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Pharmaceutical Review on Kasisadi Ghrita: A Herbo-Mineral Formulation

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ABSTRACT

In *Ayurveda*, *Sneha Kalpana* is a unique contribution and it is the process to prepare oleaginous medicaments in specific proportions by subjecting to a specific heating pattern and duration to fulfill certain pharmaceutical parameters. These dosage forms can be used both internally as well as externally, according to the need of the therapeutics. Generally, *Sneha Kalpana* is prepared by using *Agni* as a source of heating. But *Kasisadi Ghrita* is an exception where the sunlight is used. This unsual method of preparation looks attractive because of natural heat (sunlight) that is required in the preparation and the yield that may be obtained. Here, the *Sneha Dravya* is heated with volatile drugs in *Surya Paka* for a specific time so that less heat allows them to leave their active principles in *Sneha*.

Kasisadi Ghrita is indicated for *Dadru, Pama, Vicharchika, Visarpa, Vishpota, Sukadosha, Vatarakta, Upadamsa, Nadivruna, Dustavruna, Sotha, Bhagandara* and *Lutavisha* as an external application. It contains *Kasisa, Haritala, Manahsila, Tutthaka, Gandhaka* and 27 other herbal ingredients along with *Ghrita*. Fine powders of all the ingredients will be taken and mixed with *Ghrita* in a copper vessel and exposed to the rays of Sun for seven days before use. This article is mean to do a brief pharmaceutical review on *Kasisadi Ghrita* as per the available informations.

KEYWORDS: *Kasisadi Ghrita, Herbo-mineral, Sneha Kalpana, Bhanupaka.*

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INTRODUCTION

Sneha Kalpana[1] is used to extract the fat-soluble active principles from the raw materials, enhance the absorption of drugs, when used topically in fat media. It also has extra nutritive benefits of specific ghee which is used to preserve the drug for longer time as it increases the bioavailability of drugs. It is the process to prepare oleaginous medicaments in specific proportions by subjecting to a unique heating pattern and duration to fulfill certain pharmaceutical parameters, according to the need of the therapeutics. It is mainly of two types- *Ghrita Kalpana*[2] and *Taila Kalpana*[3]. *Sneha Kalpa* are the dosage forms which can be used both internally as well as externally.

Kasisadi ghrita[4]: A herbo-mineral ghee form prepared through *Suryapaka* method. *Surya paka, Bhanu Paka* or *Aditya paka*[5] is the process where the *Sneha* is prepared by heating and warming through sunlight. This is employed in case where the *Sneha* is to be prepared from drug which contain volatile components and heat sensitive principles. The aim of designing this process is to extract fat soluble active principles in low and controlled temperature. Generally it is carried out by using copper vessel.

Indications[6] **of *Kasisadi Ghrita*:** It can be used externally for the treatment of *Dadru, Pama, Vicharchika, Visarpa, Vishpota, Sukadosha, Vatarakta, Upadamsa, Nadivruna, Dustavruna, Sotha, Bhagandara* and *Lutavisha*.

Ingredients[7] **of *Kasisadi Ghrita***: This product contains mineral ingredients like *Kasisa, Haritala, Gadhaka, Tuttaka, Manahsila,* in purified form. Drugs like *Haridra, Daruharidra, Musta, Kampillaka, Vidanga, Sodhita Guggulu, Madhuchishta, Maricha, Kushta, Gaura Sarshapa,*

Rasanjana, Girisindhoora, Raala niryasa, Rakta Chandana, Irimeda, Nimba patra, Karanja, Sweta Sariva, Vacha, Manjishta, Yashtimadhu, Jatamamsi, Shirisha, Lodhra, Padmaka, Harithaki and *Chakramarda* are the other herbal drugs that are used as ingredients.

