

डॉ. सुनंदा व डॉ. सुभाष रानडे फाऊंडेशन तर्फे पारितोषिक प्राप्त लेख

Clinical uses of Brihatvatchintamanirasa in different ailments



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Abstract - Brihatvatchintamanirasa is an Herbomineral Ayurvedic preparation mentioned in *Bhaishajyaratnavali*, *Vatvyadhirogadhikara* containing *Swarna Bhasma*, *Rajata Bhasma*, *Abhraka Bhasma*, *Loha Bhasma*, *Praval Bhasma*, *Mukta Bhasma*, *Rasasindoor* and *Kumari Swarasa*. It is indicated in *Vata Dosha* Imbalance diseases such as *Pakshaghat* (Hemiplegia, Paralysis), *Ardita* (Facial Palsy), *Kampavata* (Tremors), *Vatapittakruta Rogas*, etc.

Key words – *Swarna kalpa*, *Swarna Bhasma*, *Vatavyadhi*, *Pakshaghat*, *Ardit*, *Kampavata*.

Introduction – Herbo-mineral formulation occupies significant seat in *Ayurvedic* pharmaceuticals. Nearly 70 % formulations include combination of one or more metallic/mineral *Bhasma* with several herbs which have supporting role in improving efficacy of *Bhasma*, reliving symptoms of disease and to avoid adverse effect of *Bhasma*. *Brihatvatchintamanirasa* is one such Herbo-mineral combination. It is mentioned in *Bhaishajyaratnavali*, *Vaatvyadhirogadhikara*. It contains *Swarna Bhasma*, *Rajata Bhasma*, *Abhraka Bhasma*, *Loha Bhasma*, *Praval Bhasma*, *Mukta Bhasma*, *Rasasindoor* and *Kumari Swarasa*. *Brihatvatchintamanirasa* is *Kharaliya Swarna Kalpa* which is indicated in *Vata Dosha* Imbalance diseases such as *Pakshaghat* (Hemiplegia, Paralysis), *Ardita* (Facial Palsy), *Kampvata* (Tremors), *Vatapittakruta Rogas*, etc. The *Swarnakalpa* acting like '*CHINTAMANI*', the one who takes complete care in various *Vaatvyadhi*. It is excellent *vatashamak*, *rasayan*, *balya* and *hridayasamrakshakkalpa*.

Ingredients of Brihatvatchintamanirasa-

Sr. no.	Ingredients	English name	Quantity
1	<i>Swarna Bhasma</i>	<i>Bhasma</i> (Calx) of Gold	3 Parts
2	<i>Rajata Bhasma</i>	<i>Bhasma</i> (Calx) of Silver	2 Parts
3	<i>Abhraka Bhasma</i>	<i>Bhasma</i> (calx) of Mica	2 Parts
4	<i>Loha Bhasma</i>	<i>Bhasma</i> (Calx) of Iron	5 parts
5	<i>Praval Bhasma</i>	<i>Bhasma</i> (Calx) of Coral	3 parts
6	<i>Mukta Bhasma</i>	<i>Bhasma</i> (Calx) of Pearl	3 Parts
7	<i>Rasasindoor</i>	A compound of purified and processed Mercury and purified Sulphur	7 Parts
8	<i>Kumari Swarasa</i>	Juice extract of Aloe vera	As per requirement for Bhavana

Aim - To Evaluate the clinical uses of *Brihatvatchintamanirasa* in different Ailments

Review - Properties of all ingredients of *Brihatvatchintamanirasa* –

Name of drug	Rasa	Virya	Vipaka	Karmas
<i>Swarna Bhasma</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vrishya</i> , <i>Varnya</i> , <i>Balya</i> , <i>Shamana</i> , <i>Deepana</i>

<i>Rajata Bhasma</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Sara, Lekhana</i>
<i>Abhraka Bhasma</i>	<i>Madhura</i>	<i>Sheeta</i>		<i>Tridoshghna, Rasayana</i>
<i>Loha Bhasma</i>	<i>Tikta, Kashaya</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Lekhana</i>
<i>Praval Bhasma</i>	<i>Madhura</i>	<i>Sheeta</i>		<i>Deepana, Pachana</i>
<i>Mukta Bhasma</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vrishya, Deepana, Varnya</i>
<i>Parada</i>	<i>Shadrasa</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Yogavahi</i>
<i>Gandhaka</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Pachana, Aamvin ashana</i>
<i>Kumari Swarasa</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Shothhara, Deepana, Pachana, Bhedana</i>

