

REVIEW ON CHANDRAKALA RASA: A KHARALIYA RASAYANA

¹*Sonali Dasharath Thorat and ²Dr. Prakash H. Khaparde

¹PG Scholar, Dept. of Rasashastra & Bhaishajya Kalpana, Govt. Ayurveda College,
Osmanabad(MH).

²PG Guide, MD, PhD Rasashastra, Ex. Dean Govt. Ayurveda College, Osmanabad (MH).

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Corresponding Author*Sonali Dasharath Thorat**

PG Scholar, Dept. of
Rasashastra & Bhaishajya
Kalpana, Govt. Ayurveda
College, Osmanabad(MH).

ABSTRACT

Rasashastra is the important branch of ayurveda, which deals with the formulations containing metals, minerals and especially parada (mercury). Chandrakala Rasa comes under *kharaliya rasa* category of rasaushadhis. It is a potent *raktaprasadak*, *stambhak* and *pittashamak* rasakalpa. It is mainly used in *Pitta vikara* (Disease caused by vitiation of *pitta dosha*) such as *Raktapitta* (Bleeding disorders), *Raktapradara* (Menorrhagia), *Jwara* (Fever), *Prameha* (Diabetes), *Mutrakriccha* (Dysuria) etc.

KEYWORDS: Kharaliya rasayana, Chandrakala Rasa, Pitta vikara, bleeding disorder.

INTRODUCTION

In rasashastra, various herbomineral formulations have been described. There are mainly four types of drug formulation and Chandrakala rasa is one of the kharaliya rasayana. It is described in various texts like Rasaratna samucchaya, Rasa chandansh, Yoga ratnakara, Nighantu ratnakara etc. It contains *kajjali* (black sulphide of mercury), Tamra bhasma, Abhrak bhasma and herbal dravyas like *Kutaki*, *Guduchi*, *Ushira* etc. The drug contains ingredients having properties of *raktaprasadan*, *sheeta virya*, *pittashamak*, *mutrala*, *balya* etc. It is mainly indicated in *pitta -vata* disorder, such as *Raktapitta*, *Raktapradara*, *Jwara*, *Bhrama*, *Kamala*, *Prameha*, *Mutradaha*, *Mutrakriccha* etc. and also recommended for person with *pitta prakruti* and specially in *Grishma & Sharada rutu* (Summer and Autumn) for maintenance of health.^[1]

AIM

To do literature study of Chandrakala Rasa and its content.

To study therapeutic uses of Chandrakala Rasa.

OBJECTIVES

1. To study preparation of Chandrakala Rasa as per Rasachandashu

MATERIAL AND METHODS

According to Rasa Chandanshu

Table No 1: Showing ingredients of Chandrakala Rasa & its proportion.

SR.NO	INGREDIENTS	LATIN NAME	PROPORTION
1	<i>Shu.Parada</i>	Hydrarigium	1
2	<i>Tamra Bhasma</i>	Cuprum	1
3.	<i>Abhraka Bhasma</i>	Mica	1
4.	<i>Shu.Gandhak</i>	Sulphur	2
5.	<i>Kutakii</i>	Picrorhiza kurroa	1
6.	<i>Guduchi satva</i>	Tinospora cordifolia	1
7.	<i>Parpata</i>	Fumaria indica	1
8.	<i>Ushira</i>	Vetiveria zizanioides	1
9.	<i>Madhavi</i>	Hiptage benghalensis	1
10	<i>Shweta Chandan</i>	Santalum album	1
11.	<i>Shweta Sariwa</i>	Hemidesmus indicus	1

Table No. 2: Showing contents and its properties.