METHOD OF PREPARATION OF *KASISADI GHRITA*[8]:

Preparation of Kasisadi Ghrita involves the following steps

1. Collection and authentication of raw drug
2. Pre-procedure for preparation of *Kasisadi Ghrita*

A. *Shodhana* of *Kasisa*[9]
B. *Shodhana* of *Haritala*[10]
C. *Shodhana* of *Manahsila*[11]
D. *Shodhana* of *Gandhaka*[12]
E. *Shodhana* of *Tutthaka*[13]
F. *Shodhana* of *Guggulu*[14]

3. Preparation of Kasisadi Ghrita by Bhanupaka5 method.

Table 1: Ingredients of *Kasisadi Ghrita*[7]

Sl. No	Sanskrit Name	Botanical Name	Part Used	Quantity
1	Kasisa	Green Vitriol (Ferrous sulphate)		1 part
2	Haritala	Yellow arseniitri Sulphidum		1 part
3	Manahshila	Arsenic disulphide		1 part
4	Gandhaka	Sulphur		1 part
5	Tutthaka	Copper sulphate		1 part
6	Girisindhoora	Mineral red vermilion		1 part
7	Haridra	*Curcuma longa*	Rhizome	1 part
8	Daruharidra	*Berberis aristate*	Stem	1 part
9	Musta	*Cyperus rotundus*	Tuber	1 part
10	Kampillaka	*Mallotus philippinensis*	Glands and Hairs of Fruit	1 part
11	Vidanga	*Embelis ribes*	Fruit	1 part
12	Shudha Guggulu	*Commiphora mukul*	Exudate	1 part
13	Maricha	*Black pepper*	Fruit	1 part
14	Kushta	*Saussurea lappa*	Root	1 part
15	Gaura sarshapa	*Brassica juncea*	Seed	1 part
16	Sarala	*Pinus roxburghii*	Exudate	1 part
17	Rakta Chandana	*Red sandalwood*	Heart wood	1 part
18	Irimeda	*Acacia farnesiana*	Stem Bark	1 part
19	Nimba patra	*Neem leaves*	Leaf	1 part
20	Karanja	*Pongamia pinnata*	Stem Bark	1 part
21	Swetha Sariva	*Hemidesmus indicus*	Root	1 part
22	Vacha	*Acorus calamus*	Rhizome	1 part
23	Manjishta	*Rubia cordifolia*	Stem	1 part
24	Yashtimadhu	*Glycyrrhiza glabra*	Root	1 part
25	Jatamamsi	*Nardostachys jatamansi*	Rhizome	1 part
26	Shirisha	*Albizzia lebbeck*	Fruit	1 part
27	Lodhra	*Symplocos racemose*	Stem Bark	1 part
28	Padmaka	*Prunus cerasoide*	Heart wood	1 part
29	Haritaki	*Terminalia chebula*	Pericarp	1 part
30	Chakramarda	*Senna tora*	Seed	1 part
31	Rasanjana	*Aqueous extract of Berberis aristate*	Stem Extract	1 part
32	Sikthaka (Madhuchista)	*Bee-wax*		1 part
33	Go-Ghritha	Cow's ghee		120parts
34	Bhrungaraja swarasa	*Eclipta alba*		QS
35	Ardraka swarasa	*Zingiber officinale*		QS
36	Kushmanda swarasa	*Benincasa hispida*		QS
37	Nimbu swarasa	*Citrus limon*		QS
38	Go-Dugda	Cow's milk		QS

Pre-procedure for preparation of *Kasisadi Ghrita*:

A. Kasisa shodhana[9] **-***Ashuddha Kasisa* will be pounded in a *Khalwa Yantra* and will be put into a vessel containing sufficient quantity of *Bhringaraja Swarasa,* stirred and decanted. Then the *Kasisa* powder in the vessel will be dried and stored.

B. Haritala shodhana[10] *-Asuddha Haritala* will be pounded into small pieces using *Khalva Yantra,* bundle in clean muslin cloth, suspend in a *Dolayantra* containing *Kushmanda Toya*. Boil for three hours, dry in sun rays and preserve for further purpose.

