

International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



Clinical Indications Of *Chandraprabha Vati* An Experiential And Scientific View

Dr Prof Shripathi Acharya G¹ Miss Rajeshwari S Acharya ²

ICV-70.44- ISRA-1.318

VOLUME 4 ISSUE 3

1. Director Academic and WHO Collaborator Muniyal Institute of Ayurveda Medical Sciences Manipal India.
2. Miss Rajeshwari S Acharya SDM College of Ayurveda Udupi , India .

Corresponding Author :- Dr Prof Shripathi Acharya G , Director Academic and WHO Collaborator Muniyal Institute of Ayurveda Medical Sciences Manipal India. Email : shripathi_acharya@yahoo.co.in

Article received on 2nd April 2021

Article Accepted 20th April 2021

Article published 30th April 2021

ABSTRACT: -

Herbo mineral formulations are becoming popular in the current medical practice and are often used by Ayurveda physicians. *Pravala panchamrita rasa*, *mrityunjaya rasa*, *Agnitundi vati*, *yogaraja guggulu* , *Kaishora guggulu* , *Sootashekhara rasa*, *Swasakuthara rasa*, and *Makaradhwaja vati* are few such formulations which are used in both acute and chronic and especially in non-communicable disorders . There are least side effects even after prolonged usage of these drugs. *Chandraprabha vati* is one such Herbo mineral formulation which is used especially in gynae disorders, urinary disorders and in pain management. Apart from some herbal drugs, mineral drugs like *Swarna makshika Bhasma* , *Shilajatu* and *Guggulu* are main ingredients in this formulation . Apart from disease specific usage, it can also be used to increase Hb % , it is useful as *Vayasthapana*, *rasayana* and antiaging also.^{[1][2][3]} The present paper highlights about the clinical indications of *Chandraprabha vati* in an experiential and scientific view.

Key words – *Chandraprabha vati*, Ayurveda medicine, *Rasayana*



This work is licensed under a creative attribution -Non-commercial-No derivatives 4.0 International License commons

How to cite this article: - Dr Prof Shripathi Acharya G, Miss Rajeshwari S Acharya Clinical Indications of Chandraprabha vati an experiential and Scientific view, IRJAY, April: 2021, Vol-4, Issue-4;223-227 ; **Doi:** <https://doi.org/10.47223/IRJAY.2021.4404>

INTRODUCTION

Ayurveda is an indigenous system of medicine which is directed to both disease prevention and cure of the disease. Ayurveda explains the use of Herbal, Herbo mineral and animal origin medication which are used in the management of various disorders. It explains the use of m

Non medication measures like *Dinacharya* (daytime regimen), *Rutucharya* (night regimen), *Sadvritta* (Code of good conduct) and *Achara Rasayana* (code of conduct) for the prevention of the disease occurrence.^{[4][5][6]} Use of *pathy-apathy* (wholesome-unwholesome) is also given importance in the management of diseases. Various Herbo mineral formulations are used in the treatment of diseases. *Chandraprabha vati* is one such preparation which is used in the management of urinary and gynecological disorders and in pain management.

Review of *Chandraprabha vati* –

Chandraprabha vati is mentioned in Sharangdhara Samhita Madhyama Khanda 7/40-49⁸ and Bhaishajya Ratnavali pramehachikitsa 102-110⁹. Though 5 formulations are named as *Chandraprabha vati* in Rasayogasagar¹⁰, above mentioned references are most commonly used. It can be prescribed in *prameha*, *Mootrakrichhra*, *Ashamari*, *Mootraghata*, *Andavridhhi*, *Pandu*, *Kamala*, *Halimaka*, *Kasa*, *Shwasa*, *Kushtha*, *Agnimandya*, *Arochaka* and other diseases due *Vata*, *Pitta* & *Kapha*. It also acts as *Balya*, *Vrishya* and *Rasayana*.¹¹

The name *Chandraprabha* suggests the raised glow on skin after long consumption of the formulation. The term *Chandraprabha* is also said to be generated due to the fact that it represents the 1st ingredient of the formulation. There is difference in opinion of experts about the drug *Chandraprabha*. Though it is generally considered to stand for *Karpura* (*Cinnamomum camphora*), some experts consider it to be *Shathi* (*Hemidesmus indicus*) or *Shatavari* (*Asparagus racemosus*).¹²

TABLE NO. 1 -Ingredients of *Chandraprabha vati*¹³

S. No.	Name of ingredient	Scientific name
1	<i>Chandraprabha (karpura)</i>	<i>Cinnamomum camphora</i>
2	<i>Vacha</i>	<i>Acorus calamus</i>
3	<i>Musta</i>	<i>Cyperus rotundus</i>
4	<i>Bhunimba (kiratatikta)</i>	<i>Swertia chirayta</i>
5	<i>Amruta (guduchi)</i>	<i>Tinospora cordifolia</i>
6	<i>Daruka (devadaru)</i>	<i>Cedrus deodara</i>
7	<i>Haridra</i>	<i>Curcuma longa</i>
8	<i>Ativisha</i>	<i>Aconitum heterophyllum</i>
9	<i>Darvi</i>	<i>Berberis aristata</i>
10	<i>Pippalimula</i>	<i>Piper longum</i>
11	<i>Chitraka</i>	<i>Plumbago zeylanica</i>

