

## A LITERARY REVIEW ON PRACHANDABHAIRAVA RASA

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### ABSTRACT

Ayurveda with safe and effective goodness has been pouring its valuable treasures to mankind since time immemorial. Rasashastra and Bhaishajya Kalpana is a branch of Ayurveda that deals with pharmaceutical processing, preparation of compound medicines and therapeutic utility of herbal drugs, metals and minerals. Prachandabhairava Rasa is one such Kharaleeya herbo-mineral formulation mentioned in various Ayurvedic texts. Prachandabhairava Rasa is mentioned in Rasa Ratnakara in Apasmara Prakarana, indicated in Apasmara (Epilepsy), Chardi, Unmada, Vata roga, Kasa, Shwasa, Kshaya, hikka, Arsharoga, Prameha, Aruchi, Timira, Gala roga, Netraroga, Karnasthambha etc.

**KEYWORDS** - Prachandabhairava Rasa, Kharaleeya Rasayana, Apasmara.

### INTRODUCTION

*Rasashastra* is the Ayurvedic iatro-chemistry, the science of life which deals with mercury (Rasa) and its processings. The ancient scholars of *Rasashastra* might have thought that poverty is the main hazard for happiness and joyfulness of an individual and society. They succeeded to achieve this goal by converting lower metals into higher i.e. noble metals (*Lohavada*). As the time passed, when sufferings of human become the prime cause of unhappiness, they invented utility of mercury and other metals and minerals to cure the disease and restore the healthy status by subjecting them into different processes (*Dehavada*).

“Alpamatropayogitvad Arucheraprasangatah Ksheepam arogyadayitvad Ousadhebhyo Adhiko rasaha”<sup>1</sup>

*Rasoushadhi* have gained importance due to their wide range of applicability, lower dosage and restoring the good health faster<sup>1</sup>.

Murchatwa harati rujam<sup>2</sup>

Murchitam Vyadhinashanam<sup>3</sup>.

*Murchana* is a process in which *Parada* definitely attains disease curing property<sup>2</sup>. *Murchita avastas* of *Parada* are *Kharaleeya Rasayana*, *Parpati Rasayana*, *Pottali Rasayana* and *Kupipakva Rasayana*. Among these, *Kharaleeya Rasayana* is extensively explained in *Rasashastra* and *Bhaishajya* classics. *Kharaleeya Rasayana* stand foremost in comparison with *Parpati kalpa*, *Pottali kalpa* and *Kupipakva Rasayana* in terms of its popularity, wide range of therapeutic utility and easy method of preparation. *Kharaleeya Rasayana* are innumerable and most suitably indicated in vast majority of disease conditions. The principle used in preparation of *Kharaleeya Rasayana* is based on principle of *mardana* and *bhavana* (Trituration).

Prachandabhairava Rasa is one such *kharaleeya rasayana* mentioned in *Rasa Ratnakara*. It is a herbo-mineral compound containing *Kasisa, Gandhaka, Parada, Hingula, Madhuka pushpa, Guduchi, Shalmali, Dhanyaka, Bhunimba, Devadaru, Tumburu, Tila, Mudga, Patola, Draksha, Kushmanda bhasma, Saireyaka, Kumari, Bharangi, Bala* and *Atibala*. It is indicated in *Apasmara Roga*<sup>4</sup>.

#### AIMS:

1. To compile all available references of Prachandabhairava rasa in classical texts.
2. To study them in comparative manner in terms of their composition, method of preparation, dose, indications, anupana and contribution of various texts regarding this formulation.

**Table No.1:- References of Prachandabhairava Rasa.**

Name of the ingredients	R.R <sup>5</sup>	B.B.R <sup>6</sup>	R.Y.S <sup>7</sup>	R.Y.S <sup>8</sup>	Bheshaja Samhita <sup>9</sup>	Basavarajeeyam <sup>10</sup>
<i>Shuddha Kasisa</i>	+	+	+	-	+	-
<i>Shuddha Gandhaka</i>	+	+	+	+	+	+
<i>Shuddha Parada</i>	+	+	+	+	+	+
<i>Shuddha Hingula</i>	+	+	+	-	+	-
<i>Madhukapushpa</i>	+	+	+	-	+	-
<i>Guduchi</i>	+	+	+	-	+	-
<i>Shalmali</i>	+	+	+	-	+	-
<i>Dhanyaka</i>	+	+	+	-	+	-
<i>Bhunimba</i>	+	+	+	-	+	-
<i>Devadaru</i>	+	+	+	-	+	-
<i>Tumburu</i>	+	+	+	-	+	-
<i>Tila</i>	+	+	+	-	+	-
<i>Mudga</i>	+	+	+	-	+	-
<i>Patola</i>	+	+	+	-	+	-
<i>Draksha</i>	+	+	+	-	+	-
<i>Kushmanda bhasma</i>	+	+	+	-	+	-
<i>Saireyaka</i>	+	+	+	-	+	-
<i>Kumari</i>	+	+	+	-	+	-
<i>Bharangi</i>	-	+	+	-	+	-
<i>Bala</i>	+	+	+	-	+	-
<i>Atibala</i>	+	+	+	-	+	-
<b>Tamra Bhasma</b>	-	-	-	+	-	+

