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### A Review Study On Properties Of *Praval* According To Various Textbooks Of Ayurveda And Its Effects On *Prana-Vaha Srotas* With Special Reference To Its *Bhutaghna* Property.

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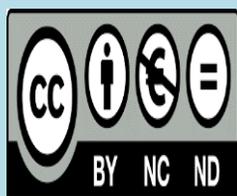
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#### ABSTRACT: -

*Praval* (coral) is used in Ayurveda for medicinal purpose in the form of *Bhasma And Pishti*. Both of these preparations play an important role in subsiding diseases like *kshay, kasa, raktpita, timir etc.* *Prawal* have properties like- *Deepan, Pachan, Vishad, Vish Shaman* and *Bhootshaman* etc.<sup>2</sup> These properties must potentially play significant role in the therapeutical properties *prawal* shows in above mentioned diseases, because every medicine performs there functions according to their *Ras, Gun, Virya, Vipaka, Prabav* etc. Therefore, the effect of *Praval Bhasma* is expected on the microbes, which could be the effect of the *Bhootshaman* property (antibacterial). Invitro study on the effects of *prawal* preparations on microorganism can be done in this direction too. *Kaasa, Shwaas, Kshaya* etc. diseases which are *Prana-vaha srotodushti janya roga*, in which *Pravala Bhasam and Pravala Pishti* are being successfully used from a long time due to its effectiveness. Along with the other causes, *Kaas and Kshaya* are one of the symptoms of some acute and chronic infections, which alters the physiology of *Pranavaha Srotasa* and cause *Pranavaha Srotodushti*. These infectious can be considered as *aagantuj rog/bhuta-bhishang* etc. While the *prawal* is being used in both infectious and non-infectious *kaas and kshaya*. Thus, the properties of *Prawal* collected from various Samhita and manuscripts of Ayurveda could explain the *Karmukta* of *Prawal* on *Prana-vaha srotodushti janya roga* along with the role of its *bhutaghna* property.

**Key Words:** *Ayurveda, Praval Bhasma, Praval Pishti Prana-vaha Srotas, Antimicrobial properties, Bhutaghna, Vishaghna, Rasa Shastra*



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## INTRODUCTION

*Rasa shastra* (vedic-alchemy) is one of the branches of Ayurveda, which deals with preparations and formulations of herbo-minerals/metallic/non-metallic preparations for medicinal purpose. Out of these preparations *Bhasmas* are very fine medicinal powders prepared by the process which involves mainly *Shodana* (purification) and *Marana* (incineration) of metallic and non-metallic substances with the use of various organic substances and fire. *Bhasmas* are also called potential medicinal ashes. With the introduction of *Rasashastra*, the new forms of drugs prepared with a specific method where the metals are converted into a lighter form and easily absorbed in body in a small dose and having much more therapeutic effect.

*Praval* (coral) is skeleton of a marine origin invertebrates within the class Anthozoa of the Phylum cnidaria.<sup>[1]</sup> Coral group secrete calcium carbonate to form a hard skeleton that is used in Ayurveda for medicinal purpose and it's *bhasma* plays an important role in subsiding diseases like *Kshay*, *Kasa*, *Raktpita*, *Timir* and have *Deepan*, *Pachan* And *Bhootshaman* properties etc.<sup>[2]</sup> Therefore the role of *Praval Bhasma* is expected on the microbes, moreover, that are the effect of a *Bhootshaman* property (antibacterial) can be study in this direction also. Where as *Srotas* are the micro and macro

channels which convey specific nutrients, body elements for the purpose of metabolism. *Prana-vaha Srotas* are the channels through which the inhaled vital air and vital energy of body flow/move throughout the body. The origins of *Prana-vaha Srotas* are *Moordha* (nasopharynx), *Hridaya* (Heart), *Mahasrotas*(trachea, bronchus, bronchioles), *Rasavahini Dhamani* (arteries originated from heart and pulmonary veins) and *Phupphusa* (lungs). Disturbances in theis srotas develops diseases like *Shwas*, *Kaas*, *HridRog* etc.<sup>[3]</sup> *Pravala Bhasam* and *Pravala Pishti* are being successfully used from a long time for its effectiveness in *Prana-vaha srotodushti janya roga*.

"*Kasa*" (cough) is symptom of different health conditions including upper respiratory tract infections which are commonly caused by *Streptococcus* (gram +Ve) bacteria causing pharyngitis and tonsillitis etc. Among various properties of *Pravala* described by different reference books of *Rasa Shastra*, *bhutaghna* property can be hypothesized for its effectiveness in *Kasa*(cough).

## AIMS AND OBJECTIVES:

1. To review the properties of *Pravala* form various textbooks/ references books of *Rasa Shastra*.
2. To review of medicinal use of *Praval bhasma/ pishti* on *Prana-vaha srotodushti janya roga*.