12	<i>Dhanyaka</i>	<i>Coriandrum sativum</i>
13	<i>Haritaki</i>	<i>Terminalia chebula</i>
14	<i>Bhibhitaka</i>	<i>Terminalia bellirica</i>
15	<i>Amalaki</i>	<i>Emblica officinalis</i>
16	<i>Chavya</i>	<i>Piper retrofractum</i>
17	<i>Vidanga</i>	<i>Embelia ribes</i>
18	<i>Gajapippali</i>	<i>Scindapsus officinalis</i>
19	<i>Sunthi</i>	<i>Zingiber officinalis</i>
20	<i>Maricha</i>	<i>Piper nigrum</i>
21	<i>Pippali</i>	<i>Piper longum</i>
22	<i>Swarnamakshika bhasma</i>	<i>Calcined Copper pyrite</i>
23	<i>Yava kshara</i>	<i>Dried water-soluble ash of barley</i>
24	<i>Sarji kshara</i>	<i>Impure sodium bicarbonate</i>
25	<i>Saindhava lavana</i>	<i>Rock salt / Indian rock salt</i>
26	<i>Sauvachala lavana</i>	<i>Black Salt/Sodium sulphate mixed with sodium chloride</i>
27	<i>Vida lavana</i>	<i>Ammonium chloride</i>
28	<i>Trivrut</i>	<i>Operculina turpethum</i>
29	<i>Danti</i>	<i>Baliospermum monatum</i>
30	<i>Patraka (tejapatra)</i>	<i>Cinnamomum tamala</i>
31	<i>Tvak</i>	<i>Cinnamomum verum</i>
32	<i>Ela</i>	<i>Elletaria cardamomum</i>
33	<i>Vamshalochana</i>	<i>Bambusa arundinacea</i>
34	<i>Lauha bhasma</i>	<i>Calcined iron</i>
35	<i>Sita</i>	<i>Crystal sugar</i>
36	<i>Shilajatu</i>	<i>Black bitumen</i>
37	<i>Guggulu</i>	<i>Commiphora wightii</i>

Clinical indications ^{[7][8][9][10]}

1. *Madhumeha* (Hyperglycemia)
2. *Prameha* (DM)
3. Renal calculus
4. *Mootradaha* (Burning micturition)
5. Dysuria
6. Leucorrhea
7. Menorrhagia
8. Metrorrhagia
9. Polymenorrhagia
10. *Katishoola* (Backache)
11. *Sandhigata vata* (Osteoarthritis)
12. *Griva shoola* (Cervical pain)
13. Cervical spondylosis
14. Frozen shoulder
15. Lumbar spondylosis
16. Lumbar spondylolisthesis
17. Disc prolapses
18. Body ache
19. Anemia
20. *Dourbalya* (Debility)
21. CKD
22. Nephrotic syndrome

23. Pedal edema
24. Chronic non healing ulcer
25. Deep vein thrombosis
26. Peripheral vascular disease.

Amayika prayoga (Internal use) ^{[11][12]}

- **Madhumeha (Hyperglycemia)** - It is given with *Asanadi kwatha* or *Kathakkhadiradi kashaya* and *Godanti bhasma*.
- **Prameha (DM)**- It is given with *Shiva gutika* and *Vasantha kusumakara rasa*.
- **BPH** – It is given with *Varunadi kashaya*, and *Gandhaka rasayana*.
- **Renal calculus** - It is given with *Gandhaka rasayana* to alleviate symptoms of UTI and *Varunadi kashaya*.
- **Mootra daha (Burning micturition)**– It is given with tender coconut water and *Chandanasava*.
- **Dysuria** - It is given with *Gandhaka rasayana* and *Sarivadyasava* or *Usheerasava*.
- **Anapatyata (Infertility)** – It is given with *Ashokarishta* in females and *Ashwagandharista* in males and *Shatavari guda*.
- **Leukorrhea** - It is given with *Ashokarishta* and *Usheerasava*.
- **Menorrhagia** – It is given with *Chandrakala rasa*, *Bolabaddha rasa* and *Usheerasava*.
- **Metrorrhagia** – It is given with *Chandrakala rasa*, *Bolabaddha rasa* and *Usheerasava*.
- **Poly menorrhagia** – It is given with *Chandrakala rasa*, *Bolabaddha rasa* and *Usheerasava*.
- **Kati shoola (Back ache)**– with *Maharasnadi kashaya* and *Visha tinduka vati*.
- **Janu sandhigata vata (OA)**– It is given with *Maharasnadi kashaya* and *Mahanarayana taila* external application.
- **Griva shola (Cervical pain)** – It is given with *Visha tinduka vati* and *Maharasnadi kashaya* and *Griva basti*.
- **Cervical spondylitis** – with *Griva basti* and *Maharasnadi kashaya*.
- **Frozen shoulder** - with *Kaishora guggulu*, *Rasna panchaka kashaya* and *Griva basti*.
- **Lumbar spondylosis** - It is given with *Balarishta*, *Tayodashanga guggulu* and *Kati basti*.
- **Lumbar spondylolisthesis** – with *Kati basti*, *matra basti*, and *visha tinduka vati*.
- **Disc prolapse** - It is given with *Visha tinduka vati*, *Maha rasnadi kashaya*, and *Shephali patra swarasa*.
- **Body ache** – It is given with *Balarishta*, *Navayasa loha*, and *Draksharishta*.
- **Anemia** - It is given with *Navayasa loha* and *Lohasava*.
- **Dourbalya (Debility)**– It is given with *Ashwagandharista* and *Chyavanaprashavaleha*.
- **Chronic Kidney disease** - It is given with *Varunadi kashaya*, *Punarnavadi mandoora* and *Godanti bhasma*.
- **Nephrotic syndrome** - It is given with *Varunadi kwatha* and *Amritadi kashaya*.
- **Bilateral pedal edema** -It is given with *Punarnavadi mandoora* and *Punarnavasava*.
- **Chronic non healing ulcer in the skin** – It is given with *Shiva gutika*, *Sarivadyasava* or *Mahamanjishtadi kashaya* and *Pravala panchamrita rasa*.
- **Deep vein thrombosis** – It is given with *Mahamanjishtadi kashaya*, *Shilajatwadi loha* and *Pravala panchamrita rasa*.
- **Peripheral vascular disease** - It is given with *Mahamanjishtadi kashaya*, *Shiva gutika*, and *Mukta panchamrita rasa*.