SR. NO	INGREDIENTS	RASA	GUNA	VIRYA	VIPAKA	DOSHA KARMA	ACTION
1.	<i>Shu.Parada</i>	<i>Shadrasa</i>	<i>sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshghna</i>	<i>Yogvahi, Rasayan</i>
2.	<i>Tamra Bhasma</i>	<i>Tikta, Madhura</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Pittahara</i>	<i>Yakruta uttejaka, Pittashodhan, Deepan, Balya</i>
3.	<i>Abhraka Bhasma</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshashamak</i>	<i>Rasayan, Vajikara, Deepan, Pachan, Prameha nashak, Mastishka balya, shwas-kasahara</i>
4.	<i>Shu.Gandhak</i>	<i>Tikta</i>	<i>Snigdha, sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta vardhak</i>	<i>Rasayan, Deepan, Pachan, balya</i>
5.	<i>Kutakii</i>	<i>Tikta</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta Shamak</i>	<i>Bhedana, Hridya, Deepan</i>
6.	<i>Guduchi satva</i>	<i>Tikta-Kashaya</i>	<i>Snigdha, mrudu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Pittashamak</i>	<i>Deepan, Pachan, Kushta, Daha, Raktarshahara</i>
7.	<i>Parpata</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta Shamak</i>	<i>Pachan, Balya</i>
8.	<i>Ushira</i>	<i>Tikta, Madhura</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vata-Pittaghna</i>	<i>Balya, Jwarghna, Vishghna, Raktaprasadan, Dahashamak, Mutrajanan</i>

9.	Madhavi	Kashaya-Tikta-Katu	Laghu	Sheeta	Katu	Tridoshghna	Pittashamak, Dahashamak, Kshayahara
10.	Shweta Chandan	Tikta, Madhura	Laghu, Ruksha	Sheeta	Katu	Kapha-Pitta Shamak	Raktaprasadan, Pittashamak, Vrushya, Varnya, Vishghna
11.	Shweta Sariwa	Madhura-Tikta	Guru, Snigdha	Sheeta	Madhura	Tridoshahara	Shukrala, Jwarahara, Dahashamak, Prameha, Pradara nashak, Vishahara

Table No. 3: Showing Bhavana dravyas and its properties.

SR.NO	BHAVANA DRAVYA	RASA	GUNA	VIRYA	VIPAKA	DOSHA KARMA	ACTION
1.	Musta kwath	Tikta-Katu-Kashya	Laghu, Ruksha	Sheeta	Katu	Kapha-Pitta shamak	Grahi, Deepan, Trishna shaman, Pitta-jwarahara
2.	Dadim swaras	Madhura –Amla-kashya	Laghu, Snigdha	Anushna	Madhura	Tridoshahara	Grahi, Deepan, Tarpana, Vrushya, Trishna, Daha, Jwara
3.	Durva swaras	Madhura-Kashya	Laghu	Sheeta	Madhura	Kapha-Pitta shamak	Daha, Trishna hara, Jivaniya, Vrushya
4.	Ketaki kwath	Tikta-Madhura-Kashya	Laghu, Snigdha	Ushna	Katu	Kapha-Pitta shamak	Chakshushya, Jwaraghna, Medhya, Raktapittahara
5.	Sahadevi kwath	Tikta	Laghu, Ruksha	Ushna	Katu	Kapha-Vata shamak	Grahi, Pittashamak, Jwarahara, Nidrakara, shukrala, Vishghna
6.	Kumari kwath	Tikta	Guru, Snigdha, Picchila	Sheeta	Katu	Tridoshahara	Bhedana, Rasayana, Balya, Chakshushya, Raktapitta, Jwara
7.	Parpata kwath	Tikta	Laghu	Sheeta	Katu	Kapha-Pitta shamak	Pachan, Balya
8.	Talamuli kwath	Madhura-Tikta	Guru, Snigdha	Ushna	Madhura	Vata-Pitta shamak	Vrushya, Rasayana, Bruhan, Pittahara, Jwarahara.
9.	Shatavari mula Swaras	Madhura-Tikta	Guru	Sheeta	Madhura	Vata-Pitta shamak	Rasayana, Vayasthapana, Balya, Vrushya, Pittahara, Medhya
10.	Draksha kwath	Madhura	Guru, Snigdha, Sara	Sheeta	Madhura	Vata-Pitta shamak	Virechanopaga, Bruhan, Vrushya, Mutrala, Hridya, Jwara, Trishna, Raktapitta

Method of preparation

First Shuddha Parad and Shuddha Gandhak are triturated together to form kajjali, then Bhasma of Tamra and Abhraka added to it and again triturated well. After that, it grounded

(*Bhavana*) with *Musta kwath*, *Dadim swaras*, *Durva swaras*, *Ketaki kwath*, *Sahadevi kwath*, *Kumari swaras*, *Parpata kwath*, *Talamula swarasa* and *Shatavari* individually for one day. Then above mentioned herbal dravya (*prakshepa dravya*) such as *kutki*, *guduchi* etc are added and mixed well. Finally seven *bhavana* of *Draksha kashya* given to this mixture and tablets are made.