Special Features of some important Ingredients of *Brihatvatchitamanirasa* -

- ❖ **Swarna Bhasma** – It improves the quality of life by imparting ‘Rejuvenative effect’. It increases the ‘Memory power’ and cures ‘*Tridoshaja Jwara*’. It also cures the Depression, *Hysteria* and such other Mental problems raised from *Chinta, Shoka, Bhaya* and *Krodha*. It stimulates the blood circulation towards the brain and helps in fulfilling the strong desires of the person. It prevents ‘Age-related changes, Inflammation and Pain in the bones’. It also pacifies ‘Disturbed Mindset’, ‘*Bhrama*’ (giddiness) and ‘*Glani*’ (tiredness). It is best ‘*Ojovardhaka*’. It is also beneficial in ‘*Atisara, Grahaniroga* and ‘*Panduroga*’, when used in the form of different formulations. The judicious use of ‘*Swarna Bhasma*’ mitigates the vitiated *Vata Dosha*, which makes the nerve more active causing ‘Neurological diseases’. The mitigated *Vata Dosha* discards *Samavastha* and in turn performs its normal function.
- ❖ **Rajata Bhasma** – Internal use of *Rajata Bhasma* slows down the aging process and provides good physical strength. It cures the burning

sensation in the body due to vitiated *Pitta dosha*. It improves the ‘Memory Power’ and body radiance. It is one of the ‘Best Rejuvenator’.

- ❖ **Abhraka Bhasma** – It brings luster in face and makes the person to lead a ‘Healthy Life’. It is safe and better medicine for ‘Body nourishment’, to cure ‘Impotency’, to ‘Conquer Aging process’ and for ‘*Tridoshashamana*’.
 - ❖ **Loha Bhasma** – It ‘strengthens the nervous system’ and helps in all types of *Vataj Rogas*. It is beneficial in ‘reinstating the physical strength’ after suffering with any of the chronic or acute ailments.
 - ❖ **Pravala Bhasma** – It is a ‘Good appetizer’ and ‘Digestive’. It is useful in all types of eye diseases. It mitigates all the three vitiated doshas. Its use improves the Physical Strength and is especially useful in *Kaphaj* and *Vataj Vikaras*. It nullifies the influence of toxins within the body. Its judicious use for internal administration improves ‘Skincomplexion’.
 - ❖ **Mukta Bhasma** – Properly used *Mukta Bhasma* is ‘A good Aphrodisiac and provides Longevity’. It improves the appetite, brings down the ‘Burning sensation’ in limbs and body, improves the eyesight and enhances the skin radiance.
 - ❖ **Rasasindoor** - It is indicated in *Jwara, Prameha, Shula, Bhagandara, Kshaya, Gulma, Pandu, Sthaulya, Vrana, Kshudhamandya* and *Kushtha*. Overall indication of *Brihatvatchintamanirasa* which can be correlated in modern terminology-
 - 1) Paralysis
 - 2) Facial Paralysis
 - 3) Psychosis
 - 4) Epilepsy
 - 5) Vertigo
 - 6) Dementia
 - 7) Anxiety
 - 8) Depression
 - 9) Terminal Neuralgia
 - 10) Migraine
 - 11) Parkinson’s Disease
 - 12) Cervical and Lumbar Spondylosis
 - 13) Some conditions of Ischemic Heart Disease
 - 14) Some conditions of Neuropathies
- Dosage of *Brihatvatchintamanirasa*** - 125 mg once or twice daily for 2 months
- Sevankala** - *Bhojanottara* (After meals)
- Anupana** - *Madhu* (Honey) or *Koshna Jala* (Lukewarm water)

Materials and Methods - This study included 30 patients with 5 patients of each disease mentioned as follows - *Vatavyadhis* (Musculoskeletal and *Neuromuscular Disorders*), *Pakshaghata* (Hemiplegia), *Ardita* (Facial Palsy), *Gridhrasi* (Sciatica), *Kampavata* (Parkinsonism), *Digestive disorders*.

Discussion - I have observed results of *Brihatvatchintamanirasa* while treating the patients in OPD of M. A. Podar (Govt.) Hospital, Worli, Mumbai-18 for the management of following diseases :

- *Vatavyadhis* (Musculoskeletal and Neuromuscular Disorders)
- *Pakshaghata* (Hemiplegia)
- *Ardita* (Facial Palsy)
- *Gridhrasi* (Sciatica)
- *Kampavata* (Parkinsonism)
- Digestive disorders.

Sr no.	Name of the disease	Symptoms in which I have seen the results	Percentage of relief
1	Vatavyadhis	Chimchimayan Supti	60 % 60 %
2	Pakshaghata	Hasta – Paada Daurbalya	50 %
3	Ardita	Jivhajadyata	80 %
4	Gridhrasi	Sanchari Vedana	70 %
5	Kampavata	Kampa	50 %
6	Digestive Disorders	Avipaka Agnimandya	70 % 50 %

Conclusion - *Brihatvatchintamanirasa* was found to be very effective in Different Ailments.

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