C. Manahsila shodhana[11] *-Asuddha Manahsila* will be pounded to fine powders in a *Khalva Yantra* and levigate with *Ardraka Svarasa* for seven times.

D. Gandhaka shodhana[12] -melt small pieces of *Gandhaka* in an iron pan smeared with *Ghrita* and pour into a pot containing *Godugda*. Collect after cooling. Repeat the process for seven times. At the end of the seventh process, wash and dry the material.

E. Tuttha shodhana[13] - *Asuddha Tuttha* will be pounded into fine powders using *Khalva Yantra* and levigate with *Nimbu Swarasa* for 6 hours.

F. Guggulu shodhana[14] **–** manually remove the big pieces of sanstone, glass, or wood if present from the *Asuddha Guggulu*. Cut *Guggulu* onto small pieces, bundle in a cloth and immerse in *Dola Yantra* containing cow's milk. Boil till the whole amount of *Guggulu* passes into the liquid through the cloth. Discard the residue present in the bundle if any. Filter the liquid through muslin cloth and heat the mixture till a semi mass is obtained. Dry in sun and store until further use.

Preparation of *Kasisadi Ghrita* by *Bhanupaka method* [7]:

1. All the ingredients 1-5 (Table -1) will be taken separately and proper *Shodhana* will be done as mentioned, later pounded into fine powder using *Khalva Yantra*.
2. All the ingredients 6-30 (Table -1) will be taken separately and pounded into fine powder using *Khalva Yantra* and sieved separately using cloth.
3. 1 part fine powder each of all the ingredients from 1-30 (Table-1) will be taken in a copper vessel and mixed with 120 parts of ghee.
4. One part each of the ingredients 31 & 32(Table-1) will be added into the copper vessel and mixed well.
5. The copper vessel will be kept in rays of sun for 7 days.
6. After 7 days, the sample will be filtered using cloth and stored in air tight container.

SOME OF THE PUBLISHED WORKS ON KASISADI GHRITA:

1. Padmanabhalal R, Govinda Sharma K. Comparative Pharmaceutico-Analytical[15] and Invitro study on antifungal activity of Kasisadi Ghrita Prepared by two different methods. SDM College of Ayurveda, Hassan, Karnataka: RGUHS; 2022

- During Analytical study of Kasisadi Ghrita prepared by Bhanupaka method (KGB), Specific gravity, saponification value, iodine value, acid value, refractive index, viscosity and pH were observed to be 0.9213, 229.78, 39.37, 0.696, 1.4701, 2.602 and 7.62 respectively whereas that of Kasisadi Ghrita prepared by Agnipaka (KGA) sample was 0.9385, 246.92, 46.63, 1.182, 1.4657, 3.013 and 7.58 respectively. As there are no standards for the preparation of Kasisadi Ghrita available at textbooks, these values can be taken as standards of evaluation of analytical parameters of both samples of Kasisadi Ghrita.
- In vitro experimental study has shown that both KGA and KGB have antifungal activity at higher concentrations (3000 µl/ml and 2000 µl/ml). However, the results are not significant when compared with standard drug fluconazole.
- When compared in between the groups, KGB have displayed a significant antifungal activity with KGA at higher concentration (3000 µl/ml). Thus, it can be said that the study has shown unequivocal evidence in treating the causative organisms of Dadru kushta during experimental study. Further it suggests that the Kasisadi Ghrita obtained through Bhanupaka is better than Kasisadi Ghrita prepared through Agnipaka.

2. Anusha Kadiyala. A comparative clinical study to evaluate the management of dushta vrana with kasisadi ghrita and jatyadi ghrita after jaloukavacharana. RGUHS Digital Repository, Rajiv Gandhi University of Health Sciences, Bengaluru. 2021.

- The study shows kasisadi ghrita application on dusta vrana helped better in healing process in comparison to jatyadi ghrita after jaloukavacharana.