#### LITERARY REVIEW:

Prachandabhairava Rasa is indicated in *Apasmara roga*. Here Bhairava originates from the word *bhiru*, which means “fearsome”. Bhairava means “terribly fearsome form”. It is also known as one who destroys fear or one who is beyond fear. *Apasmara* is characterised by *bhibhatsa chesta*, so formulation named as Prachandabhairava Rasa. Name of drug itself throws light on the action of the compound which aids to use in Epilepsy condition. On reviewing literatures of *Rasa Shastra* extensively, found around 6 references of Prachandabhairava Rasa. First reference of Prachandabhairava Rasa is available in *Rasa Ratnakara*.

**Table No.2:- References of Prachandabhairava Rasa with preparation method, indications, dose etc.**

S.N	Name of Rasa text	Drug used for bhavana	Method of preparation	Indications	Dose	Anupana
1	R.R <sup>11</sup>	-	Kharaleeya	Apasmara	1Masha (750mg)	-
2	B.B.R <sup>12</sup>	-	Kharaleeya	Apasmara	1Masha (750mg)	-
3	Basavarajeeyam <sup>13</sup>	Jambeera & Nagavalli Swarasa	Kukkuta Puta	Murcha	2Gunja (250mg)	Trikatu churna
4	R.Y.S <sup>14</sup>	Jambeera and Nagavalli Swarasa	Kukkuta Puta	Murcha	2Gunja (250mg)	-
4	R.Y.S <sup>15</sup>	-	Kharaleeya	Apasmara	1Masha (750mg)	-
5	Bheshaja Samhita <sup>16</sup>	-	Kharaleeya	Apasmara	3-4 ratti	Madhu & Ghrita

**Table No.3:- Prachandabhairava rasa with ingredients and their Rasa panchaka<sup>17,18</sup>.**

S. N	Drug	Rasa	Guna	Veerya	Vipaka	Karma / Indication
1	Shuddha Kasisa	Amla, Tikta, Kashaya	Sheeta	Ushna	-	Grahi, Indicated in diseases like Pleeha, Pandu, Switra.
2	Shuddha Gandhaka	Katu, Tikta, Kashaya	Ushna, Sara	Ushna	Katu	Deepana, Pachana, Vishahara. Indicated in kushtha, Pleeha roga, Krimi, Visarpa, Kshaya, Visha Bhutadosha.
3	Shuddha Parada	Shadrasa	Snigdha, Sara	-	-	Yogavahi, Rasayana and Balya. Indicated in Krimi, Kushta, Vata roga.
4	Shuddha Hingula	Tikta, Kashaya, Katu	-	-	-	Deepana, Rasayana, Vrushya Indicated in Kusta, Jwara, Kamala, Pleeha.
5	Madhukapushpa	Madhura, Kashaya	Guru, Snigdha	Sheeta	Madhura	Balya, Shukrala Indicated diseases like Raktapitta, Kshaya.
6	Guduchi	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhura	Medhya, Rasayana, Grahi Indicated in Chardi, Bhrama, Jwara, Kasa.
7	Shalmali	Kashaya	Laghu, Snigdha	Sheeta	Madhura	Balya, Vrushya, Rasayana Indicated in Pleeha, Gulma, Raktapitta.
8	Dhanyaka	Tikta,	Laghu,	Ushna	Madhura	Deepana Pachana, Grahi