DISCUSSION

Chandraprabha vati is a *Guggulu kalpa* and *Kharaliya rasayana* which is usually given in gynecological, urinary disorders and pain management. It acts as *Rasayana* (rejuvenator) and *Srotoshodhaka* (cleaner of channels) and *Vedanasthapaka* (analgesic) also. Renal calculus, burning micturition, Urinary tract infection, benign prostatic hyperplasia, diabetes mellitus, menorrhagia, metrorrhagia, poly menorrhea, dysmenorrhea and infertility it has given good results. Main ingredients are *Guggulu*, *Shilajatu Trivanga bhasma*, and *Swarna makshika bhasma*. *Guggulu* is *Vedana sthapaka* (analgesic), *Srotoshodhaka* (Cleaner of channels), *Medonilahara* (hypercholesteremic) also. *Shilajatu* is *Rasayana* (Rejuvenator), *Mootrala* (Diuretic) and *Srotoshodhaka* (Cleaner of channels) in action. *Swarna makshika bhasma* is *Rasayana* (Rejuvenator), *Raktavridhikaraka* and sedative also. *Lohabhasma* is *Rasayana* (Rejuvenator), hematinic and *Balya* (strengthen) in action. In nutshell *Chandraprabha vati* can be given generally in age after 35 years. It has regeneration action also.

CONCLUSION

Chandraprabha vati is a tonic and *Rasayana* (Rejuvenator) and can be given commonly after the age of 35 years. Having *Guggulu*, *Shilajatu* and *Swarna makshika bhasma*, it is having *Vedana sthapaka* (analgesic), *Rasayana* (Rejuvenator), regenerative and *Srotoshodhaka* action. As it is diuretic also, it can be given in *Shotha pradhana* (inflammatory) diseases. As it is having *Guggulu*, it can be given in *Vedana*

pradhana (painful conditions) and chronic diseases.

Acknowledgement- None

Financial Assistant -None

Conflict of Interest-None

REFERENCES

1. Acharya S, Updated Ayurveda, Shripathi Acharya, 2011, Manipal, PP 140.
2. Acharya S, Researches in Ayurveda, Shripathi Acharya Manipal 2010, PP 127.
3. Acharya S, Samanya roga gala chikitsayalli Ayurveda, Shripathi Acharya, Manipal, 2013, PP 60.
4. Acharya K. G, Agroushadhigalu, Shripathi Acharya, Manipal 2012, PP 62.
5. Acharya S, Vrikka roga gala chikitsayalli Ayurveda, Shripathi Acharya, Manipal, PP 46.
6. Acharya S, Ayurveda Vijnana, Shripathi Acharya, Manipal, 2012, PP 140.
7. Acharya K G, Agraushadhigalu, Shripathi Acharya, Manipal, 2012, PP 160.
8. Shastry J L N, Dravyaguna vijnana, Choukhamba press, New Delhi, Vol 3 2005, PP 170
9. Shastry J L N, Dravyaguna vijnana, Choukhamba press, New delhi, Vol 3 2005 PP 170
10. Shastry J L N, Dravyaguna vijnana, Choukhamba press, New delhi, Vol 3, 2005, PP. 170
11. Shastry J L N, Dravyaguna vijnana, Choukhamba press, Newdelhi Vol 3, 2005, PP170
12. Charkha, D., Sharma, D., Pal Meena, D., & Sharma, D. (2020). Chandraprabha Vati – A Formulation For Mootrakrichhra – A Literary Review. International Research Journal of Ayurveda & Yoga, 3(9), 338-344.