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Pashanavajra Rasa : A drug for Urinary Calculi

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ABSTRACT

Rasashastra, the Iatrochemistry of *Ayurveda* deals with therapeutic processing and use of various minerals and metals. Different types of *Ashmarighna* formulations ranging from herbal to mineral have been described in *Ayurvedic* classical texts. The formulations containing herbal drugs only have shown limited success that too requiring prolonged medication. Most of the times, patients seek surgical intervention as the final resort. So, there is a need to evaluate and validate the mineral and herbo-mineral preparations indicated for *Mutrashmari* (urinary calculi) in *Ayurveda*. *Pashanavajra Rasa*, a herbo-mineral preparation prescribed for *Mutrashmari* is mentioned in *Ayurveda*. It contains *Kajjali* which acts like catalyst, *Punarnava* and *Pashanabheda* as *Ashmarihara*, seems to be a product with high potential but less evaluated.

Key words: *Pashanavajra Rasa*, *Mutrashmari*

INTRODUCTION

'*Pashana*'^[1] means stone and '*Vajra*'^[2] means diamond. So, the name '*Pashanavajra Rasa*' suggests a formulation which may be capable of treating the stone (urinary calculi) as hard as diamond. The incidence of *mutrashmari* is increasing in present era due to various reasons like altered food habits, changed life style, stress, strain environmental pollution etc. In contemporary science it is compared to urolithiasis, which is a commonest ailment observed in our general practice particularly in *Anupadesha* as explained by our great *Acharyas*. The prevalence of urolithiasis in general population is approximately 2.3% and recurrence rate in 10 years is about 50%.^[3] This disease has spread its devastating

hands worldwide to the great extent. Urolithiasis is a disease which if untreated may lead to hydronephrosis, hydronephrosis and infection etc., cause pain which is severe, colicky and intolerable and in extreme cases may lead to permanent damage to the kidney function and in turn kidneys. Hence, there is a need to understand the disease and to find an effective and economical remedy to this widely prevalent disease. Modern medical technology to combat the disease includes flush therapy, surgical extraction, extracorporeal short wave lithotripsy etc.

But all the procedures are quite expensive, even prove risky many times and the rate of recurrence is equally high. Hence, by adopting the principles in which the line of treatment is not only to eliminate or to remove the same but also meanwhile avoid the recurrence by *Prakritibighatana* principle. For serving the same purpose, along with *Nidana Parivarjana* and *Pathyapathyapalana* many line of treatment is described in *Samhitas*. If the disease is diagnosed early and the size of calculus is small we can prefer *Aushadha Chikitsa* with more or less *Shodhana Karma* in spite of going for surgical procedures. *Ayurveda* offers many *Kalpanas* for the management of *Mutrashmari* like *Ghrita*, *Kwatha*, *Vati*, *Kshara* and

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Rasayogas etc. Pashanavajra Rasa is one such formulation mentioned in various texts of Ayurveda like *Yogaratanakara*, *Rasendrasarasangraha*, *Rasaratna Sammucchaya*, *Rasendra Chintamani* etc. for the management of *Mutrashmari* and *Bastishoola*. Here, the *Putitakajjali* is mixed with jaggery or *Pashanabheda Churna* (differ according to text) and administered along with *Anupanas* like *Gopalakarkati*, *Goksura*, *Kulattha*, *Karkati* etc.

Pharmaceutical method (as per *Yogaratanakara*)^[4]

Ingredients and quantity

- *Shuddha Parada* - 1 Part
- *Shuddha Gandhaka* - 3 Part
- *Shweta Punarnava* - QS
- *Pashanabheda Powder* - equal to *Kajjali*

Purification of ingredients^[5,6]

Ashuddha Hingula is triturated with *Nimbu Swarasa* for 7 times and is subjected to *Urdhwapatana* to extract *Parada*, Followed by *Mardana* of *Parada* in *Haridra*. *Gandhaka* is purified with *Ghrita* and *Ksheera*.

