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A BIRD EYE VIEW ON ABHRAKA AS MAHARASA

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ABSTRACT

Rasashastra (Vedic science) is the root parts of the Ayurveda (the study of life) those arrangements with herbomineral arrangements. Abhraka (mica) is a mineral that ordered in Maharasa gathering of Rasashastra. The mica is fundamentally comprise of different metals in oxide structure as minerals in various proportion, were the level of the structure changes dependent on the beginning of base. It contains a few components like Si, Fe, Al, Mg, Na, and K as fundamental fixings. Four sorts of abhrakas are portrayed in the Classics of Rasashastra including pinaka. Property of Pinaka is informed that when it is warmed ablaze, the layers get isolates. Admission of its bhasma causes serious obstruction. The trademark impact of pinak abhraka can be related with muscovite paragonite micas on the grounds that their ideal basal cleavage permits them to part into slender, adaptable sheets. Muscoviteparagonite series gathering of mica having hydrous potassium, sodium, aluminum, and silicate minerals. In this hydrous gathering, aluminum hydroxide causes clogging. In this paper, an endeavor will be made to clarify how does pinaka abhrak causes extreme obstruction.

KEYWORDS: Constipation, Hydroxide bunch, Aluminum hydroxide.

INTRODUCTION

Ayurveda in a real sense implies the study of life and accepted that it exists as long as the beginning of life on this planet. It ascribes essential significance to the upkeep of positive wellbeing and to fix the sickness.[1,2] Rasashastra or the Ayurvedic speculative chemistry is a significant part of Ayurved. This branch primarily manages definition, handling and utilization of metals, minerals, and gemstones.[3] In the antiquated Ayurved, the accentuation

has been made over the spices and their restorative employments. Later on, the creature items, metals, and minerals began to track down favor of the Ayurvedic specialists. Metals and minerals were ended up being extremely intense as far as inoculation, revival, and the disposal of infections.[4] In recent fads, the term Rasa Shastra has a wide range and wide aspect for the fundamental investigation of these minerals. In the herbomineral medicines of Ayurveda, the vital elements of these details are bhasmas, which comprise of Nano natural metals. In ayurvedic speculative chemistry, Abhrak is a key mineral depicted in Maharasa Varga.[5-7] In Maharas Acharya depicted 8 Dravyas[5], in every one of them Abhrak is a noticeable dravya and intently take after to Parad (mercury). It is referenced as a Gauri Tej in rasa granthas.[5] As indicated by shading, there are 4 sorts of abhrak told by our Rasacharyas for example, wize, sweta, pita, rakta, and Krishna.[8-10] In every one of them krishnabhraka is ideal to get ready bhasma.[11] On underlying premise, there are four sorts of abhrak referenced like Pinakabhraka, Nagabhraka, Mandurabhraka, and Vajrabhraka.[5,12,13] Pinaka abhrak is warmed on the fire; the layers ought to be isolates and cause extreme blockage. The Nagabhraka makes the murmuring sound like snake, when keeping on the fire. The Mandukabhraka whenever warmed ablaze leap like a frog. The Vajrabhraka doesn't display any of the characters when exposed to fire.[14,15] On account of pinaka abhrak rasacharyas says that on warming, the piece of mica begins getting isolated and makes a sound that takes after the sound of a bolt and subsequent to burning-through it will cause serious stoppage. In any case, how it causes blockage isn't obviously referenced.

CALCINATION OR MARANA OF ABHRAK

Abhrak bhasma is ready through the course of Marana (cremation) in this cycle filtered mica after sukshmikaran process (size decrease) pulverized with plant juices and decoctions. Further pulverized material exposed to the calcination cycle which is called PUTA in Ayurved. The properties of abhrak bhasma rely on the number of putas. By and large, it differs from 1 Puta to 1000 Puta for readiness of abhrak bhasma implies that the arrangement cycle includes multiple times rehashed calcinations of crude abhrak/mica after pulverizing it with plant squeezes and arranged beds exposed to the drying in daylight.[16] It is broadly utilized in the treatment of illnesses like hepatitis, tuberculosis, asthma, hack, cold, and other respiratory diseases. It goes about as an incredible cell regenerator and nervine tonic. It is utilized in different sensory system illnesses like persistent cerebral pain, headache, dementia, cognitive decline, epilepsy, tension, and mental pressure. It is utilized in the treatment of stomach related debilitation, malabsorption condition, urinary issues, diabetes, heart issues,

and different sorts of skin conditions and supportive in restoring both male and female sexual messes.[17] It has an incredible Rejuvenation power works like Amrit.[5]

