Tikta, Madhur	Ushna	Katu	Laghu, Ruksha Tikshna	4 parts	Kapha- vatahara
31	Twak	Cinnamomum verim	Katu, Tikta, Madhur	Ushna	Katu	Laghu, Ruksha Tikshna	4 parts	Kapha- vatahara
32	Ela	Elettaria	Madhur, Katu	Sheeta	Madhura	Laghu, Ruksha	4 parts	Tridosha- hara
33	Vamshalochana	Bambusa bambos	Kashay Madhur	Sheeta	Madhura	Laghu, Ruksha Tikshna	4 parts	Kapha- pittahara
34	Loha bhasma	Iron	Madhur, Tikta	Sheeta	Madhura	Guru	8 parts	Kapha- pittahara
35	Sita	Saccharum officinalis	Madhur	Sheeta	Madhura	Guru, Snigdha	16 parts	Pittahara
36	Shilajatu	Asphaltum	Katu,	Ushna	Katu	Guru,	32 parts	Kaphahara

			<i>Tikta</i>			<i>Ruksha</i>		
37	<i>Guggulu</i>	<i>Commiphora mukul</i>	<i>Katu, Tikta Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Snigdha, Picchila, Sara</i>	32 parts	<i>Tridosha-hara</i>

DISCUSSION

Analysis of rasa panchaka of chandraprabha vati: To understand the function of the medicine, one should know about their properties like *rasa*, *guna*, *virya*, *vipaka* and *doshic* action. Maximum drugs from the *Chandraprabha Vati* are *katu*, *tikta rasa*, *ushna veerya* and *gunas* like *laghu*, *ushna*, *tikshna*, *ruksha*. It is *tridosha-hara* but more commonly act as *vatakapsha shamaka*. The ingredients also help in *apana vayu anulomana*, *shodhana* of *bahudrava shleshma* and decreases the vitiated *kleda*. Here for the purpose of the study the reference is taken from *Sarangadhara Samhita Madhyam Khanda*, where total 37 drugs are combined to prepare this formulation or *Yoga*.

Prameha: *Prameha* is a condition in which there will be *atipravritti* of *mutra* due to increased *chala guna* of *vata dosha*. The main factors in *samprapti* of *prameha* are *kledak kapha dushti*, *dhatwagni mandya*, *dhatu shaithilya*. Hence here *sthira* and *stambhana* line of treatment along with *shodhana* and *deepana*, *pachana karma* should be adopted.^[5] *Chandraprabha Vati* due to its *laghu*, *ruksha guna* helps in *shodhana* of vitiated *shleshma* and *kleda* also *katu-tikta rasa*, *ushna virya* helps in this process. *Deepana* and *pachana karma* reduce the *dhatwagni mandya*. *Shilajatu* and *guggulu* have main properties like *rukshana* and *chedana* which will act on *kapha dosha* and also as *rasayana*. As described in *samhitas*, *kledavahan* is *karma* of *mutra* and *Chandraprabha Vati* contains drugs like *musta*, *devdaru*, *tamalpatra*, *dhanyak*, etc are *mutrajanaka* in nature which reduces the *kled*.^[6]

Mutrakrichra: *Mutrakrichra* is caused due to *srotorodha* of *mutramarga* by vitiated *tridoshas* and *apan vayu dushti*. Most of the drugs in *Chandraprabha Vati* have *katu-tikta rasa*, *ushna virya* and *laghu*, *ruksha guna* which helps to remove the *avarodha* of *srotas* of *mutravaha srotas*.^[6] Also one of the main complaint of *mutrakrichra* is burning micturition. *Chandraprabha Vati* has alkaline substances like *Yavakshara* and *Svarjikakshara* which will help in reducing the pH of urine and further alleviating the complaint of burning micturition. *Guggulu* is proven drug which have anti-inflammatory property, thus relieving inflammatory conditions in entire genito-urinary tract.^[7] Drugs like *devadaru*, *ela*, *vidanga*, *panchalavana* have *vatanulomaka* properties which reduces *apana vayu dushti*. The drug *Chandraprabha*

Vati in this combination is *rasayana*, *tridoshaghna*, *mutrala* with *deepana-pachana* and *sheeta veerya* properties which help in correcting the *agni*, there by overcoming the pathogenesis of *mutrakricchra*.^[8] *Chandraprabha Vati* is recommended in urinary tract infection on the basis of its anti-inflammatory, antioxidant and alkalizing properties and also maintain the flora of urinary tract.^[9]

