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Clinical Indications Of *Suvarna Malini Vasantha* – An Experiential And Scientific View

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ABSTRACT:

Swarna Malini Vasantha is a herbomineral *rasashastriya* formulation which is commonly prescribed in day to day practice. Especially chronic disorders like chronic fever, rickets, chronic non healing ulcer , mental retardation in children, ADHD, delayed mile stone development in children etc. It contains *Swarna bhasma*, *shuddha hingula*, *Naga bhasma*, *Vanga bhasma*, *shuddha kharpara* and *pippali choorna* and *swetamaricha*. These ingredients are *nadi balya*, *mastishka balavardhaka*, *rasayana* and *dhatwagni vardhaka* in action. The present paper highlights about the clinical indications of *swarna Malini Vasantha* in a Experiential and scientific view.

Key words : *swarna Malini Vasantha*, Ayurveda, clinical indications

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INTRODUCTION

Herbo mineral formulations or *Rasashastriya* preparations are widely used in Indian continent for the management of various disorders. These are potent and palatable also. These compounds are made up of nanoparticles by grinding and giving heat repeatedly. These nanoparticles are coated with herbal and organic substances and thus easily penetrating the cell membrane and act rapidly. These are free from Adverse drug reactions also. Even in modern medicine there is explanation of trace elements and their role in cellular functions. (Cu, Zn, Ni, Fe etc).*Swarna Malini Vasantha*^{1,2} is one such preparation which is widely used in Ayurveda clinical practice. It is used as *Nadi balya*, *mastishka balavardhaka*, *rasayana*, immunomodulator and anti-infective and ulcer healing property.^{3,4}

AIMS AND OBJECTIVE

1. To analyze the clinical indications of *swarna Malini Vasantha* in experiential and scientific method.

MATERIAL AND METHODS

Relevant literature in *samhita*, *sangraha* Grant has, contemporary literature, journals, internet and personal experience is taken into consideration.

Ingredients of *swarna Malini Vasantha*

1. *Swarna bhasma*
2. *Pravala pishti*
3. *Shuddha hingula*
4. *Shweta maricha*
5. *Kasturi*
6. *Gorochana*
7. *Nagabhasma*
8. *Vanga bhasma*

9. *Abhraka bhasma*

10. *Keshara*

11. *Mukta pishti*

12. *Pippali*

13. *Shuddha Kharpara*⁵

Dose - 60-120mg twice daily with honey and butter with sugar.

Indications as per Rasa Tantra Sara -

1. *Jeerna jwara* (Chronic fever)
2. *Rakta prameha*
3. *Mootra krichchra* (dysuria)
4. *Pandu* (Anaemia)
5. *Kamala* (Jaundice)
6. *Shoola* (Abdominal pain)
7. *Shwasa* (Dyspnoea)
8. *Kasahara* (Cough)
9. *Ashmari* (Renal calculus)
10. *Kshaya* (Pulmonary tuberculosis)
11. *Atisara* (Diarrhoea)
12. *Grahani* (IBS)
13. *Arshas* (Haemorrhoides)
14. *Shukrakshaya* (Oligospermia)
15. *Pitta prakopa with back ache*
16. *Bala graha* (mental disorders in children)
17. *Antenatal diseases*
18. *Yoni shoola* (Pain in vagina)
19. *Pradara* (Vaginal discharge)
20. *Soothika roga* (Puerperal diseases)
21. *Somaroga* (Albuminuria)

22. *Dourbalya* (Weakness)

Actions

1. *Rasayana*
2. *Ushna Uttejaka*
3. *Balya* (Strength promoting)
4. *Vajikara* (Aphrodisiac)
5. *Hridya* (Cardiotonic)
6. *Mastishka poshaka* (Strengthening the brain)
7. *Kitanunashaka* (Antibacterial)
8. *Rakta prasadaka* (Blood purifying)
9. *Kshaya hara* (Antitubercular)

Swarna Malini Vasantha influences GIT, spleen, blood, nerves, heart, lungs, brain, and urinary tract. It by stimulating GIT, increases the quality of Rasa, rakta, etc. Improves the immunity of the patient. Especially after 40 years of age, usually immunity of the person is seen reduced. In these patients *Swarna Malini Vasantha* has a better role. It improves the vitality and vigor. In pitta prakriti people, it is not so beneficial. It is seen more beneficial in *vata and kapha prakriti* people.