Preparation of Pashanavajra Rasa

Shuddha Parada and *Gandhaka* is taken in 1:3 ratio and triturated till a black, lustreless, smooth powder like collyrium is obtained. The *Bhawana* of *Shweta Punarnava* is given to prepared *Kajjali* for a day (12 hrs). The *Sarava Samputita Kajjali* is placed in a *Bhudhara Yantra* and heating is done till proper *Paka*. After *Swanga Sheeta*, the *Samputa* is opened carefully and product is collected. To this equal quantity of *Pashanabheda Churna* is mixed and kept in air tight clean container.

Bhudhara Yantra^[7]

A small pit is made on the ground and enclosed (*Samputita*) medicinal drug is placed inside with two inches of sand on all the sides and above. Heat is applied from above by heaping the dry cow dung cakes. This type of *Puti* application is called as *Bhudhara Puti*. Here numbers of cow dung cakes are not specified. So, it has to be decided depending on

the hardness of the medicinal drugs. When cool on its own the drug is collected back, triturated in a clean *Khalwa Yantra* and used for further pharmaceutical procedures or for therapeutic purposes. *Bhudhara Puti* is mainly used to prepare *Parada Bhasma*, *Somala* or *Gauripashana Bhasma* etc.

Table 1: Pashanavajra Rasa described in different texts

S N	Text	Ingredients	Ratio of Parada and Gandhaka	Dose	Anupana
1.	<i>Rasaratna Sammucchaya</i> ^[8]	<i>Kajjali</i> , <i>Swetapuna rna</i> , <i>Guda</i>	1:2	2 <i>masha</i>	<i>Patalakarka timula</i> , <i>Kulattha</i> , <i>Gokantaka</i> , <i>Gambharimula Kwatha</i>
2.	<i>Yogaratanakara</i> ^[4]	<i>Kajjali</i> , <i>Swetapuna rna</i> , <i>Pashanabheda</i>	1:3	2 <i>masha</i>	<i>Gopalakarkati</i>
3.	<i>Rasendra Chintamani</i> ^[9]	<i>Kajjali</i> , <i>Swetapuna rna</i> , <i>Guda</i>	1:2	1-2 <i>ratti</i>	<i>Gorakshaka rkatimula Kwatha</i> , <i>Kulattha</i>
4.	<i>Rasendrasara Sangraha</i> ^[10]	<i>Kajjali</i> , <i>Swetapuna rna</i> , <i>Guda</i>	1:2	1-2 <i>ratti</i>	<i>Gorakshaka rkatimula Kwatha</i> , <i>Kulattha</i>

Pharmaceutico-therapeutic properties of the ingredients used

	<i>Parada (Hg)</i> ^[11]	<i>Gandhaka (S)</i> ^[12]	<i>Sweta Punarnava</i> ^[13] (<i>Trientema portulacastrum</i>)	<i>Pashanabheda</i> ^[4] (<i>Berginia ligulata</i>)
Rasa	<i>Shadrasa</i>	<i>Madhura</i> , <i>Katu</i> , <i>Tikta</i> , <i>Kashaya</i>	<i>Katu</i> , <i>Kashaya</i>	<i>Kashaya</i> , <i>Tikta</i>
Guna	<i>Snigdha</i> , <i>sara</i> and <i>guru</i>	<i>Ushna</i> , <i>Sara</i> , <i>Snigdha</i>	<i>Ushna</i>	<i>Laghu</i> , <i>Snigdha</i> , <i>tikshna</i>

Virya	Ushna	Ushna	-	Sheeta
Vipaka	Madhura	Katu	-	Katu
Karma	Yogavahi, Rasayana, Ativirishya, Balya, Vajikara, Krimighna, Vayastambhakara, Buddhi-Smriti-Kantipradha	Deepana, Pachana, Vishahara, Jantughna	Agnideepana, Mutrala, Vranaghna, Shothaghna, Vishagha	Ashmaribhedana, Mutrala, Shothahara, Vranaropaka, Raktapittashama, Hrudya
Doshabhava	Tridosaghna	Kapha-Vatahara, Pittavardhaka	Kaphahara	Tridosashamaka
Vyadhiprabhava	Krimi, Kushta, Netra Roga, Vataroga, Tridoshaja roga, Valita-Palitaroga, etc.	Kandu, Visarpa, Krimi, Kushta, Kshaya, Pleeha, Rasayana	Pandu, Udararoga, Garbhapata	Ashmari, Mutrakricchra, Atisara, Pravahika, Hridroga, Raktapitta, Kasa, Yonivyapada