Mutraghata: In *mutraghata*, the production of *mutra* is less, *Chandraprabha Vati* contains drugs like *musta*, *devdaru*, *tamalpatra*, *dhanyaka*, etc are *mutrajanaka* in nature, which enhances the production of *mutra*.^[6]

Ashmari: In this context the main steps of treatment could be *ashmari bhedana*, *mutravirechana*, *deepana pachana*, *vedanasthapana* and *shothahara*. The constituents of *Chandraprabha Vati* have *ashmari bhedana*, *mutrala*, *vedanasthapana*, *shothahara*, *basti shodhana*, *daha shamaka* and *deepana pachana* properties. Which will further lead to disintegration and expulsion of *ashmari* from urinary tract. The drugs like *karpooora*, *musta*, *devadaru*, *guggulu*, *triphala*, *ela*, *shilajati*, *makshika bhasma* act as analgesic and help in reducing pain.

Vibandha: It may be considered as *apana vata vaigunya* and can be understood as constipation. *Rukshata* of *pakwashaya* is one of the important causes for *vibandha* and the ingredients of *Chandraprabha Vati* helps in *deepana*, *pachana* and *apana anulomana* thereby relieving *vibandha*.

Vicharchika kushtha: *Vicharchika kushtha* has *kapha* dominance in it and it is a *raktapradoshaja vyadhi* which can be correlated with eczema. *Chandraprabha Vati* also has the properties like *kushthaghna*, *kandughna* and *krimighna*.

Arsha & Bhagandara: *Vata* is the predominant *dosha* accompanied by *Pitta* and *Kapha* in this condition. Hence *Chandraprabha Vati* helps in management of the same.

Aartavaruja: *Aartavaruja* or *Kashtartava* is explained in classics under the spectrum of *yonivyapada*. It is the commonest gynaecological complaint. It occurs due to *tridosha dushti* and mainly due to *vata* predominance in *yon*i. Especially there is derangement of *apana* and *vyana vata*. The properties of *Chandraprabha Vati* are *vata anulomaka* and *kaphahara* which maintain the proper functioning of *apana vata*. Also, it shows fruitful results in *aartava ruja* and *shukradhatugata roga*.^[6]

Yakrut vikara: In *Yakruta vikaras* (hepatomegaly), due to *tikta katu rasa*, *kaphahara* and *mutrala* properties of *Chandraprabha Vati* it helps in reducing the symptoms. In *kumbha kamala*, jaundice patients end up in ascites with portal hypertension. The liver tissues are replaced by scar tissue. So, *Chandraprabha Vati* possesses properties like *tikta madhura rasa*, *agni dipana*, *yakrut vishesha* and *Rasayana*.^[6]

Apart from these, *Chandraprabha Vati* is utilised in *shoola*, *granth arbuda*, *aantravruddhi*, *shwasa*, *kasa*, *aagnimandya*, *aruchi* and as *vrushya* and *rasayana* due to its composition with *shilajatu*, *guggulu*, *makshika* and *lauha* like drugs, with qualities of *srotoshodhana* and *kledashoshana*. As per Gune Shashtri, the drugs like *suvarnamakshika*, *lauha bhasma* help in improving and increasing the *rakta dhatu* and is also *pittashamaka* and *sthambhaka*. *Shilajatu* have the properties of *rasayana shukra – artava doshanashaka* and hence will improve the *dhatu pariposhana karma*. *Guggulu* on the wide aspect acts as *vata shamaka*, *shothanashaka*, *balya* and *rasayana*. And the other drugs have the properties of *deepana*, *pachana* and *mutrala*.

CONCLUSION

Chandraprabha Vati, with its unique combination of *katu-tikta rasa*, *ushna virya*, and *laghu-ruksha guna*, exhibits *deepana*, *pachana*, *shodhana*, and *rasayana* properties. It effectively balances *tridoshas*, particularly *vata* and *kapha*, offering therapeutic benefits in *prameha*, *mutrakrichra*, *ashmari*, and various systemic disorders by promoting *agni* and *srotoshodhana*. Further research on *Chandraprabha Vati* is warranted to validate its pharmacological actions, standardize its formulation, and explore its molecular mechanisms, especially in conditions like *Prameha* and *Mutrakrichra*. Clinical trials and experimental studies can strengthen its evidence-based application and enhance its integration into modern therapeutic protocols.

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CONFLICTS OF INTERESTS

There are no conflicts of interest.

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