PRESENT DAY VIEW OF ABHRAKA (MICA)

The mica bunch addresses 37 Phyllosilicate minerals that have a layered or platy surface. Micas esteem depends on its few novel actual properties. The precious stone of mica has layers that can be isolated or then again delaminated in flimsy sheets bringing about foliation of rocks. Muscovite light-shaded mica and biotite, which is normally dark or almost in this way, are the most plentiful. Phlogopite is regularly brown, and the appearance of Paragonite is very like muscovite, likewise are extremely normal. Lepidolite, by and large pinkish to lilac in shading, happens in lithium-bearing pegmatites.[18] Muscovite is the most well-known mineral of the mica family. Like different assortments of micas, it is effectively get isolated in slight straightforward sheets. Muscovite dependent on its ideal cleavage which makes it split into smooth, adaptable, flexible, and lackluster, straightforward sheets alongside a silvery shine makes it effectively recognizable. Muscovite is a potassium-aluminum rich mica with the summed up piece KAl2 (AlSi3 O10) (OH) 2.[19] It can withstand heat up to 600C. The water constitution of muscovite is 4.5%. It loses water of the constitution at 600C under this temp., due to the arrival of water, mica step by step loses its gloss and straightforwardness, delineates, and becomes delicate. It is the main mineral in the mica bunch that can be parted effectively into movies of 0.001 or more slender in light of the fact that it has such amazing cleavage. The warm decay of muscovite is overwhelmed by the presence at first of the three-layered mica structure. At first, Al2 O3 and afterward corundum structure from the octahedral organized aluminous sheet which is sandwiched by two tetrahedral sheets. With potassium from the interlayer site, the tetrahedral sheets separate to frame a dissolve, from which leucite takes shape.[20]

DISCUSSION

By devouring, pinaka abhrak will get extreme obstruction and Nagabhrak causes mandala kushtha when it is devoured. Mandukabhrak takes inside, causes hopeless asmari infection, which was taken out by careful measures. Krishnabhrak is the best assortment and invigorates to the body like iron.[14,21] we can connect pinaka abhrak with muscovite paragonite series mica, because of its trademark highlight split into flimsy sheets at 600c temp what's more, at first KAl2 (AlSi3 O10) (OH)2 gives Al2 O3 or on the other hand Al (OH)3. As per Exploration, this mica has 38.36% aluminum particles.[22] Aluminum causes obstruction,

magnesium prompts the runs, on the grounds that aluminum particles restrain the contrition of smooth muscle cells in the gastrointestial plot, easing back peristalsis and protracting the time required for stool to go through the colon hence it brings about solidifying of stool present in the rectum at last causing feacal impaction. Aluminum represses the engine movement of the stomach and digestive system. The most continuous unfavorable impact of aluminum acid neutralizers is clogging. Stoppage is characterized as inadmissible which is portrayed by inconsistent solid discharges, trouble in passing stool or both. Diminished inside motility, drying out, or liquid limitation may incline patients to digestive hindrance.[24] Among the different aluminum salts, hydroxide is a compound which is available in numerous stomach settling agents. Aluminum hydroxide isn't a without any problem solvent compound and it structures polymers of changed organizations. It has a more vulnerable impact and it is a slower corrosive neutralizer. With a pHvalue of more than 3, it likewise adsorbs pepsin along with phosphate and bile salts, it shapes an insoluble compound. Aluminum hydroxide shown the best bile corrosive restricting for all singular bile acids both in watery arrangements just as in gallbladder bile, and the degree of restricting was tantamount to that of cholestyramine. Dihydroxy bile acids (chenodeoxycholate and deoxycholate) were emphatically restricting to aluminum hydroxide. Aluminum particles cause the unwinding of the gastrointestinal smooth muscle, which can defer gastric discharging furthermore, can cause blockage.[25] Consequently, aluminum particles expanded stool mass and harder stool consistency. This might trigger or irritate gastrointestinal block and ilio-digestive impediment prompts waste impaction. Waste impaction is characterized as a compacted, ardent mass of feaces filling the rectum. Feacal impaction causes the intraluminal strain inside the colon to increment and surpass the slim perfusion tension in the gut divider and in the end in ulceration and hole. Extreme red or dark hued stools, hacking up blood or regurgitation that seems like espresso beans. Later on, it might cause demise.

CONCLUSION

As indicated by the above conversation, it has experimentally demonstrated that because of the presence of aluminum particles, pinaka abhraka causes waste impaction or persistent clogging, and this was said by our Acharyas before since huge number of year.

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