

ROLE OF PRABHAKARA VATI IN *HRIDROGA* – A CRITICAL REVIEW

Dr. N. K. Chandini^{1*}, Dr. Ravindra Angadi², Dr. Radhika Ranjan Geethesh P.³,
Dr. Ashok Kumar B. N.⁴ and Dr. Sushmitha V. S.⁵

¹2nd P.G. Scholar, Dept. of R.S.B.K, S.D.M College of Ayurveda, Udupi.

²M.D(Ayu), Ph.D., H.O.D; Dept. of R.S.B.K, S.D.M College of Ayurveda, Udupi.

³M.D(Ayu), Associate Professor; Dept. of R.S.B.K, S.D.M College of Ayurveda, Udupi.

⁴M.D(Ayu), Associate Professor; Dept. of R.S.B.K, S.D.M College of Ayurveda, Udupi.

⁵M.D(Ayu), Assistant Professor; Dept. of R.S.B.K, S.D.M College of Ayurveda, Udupi.

Article Received on
21 July 2021,

Revised on 10 Aug. 2021,
Accepted on 31 Aug. 2021

DOI: 10.20959/wjpr202111-21608

*Corresponding Author

Dr. N. K. Chandini

2nd P.G. Scholar, Dept. of
R.S.B.K, S.D.M College of
Ayurveda, Udupi.

ABSTRACT

Cardiac Disorders are one among the leading causes of death globally including India. Sedentary life style, unhealthy food habits and stress has led to increasing incidence and prevalence rate of cardiac disorders. This increasing incidence and prevalence rate of cardiac disorders with its associated mortality rate has increased the demand for *Ayurvedic* medicines, for its cardio-protective and therapeutic properties. Prime importance is given for *hridaya* (heart) in *Ayurveda*. Cardiac diseases are explained under *Hridroga* which includes both structural and functional abnormality of *hridaya* (heart). Among various formulations explained under *hridroga*, *prabhakara vati* is a

rashaushadhi (herbo-mineral preparation) which is widely used in clinical practice. It is explained in *bhaishajya ratnavali hridrogadhikara*. *Prabhakara vati* has ingredients which are having *hridya*, *rasayana* (rejuvenative), *lekhana* (scraping), *srotoshodhana* (cleansing) properties. It also has ingredients with *mehagna* (anti-diabetic), *medagna* (anti-lipidemic) and *nidrajana* (soporific) properties. Hence it not only helps in treatment of cardiac disorders but also help in prevention of cardiac disorders by treating the predisposing factors. Some of the ingredients have *sothagna* (anti-oedemtic) and *swasagna* (anti-asthmatic) properties, by virtue of which it might play a minor role in treating co-morbidities of *hridroga* (cardiac disorders). Considering all these factors an effort is made to substantiate the role of *Prabhakara vati* and its probable mode of action in *hridroga*.

KEYWORDS: *Prabhakara vati, hridroga, lekhana.*

INTRODUCTION

In the present scenario Cardiac Disorders are considered as one of the leading cause of death worldwide. The incidence, prevalence and mortality rates of cardiac disorders are increasing day by day. This has made us to evaluate the cause for the same, find preventive ways and treatment facilities available for cardiac disorders in *Ayurvedic* literature. When we evaluate the cause, we come to know that sedentary life style of the people, unhealthy way of food preparation and intake, unnecessary stress has made cardiac disorders a burning issue in present era. Even in our classics above mentioned factors like *upavasa* (fasting), *ruksha-shushka-alpa bhojana*, *amla-lavana-kshara-madya sevana* (unhealthy food habits), *achesta* (sedentary life style), *anidra* (sleeplessness), *shoka* (grief) are mentioned as some of the *nidana* (causative factor) for *hridroga*.^[1]

Many treatment modalities and formulations are mentioned for *hridroga*. Among various formulations explained under *hridroga*, *prabhakara vati* is one which has been mentioned in *Bhaishajya ratnavali* under *hridrogachikitsadhikara*.^[2] *Prabhakara vati* being a *rasaushadi*^[3] can be administered in small dose, has quick mode of action and palatability. *Swarna makshika bhasma*, *lauha bhasma*, *abraka bhasma*, *tugakshiri*, *shudha shilajith* and *arjuna* are the ingredients of *prabhakara vati*. These ingredients are known for their *rasayana* (rejuvenative) and *hridya* properties. Also they help in the treatment of *prameha* (diabetes), *sthoulya* (obesity) which are the risk factors of *hridroga*. Hence an effort is made to substantiate the role of *Prabhakara vati* and its probable mode of action in *hridroga* by critical review of literature.

AIMS AND OBJECTIVE

To evaluate the role of *prabhakara vati* and its probable mode of action in *hridroga*.