3. To review of *Bhutaghna* property of *Praval* as per classics and modern science?

### MATERIALS:

1. Textbooks/ reference books of *Rasa-Shastra* ie. *Rasatarangini*, *Rasaratnasamuchhya*, *Yogaratanakara*, *Charak Samhita*, *Bhavaprakash nighantu* etc.
2. Textbooks of microbiology, textbooks of physiology and textbooks of medicine.

### METHODS:

Method is followed as per literary research methodology which includes data mining techniques.

### DISCUSSION:

In Ayurveda, *Rasa Shastra* is a branch which deals with properties and formulations of different inorganic and organic metals. Among them *Praval* is an animal originated mineral substance which is a hard skeleton of a mollusk coral, made of calcium carbonate. Different medicinal properties of *Praval* are described by various textbooks of Ayurveda. Here we are discussing about those opinions described by different precentorial.

1. **Charak samhita:**  
In *Charak Samhita chikitsa sthan rasayan* chapter aacharya Charak has described *Praval* (*Vidruma*) having *Rasayan* properties (rejuvenating properties). In *chikitsa sthan Trimarmiya* chapter it is described beneficial in *khaphaj mutrakrichchh* (dysuria).<sup>[4]</sup>
2. **Sushurut samhita:**  
Aacharya Sushurut has described *Praval* as *chakshushya* (beneficial for eyes), *sheeta*, *lekhan* (which scrap toxins and waste materials from body), *vishaghna* (neutralize toxins) in *sutra sthan* 46 and beneficial in *vran chikitsa* and *netra rog chikitsaa* in *chikitsa sthan* 1 and *uttaratantra*

17-18 respectively.<sup>[5]</sup>

3. **Kaidev nighantu:**  
In *Kaidev Nighantu*, properties of *Praval* are described as *kashaay* (astringent), *madhura* (sweet), *sheet* (which stopes excess flow of *Dosha-Dhatu-Mala*), *chakshushya*, *lekhan*, *sara*, *vishaghna*.<sup>[6]</sup>
4. **Dhanvantari Nighantu:**  
In *Dhanvantari Nighantu Praval* has described as *sara* (impellent), *sheet*, *kapha-pitta shamak*, *kshaya* (generalized weakness), *kaasa* (cough). *Drishti dosh*, *vishaghna* (anti toxic), *bhoot shaman* (anti-microbial), *rakta-pitta har* (subside hemorrhage), *deepan-pachan* (can increase appetite and digest the undigested food).<sup>[7]</sup>
5. **Madanpal Nighantu:**  
In *Madanpal Nighantu* properties of *Praval* are *pushtikaarak* (nutrimrntal), *kaantiprad* (enhancing luster), *balya* (give strength), *shukra vardhan* (improves sexual ability).<sup>[8]</sup>
6. **Madhav Dravyagun:**  
According to *Madhav Dravyagun* text, *Praval* is *Sheet*, *kashaay*, *swadu* (sweet in *ras* and *vipaka*), *lekhan*, *chakshushya*, *vishaapah* (anti-toxic) in properties.<sup>[9]</sup>
7. **Shodhal Nighantu:**  
According to *Shodhal nighantu* it is *Paapma-vishaapaha* (prevent from harmful microbes and neutralize toxins), *sheeta*, *kashaay*, *swadu*, *lekhan* (the power to perform the initiation of abradant).<sup>[10]</sup>
8. **Ras Tarangini:**  
According to *Ras Tarangini Praval* is alkaline, sweet, light, cold in nature, appetizer, digestive and useful for eye diseases. Again, it is pacifier of *Tridosh*, *Balya*, *Kshaya-Kaas har*, give relief from *Raktapitta*, control excess sweat and night sweat, antitoxic, *BhutaShaman* (antimicrobial), improve and enhance complexion and *virya*.<sup>[11]</sup>

9. **Rasendra Puran:**  
According to *Rasendra puran*, *Praval* is *madhur, samla* (little bit), *kapha pitta shamak, viiry-kaanti kara* [12]
10. **Rasendra Vigyananam:**  
According to *Rasendra vigyanam praval* is *tridosh naashak, visha naashak, bhutaghna, kshayaghna* (improve the condition of scrag, weakness due to chronic illness, tuberculosis). [13]
11. **Ras Darpan:**  
According to *Ras Darpan* text the *praval* have properties to cure *pandu*~(anemia), *raktachaap*~(blood pressure), *kshaya*~(tuberculosis), *jwar* (fever) and useful in toxicity and *bhutabadha* etc. [14]
12. **Ras Ratna Samuchhya :**  
*vishabhutaadi shamanam*, give relief from *kshaya-Kaas-Raktapitta*, useful in eye disorder. [15]
13. **Ras Tantrasaar & Siddha Prayog Sangrah:**  
*shushk kaas, shwas, kaphaj kaas, jwar, jirn jwar, hikka, daurbalya, raktapitta, asthibhang, haaridra meh, pradar.*  
As we can see, 9 out of 13 references stating *Praval* as *Vishaghna* (antitoxic) while 5 out of 13 references stating *Praval* as *Bhuta Shamana*. Along with these above-mentioned the properties *praval* also stated an effective medicine for *kasa, kshaya* and *shwasa roga*, which all are *Pranavaha srotas* diseases.  
*Srotas vijnan* is one of concepts of Ayurvediya *Kriya Sharir* on which Ayurvedic clinical foundation is based. *Srotas* are the Channels that convey the body elements, which are undergoing metabolic processes. The vitiation, depletion and maintenance of existed bodily structures are not possible without *Srotas*. *Srotas* are the channel or structure through which *Sravanam Karma* i.e., flowing, moving, oozing and permeation of different constituents and nutrients of body takes

