

Clinical Utility of Pramehanashana Rasa

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ABSTRACT

Prameha, diabetes has become a major global health issue, with increasing prevalence in both developed and developing countries. The relevance of diabetes today is underscored by its widespread impact on public health, the economy and quality of life. It's a leading cause of cardiac disease, stroke, kidney failure, retinopathy and limb amputations. People with uncontrollable blood sugar levels are at a higher risk for these complications leading to long term disability and reduced life expectancy. In ayurveda, prameha refers to a group of disorders that primarily involve abnormal urination & metabolic disturbances which bear resemblances to Diabetes Mellitus. Ayurvedic perspective allows a holistic approach to understanding and managing prameha, emphasizing the balance of 3 doshas, agni and dhatus. Rasoushadhies being most efficacious in ayurveda and known for its minimal dosage, palatability and quick action. Pramehanashana rasa is such a yoga mentioned in Rasa Prakasha sudhakara. It has ingredients like Loha Bhasma, Rasa Bhasma, Swarnamakshika Bhasma and Gandhaka with Indrayava rasa bhavana.

KEYWORDS: *Pramehanashana Rasa, Mehanashana Rasa, Prameha, Diabetic Mellitus*

INTRODUCTION

Prameha (diabetes) is a global health concern now. Its affecting whole quality of individuals life. According to ayurveda it is said as mahagada. Prameha can be correlated with diabetes mellitus based on signs and symptoms. Prameha is further classified into 20 varieties based on physical abnormalities of urine. Prabhoota mutrata, Avila mutrata and medo dushti lakshanas are cardinal features of prameha. Various dietary, lifestyle and psychologic factors are involved in etiology of prameha, particularly in relation to disturbances in fat and carbohydrate metabolism. So, better medications are a need of time. Prameha nashana rasa is a potent ayurvedic kharaleeya preparation mentioned in Rasa prakasha sudhakara. It contains only few ingredients like lohahasma, Rasa Bhasma, Swarna makshika Bhasma and gandhaka, and indrayava rasa as bhavana dravya.

Formulation review

Pramehanashana rasa is a khalveeya type of rasa preparation mentioned by Acharya Yashodhara in Rasaprakasha Sudhakara in context of Prameha. Rasayoga sagara also mentioned the same. As the name indicates, its action is mainly on controlling

prameha. It has ingredients Loha Bhasma, Rasa sindhura, Swarnamakshika Bhasma and Gandhaka. Bhavana dravya is Indrayava rasa (Kashaya prepared by indrayava). Another name for the same yoga mentioned is Mehanashana Rasa.

Ingredients

Si no.	Drugs	Quantity
1	Loha Bhasma	1 part
2	Rasa Bhasma	1 part
3	Swarna makshika Bhasma	1 part
4	Gandhaka	1 part
5	Indrayava rasa	q.s

Properties of ingredients

Lohabhasma-It has properties like Ruksha, lekha and Medhya.

Madhura, amla, tikta, sheeta veerya, guru, ati netrya, balya, vrushya, jataragada, sleshmapittamayaghna, varnya,

Deepanamuttama, kshayahra, kustaamyadwamsaka, gulma pleehahara, krimihara, panduhara, sarva slesmamayahara,

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Also, according to Rasatarangini its directly mentioned as medomeha nibarhana. It means it can remove medo rogas and prameha.

Rasa Bhasma

Rasa sindura is a kupi pakwa preparation which is very popular and widely used in therapeutics. It's considered as red coloured Bhasma of parada. Properties of rasasindhoora are shadrasa, guru & snigdha guna, ushna virya, Madhura vipaka, Rasayana, vajeekarana, yogavahi and sarvagraha Prabhava.

Works as one of best prameha hara yoga.

Various anupanas are mentioned for rasa sindhura in Rasatarangini, for prameha – guduchi & haridra swarasa is mentioned. And specially for prameha atikalaja (chronic)- vanga Bhasma and madhu mentioned.

Swarnamakshika Bhasma

In phalasruti of swarnamakshika Bhasma its mentioned as 'mehaani Vividha basti vedhana' and Rasayana, yogavahi properties, which means it can cure prameha and various disorders related to urinary tract and kidney.

Major components of swarnamakshika Bhasma are Cu, Fe, Ca, Al, K, Mg etc.