MATERIALS AND METHODS

All the available references regarding *prabhakara vati*, its individual ingredients and *hridroga* are studied comprehensively.

1. Table showing *hridroga* types, *nidana* and *lakshana*^[4]

<i>Hridroga-Types</i>	<i>Nidana</i>	<i>Lakshana</i>
<i>Vataja hridroga</i>	<i>Shoka</i> <i>Upavasa</i> <i>Vyayama</i> <i>Ruksha-shuhka-alpa bhojana</i>	<i>Vepathu</i> <i>Vesthana</i> <i>Sthamba</i> <i>Pramoha</i> <i>Jerne atyartha vedana</i>
<i>Pittaja hridroga</i>	<i>Ushna-amla-lavana-katu-ajirna bhojana</i> <i>Madhya sevana</i> <i>Krodha</i> <i>Atapa</i>	<i>Hrit-daha</i> <i>Tiktata-vaktre</i> <i>Tiktaamla udgara</i> <i>Klama</i> <i>Trishna</i> <i>Murcha</i> <i>Brahma</i> <i>Sweda</i>
<i>Kaphaja hridroga</i>	<i>Guru-snigdha atisevana</i> <i>Achinta</i> <i>Achestha</i> <i>Atinidra</i>	<i>Hrit-suptatha</i> <i>Hrit-bhara</i> <i>Hrit- sthimitatha</i> <i>Tandra</i> <i>Aruchi</i> <i>Ashmavritavat</i>
<i>Sannipataja hridroga</i>	<i>Samsargaja nidana</i>	<i>Samsargaja lakshana</i>
<i>Krimija hridroga</i>	<i>Tila-kshira-guda atisevana</i>	<i>Krimi Utpati</i> <i>Bhakhayanti hridayam</i> <i>Tudyamanam cha hridayam</i> <i>suchibhireeva</i> <i>Chidyamanam yatha sasthrai</i> <i>Maharaja</i> <i>Kandu</i>

Prabhakara_vati.

Ingredients

2. Table showing ingredients of *prabhakara vati* and their ratio.^[5]

Ingredients	Ratio
Swarna Makshika Bhasma	1 Part
Loha Bhasma	1 Part
Abraka Bhasma	1 Part
Tugashiri	1 Part
Shudha Shilajatu	1 Part
Arjuna Twak Kwatha	Quantity Sufficient

Method of preparation: Equal quantity of *Swarna makshika bhasma*, *Loha bhasma*, *Abraka bhasma*, *Tugashiri*, *Shudha shilajatu* are taken in a clean *khalva yantra* (mortar and pestle). Required quantity of *arjuna twak kashaya* is added and *bhavana* is done till *subhavitha lakshana* is obtained. *Vati* of 2 *valla* *pramana* is made, dried under sunlight and preserved.

Matra: 2 Valla (750mg)

3. Table showing *rasa-guna-virya-vipaka-prabhava-doshagnata* of individual ingredients

Drugs	Rasa	Guna	Virya	Vipaka	Doshagnata	Prabhava
<i>Swarna makshika bhasma</i> ^[6]	Madhura Kashaya	Laghu	Sheeta	Katu	Tridoshagna	-
<i>Loha bhasma</i> ^[7]	Tikta Kashaya	Ruksha	Sheeta	Madhura	Kapha-pitta hara	-
<i>Abraka bhasma</i> ^[8]	Madhura	Snigdha Sheeta	Sheeta	Madhura	Tridoshagna	
<i>Tugashiri</i> ^[9]	Madhura Kashaya	Ruksha	Sheeta		Pitta-vata hara	-
<i>Shudha shilajatu</i> ^[10]	Tikta	-	-	Katu	Vata-kapha hara	-
<i>Arjuna</i> ^[11]	Kashaya	Lagh Ruksha	Sheetha			Hridya

4. Table showing properties of each ingredients of *prabhakara vati*

Drugs	Properties
<i>Swarna makshika bhasma</i> ^[12, 13]	Rasayana Hridroga-hara Anidranashana, Yogavahi Sakalamayagna
<i>Loha bhasma</i> ^[14,15]	Lekhana Swasa nashayati Chirashotha hara Krimigna Bramagna Pittagna
<i>Abraka bhasma</i> ^[16,17]	Rasayana Balya Pandugna Mehagna Prajnabhodhi Swsagna Tat-tat yogaihi sakalagadahrit
<i>Tugashiri</i> ^[18]	Ruksha Rakta-shudhikara Pittahara
<i>Shudha shilajatu</i> ^[19,20]	Hritshulagna Medhaschedakar Srotoshodhaka Mehagna Rasaayan
<i>Arjuna</i> ^[21]	Hridya Sandhanakara

DISCUSSION

When we analyse the individual ingredients of *prabhakara vati*, we can find that most of them have *madhura, tikta, kashaya rasa; sheetha virya, madhura katu vipka*. *Madhura rasa* has properties like^[22] *sarvadhatu vivardhaka, ojo vardhaka, and santarpana*.. By above properties it might act as cardio-tonic and cardio-protective. *Tikta, kashaya rasa* has properties like^[23] *lekhana, chedhana, srotoshodhana, kleda-meda-vasa upashoshana*. By virtue of these properties it might help in atherosclerotic conditions to remove blockage.