3. Dr. Kubendra H. Pachchinavar. A Clinico Comparative study of Kasisadi Ghrita and Shatadauta Ghrita Lepa in the Management of

Parikartika with special Reference to Fissure-In-Ano. Shalya Tantra. Shri Shivayogeshwar Rural Ayurvedic Medical College and Hospital, Inchal. 2014

- The study was conducted to evaluate the effect of Kasisadi Ghrita and Shatadauta Ghrita Lepa in the management of Parikartika. 40 patients of age group 20-60 suffering from Fissure-In-Ano were selected for the study. First group with 20 patients were treated with Kasisadi Ghrita and second group was treated with Shatadauta Ghrita Lepa. Patients of first group reported relief within 15 days and second group reported relief within 20 days of the treatment. Hence Kasisadi Ghrita was found to be more effective than Shatadauta Ghrita in management of Parikartika with special Reference to Fissure-In-Ano.

4. Vipulkumar Sangani V. Role of Kasisadi Ghrita in the Management of Parikartika with special Reference to Fissure-In-Ano. Shalya Tantra. Institute for Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar. 2007:

- The study shows Kasisadi Ghrita Lepa is effective in the management of Parikartika with special Reference to Fissure-In-Ano.

5. Ruchi Pandey. Role of Ksharasutra and Kasisadi Ghritha in the Managament of Stanagat Nadivruna (Tubercular Multiple Breast Sinuses) IPGT&RA: JAMNAGAR; 2017.

- The single rare case report showed multiple TB breast which are not responding to anti-TB drugs and antiseptic dressing were successfully healed by adding Ayurvedic treatment protocol along with ATT, hence Kasisadi Ghritha and Ksharasutra are effective in the management of Nadivruna.

6. Patil Vishwajit Narayan. Comparative Study of Efficacy of Yastimadhu Ghrita with Kasisadi Ghrita in the Management of Parikartika with special Reference to Fissure–In-Ano. ShalyaSamanya. Tilak Ayurveda College, Pune, Maharashtra. 2017.

DISCUSSION:

Kasisadi Ghrita consists of multiple herbal and mineral ingredients which is to be prepared in *Bhanupaka* method using *Tamra Patra*. It is pertinent to note that, there may be changes in the pharmacological and therapeutic properties of the formulation by *Bhanupaka*. Further the *Tamra Patra* may bring in some changes again because it is a good conductor and retainer of heat. Most of the ingredients mentioned in *Kasisadi Ghrita* are *Vata-Kapha hara*, indicated for *Krimi, Kushta* and *Kandu*. Some of the research updates had shown its effectiveness against microorganisms including bacteria and fungi. Moreover previous studies carried out with *Kasisadi Ghrita* had shown its effectiveness against ano-rectal complaints like *Parikartika*.

***Kasisa shodhana*:** After *Bhavana* the colour changes from greenish white to greyish light green. This may be due to the changes which occurred due to *Bhavana* procedure and reaction of *Kasisa* with atmospheric air. Ferrous sulphate on reaction with oxygen form ferric oxide. Consistency changes from crystalline to powder form due to pounding in *Khalwa Yantra*, and touch from hard to smooth after the *Bhavana*. Characteristic odour of *Shuddha Kasisa* will be retained even after *Shodhana*.

Haritala Shodhana: There will be loss from the initial amount after *Shodhana*, may be due to the loss during *Dola Yantra Swedana* as it became fine particles during pounding and filtered off with *Kushmanda Toya* during filteration. A thick paste of *Kushmanda* will be obtained after the procedure inside the vessel which will be yellow in colour. It will indicate the presence of fine particles of *Haritala* within it. After *Shodhana*, colour of *Haritala* will remain same as lemon yellow, consistency becomes brittle powdery from hard granular mass as it will be pounded using *Khalwa Yantra*, touch became smooth from hard, and will remain odourless even after *Swedana*.