place.

*Pranavaha srotas* is a transport system of prana which has been narrated as vital air inhaled and also be the vital energy of the body responsible for each and every activity of living being. Most of the *lakshanas* explained in the *dushti* of *Pranavaha srotas* are related to the respiratory system. Right from birth to death respiration process is the one of major sign of life. Respiration is one of the main functions of *Pranavata*. *Pranavaha srotas* is the channel, which carries the external air in to the body to sustain the life. Thus, the *pranavaha srotas* is most important for life and longevity. *Moolasthan* of *srotas* is important area for proper functioning of *srotas*. Hence the treatment of any disease should also include intervention for the betterment of that particular *srotas* which belong to that disease.

According to acharya Charak the *moolsthan* of *Pranavaha srotas* are *Hridaya* and *Mahasrotas* while according to Acharya Sushrut these are *Hridaya* and *Rasavahi Dhamani*. [16] Above mentioned places indicate involvement of heart, naso-tracheal track, lungs and pulmonary artery-veins, in *Pranavaha srotas*. The causes of vitiation of these *srotas* are: - *Kshaya* (decadence), *Vega-Dharan* (not passing excretory or other impulses on time), *Rukshata* (dryness), *Vyayamat-Kshudhitasya* (exercising while being hungry), *Darun karya* (hard works that are out of capacity). [17] Due to these above-mentioned causes and other then these *aagantuj/bhuta janya* many types of diseases affect *pranavah Srotas*. Diseases such as *Kaasa, Shavasa, Kshaya* are associated with *Pranavaha Srotas* which affects the respiratory organs like upper and lower respiratory tract, lungs and in chronic condition heart as well. Main causes of *Kaas* and *Shwas* are bacterial/viral/fungal

infection (eg. Influenza virus, mycobacteria infection, Streptococcus pneumonia, haemophilus influenzae etc.)<sup>[18]</sup>, allergies, other external pollutants while main causes of *Kshaya* are chronic illness, tuberculosis infection etc. *Praval* preparations like *Praval Bhasma* and *Praval Pishti* are widely used to treat these above-mentioned conditions for long times and these are highly effective as well. The *Kashay-Lekhan* properties of *Praval* are useful in *srotoshodhan* in *Kaas* And *Shwas Rog*, while its *Sheet-Madhur-Balya* properties are useful in diseases like chronic cough and *Kshaya rog*. The role of *Bhutaghna* and *Vishaghna* properties of *Praval* may play an important role in *aagantuj/bhutaja vyadhi*. *Kaas* and *Shwas* caused by any foreign body or due to any infection, developed in *Prana-vaha Srotasa*, cause inflammation in inner membranes of respiratory tract and ejects toxic materials. In these conditions use of *Praval Bhasma* is seen to be extremely beneficial. In the commentary of *Rasa Tarangini*, the writer mentioned the *Bhuta* as bacteria's/ micro-organisms,<sup>[11]</sup> and alleviation of those is called *BhutaShaman* property. According to this explanation *Praval* can alleviate harmful bacteria's and other possible microbe's which causes pathology in respiratory tract. Again, if it is, how and on which microbe's *Praval* show this effect, is still a subject of research. Other than this, the anti-toxic property of *Praval* neutralize the toxins produced by microbes, while the *Vishad* And *Lekhan* properties of *Praval* play a major role in reducing inflammation or we can say *Srotoshodhan*. The other properties of *Praval*, like, *Madhur* and *Sheet* may play a crucial role in repairment of epithelial tissues or we can say as useful in *Uraha-Kshat*.

## CONCLUSION:

Among various properties of *Praval*, the *Bhutaghna* and *Vishaghna* properties are highlighted by several *Acharyas* and *granthakaras*. Which can be correlate as anti-microbial/ anti-bacterial and anti-toxic properties. While *Praval* is useful in number of health conditions i.e., *Kaas*, *Shwas*, *Rajayakshama*, *Kshaya*, *Raktapitta*, eye disorders, blood pressor, fever and others, the main and strong effect of *Praval* can be seen on *Pranavaha Srotas* and the diseases related to it.

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