Gandhaka

First among uparasa and have properties like Ati rasayana, Madhura vipaka, katu ushna veerya.

Rogaghnata like kandu, kushta, visarpa, dadruhara, Deepana, pachana, amonmachanashoshana, vishahara, krimihara.

Indrayava

These are seeds of kutaja (*Holarrhena antidysenterica*). The properties are Kashaya rasa, sheeta veerya, tridoshaghna and krimighna. The folklore practise of indrayava for curing diabetes is well known. Pharmacological study for anti-diabetic activities and acute toxicological studies of indrayava also documented.

Method of preparation

Equal quantities of lohahasma, Rasa sindura, Swarna makshika Bhasma and Shodhita Gandhaka are taken in a khalva yantra. Homogenously mixed together. Bhavana is given with Indrayava rasa for 2 days.

Dose- 1ratti.

Anupana - madhu

No proper anupana and dose mentioned in shloka, but in commentary its mentioned.

Discussion

It's one of kharaleeya preparation which is very much effective in reversing pathophysiology of prameha. It consists of loha Bhasma, Rasa Bhasma, Swarnamakshika Bhasma and Gandhaka in equal quantity with Indrayava rasa as bhavana dravya.

Based on properties of individual drugs like lekha and medohara the drug will act as srotoshodhana, removes kha vaigunya, thereby facilitates free circulation and normal binding of insulin, rectifies the receptors.

Dhatu shaitilya is an important constituent in samprapti of prameha. It has involvement of three doshas but dominance of bahudrava shlesha and bahu abaddha medas. These doshas will do dushana to medas, mamasa, shukra, kleda, shonita, vasa, majja, lasika, rasa, ojas. Vitiated doshas have their sthana samshraya at vasti (urinary tract) and can give rise to respective types of meha with their own dominance.

In prameha, kapha being in increased quantity, ie bahu and having drava guna is main dosha. Due to drava guna, there is raise of kleda in body. Due to excess kleda & drava, there is raise in frequency of urination.

In sthula and balavan patients, Shodhana and lekha has to be done along with kapha pacifying treatment. In such cases gandhaka helps to reduce dhatu shaitilyata.

It also increases dhatubala by improving dhatvagni it curtails unwanted kleda and does pachana of ama kapha.

Prameha patients develop pidaka, vidradhi, skin disorders etc. excessively increased kleda makes it difficult to pacify such complications. In such a state gandhaka proves to be useful by its raktaprasadana, kledaghna, jantughna action. its useful in diabetic ulcer, a common upadrava of prameha patients because of its vrana ropana and kushtaghna properties.

The Medhya action of drugs like Loha Bhasma will act by decreasing the stress hormones like cortisol, which is a stress hormone responsible for increased blood sugar through Gluconeogenesis.

Lohabhasma is ferric oxides. Iron acting as a cofactor for many proteins, including anti oxidant enzymes, is essential for cellular metabolism and aerobic respiration. Iron replacement therapy can help treat iron deficiency anemia patients with poor glycemic control. Some studies have shown that iron replacement therapy can reduce HbA1C levels. In classics loha Bhasma is mentioned as ati netrya,

thereby it will be useful in complications of diabetic, as in diabetic retinopathy.

One of major component of Swarna makshika bhasma, copper has essential role in Glucose and cholesterol metabolism. Experimental study shows improved glucose tolerance curve in animals with copper ingestion. Copper might stimulates liver to convert glucose into glycogen. Thus rapid removal of glucose from blood. Pure iron alone doesnot alter in glucose tolerance but along with copper may help in glucose metabolism

Rasasindura will destroy prameha like lion attacking elephant. Being yogavahi it helps fasten the action of other ingredients.

Bhavana dravaya, indrayava seeds have potentiating action on beta cells of islets or stimulation of blood glucose uptake by peripheral tissue or and inhibition of endogenous glucose production or activation of gluconeogenesis in liver and muscles.

Conclusion

Diabetes is an alarming metabolic disorder that is affecting majority of elder population. Prameha nashana yoga mentioned in Rasa prakasha sudhakara is a potent rasoushadi which can reverse the pathophysiology of prameha by its lekhana, medohara etc properties it can clear srotas and thereby reverse samprapti. Based on Rasayana property of individual bhasmas prevention of further complications also can be achieved.

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