Jeerna jwara is chronic fever. it can be given with *yashtimadhu choorna*,

pravala pishti, amrita satwa sitopaladi choorna and Honey.

Actions of ingredients -

Suvarna bhasma.

Kashaya, tiktarasayukta, madhura, and katurasayukta, snigdha, shita virya yukta, madhura vipaka, vrishya, balya, brimhana, sransana, rasayana, netrya, medhya, dhi smritiprada, ayushya, kantiprada, vagvishuddhi Kara, sthirakara, lekhana, vishagarahara, bhutavishaprashanti Kara, ruchya, varnya, pathya, pushtikara, ojovardhaka, vayasthapana, and tridosahara.6.

Pravala pishti

Madhura rasa, shitavirya, dipana, pachana, netrya, tridosahara, kaphavatahara, balya, vrishya, vishaghna, bhutaghna, shukrala, useful in kshaya, kasa raktapittahara, twachya.

Shuddha hingula (Cinnabar purified)

Tiktarasayukta, katu, kashayarasayukta, ushna, dipana, Rasayana, vrishya, balya, vajikara, santatikara, sukhayakara, shrikara, meds, kantiprada, agnivaradhaka, sarva

doshaghna, Ruchi, hrudutsahakara, netrya, useful in prameha, kushtha, jwara, medoroga, hridroga, aruchi, amlapitta, hrillasa, Kamala, pliharoga, Amavata and garavisha.

Nagabhasma

Tiktarasayukta, katumadhura lavana rasayukta, kshariya, ushna, snigdha, guru, ushna virya, karma lekhana, balya, pramehaghna, dipana, shukrala, vajikara, vishaghna, chakshushya, ayushya, kantiprada, vatahara, kapha vatahara, pittahara, tridosahara.

Vanga bhasma

Rasa tikta, amla, katu, kashaya and kinchit lavana, guna – rooksha, sheeta, laghu, and teekshna, ushna virya, karma - chakshushya, balya, dipana, pachana, ruchikara, medohara, prajnakara, soundaryavardhaka, hitakara, nirogakara, dhatusthoulyakara, kshayahara, pramehaghna, shukrala, ayushya, vrishya, Shakti pradana, pushtikara, vajikara, rasayana, dahahara, vishaghna, soukhyakara, vilekhana, krimighna, matiprada, prabhakara, brimhana, .

Abhraka bhasma

Atyanta sheetavirya, madhura rasa, snigdha, ayu Bala Buddhi vardhaka, vajikara, rasayana, useful in kasa, shwasa., Pandu, kshaya, jirnajwara, prameha, parinama shoola, amlapitta, grahani roga, swetapradara, apachi, shotha, arsha, sheetapitta, tridosahara.

Mukta pishti⁵

Madhura rasa, sheeta virya, madhura vipaka, laghu, drishti and agnivardhaka, vishaghna, virya vardhaka, useful in GIT disorders, kaphapittahara, kshaya,kasa, agnimandya, pushtikara, vrishya, ayushya, dahahara, hridya, medhya, jirna jwara, prameha.

Pippali choorna

Katu rasa, Laghu, snigdha guna, ushna virya, tikshna, madhura vipaka, vata shleshmahara, dipana, vrishya, rasayana and indicated in udara, phiranga, jwara, kushtha, prameha, gulma, arsha, shoola, and amavata⁶.

Sweta maricha (Moringa oleifera) - Seeds

Katutikta rasa, laghu, rooksha, tikshna guna, ushna virya, katu vipaka, kaphavata hara, shukrala, grahi, dipana, hridya, vishaghna, chakshushya, indicated in krimi, phiranga, galaganda, shirahshoola, kandu, shotha, apachi, medoroga, vidradhi and gulma.