Table No. 4: Showing conclusion of *Anshansha kalpana* of ingredients.

RASA	VIRYA	VIPAKA	DOSHAKARMA
<i>Madhura</i> – 4 <i>Tikta</i> – 6 <i>Tikta</i> – <i>Madhura</i> – 4 <i>Madhura</i> - <i>Tikta</i> – 4 <i>Tikta</i> – <i>kashya</i> – 2 <i>Shadrasaa</i> - 1	<i>Sheeta</i> – 14 <i>Ushna</i> – 6 <i>Anushna</i> - 1	<i>Madhura</i> – 10 <i>Katu</i> - 11	<i>Tridoshghna</i> - 7 <i>Kapha-Pittahara</i> – 8 <i>Vata- Pitta hara</i> - 4 <i>Kapha</i> – <i>Vatahara</i> - 1 <i>Pittavardhak</i> - 1

- Rasa-virya-vipaka of Chandrakala Rasa formulation

Rasa - *Tikta Madhura*

Virya - *Sheeta*

Vipaka - *Madhura*

- Indications - *Pitta* -*Vata* vikara, *Jwara*, *Bhrama*, *Murccha*, *raktapitta*, *raktapradara*, *raktarsha*(*Urdhvaga* & *Adhoga raktapitta*), *mutrakriccha*, *mutradaha*, *Prameha*, Useful in summer and autumn season
- Matra (Dose) - 60- 250 mg
- Anupana (adjuvant) - *Dugdha*, *Sharkara*, *Jeeraka* etc.

Table No. 5: Showing special anupana according to disease.

DISEASE	ANUPANA
<i>Raktapradara</i> (<i>Metrorrhagia</i>)	<i>Ashokarishta</i> , <i>Kushmand swarasa</i>
<i>Sarakta Mutrapravrutti</i> (<i>Haematuria</i>)	<i>Hima</i> of <i>Gokshura</i> , <i>Dhanyaka</i>
<i>Mutradaha</i> (<i>Burning micturition</i>)	<i>Hima</i> of <i>Brhmi</i> , <i>Sariva</i> , <i>Parpata</i>
<i>Nasagata rakta</i> (<i>Epistaxis</i>)	<i>Ushirasava</i>
<i>Kshya</i> , <i>Jwara</i> , <i>Trishna</i>	<i>Rajata arka</i> and <i>Dadimavaleha</i>

- Sevana kalavadhi (Duration of intake)- upto 42 days.
- Contraindications - to be avoided in child, pregnancy, lactation period, without medical advice.

DISCUSSION

Pharmacological properties of ingredient of Chandrakala Rasa-

Kajjali- Kajjali having properties like rasayan (anti ageing) Yogavahi (as a catalyst), Jantughna(anti -microbial), sarvaamayahara(Broad spectrum). and it is essential to enhance efficacy and potency of prepared drug., It pacifies tridosha & act as a vruyshya (aphrodisiac). It increases bio-availability of drug which helps to obtain greater efficiency of drug.^[2]

Tamra Bhasma- It mainly reduces kapha dosha and detoxifies pitta dosha. It promotes proper flow of pitta dosha, due to its cholagogue action.and also have hematogenic action.^[3]

Abhrak Bhasma- It is used as rejuvenating agent to brain and neuro psychiatric disorder, neuropathy etc. also act as vrushya(aphrodisiac), rasayana(anti ageing).^[4]

Kutki (*Picrorhiza kurroa*) - it act as potent liver stimulant, have hepato-protective, anti cholestatic, anti-oxidant and immuno-modulating activity.^[5]

Guduchi (*Tinospora cordifolia*) -It contains several chemical components of different classes such as alkaloids, glycosides, steriods, diterpenoids, phenolics, aliphatic compounds. and it shows anti-oxidant, antipyretic, antidiabetic, antiinflammatory, antistress, hepatoprotective immuno-modulatory activities.^[6]

Parpata (*Fumaria indica*) - It act as a anti-helminthic, anti-dyspeptic, cholegogue, diaphoretic, diuretic, laxative, tonic properties and possess curative properties for blood, skin, GI system & CNS.^[7]

