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## Clinical Indications of *Pravala panchamrita rasa* - An experiential and scientific view

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### ABSTRACT:

**Introduction-** Herbo mineral formulations are widely practiced in modern India. Mostly chronic and non-communicable disorders are better managed by Ayurveda medicine . *Pravala panchamrita rasa* is one such *rasashastriya* formulation which is commonly used in *pittaja* disorders .

**Aim and Objective-** To study and evaluate the clinical indications of *Pravala panchamrita rasa* in an experiential and scientific view.

**Methods-** Relevant references are taken from *samhitas*, *sangraha granthas*, contemporary literature, journals , internet, and from personal experiences.

**Discussion** - *Pravala panchamrita rasa* is one such preparation which is commonly used in the treatment of *pittaja* disorders. *Urodaha*, *Udaradaha*, *Amlapitta* , *Gudadaha*, *bhrama* and in *udarashoola* it is more effective . It not only relieves signs and symptoms but also supplements Calcium in the body.

**Conclusion-** *Pravala panchamrita rasa* is a *Kharaliya rasayana* which is commonly used in *pittaja* disorders . There are least side effects even after its prolonged usage.

**Keywords :** *Pravala panchamrita rasa*. *Ayurveda* . *Kharaliya rasayana* .

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## INTRODUCTION

Ayurveda is one of the oldest system of medicine. In Ayurveda herbomineral drugs are used since decades and made compatible through specific processes like *shodhan and maran* . The human physiology is unable to produce essential minerals as it produce only certain vitamins, proteins and enzymes ,so our ancient saints introduce metallic medicine into main stream. Mostly chronic and non-communicable disorders are better managed by Ayurveda medicine.. In the present review we try to explain the various ingredients and uses of *Pravala panchamrita rasa*. *Pravala panchamrita rasa* is one such *rasashastriya* formulation

which is commonly used in *pittaja* disorders.

## AIM AND OBJECTIVE-

To study and evaluate the clinical indications of *Pravala panchamrita rasa* in an experiential and scientific view.

## MATERIAL AND METHODS-

**Material:-** Relevant references are taken from *samhitas, sangraha granthas*, contemporary literature, journals , internet, and from personal experiences.

**Methodology:-** Review study

## Ingredients

1. *Pravala bhasma* -Calx of Corals.
2. *Mouktika bhasma* -Calx of pearls.
3. *Shankha bhasma* -Calx of sacred conch.
4. *Mukta shukti bhasma* -Calx of pearl oyster shells
5. *Varatika bhasma* -Calx of Cowrie shells
6. *Arka ksheera* -Calatropis latex

*Pravala* – *Madhura* , *amla rasa*, *laghu rooksha guna*, *sheeta virya*, *madhura vipaka*, *tridosahara*, *balya*, *dipana*, *pachana*, *vishaghna*, *kasahara* , *netrya*, indicated in *netra roga*, *raktapitta*, *kshaya*, *kasa*, *visha roga*, *amlapitta* and *parinama shoola*<sup>1,2</sup>.

*Mukta* - *Kashaya madhura rasa*, *laghu snigdha guna*, *sheeta virya*, *madhura vipaka*, *pittahara* or *kaphapittahara*, *chakshushya*, *vishahara*, *hridaya*, *jwarahara*, *mootrala* , indicated in *jwara*, *nilika*, *vyanga*, *hridroga*, *jalodara*, *kasa*, *shwasa*, *shlipada*, *rajyakshma*, *chardi*, *hikka*, *vatavyadhi*, *prameha*, *unmada* , *netra roga*, *asthi shosha* and *nidra nasha*<sup>3,4</sup> ..

*Shankha bhasma* - *katu*, *kashaya rasa*, *laghu rooksha guna* , *sheeta virya* , *katu vipaka*, *kaphavatahara*, *grahi*, *pachaka*, *shoolahara*, *balya*, *varnya*, useful in *parinama shoola* , *amlapitta* , *agnimandya*,

*yuvana pifika*, *visharoga*, *grajani* and *atisara*<sup>5</sup>..

*Mukta shukti bhadma* – *tikta*, *katu kashaya rasayukta*, *laghu rooksha guna*, *ushna virya* , *katu vipaka* , *kaphavatahara*, *dipana*, *pachana*, *grahi*, *vrishya*, *netrya*, *bhedana* and indicated in *atisara*, *hridroga*, *mootra sharkara*, *parinama shoola*, *gulma*, *shwasa*, and *pliha roga*<sup>6,7,8</sup>.