Swarna makshika bhasma: While explaining *guna-karma* of *swarna makshika bhasma*, it is said that it has *hridroga hara* property: which emphasises the role of *swarna makshika bhasma* in management of *hridroga*. It also has *sakalamayagna* and *rasayana* property. It has *yogavahi guna* by virtue of which it helps in potentiating the properties of other drugs used in the formulation, thereby making the formulation more potent. It has *anidra nashana* property. Stress and in turn *anidra* is a predisposing factor for cardiac disorder. *Swarna makshika bhasma* might help in the treatment of the same.

Loha bhasma: *Loha bhasma* by virtue of its *lekhana* property might play a role in treatment of atherosclerotic condition. By virtue of its *shoolagna, pittagna, brhamagna, krimigna* property it might play role in treatment of *vataja, pittaja* and *krimija hridroga*. It has *swashagna* and *chira shotha prashamana* property, by virtue of these properties it might play a minor role in treatment of pulmonary and pedal oedema of cardiac origin when given with other medications and emergency management.

Abraka bhasma: *Abraka bhasma* has *rasayana* and *balya* properties which might help in nourishment and strengthening of cardiac muscles. It is *pandugna* and hence provides nourishment to *rakta dhatu* which has its seat in *hridaya*. It has been told that *abraka bhasma* with help of different *anupana* and with other ingredients in the *yoga helps* in eradication of all disorders. It also has *mehagna* property and hence may help in prevention of cardiac disorders, when administered to people with *prameha* which is a predisposing factor for cardiac disorder. It is also said that mixture of *abraka* and *kajjali* when subjected to *bhavna* with *arjuna kwatha* helps in eradication of *shlaishmika* and *krimija hridroga*. *Abraka bhasma* has been proved as an effective drug in respiratory conditions including *swasha* through various researches. Cardiac disorders presents with pulmonary oedema and respiratory distress in later stages leading to loss of consciousness. *abraka bhasma* by virtue of its *prajnaabodhi* and *swasagna* property might help in the management of the same.

Tugashiri: *Tugashiri* has ruksha guna, rakta shudhikara and pittahaara property.

Sudha shilajathu: *Sudha shilajathu* has *hritshulagna* property. It might also help in atherosclerotic condition by virtue of its *lekhana*, *medhaschedakara*, *srotoshodhana* properties. It also helps in treatment of medoroga and prameha which are the risk factors of *hridroga* thus playing a role in prevention of *hridroga*. It might act as cardio tonic by virtue of its *rasayana* property. It is said that there is no disease in the universe which cannot be cured by shilajathu, which emphasises its potency.

Arjuna: *Arjuna* which is used as the *bhavana dravya* in the formulation has *hridya prabhva*, thus plays a major role in management of *hridroga*. It has *sandhaniya* property so might play a minor role in healing of wound and damage to internal structure in post-operative cardiac cases.

CONCLUSION

It is important to prevent the cardiac disorders by identifying and treating the causative and risk factors rather than waiting for the manifestation of cardiac disease proper and its complications. *Prabhakara vati* has key ingredients like loha bhasma, shudha shilajith, abrakha bhasma, arjuna which has *mehagna and medagna* properties. *Prameha, sthoulya* are the risk factors of *hridroga*. Hence it plays a major role in prevention of cardiac disorders by treating the risk factors. Because of its *hridya*, *chedana*, *lekhana*, *srotoshodhana* properties it also plays a role in the treatment of cardiac disease proper. It plays a minor role in treatment of co-morbidities of cardiac disorders with other drugs due to its *swashagna*, *shotagna* properties.

Hence it plays a major role in prevention of cardiac disorders; treatment of predisposing and risk factors, treatment of cardiac disease proper; minor role in treatment of some of the complications of cardiac disorders with other treatment modalities. Thus *prabhakara vati* plays a great role in treatment of cardiac disorders.

REFERENCES

1. Acharya Y.T, editor, (1st Ed.). Charaka Samhitha of Agnivesha, Sutrasthana; Kiyanta shiraseeyadhyaya: Chapter 17, Verse 30. Varanasi: Chowkhamba Surabharathi Prakashana, 2014; 100.

