



REVIEW ON PRABHAKARA VATI: A KHARALIYA RASAYANA

¹ DR. K V Anjali, ² DR. Shreeshananda Sharma, ³ DR. Krithika R Aithal

¹ PG Scholar, ² Professor, ³ PG Scholar

Department of PG and PhD studies in Rasashastra & Bhaishajya Kalpana

JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India

ABSTRACT

Rasaushadis are well-known in *Ayurvedic* pharmaceuticals for their ability to treat various diseases. *Rasaushadis* possess the properties of *rasayana* (rejuvenation) and *yogavahi* (synergy), which aid in providing beneficial actions such as *hrudya* (beneficial to the heart). *Hrudroga* is related to cardiac disorders. *Prabhakara Vati* is an ancient *Ayurvedic* formulation that falls under the *kharaliya rasa* category of *rasaushadhis* and has been used for centuries to manage *hrudroga*. Congestive Cardiac Failure (CCF) is a disease in which the ventricles fail to maintain proper cardiac demands as per the requirement of the cells and organs due to decreased force of contraction of the myocardium or increased cardiac load, which might present as right ventricular failure or left ventricular failure. *Prabhakara Vati* contains ingredients like *Swarna Makshika Bhasma*, *Loha Bhasma*, *Abhraka Bhasma*, *Shuddha Shilajatu*, *Tugakshiri*, and *Arjuna twak kashaya*, which have more *Rasayana* properties and may give strength to the myocardium.

KEYWORDS: *Kharaliya rasayana*, *Prabhakara vati*, *Rasaushadi*, *Hrudroga*, *Rasayana*, *Yogavahi*.

INTRODUCTION

In *Rasashastra*, various Herbo mineral formulations have been described. There are mainly four types of drug formulations in *Rasashastra* and *Prabhakara Vati* is one of the *kharaliya rasayana*. *Prabhakar vati* is an *Ayurvedic* formulation that has been used for centuries, mainly to manage *hrudroga*. *Hrudroga* means cardiac disorders in *Ayurveda*. *Prabhakar vati* is made from different herbominerals, which might help strengthen the heart; therefore, it might be helpful for diseases of the heart. It is described in *Bhaishajya Ratnavalli*, *Hridrogadhikara* ^[1]. It contains *Swarna Makshika bhasma* (nanoparticles of copper iron pyrite), *Loha Bhasma*

(nanoparticles of iron), *Abhraka Bhasma* (nanoparticles of purified and processed mica), *Shuddha Shilajatu* (Asphaltum) and herbal dravyas like *Arjuna* (*Terminalia arjuna*), *Tugakshiri* (*Bambusa bambos*). The drug contains ingredients having the properties of *vatakapha shamaka*, *rasayana*.

AIM

To do a literature study of *Prabhakara Vati* and its contents.

OBJECTIVES

To study the preparation of *Prabhakara Vati* as per *Bhaishajya Ratnavalli*.

MATERIAL AND METHODS

According to *Bhaishajya Ratnavalli*, *Hridrogaadhikara*

Table No 1: Showing ingredients *Prabhakara Vati* of & its proportion.

SL NO	INGREDIENTS	LATIN NAME/ CHEMICAL NAME	PROPORTION
1.	<i>Swarna Makshika Bhasma</i>	Copper Iron Pyrite	1Part
2.	<i>Loha Bhasma</i>	Iron	1Part
3.	<i>Abhraka Bhasma</i>	Mica	1Part
4.	<i>Shilajathu</i>	Asphaltum	1Part
5.	<i>Tugakshiri</i>	<i>Bambusa bambos</i>	1Part
6.	<i>Arjuna twak kashaya</i>	<i>Terminalia arjuna</i>	QS

Table No. 2: Showing contents and its properties.

SL NO	INGREDIENTS	RASA	GUNA	VIRYA	VIPAKA	DOSHA KARMA	ACTION
1.	<i>Swarna Makshika Bhasma</i>	<i>Madhura Tikta Kashaya Katu</i>	<i>Snigdha</i>	<i>Sheetha</i>	<i>Katu</i>	<i>Kaphapitta hara</i>	<i>Rasayana Jeevaniya</i>
2.	<i>Loha Bhasma</i>	<i>Tikta, Kashaya</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kaphapitta hara</i>	<i>Balya, Rasayana</i>
3.	<i>Abhraka Bhasma</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshashamak</i>	<i>Rasayana, Vajikara, Deepana, Pachana, Pramehanashak, Mastishka balya, shwasa-kasahara</i>

4.	<i>Shilajathu</i>	<i>Anamla Kashaya</i>	<i>Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshahara</i>	<i>Rasayana</i>
5.	<i>Tugakshiri</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Sheetha</i>	<i>Madhura</i>	<i>Vatapitta hara</i>	<i>Balya, brumhana</i>

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

SL NO.	BHAVANA DRAVYA	RASA	GUNA	VEERYA	VIPAKA	DOSHA KARMA	ACTION
1.	<i>Arjuna twak kashaya</i>	<i>Kashaya</i>	<i>Laghu, ruksha</i>	<i>Sheetha</i>	<i>Katu</i>	<i>Kapha pitta hara</i>	<i>Hrdya</i>

Method of preparation

Swarna Makshika Bhasma, *Loha Bhasma*, *Abhraka Bhasma*, *Tugakshiri*, *Shuddha Shilajathu* are taken in *khalvayantra* and subjected to *bhavana* with *Arjuna twak kashaya* and prepare 2 valla(ratti) size *vati* and dried in the shade.