Manahshila Shodhana: Comparatively here much loss will not be observed as *Ardraka Swarasa* will added upon to the weight of the powder during *Bhavana*. After *Shodhana* colour of *Manahshila* changes from bright reddish orange (aurelian red) to light reddish orange. This may be due to the reaction with *Ardraka Swarasa* during *Bhavana* and on exposure to atmospheric air. Consistency will became powdery from heavy smooth crystalline form as it gets pounded in *Khalwa Yantra* before *Bhavana*. Odour will change to characteristic ginger odour from pleasant pungent odour as *Bhavana* will be done using *Ardraka Swarasa*.

***Gandhaka shodhana*:** done by *Dhalana* method using cow's milk and cow's ghee. At 112 degree Celcius temperature, *Gandhaka* will start to melt and complete melting will be observed at around 117-119 degree Celcius. The whole process of *Dhalana* will get completed within 30-50 minutes. Physical impurities will get removed by filtration through cloth and chemical impurities like lipid soluble impurities

by *Dhalana Samskara*. Organic substances used in the process will have role in detoxification of inorganic sulphur. During *Shodhana* of *Gandhaka* it will be powdered inorder to increases surface area which facilitates quick melting. Crystalline sulphur after *Shodhana* will turn into amorphous form. At the molten stage *Gandhaka* will appear as golden yellow colour. After *Shodhana, Gandhaka* changes colour from pale yellow to bright yellow suggesting removal of impurities, diminished resinous lustre, and characteristic odour will get reduced.

***Tuttha shodhana*:** After *Shodhana* colour changes to sky blue from blue colour. This may be due to the reaction with *Nimbu Swarasa* during *Bhavana* and oxidation with atmospheric air. Consistency changes from crystalline lumps to brittle powder in form, and sample will show slight *Nimbu* odour compared to odourlessness before *Shodhana*. This may be due to the *Bhavana* with *Nimbu Swarasa* during *Shodhana.*

***Guggulu shodhana*:** It will be carried out by *Dolayantra Swedana* using cow's milk. After *Shodhana* the colour of *Guggulu* changes from brown to yellowish tinged brownish black with a certain loss percent suggesting removal of impurities during *Shodhana*. It will get devoid of mud, was soft, having good pleasant odour, burnt when put on fire, becomes liquified when exposed to sunlight indicating its genuine qualities.

Selection of Vessel: Thick wide mouthed copper vessel will be selected for the preparation during *Bhanupaka* as in wide mouthed vessel, mixture of drugs will get more exposure to sunlight. Usually colour of the *Tamra Patra* changes to little darker from coppery colour after the *Sneha Kalpana*. This may be due to the reaction of the mixture of ingredients with copper and exposure to heat during *Paka*. When copper is heated in air, it is oxidized to copper (II) oxide and the reddish-brown metal turns black as the copper is oxidized to copper (II) ions. Hence the copper will change into black copper oxide.

Source of heat: The *Bhanupaka* will be carried out during April-May season as amount of sunlight and heat will be maximum during summer season. There will be temperature variation according to diurnal variations too.

CONCLUSION:

Kasisadi Ghrita is economic by virtue of a smaller number of easily available ingredients and a time-tested classical formulation. *Madhuka* mentioned in the classics is *Yashtimadhu, Mamsi* is *Jatamamsi, Prapunnata* is *Chakramarda, Srivasa* is *Rala* and *Rasanjana* is *Daruharidra Rasakriya*. *Tamra Patra* helps to retain more heat than other vessels during *Bhanupaka*. There will be no pharmaceutical constraints in preparation of the sample as all the ingredients are easily available. As the formulation is mixture of 32 herbo-mineral ingredients, it will be difficult to decide the exact component acting on disease causative organisms. There may be multiple components which act or there may be new compounds formed due to interaction. Further scope is there to check the efficacy of the formulation in various skin diseases.

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