

**ROLE OF ABHRAK BHASMA IN MANAGEMENT OF KASA-A
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ABSTRACT

Abhraka bhasma is a general Rasashastra medicine in Ayurveda stream. It is 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. Published details scientific literature on Abhraka Bhasma by various research scholars, internet and pharmacopeias were studied. The review was done to find physicochemical features as well as standardization studies done on Abhraka bhasma. Also, attempt is made to find scientific studies done on Abhraka bhasma. 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.^[1]

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

INTRODUCTION

Cough (kasa) is reflex mechanism of the human biological system which help in elimination of foreign material from the body. Abhrak good agent to control the cough mechanism in excess because of some foreign material. The metabolic activity needed metals as a trace element in specific concentration is so essential to preserve the metabolic activity of the human system e.g. Hg, Au, Ag, Fe, Zn, Cu, Pb etc. Deficiency or excess amount of intake chiefs to imbalance in the biological system causes metabolic disturbances. The states of an equilibrium level of metals as a trace element preserves immunity. Abhraka (Mica) in Rasashastra texts Abhraka Synonyms Gouriteja, Gagana, Bahupatrakam, Kha, Antariksha Ambara.^[2] Ores: Biotite, Paragonite, Lepidolite, Muscovite, Phlegophite.^[3] 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).^[4] 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^[5] 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. Abharaka 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.^[6] Amrutikarana Abhraka Bhasma is repeatedly subjected to Puta (incineration in a closed earthen vessel). Also process of Amrutikarana where Abhraka Bhasma is fried in Goghrita (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.^[7] Lohitikarana 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).^[8] 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.

ANCIENT RASASHASTRA TESTS OF ABHRAKA BHASMA VARITAR

It's a floating test of Bhasma. If small quantity of Bhasma is sprinkled on water surface it should float on water.

Rekhapurnatva: On rubbing a small quantity of Abhraka bhasma sample in between the fingers it should enters into the lines of the finger.

Loss of metallic luster: when examined in sun light there should not any metallic luster should be observed.

Apurnabhavtva: This test involves heating a very thin silver sheet along with Bhasma to red hot for 5 min. After cooling there should be absence of traces of sample on silver sheet. Thus, it confirms the mica totally converted into Bhasma.

Physicochemical characteristics of Abhraka Bhasma.

Physical Properties Nature: Platy (separable in thin layers), Colour: Greenish black, Streak: Greenish black, Cleavage: Perfect, Fracture: Uneven, Luster: Splendent Tenacity: Flexible 2, Transparency: Translucent, Hardness: 2.5 to 3, Sp. Gr.: 2.6 to 3 Optical properties Anisotropic, Biaxial Negative, small 2V and strong birefringence. Refractive Index: n_α 1.565-1.625; n_β 1.605- 1.696; n_γ 1.605-1.696.

Chemical Properties Effect of Heat: Hold a piece of Abhraka by forceps and heat it over a burner flame in its outer zone (about 10000). It swells almost double in volume. Colour changes from black to silver moon while, water is released. Solubility: Take about 1g finely powdered (150 mesh) sample of Abhraka in 250ml beaker. Add 50ml sulphuric acid. Stir the solution. It decomposes leaving skeleton of silica (distinction from other micas which are not affected by sulphuric acid). Assay: Should contain not less than 50% silica (SiO_2) when analyzed by gravimetric method (Appendix 3.1.3). Heavy metals and Arsenic: Should not contain more than the stated limits for the following: - Lead= 45ppm, Arsenic= 3ppm, and Cadmium= 2ppm Appendix-3.2). Other Elements: May contain the following within $\pm 20\%$ of the stated limits: - Iron= 6%, Aluminum= 5%, Magnesium= 9% and Potassium= 5% (Appendix-3.1 & 3.2).

DISCUSSION

HEALTH BENEFITS OF ABHRAKA BHASMA

Abhrak Bhasma can treat a wide range of health issues, rather than just one or two. As you read through the entire list, you will be amazed and will undoubtedly consider this wonderful ayurvedic medicine. This is because no single medicine or therapy can provide you with the benefits that ayurvedic medicines provide. So, rather than arguing about it, let us get right to the list of benefits of Abhraka Bhasma.