		<i>Kashaya</i>	<i>Snigdha</i>			<i>Indicated in Jwara, Kasa, Shwasa.</i>
9	<i>Bhunimba</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pittahara, Indicated in SannipataJwara, Swasa, Krimi, Daha.</i>
10	<i>Devadaru</i>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana Indicated in diseases like Kasa, Shopha, Jwara.</i>
11	<i>Tumburu</i>	<i>Tikta, Katu</i>	<i>Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Vidahi Indicated in Shiro roga, Kushta, Shwasa, Phleeha.</i>
12	<i>Tila</i>	<i>Madhura, Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Twachya, Balya Indicated in diseases like Vataroga, Agnimandya.</i>
13	<i>Mudga</i>	<i>Kashaya, Madhura</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pittahara, Grahi Indicated in diseases like Jwara, Netraroga.</i>
14	<i>Patola</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vrushya, Deepana Indicated in Kushta, Amlapitta, Jwara.</i>
15	<i>Draksha</i>	<i>Madhura</i>	<i>Snigdha, Guru, Mrudu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vrushya, Brihmana Indicated in Jwara, Kamala, Moha.</i>
16	<i>Kushmanda bhasma</i>	<i>Madhura</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Hridya, Vrushya, Brihmana Indicated in Apasmara, Ashmari, Mutraghata.</i>
17	<i>Saireyaka</i>	<i>Tikta, Madhura</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Visha roga, Kandu, Vatarakta.</i>
18	<i>Kumari</i>	<i>Tikta</i>	<i>Guru, Snigdha, Picchila</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vrishya, Brahmana, Rasayana Balya, Bhedhana. Indicated in diseases like Gulma, Granthi, Pleeha, Yakrut vruddhi, Kamala</i>
19	<i>Bharangi</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Jwarahara, Kasahara Indicated in diseases like Jwara, Kasa, Krimi.</i>
20	<i>Bala</i>	<i>Madhura</i>	<i>Laghu, Snigdha, Picchila</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balya, Brumhana, Vrushya Indicated in Vatavyaadi, Prameha, Raktapitta.</i>
21	<i>Atibala</i>	<i>Madhura</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balya, Brumhana, Vrushya Indicated in Vatavyadhi, Prameha, Kshaya.</i>

### DISCUSSION:

There are total six references of Prachandabhairava Rasa explained in Rasashastra texts. Name of the drug mentioned is same in all available references

as Prachandabhairava Rasa but in Rasa Yoga Sagar Pt. Hariprapanna Sharmaji has mentioned as Prathama and Dwiteeya Prachandabhairava Rasa. Method of preparation and indication are same in Rasa

Ratnakara, Bharat Bhaishajya Ratnakar, Bheshaja Samhita, Rasa Yoga Sagar (Pratham PRB), but in Basavarajeeyam and Rasa Yoga Sagar (dwiteeya PRB) it is prepared by kukkuta puta method. In Basavarajeeyam and Rasa Yoga Sagar (dwiteeya PRB) Jambheera rasa and Nagavalli Swarasa are bhavana dravya and indicated in Murcha roga. Trikatu churna, Madhu and Ghrita are mentioned as anupana in Basavarajeeyam and Bheshaja Samhita respectively. In R.R, B.B.R and Rasa Yoga Sagar (Pratham PRB) mentioned dosage of PBR as 1Masha i.e. 750mg (according to Magadha mana) 1gm (according to Kalinga mana). In Basavarajeeyam and Rasa Yoga Sagar (dwiteeya PRB) dosage as 2 gunja i.e. 250mg. In Bheshaja Samhita dose has been mentioned as 3-4 ratti i.e. 375 mg.

Prachandabhairava Rasa associated with 21 herbo mineral drugs-like Kasisa, Gandhaka, Parada, Hingula, Madhukapushpa, Guduchi, Shalmali, Dhanyaka, Bhunimba, Devadaru, Tumburu, Tila, Mudga, Patola, Draksha, Kushmanda, Saireyaka, Kumari, Bharangi, Bala and Atibala. By reviewing ingredients of formulation in Table No.3, Most of the drugs are having the Tikta rasa pradhanyata. Most of the Medhya dravya (brain tonic) are Tikta in rasa. This rasa perhaps by correcting Sadhaka pitta improves medha because it is the pitta especially sadhaka pitta which is responsible for medha and buddhi. Parada it balances three doshas. Shodhita kasisa act as apasmritighna, the drugs jointly act as an antagonist to the morbid dosha and dushya and cause 'Samprapti Vighatana'.

Parada affects central nervous system (CNS) as it easily crosses the blood brain barrier, gets accumulated in the brain thus affecting multiple cellular functions. Mercury readily

forms covalent bond with sulphur. This property accounts for most of the biological properties of the metal. Gandhaka act as rasayana. Kajjali own properties as yogavahi (catalyst) which helps in carrying other drugs to CNS and enhances the efficacy and potency of the formulation. Oxidative stress is considered to be one of the contributing factors in epilepsy. Guduchi, Kumari, Kushmanda, Bala and Atibala possess rasayana property (antioxidant property).

### CONCLUSION

*Prachandabhairava Rasa* is a *kharaleeya rasayana* mentioned in *Rasa Ratnakara*. It is indicated in *Apasmara Roga*. Its indication in *Apasmara* is consistent with ingredients. Kasisa is apasmritighna; all other ingredients are having tikta rasa pradhanyata. Tikta rasa by correcting Sadhaka pitta improves medha and buddhi.

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