Kasturi

Tikta, katurasa, guru, ushna virya, katuvipaka, kapha vata hara, vishaghna, mukhasoshahara, shukrala, alakshmighna, dourgandhya hara, useful in kilasa, netra roga, mukha roga, vata roga, chardi, visha roga and shotha⁷.

Gorochana

Tikta rasa, rooksha laghu guna, sheeta virya, katu vipaka, pachana, vishaghna, netrya, bhootaghna, alakshmighna, medhya indicated in agnimandya, visha roga, netra roga graha roga, unmada, garbha srava, rakta srava, krimi kushtha .8.

Shuddha kharpara

Katu kashaya rasa, rooksha laghu guna, kapha pittahara, vatavardhaka, shleshmahara, useful in netra roga,

prameha , kshaya , pandu , vatavyadhi , yoni roga , striroga ,jwara , vishama jwara, shwasa ,kasa , shwayathu , gulma, rajahshoola , pradara ,soma roga , rakta gulma paittika roga.

Indications on the basis of experiences

1. Chronic fever
2. Chronic non healing ulcer
3. ADHD
4. Autism
5. Delayed mile stone development in children
6. Puerperal diseases
7. Osteomyelitis
8. Rickets
9. Rheumatoid arthritis
10. Pain management
11. As a strength promoting in general weakness
12. Cachexia
13. Brain atrophy
14. Dementia
15. Parkinsonism
16. Alzheimer's disease
17. Carcinoma of breast
18. Epilepsy
19. Sciatica syndrome

Amayika Prayoga

1. Chronic fever - given along with *mrityunjaya rasa and amritarishta.*
2. Chronic non healing ulcer – with *asanadi kashaya, shilajatwadi loha, and triphala guggulu.lepa with girisindhoora.*
3. ADHD – with *saraswatarishta.*
4. Autism – with *brihatvatachintamani and saraswatarishta.*
5. Delayed mile stone development in children – with *saraswatarishta, navanita and sugar.*
6. *Peurperal diseases – with pratapa lankeshwara Rasa and ashokarishta.*
7. Osteomyelitis – with *aravindasava and pravala pishti.*
8. Rickets – with *mriga shrunga bhasma and navanita and sugar.*
9. Rheumatoid arthritis - with *shallaki tablets mrityunjaya rasa and Maha rasnadi kashaya.*
10. Pain management – with *guggulu kalpa and swedana.*9.

DISCUSSION

Swarna Malini Vasantha is a gold containing formulation which is considered as high-priced medicine. It is usually given in chronic non

communicable disorders. It is mainly given in chronic fever, chronic non healing ulcer, delayed mile stone development in children, delayed learning in children, osteomyelitis, mental retardation, chronic Rheumatoid arthritis, epilepsy and as a memory booster. Even for prolonged usage less adverse drug reactions are observed in patients. *Swarna bhasma is rasayana*, immunomodulator, ulcer healer, anti-inflammatory and analgesic in action. *Kharpara* contains zinc carbonate. *Hingula* contains Mercury and sulphur. *Naga bhasma and Vanga bhasma* are strength promoting and anti-infective also. They are useful in diabetes mellitus also. In urinary tract disorders *Vanga bhasma* is effective which reduce infection and inflammation in these patients. *Pippali* is bio enhancer and make bio availability of other drugs

enhanced and facilitated. *Pravala pishti is sheeta virya and pittahara* in action. It counters the pitta by other ingredients. In pitta prakriti people. *Swarna Malini Vasantha* should not be given. In *kapha and Vata prakriti* people it is effective.

CONCLUSION

1. *Swarna Malini Vasantha* is a gold containing high priced medicine which can be given in chronic debilitating patients.
2. It increases strength, immunity and act as a catalyst for cellular functions responsible for metabolism.
3. If it is given in therapeutic dosage , it has least adverse drug reactions.
4. It is helpful as anti-inflammatory, immunity booster, memory booster and *rasayana* actions when it is given with suitable adjuvants.

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