RESPIRATORY PROBLEMS

Abhrak Bhasma is extremely beneficial in the treatment of these respiratory issues. In the case of asthma, this potent ayurvedic medicine works to strengthen the respiratory system and

lungs, thus improving the asthmatic patient's overall condition. For asthmatic patients, combine Abhrak Bhasma with long pepper, liquorice powder, pushkarmool, and honey. If you have a chronic cough, take this medicine with long pepper powder and honey to remove it. Regular use of Abhrak Bhasma will quickly alleviate the problem.

BLEEDING PILES

Abhrak Bhasma aids in the reduction and cessation of chronic bleeding caused by piles, but it does not reduce the size of haemorrhoids.

OLIGOSPERMIA

Abhrak Bhasma is a herbal medicine that is used to supplement other treatments for oligospermia. It has long-lasting effects and improves motility and quality.

Heart Problems and Hypertension

This ayurvedic churna is high in three elements like potassium, magnesium, and calcium, which are extremely beneficial in providing essential nutrients to the heart and blood vessels. Magnesium primarily relaxes the blood vessels, and it also keeps the heart muscles working. It also lowers the risk of sudden contractions in the heart muscles and blood vessels, thereby maintaining proper blood flow through the blood vessels. Furthermore, Abhrak Bhasma helps boost the heart muscles, normalise heart size, and maintain proper blood supply to the arteries and veins essential for successful heart pumping and functioning.

DISEASES RELATED TO THE NERVOUS SYSTEM

There are, without a doubt, therapies, surgeries, and medications accessible for the same purpose, but safety becomes an issue here. Abhrak Bhasma, an Ayurvedic medicine, aids in the treatment of all nervous system issues. Furthermore, this aids in memory enhancement and prevents memory loss, dementia, and Alzheimer's disease. Aside from this, the beneficial nutrients in Abhrak Bhasma help strengthen nerves and brain tissues, which is essential for keeping your brain and nervous system aligned and powerful.

RESTLESS LEG SYNDROME (RLS)

Abhrak Bhasma, in conjunction with suddha Guggulu, aids in the treatment of restless leg syndrome. This combination alleviates unpleasant leg sensations and is also useful for pain and pricking sensations in the legs.

ANAEMIA

Because of its Hematogenic properties, Abhrak Bhasma is used to treat anaemia. Anxiety and stress are also linked to anaemia, according to new research studies. In this case, Abhrak Bhasma is extremely beneficial.

IMPOTENCE

Abhrak Bhasma, on the other hand, is not a strong aphrodisiac, but it does have mild aphrodisiac effects because it corrects all tissues by improving metabolism and strength. Its effects on erectile dysfunction are stable, and it has been proven to be an effective medicine for long-term benefits. However, for promising results, you may need to use it regularly for at least six months.

Acidity, Gastritis, Gastroesophageal Reflux Disease (GERD), and Ulcer.

Abhrak Bhasma reduces stomach acid production and soothes the mucosal membranes of the gastrointestinal tract. It cures the ulcer while also killing the *Helicobacter pylori* bacteria. It alleviates symptoms such as acid reflux, heartburn, and abdominal burning.

DOSAGE OF ABHRAKA BHASMA

It is time to learn about the Abhrak Bhasma Dosage. As you are probably aware, knowing and understanding the dosage of any medication is critical to achieving the desired results. Let us now discuss the specific doses of this excellent Ayurvedic medicine based on age.

15 mg to 30 mg for children aged 0 to 1 year^[9-10]

Children aged 1 to 10 years should take 125 mg.

For those over the age of 65, the dose ranges from 125 mg to 375 mg. Whatever the dosage, you should only take it after consulting with your doctor. Otherwise, you may experience some minor but unfavourable health issues. Furthermore, it would help if you took your dose twice a day consistently. This medicine can be taken with honey, milk, ghee, fresh ginger extract, and other ways.

CONCLUSION

Abhrak Bhasma have several roles in several disease but practically proven effect is in kasa. After looking towards all the benefits, we can say that it helps in giving benefits in providing immunity to the patient and help in pacifying cough.

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