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 experiencial 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.
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.
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, tridoshahara, balya, dipana, pachana, vishaghna, kasahara, netrya, indicated in netra roga, raktapitta, kshaya, kasa, visha roga, amlapitta and parinama shoola1,2.

Mukta - Kashaya madhura rasa, laghu snigdha guna, sheeta virya, madhura vipaka, pittahara or kaphapittahara, chakshushya, vishahara, hridya, jwarahara, mootrala, indicated in jwara, nilika, vyanga, hridroga, jalodara, kasa, shwasa, shlipada, rajayakshma, chardi, hikka, vatavyadhi, prameha, unmada, netra roga, asthi shosha and nidra nasha3,4.

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 atisara5.

Mukta shukti bhadma – tikta, katu kashaya rasayukta, laghu rooksha guna, ushna virya, katu vipaka, kaphavatahara, dipana, pachana, grahi, vishya, netrya, bhedana and indicated in atisara, hridroga, mootre sharkara, parinama shoola, gulma, shwasa, and pliha roga6,7,8.

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

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.
17. Osteoporosis.
18. Osteoarthritis.

**Actions**

1. Sheeta, snigdha gunayukta.
2. Sheeta virya.
5. Pittahara.
6. Dahahara.
7. Shothahara.
8. Anxiolytic.
9. Sedative.
11. Reduces bhrama.

**Amayika prayogs**

- Amlapitta - given along with Avipattiksra choorna and Bhunimbadi kadha.
- Parinama shoola – given along with Agnitundi vati and patolakatuhoinyadi kashaya.
- Kamala – given along with guduchi kashaya and godanti bhasma.

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

- Annadrava shoola – given with Bhunimbadi kashaya and Yashti ghrita.
- Pittaja Atisara – eith Kutajarishta, 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 Sootashekara rasa and Bhunimbadi kashaya.

Calcium deficiency - with Pravala pishtior Mrigashrunga 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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REFERENCES-