Table 2: Properties of the Anupanas explained for Pashanavajra Rasa^[15-20]

SN	Anupana	Scientific Name	Properties
1.	Patalakarkati	Cocculus hirsutus	Bastishothahara, Kaphavatashamaka
2.	Kulattha	Dolichos biflorus	Ashmarighna, Dahashamaka, Mutrala
3.	Gokantaka/Goraksha	Tribulus terrestris	Bastishodhaka, Ashmarighna, Mutrakricchraghna
4.	Gambharimula	Gmelina arborea	Dipana-pachana, Bhedini, Dahahara
5.	Gopalakarkatimula	Carica papaya	Mutrala, Shothahara,

			Vedanasthapaka, Lekhana
6.	Karkati	Cucumis utilissimus	Sheeta, Mutrajanan, Mutrakricchraghna, Mutraghatagha

Anupana, Doses and indications

2 Masha (2g) of Pashanavajrarasa with Gopalakarkati (papaya root) as Anupana is given in Mutrashmari and Vastishula.

DISCUSSION

Pashanavajra Rasa is the unique preparation of Rasashastra. Three similar references of Pashanavajra rasa have been explained in the classics like Rasendra Sara Sangraha, Rasendra Chintamani and Yogaratnakara which have the common indication in Ashmari and Vastishula. Rasayogasagara has got another reference also. The above three references about the formulation are similar and the same Bhudhara Yantra is mentioned for the preparation. Rasendra Chintamani and Yogaratnakara have replaced jaggery (Guda) with Pashanabheda. In Yogaratnakara three parts of Gandhaka has been added. In Rasaratna Samucchyaya it has been named as Pashanabhedi Rasa.

Parada is the only metal which is available in liquid state at room temperature and also having low boiling point of 357.5°C, which if crossed, starts evaporating and there will be no outcome of final product. For this purpose, a Puta method with low temperature is needed. Bhudhara Puta is one such kind of Puta where indirect heat is given by means of Valuka (sand) heated with limited no of cow dung cakes so that temperature does not exceed boiling point of Parada. Moreover, the heated Valuka provides slower and uniform distribution of heat for a given period of time, which facilitates the formation of Bhasma. Keeping these parameters in mind Acharyas might have selected Bhudhara Puta for the preparation of Rasa Bhasma.

Pashanavajra Rasa contains Punarnavabhavita Kajjali and Pashanabheda Churna having anti-urolithiatic property. Kajjali acts a catalyst. Sweta Punarnava is

having *Ushna*, *Kaphahara*, *Mutrala* properties. When triturating with *Shweta Punarnava Swarasa*, *Kajjali* attains the properties of it. Again, *Pashanabheda* is having *Laghu*, *Tikshna* properties, *Tridosha Shamaka* and having *Ashmaribhedana*, *Mutrala*, *Shothahara*, *Vranaropaka* properties. *Gopalakarkati* used as an *Anupana* has *Laghu*, *Ruksha*, *Tikshna* properties, *Kaphavata Shamaka* and *Mutrala*, *Shothahara*, *Vedanasthapaka*, *Lekhana* in action.

So, in total compound have the actions like *Lekhana*, *Kaphavata Shamaka*, *Mutrala*, *Vedanahara*, *Mtrakrichhahara*. Because of these, as a whole drug might be act as the prominent medicine for Urinary Calculi.

CONCLUSION

Pashanavajra Rasa is one among many remedies mentioned for management of *Mutrashmari* in Ayurveda. The pattern of heat (*Bhudhara Puta*) plays a major role in the proper pharmaceutical processing and thus to make the drug therapeutically fit for administration. Efficacy of individual ingredients has been already proven by many preclinical and clinical studies in the management of *Mutrashmari*. Combination of these ingredients as *Pashanavajra Rasa* seems to be potent. Further studies needed to strengthen the data for pharmaceutical standardization, safety and efficacy of the formulation.

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