*Varatika bhasma* – *tikta*, *katu* , *kashaya rasa*, *laghu rooksha guna*, *ushna virya*, *katu vipaka*, *kaphavatahara*, *dipana*, *grahi*, *netrya*, *vrishya*, indicated in *parinama shoola*, *gulma*, *vrina*, *karna shoola*, *grahani*, *kshaya*, *kasa* and *raktapitta*.<sup>9</sup>

*Arka kshira* – *tikta rasa*, *ushna*, *snigdha guna*, indicated in *kushtha* , *gulma* and *udara roga*. *Rechaka*, *vamaka* and can be applied externally in hemorrhoids .

## Clinical Indications

1. *Amlapitta* (Hyper acidity syndrome )
2. *Parinama shoola* ( Duodenal ulcer)
3. *Annadrava shoola* ( Gastric ulcer )
4. *Pittaja atisara*
5. *Pittaja bhrama*
6. *Guda daha* ( Burning sensation in anorectal region )

7. *Urodaha* ( Burning sensation in chest region )
8. *Udara daha* ( Burning sensation in the abdomen )
9. *Amlodgara* ( Sour eructation )
10. *Pittaja shoola*.
11. Calcium deficiency .
12. Tetany.
13. Hypocalcemia
14. Cramps – *Khalli*.
15. Rickets
16. Osteomalasia.
17. Osteoporosis
18. Osteoarthritis

### **Actions**

1. *Sheeta, snigdha gunayukta*.
2. *Sheeta virya*.
3. *Madhura and Kashaya rasauukta*.
4. Contains calcium .
5. *Pittahara*
6. *Dahahara*
7. *Shothahara*
8. Anxiolytic
9. Sedative
10. Hypnotic
11. Reduces *bhrama*
12. *Amlapitta nashaka*
13. *Mootrala*
14. Reduces raga and *ushma* in ulcers.

*Amayika prayogs*

*Amlapitta*- given alongwith *Avipattiksra choorna* and *Bhunimbadi kadha*.

*Parinama shoola* – given along with *Agnitundi vati* and *patolakaturohinyadi kashaya* .

*Kamala* – given along with *guduchi kashaya* and *godanti bhasma* .

Herpes zoster – given with *sarivadyasava* and *Karpooora shilajatu bhasma* and milk or tender coconut water.

*Annadrava shoola* – given with *Bhunimbadi kashaya* and *Yashti ghrita* .

*Pittaja Atisara* – eith *Kutajarishtha*, *Bilvavaleha* and *Vaysakadi ghana vati*.

*Pittaja bhrama* - It is given with *Laghusoota shekhara vati* and *Sarivadyasava* .

*Gudadaha* – In cases of burning sensation after defecations , it is given with *Usheerasava* , *Kamadugha rasa* and *triphala* tablets .

*Urodaha* - with *Kapardika bhasma* and *Bhunimbadi kashaya* .

*Udaradaha* – with *Avipattikara choorna* and *madiphala rasayana* .

*Amlodgara* – with *Agnitundi vati*, *Avipattikara choorna* and milk.

*Pittaja shoola* – with *Sootashekhara rasa* and *Bhunimbadi kashaya* .

Calcium deficiency - with *Pravala pishtior Mrigashruna bhasma* .

Tetany – With *yogaraja guggulu* and *maha rasnadi kashaya* .

Hypocalcemia - with *Pravala lishti*.

Cramps – With *yogaraja gur*, and *maha rasnadi kwatha* or *Balarishta* .

## DISCUSSION

*Pravala panchamrita rasa* is a *sudha vargiya kharaliya rasayana* which is commonly used in *pittaja* disorders . It is given in *Amlapitta* , *Udara shoola*, *Udara daha*, *Uro daha*, *pittaja vrina*, chronic non healing ulcer, tetany, hypocalcemia , chronic kidney disease, weakness , body ache, osteoarthritis , osteomalacia, osteoporosis . It will not only provide calcium to the body but also increases the body strength. The calcium present in this formulation is of natural origin and does not produce any serious side effects. *Pravala bhasma*

and *mukta bhasma* are cold in potency pacifies pitta vitiation. However it gives relief from *daha*, *Bhrama* , *shoola*, and *dourbalya*.

## CONCLUSION

1. *Pravala panchamrita rasa* is a calcium containing formulation which is commonly used in *pittaja vyadhis*.
2. Most of the ingredients present in this formulation are having *sheetavirya* and calcium .
3. It produces least side effects when given in patients .
4. In patients with bronchial asthma and cold it should be given with precautions as it may increase breathlessness and cough in some patients .

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