

Review article

Review on pharmacokinetic and dynamic action of *Brihat vata chintamani rasa*

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ABSTRACT:

In present days peoples are suffering from degenerative disorders, mainly vitiated Vata Dosha. Standard practice of Ayurvedic practitioner mostly prefer Brihat Vata Chintamani Rasa in degenerative pathological diseases such as Vatavyadhi, Kshyaroga, Jirna Jwara, Hridroga etc. So we choose this unique drug to write on its hypothetical review of pharmacokinetic & pharmacodynamic action, which helps in reducing symptoms of diseases which stated its Phalashruti.

KEY WORDS: Brihat Vata Chintamani Rasa, Vatavyadhi, Kshaya, Hridroga, Balya, Ojowardhaka, Brihana

INTRODUCTION:

In Ayurveda there are three main doshas which influence whole mechanism of body. These are Vata, Pitta, Kapha among these Vata dosha is considered to be predominant and Pitta, Kapha need stimulation from Vata to regulate their mechanism².

According to Acharya Charaka there are 80/40/20 Nanatmaj Vikara of Vata, Pitta and Kapha respectively³. With maximum number of nantmaj vyadhi and its influence on remaining doshas, we can realize essential and influential importance of Vata dosha.

Vata dosha of such importance gets vitiated by two main factors⁴:

- Dhatukshayajanya Samprapti (Degenerative Pathology)
- Margavrodhajanya Samprapti (Obstructive Pathology)

From these two factor's degenerative pathology is seen more commonly in patients suffering with vitiated Vata. So for this we need to protect and nourish deformed Dhatus as well as vitiated Vata.

For protecting and nourishing treatment Balya, Bruhaniya and Saptadhatuwardhaka Kalpa like Brihat Vata Chintamani Rasa is of much importance. This unique herbo-mineral formulation explained in the context of Vatavyadhi in Bhaishajya Ratnavali.

So we are discussing about Pharmacokinetic and pharmacodynamic action of Brihat Vata Chintamani Rasa in this article.

Selection of drug:

All the body functions and activities are carried out by Vata, the body has Vatanadi Sansthan (Nervous System). They are of two types Sandya Vaha (Sensory) and Adnya Vaha (Motor) their operation being impaired by dhatukshayajanya samprapti (Degenerative pathology) causing imbalance in Vata dosha.

To compensate this damage and decay. Balya, Brunhana, Vrushya, Vajikara, Saphadhatuposhaka, Ojowardhaka as well as to strengthen nerve cells Brihat Vata Chintamani Rasa has exceptional importance.

MATERIALS AND METHOS:

Preparation of drug:

Reference:

Bhaishjya Ratnavali Vatavyadhi (Shloka 145-148)¹

Ingredients:

1. Suvarna Bhasma - 3 Parts
2. Rajata Bhasma - 2 Parts
3. Abhraka Bhasma - 2 Parts
4. Loha Bhasma - 5 Parts
5. Prawal Bhasma - 3 Parts
6. Mauktika Bhasma - 3 Parts
7. Rasasindoor - 7 Parts

Bhavana Dravya: Ghritakumari Swaras – as required

Firstly take Rasasindoor in mortar triturate fine powder then add all remaining Bhasma's triturate well. After that take Ghritakumari Swarasa for bhavana to above mixture triturate until dries, make 1 gunja tablet.

Anupana : Honey / as per disease

Matra : 125 mg (once in day or twice)

Gandha : Rasayangandhi

Uses: Vatavyadhi, Vatapittaghna, Rasayana, Vajikara, Sarvarogahara.

We used Samhitas, textbooks & previous articles which are published for reference purpose.

Aim:

To study Brihat Vata Chintamani Rasa and its action.

Objective:

1. To study pharmacokinetic action of Brihat Vata Chintamani Rasa.
2. To study pharmacodynamic action of Brihat Vata Chintamani Rasa.

Review and study of a pharmacokinetic action of Brihat Vata Chintamani Rasa:

The Rasa, Virya, Vipaka, Karma, Guna these are considered under the heading of Pharmacokinetic action of drug.

Table No. 1: Rasa, Virya, Vipaka, Karma, Guna of Brihat Vata Chintamani Rasa

Sr. No.	Content	Rasa Virya Vipaka	Doshagnata	Site of action	Properties
1.	Suvarna Bhasma ^{5,6}	Madhura Sheeta Madhura	Vata,Pitta	Hridya, Vatavahinya, Raktavahinya, Manodesha, Andakosha,	Snigdha, Vrusha, Balya, Ojovardhaka, Vajikara, Vishanashak, Hridya
2.	Rajata Bhasma ^{7,8}	Kashaya Sheeta Madhura	Vata, Vatapitta	Sahastrar, Vatavahinya, Snayu, Vrukka, Manodesha, Buddhi, Jananendriya	Balya, Medhya, Vrusha, Pandu Rasayana, Vayasthapaka, Vattapitta Shamaka, Snigdha, Regain the muscle power
3.	Abhraka Bhasma ^{9,10}	Madhura Sheeta Madhura	Vata, Kapha.	Brain, Hridya, Vatavahinya, Lungs, Vatavah- Mandal.	Bruhana, Balya, Snigdha, Vajikara, Dhatu-varadhak, Kshyaghna, Rasayana, Regeneration of Neuron
4.	Loha Bhasma ^{11,12}	Tikta- Kshaya Sheeta Madhura	Pitta, vata	Hridya, Liver, Grahani	Tridoshghna, Balya, Rasayana, Vishaghna, Bruhana, Hridroga, Vayasthambhak
5.	Prawal Bhasma ^{13,14}	Madhur Sheeta Madhur	Pitta	Vatavaha-Mandal, Manodesha, Amashaya,	Vrusha, Vishaghna, Kshaya, Asthibalvardhak, Balya, Vatanashaka, Dahashamaka, Buddhi-varadhak
6.	Mauktika Bhasma ^{15,16}	Madhur Sheeta Madhur	Pitta	Hridya, Liver, Spleen, Kloma, Antastrava	Kshayanashaka, Hridya, Balya, Ayushya, Dipana, Agniwardhaka,
7.	Rasasindoor ¹⁷		Vata	Hridaya, Amashaya, Lungs, Kaphasthan.	Yogawahi, Vajikara, Nadibala-Vardhaka, Balya, Hridayauttejak Rasayana.
8.	Kumari ¹⁸	Tikta Sheeta Katu	Vata, Pitta		Dahashamak, Vishdoshanashak, Rasayani