2. Angadi. R, editor, (1st Ed.). Transcendence English commentary on Bhaishajya ratnavali of Sri Govindadas Sen, Hridrogadhikara: Chapter 33, Verse 40-41. Varanasi: Chowkhamba Surabharathi Prakashana, 2018; 1042.
3. Mishra.S, editor, (1st Ed.). Rasaratna Samuchayah of Acharya Shree Vagbhat, Lohkalpa: Chapter 28, Verse 1. Varanasi:Chowkhamba Orientalia, 2011; 633.
4. Acharya Y.T, editor, (1st Ed.). Charaka Samhitha of Agnivesha, Sutrasthana; Kiyanta shiraseeyadhyaya: Chapter 17, Verse 30. Varanasi: Chowkhamba Surabharathi Prakashana, 2014; 100.
5. Angadi. R, editor, (1st Ed.). Transcendence English commentary on Bhaishajya ratnavali of Sri Govindadas Sen, Hridrogadhikara: Chapter 33, Verse 40-41.. Varanasi: Chowkhamba Surabharathi Prakashana, 2018; 1042.
6. Mishra. S, editor. Rasaratna Samuchayah of Acharya Shree Vagbhat, Rasavarga: Chapter 2, Verse79. Varanasi:Chowkhambha Orientalia, 2011; 43: 697.
7. Angadi.R, editor, (1st Ed.). Rasa Tarangini of Sri Sadananda Sharma, Lohadivijnaniya: Chapter 20, Verse 83. Varanasi: Chowkhamba Surabharathi Prakashana, 2015; 332.
8. Angadi. R, editor, (1st Ed.). Rasa Tarangini of Sri Sadananda Sharma, Abrakavijnaniya: Chapter 10, Verse 87. Delhi:Motilal Banaarasidas, 2015; 156.
9. Lucas S.D. Dravyaguna vijnaniya-volume 2, Chaukhamba vishwabharathi, 2012; 672.
10. Angadi R, editor, (1st Ed.). Rasa Tarangini of Sri Sadananda Sharma, Mishralohadivijnaniya: Chapter 22, Verse 84. Delhi:Motilal Banaarasidas, 2015; 588: 771.
11. Lucas.S.D. Dravyaguna vijnaniya-volume 2, Chaukhamba vishwabharathi, 2012; 166.
12. Angadi.R, editor, (1st Ed.). Rasa Tarangini of Sri Sadananda Sharma, Upadhatwativijnaniya: Chapter 21, Verse 27-29. Delhi:Motilal Banaarasidas, 2015; 355.
13. Mishra.S., editor. Rasaratna Samuchayah of Acharya Shree Vagbhat, Rasavarga:Chapter 2, Verse78. Varanasi: Chowkhambha Orientalia, 2011; 42.
14. Angadi. R, editor, (1st Ed.). Rasa Tarangini of Sri Sadananda Sharma, Lohadivijnaniya: Chapter 20, Verse 83. Delhi:Motilal Banaarasidas, 2015; 332.
15. Mishra.S, editor. Rasaratna Samuchayah of Acharya Shree Vagbhat, Lohavarga:Chapter 5, Verse 136. Varanasi:Chowkhambha Orientalia, 2011; 168.
16. Angadi. R, editor, (1st Ed.). Rasa Tarangini of Sri Sadananda Sharma, Abrakavijnaniya: Chapter 10, Verse 72-73. Delhi:Motilal Banaarasidas, 2015; 155.
17. Mishra. S, editor. Rasaratna Samuchayah of Acharya Shree Vagbhat, Rasavarga: Chapter 2, Verse2. Varanasi:Chowkhambha Orientalia, 2011; 30.

18. Lucas. S.D. Dravyaguna vijñaniya-volume 2, Chaukhamba vishwabharathi, 2012; 672.
19. Angadi.R, editor, (1st Ed.). Rasa Tarangini of Sri Sadananda Sharma, Mishralohadivijñaniya: Chapter 22, Verse 85-86. Delhi:Motilal Banaarasidas, 2015; 384.
20. Mishra.S, editor. Rasaratna Samuchayah of Acharya Shree Vagbhat, Rasavarga:Chapter 2, Verse110-111. Varanasi:Chowkhambha Orientalia, 2011; 49.
21. Lucas. S.D. Dravyaguna vijñaniya-volume 2, Chaukhamba vishwabharathi, 2012; 166.
22. Sastry. J.L.N. Dravyaguna vijñaniya-volume 1, Chaukhamba orientalia-varanasi, 2012; 113.
23. Sastry.J.L.N. Dravyaguna vijñaniya-volume 1, Chaukhamba orientalia-varanasi, 2012; 114.