Ushira (*Vetiveria zizanioides*)-Its root contain essential oil that have aromatic and biological properties. It has both sedating and strengthening effect, so useful indepression, debility and many stress related disease. It also act as diuretic, haematinic, diphoretic, anti-helminthic, anti-microbial, aphrodisiac etc.^[8]

Madhavi (*Hiptage benghalensis*) - It contains flavonoids, terpenoids it act as analgesic, anti-hemorroidal, hemastatic, anti-diarrheal, anti-infective & anti-diabetic etc.^[9]

Shweta chandan (*Santalum album*) -It have hepatoprotective, memory enhancing potency, anti-oxidant, antihyperglycemic, cardioprotective activity and also minimize risk of genito-urinary system infection.^[10]

Sariwa (*Hemidesmus indicus*)- It contains chemical constituents like essential oil, triterpenoids, saponins, hemidesmin etc. and act as diaphoretic, diuretic, aphrodisiac, anti-diarrhoeal and helps in curing dyspepsia, leucorrhoea, uterine haemorrhagic & blood disorder.^[11]

Dadima (*Punica granatum*)-The beneficial constituents in Dadim are ellagic, gallic acid, punigic acid, anticyanins etc and it act as blood tonic, anti-parasitic, anti-oxidant, anti-inflammatory, neuroprotective, hepatoprotective, hypoglycemic effect, so used in disease like anaemia, GI disorder, cardiovascular disease, diabetes, fever, burning sensation etc.^[12]

Durva (*Cynodon dactylon*)- It contains flavonoids, alkaloids, glycosides, terpenoids, triterpenoids, phytosterol, volatile oil and fixed oil etc. and possess activity like sedative, anti-inflammatory, anti-diabetic, anti-pyretic, anti-oxidant, anti-parasitic, diuretic, anti-microbial etc, and useful in treating disease like eye disorder, herpes, gastritis, burning sensation, skin disease, diabetes etc.^[13]

Ketaki (*Pandanus odoratissimus*) -The chief constituents of its flower is methyl ether of beta-phenylethyl alcohol and it possess activity of anti-allergy, anti-inflammatory, antioxidant, antidiabetic, CNS depressant, hepatoprotective, curative, analgesic etc. and used for treatment of diabetes, threatened abortion, fever, psychiatric condition etc.^[14]

Sahadevi (*Vernonia cinerea*)- having analgesic, anti-inflammatory, antipyretic, anti-helminthic properties, so useful in inflammatory disorder, fever, GI disorder, worms etc.^[15]

Kumari (*Aloe vera*)- Several different types of phytochemicals are present in kumari. In this aloe is the major constituents. so having activities like anti-inflammatory, laxative, antiseptic, anti-microbial, immune boosting effect etc. It is useful in treatment of liver, spleen disorder, fever, worm infection, constipation, amenorrhoea, dysmenorrhoea etc.^[16]

Talamuli (*Curculigo orchioides*)- it contains several chemical constituents like mucilage, phenolic glycosides, saponins and aliphatic compounds etc and considered to have aphrodisiac, immunostimulant, hepatoprotective, antioxidant, anticancer and antidiabetic activities.^[17]

Shatavari (*Asparagus racemosus*) - It contains major constituents like steroidal saponins along with alkaloids, flavonoids etc. and act as an anti-oxidant, antidepressant, antiepileptic, anti-abortion, immunomodulator, anti-ulcerative, neuroprotective etc.^[18]

Draksha (*Vitis vinifera*) - it contains several active components including flavonoids, polyphenols, anthocyanin, procyanidines and the stilbene derivative resveratrol. and possess a broad spectrum of pharmacological and therapeutic effects such as antioxidative, anti-inflammatory, anti-microbial activities as well as having cardioprotective, hepatoprotective and neuroprotective effects.^[19]

CONCLUSION

Chandrakala Rasa is one of the important *kharaliya rasayana*. The main ingredients include, *kajjali*, *tamra*, *abhrak bhasma* and herbal *dravyas* which are mostly of *sheeta virya*. Chandrakala Rasa balances *pitta-vata dosha*, mainly *pitta dosha* when it gets alleviated by *ushna-tikshna* guna. As per ingredients, it has *rasayana*, *yovahi*, *deepan*, *pachan*, *raktapittahara*, *mutrala*, *dahashamana*, *raktavardhak* properties. This is primarily used for treatment of bleeding disorder, urinary tract infection, mental disorder, diabetes, diabetic neuropathy.

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