Review and study of a pharmacodynamic action of Brihat Vata Chintamani Rasa:**Vatavyadhi:**

Vata vyadhi is a group of disease with predominance of Vata in its samprapti. Pakshaghata, Ardita, Sandhigata vata, Unmada, Apasmara these are some examples of vata vyadhi. In this condition due to kshayatmaka Samprapti Vata get vitiated⁴. The vitiated Vata affects various system which leads to impairment in physical activity.

In such Condition

- I. Rasasindoor with its Yogavahi property, Strengthen Sadnyavaha & Chestavaha Sansthan i.e. Central nervous system.
- II. Roupya Bhasma helps in reducing muscle spasms and restore muscle tone, also suppress Shirogata Vata.
- III. The Gamitva (site of action) of Abhraka is on Nervous system which helps reducing fret (kshobha) and reinforce nerve cells.
- IV. To restore Dhatukshaya (decay) Bhasma's like Suvarna, Prawal, Mauktika, Loha, Roupya, Abhraka which has Balya, Bruhana, Rasayana properties are useful.

Therefore, Brihat Vata Chintamani Rasa most precious drug in Vata vyadhi.

Hridroga:

Excessive work (Aatishrama), excessive exercise (Aativyayama). Anxiety, Fear which affects Vatapitta or only Vata vitiated that leads Hridroga¹⁹.

- Suvarna Bhasma have Snigdha, Madhura, Vrusha & hridya properties which not only gives stimulation to myocardial muscle but also gives strength to myocardial muscle.
- Loha Bhasma with its characteristic of Oxygen carrying capacity helps in maintaining good Oxygenation of heart.
- Abhraka Bhasma nourishes the myocardia.
- As Rasasindoor is Yogavahi, rasayana and Hridyauttejaka properties so Brihat Vata Chintamani Rasa is prime importance
- It helps in spasm of blood vessels by stimulating Vatavahini naadya.

Hridrava:

Sometime vitiated Vata especially Vyanavayu leads to increasing heart rate and palpitation causing Hridrava²⁰.

- Suvarna, Rajata, Abhraka, Loha these bhasma's and Rasasindoor with their hridya, balya properties helps in nourishes heart.
- With Anti-stress properties of Mauktika Bhasma and Abhraka Bhasmas action on Manodesha helps

to reduce Chinta, Shoka, Bhati like psychiatric symptoms, thus repair Hridrava.

Rajyakshma (kshaya):

Anuloma and Pratiloma samprapti of dhatukshaya leads Rajyakshama²¹.

In this condition body constituent get disturbed, muscle wasting, sever weakness, coughing etc. to the patient.

- For this Brihat Vata Chintamani Rasa with its Vrushya, Balya, Bruhana, Rasayana, Saptadhatuvaradhaka, Ojovardhaka properties which restores and nourishes the Saptadhatu.
- Also helps in Agnivardhana which ultimately leads to Bala, Kanti, Ayu, Ojovardhana.
- So these things bring the body back to its healthy state.
- As it is gold containing Rasaushadhi which helps in Rajyakshma.

Jirna Jwara (chronic fever):

Jwara after lasting 15- 20 days turns in Jirna Jwara²².

- Which causes severe dhatukshaya, ojekshaya leading loss mental and physical fatigue.
- Suvarna and Rasasindoor with its cardinal properties against jwara, relives patient from jwara.

In any emergency situation with person complaining of Shaktipata (Fatigue), Nadikshinta, Shwasa, hyper perspiration, dhatukshaya, ojekshaya, Brihat Vata Chintamani Rasa acts as Divya aushadhi.

DISCUSSION:

Brihat Vata Chintamani Rasa is gold containing compound which described in Bhaishajya Ratnawali under the Vatavyadhi Rogadhikara. Most of ingredients having Balya, Bruhaniya, Rasayana, Ojovardhaka etc. properties to enhance these properties use ghee, honey and sugar as anupana.

This drug provide nutrition at all levels from macro to micro-cellular level. Boost the ojas (vital force of life) and the immune system, thus keeping away from diseases and prevents against ill effects of advanced age. Enhance the strength, immunity, bulk of body. It is an excellent rejuvenate and anti-aging properties. It is useful in cardio-vascular diseases, improve digestion power, body strength and immunity. It reduces Vata in a natural way effective in Vata Vikara especially Nirupsthambhita. It is also beneficial for treatment of mental weaknesses. It provides strength to the heart muscle. Improves blood circulation, helps in detoxification of blood and cleaning of arteries. It enhance memory and concentration. Acts as excellent cellular regenerator and nervine tonic. Boosts immunity and improves the fight strength against infection.

CONCLUSION:

Conceptually it is concluded that the substances having properties which was discussed its effect on decrease in vitiated Vata especially degenerative pathology and maintain the proper functioning of Vata.

As describe here the hypothetical study, clinical study is needed to find out efficacy of Brihat Vata Chintamani Rasa.

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