Physical characteristics:

Varna: Raktabha

Gandha: Shilajatu gandhi

Rasa: Tikta

Indications: *Hrudroga*

Matra (Dose): 2 valla (2ratti)

Anupana (adjuvant): Madhu

DISCUSSION**Pharmacological properties of ingredients in *Prabhakara Vati* –**

CCF is the disease where ventricles are unable to maintain proper cardiac output as per the requirement of cells and organs due to decreased force of contraction of the myocardium or increased cardiac load. The main two causes of CCF are Right ventricular failure and left ventricular failure. ^[2] This may be due to decreased force of contraction due to myocardial damage (MI, myocarditis) and increased cardiac work (mitral stenosis, aortic stenosis, etc).

Suvarnamakshika bhasma is a mineral containing copper, iron and sulphur. It is also known as chalcopyrite or copper pyrite. *Swarna makshika* is the most abundant copper-containing mineral and has been used in *Ayurveda* for a long time to manage various diseases. ^[3]

Copper deficiency causes cardiac hypertrophy by impairing mitochondrial function and energy production. ^[4] *Swarnamakshika bhasma* is indicated in Palpitation due to *agantuja nidana (krodha)*, excess sweating, *sarvanga*

kampa (Tremors all over the body), *sarvanga daha* (Burning sensation in all over the body), chronic cardiac disease, valvular heart disease.

Loha Bhasma is majorly an iron-containing, complex Ayurvedic preparation. [5] *Anaemia* and iron deficiency are important and common comorbidities that often coexist in patients with heart failure. *Loha Bhasma* is indicated in palpitation due to anaemia, *shwasa*, *plihavrudhhi* (Splenomegaly), *yakrutavruddhi* (Hepatomegaly), *sarvanga shopha* (oedema).

Abhraka bhasma is indicated in Exertional dyspnoea, impaired blood circulation, Bradycardia, Irregular pulse, Cardiac oedema. [6]

Arjuna swarasa is indicated for *Hrudroga*. [7] Active ingredients like arjunic acid arjugenun and very large amounts of flavonoids are proven to have antioxidant and cardioprotective effect.

In both the conditions of CCF what we need is to give strength to myocardium and to treat the underlining cause. Hence by the specific actions of the drugs of *Prabhakar vati*, the CVD which require strength to the myocardium like Left Ventricular Hypertrophy and right ventricular hypertrophy, *Prabhakara vati* will work better.

Efficacy of *Prabhakar Vati* in the Management of *Hridaya Roga*- A Clinical Study [8]

A clinical study was conducted on cardiac disorders, also known as *hridaya roga*. The study registered 50 participants based on inclusion and exclusion criteria, and symptoms rating scores were used to assess the severity of symptoms. The trial medicine, *Prabhakara vati*, was given to the patients in a dose of 2 ratti (250mg) twice a day for a period of three months. The raw data was gathered and organized for analysis, and all registered patients were grouped into three sections based on their prakriti: *vataja*, *pittaja*, and *kaphaja*. Each parametric and non-parametric data were compared to each other and interpreted using chi-square and 't' test.

The results showed that *Prabhakara vati* was significantly effective in improving symptoms such as discoloration, fainting, fever, cough, hiccup, dyspnoea, and aggravation of *kapha*. The medicine had similar effects on hematological, biochemistry (lipid profile), and ECG findings. The therapy was well tolerated by all patients, and no unwanted effects were reported during the trial period. Based on these findings, the drug trial is deemed safe, easily available, and cost-effective, and can be recommended to patients with *hridyaro*ga.

CONCLUSION

Prabhakara vati is one of the important *kharaliya rasayana*. The main ingredients includes *Swarna Makshika bhasma* (*Bhasma* of copper iron pyrite), *Loha Bhasma* (*Bhasma* prepared from iron), *Abhraka Bhasma* (*Bhasma* prepared from purified and processed mica), *Shuddha Shilajatu* (asphaltum) and herbal *dravyas* like *Arjuna* (*Terminalia arjuna*), *Tugakshiri* (*Bambusa bambos*).

Cardiac disorders are specially caused by diseased vessels, structural damage and blood clots. Diseased vessels are nothing but thinning of blood vessels which leads to difficulty in circulation, in this condition *Swarna*

makshika and *Abhraka* can be used. Congestive cardiac failure is the condition caused by myocardium damage where *balya* (Strengthen) and *rasayana* (rejuvenating) action is needed for strengthening the myocardium. This action is done by *Abhraka*, *Shilajatu* based on its *balya* (Strengthen) and *rasayana* (rejuvenating) action. . Hence by the virtue of the specific actions of the drugs of Prabhakar vati, the CVD's which require strength to the myocardium like Left Ventricular Hypertrophy and right ventricular hypertrophy, *Prabhakar Vati* will work better as we need more of rasayana properties there.

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