REVIEW ON RAJAHPRAVARTINI VATI - A HERBO-MINERAL FORMULATION

Priyanka.R.G\(^1\), Surekha.Medikeri\(^2\), M.S.Doddamani\(^3\)

\(^1\) Final yr PG Scholar, Dept. of Rasa Shashtra & Bhaishajyakalpana, TGAMC, Ballari, Karnataka, India
\(^2\) Surekha, Medikeri, Guide, Professor& HOD, \(^3\) M.S. Doddamani, Professor& HOD, PG Dept. of Rasa Shashtra & Bhaishajya Kalpana, TGAMC, Bengaluru, Karnataka, India

Email: hai2pinki@gmail.com

Published online: July, 2017

© International Ayurvedic Medical Journal, India 2017

ABSTRACT

Rajahpravartinivati is a Kharaleeya rasa which is extensively used in all types of streerogas. It is a one of the herbo-mineral Ayurvedic formulation, which is mainly indicated in Kashtarthava and Nashtarthava. Etymology of the word Rajahpravartinivati is, Rajas means Menstrual discharge and Pravartana means going on, Beginning, Commencement, Stimulating, Urging, Initiating, then Vati means A pill, Bolus. A pill which initiates or stimulates the menstruation is called Rajahpravartinivati. Rajahpravartinivati is 1st mentioned in one of the classical text under StreeRogaAdhikaara. He mentioned that this yoga is told by Neelakanta. This is indicated in Nashtarthava & Kashtarthava. There are 6 formulations having same ingredient and some have slight variation as mentioned in Bhaishajya Ratnavali. This paper is an attempt to review the formulation “Rajahpravartinivati” explained in various literature of Ayurveda Pharmaceuticals.

Keywords: Kharaleeya rasa, Rajahpravartinivati, Kashtarthava, Nashtarthava.

INTRODUCTION

Kharaleeya rasa are the unique formulations of pharmaceuticals containing herbal, mineral or animal products. These preparations take less space for manufacturing & storing, with faster relief when administered with proper anupana and sahapan. It occupies greater portion in therapeutics by adding churna, swarasa etc. Rajahpravartinivati (RPV) is 1st mentioned in one of the classical text under StreeRogaAdhikaara. He mentioned that this yoga is told by Neelakanta. This is indicated in Nashtarthava & Kashtarthava. There are 6 formulations having same ingredients and some have slight variation as mentioned in Bhaishajya Ratnavali\(^2\) and the same is mentioned in AFI\(^2\) approved by Govt. of India.

The ingredients of this formulation are easily available and it’s easy to prepare and is cost effective in nature. The drugs used in this formulation are having identical properties like Katu rasa, Ushna veerya, Sara & Teekshnaguna and Pitta.
vardhaka. All these properties remove obstruction in the passage and do Srotoshodhana (cleansing the channel). Even drugs have Rajahpravartaka property.

Factors effecting female reproductive health is an important area of review. It is the most common formulation used in Kashtarthava which is most common gynaecological problem faced by women during their adolescence which causes significant discomfort & anxiety for the women. It may create the emotional distress brought on by the pain and may result in missing work or school, inability to participate in sports or other activities. In modern medicine it is treated by oral contraceptive pills, non-steroidal anti-inflammatory drugs, antispasmodic, analgesics etc. Long term use of these causes side effects. So, it is a great scope of review and research to find out safe, potent, cost effective remedy from Ayurveda for its management. Pain is the main feature of Kashtarthava, so it has strong relation with VataDosha and Shodhitahingu is one of the ingredients of RPV which has action of vatanulomana. Hence formulation is used extensively in day to day practice so, here an attempt made to review the formulation “RajahpravartiniVati” explained in various literature of Ayurveda Pharmaceutics.

AIM
To review about classical references of Rajahpravartinivati an herbo-mineral formulation.

OBJECTIVES
1. To know different references of RPV which are mentioned in Ayurvedic texts.
2. To know all references of RPV along with difference in ingredients and dosage of the formulation.
3. To know different names of the formulation RPV.

MATERIALS AND METHODS
Rajahpravartinivati is prepared by taking shodita-kasisa, shoditaTankana, shodhitaHingu and Mosabbar(Kanyasara) in equal quantity then 3 bhavanas of kumariswarasa should be given then after getting vati consistency rolled into pills of chanakamatra. There are 6 formulations, some having same ingredients and some have slight variation in name and ingredients. It is extensively used in treating Kashtarthava and Nashtartha.

Rajahpravartinivati is 1st mentioned in one of the classical text under StreeRoga Adhikaara. He mentioned that this yoga is told by Neelakanta. This is indicated in Nashtartha & Kashtarthava. The detail of this pharmaceutical study cited at Priyanka et.al.3

<table>
<thead>
<tr>
<th>Sl no</th>
<th>Name Of Formulation</th>
<th>Ingredients</th>
<th>Indication</th>
<th>Matra</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rajahpravartini vati2</td>
<td>Shodhita kasisa-1P Shodhita Tankana-1P ShodhitaHingu -1P Mosabbar-1P Kumariswaras-Q.S</td>
<td>Kashtarthava Nashtartha</td>
<td>Chanakamatra (2-4ratti)</td>
</tr>
<tr>
<td>2</td>
<td>Kaseesadi vati2</td>
<td>Shodhita kasisa-1P Shodhita Tankana-1P ShodhitaHingu -1P Mosabbar-1P Kumariswaras-Q.S</td>
<td>Kashtarthava Nashtartha</td>
<td>2Ratti</td>
</tr>
</tbody>
</table>
DISCUSSION

Rajas – Menstrual discharge
Pravartana – Going on, Beginning, Commencement, Stimulating, Urging, Initiating, Vati – A pill, Bolus
A pill which initiates or stimulates the menstruation is called RajahpravartiniVati.
There are 6 different references are available and it is used in Kashtarhava and Nashtarhava.
All the drugs of Rajahpravartinivati have Rajahpravarthaka property. All the Ingredients of RPV are having identical properties like Katu rasa, Ushna veerya, Sara,Teekshnaguna and Pitta vardhaka. All these properties remove obstruction in the passage and do Srotosshodhana (cleansing the channel). By this there is improvement in StanikaArthavagni and UpadhatuArthava. Ushnaguna increases the secretion of glands thus improves proliferative phase of menstrual cycle. Some diseases having Kashtarhava as a symptom hence the formulation is useful in such conditions also.

It is effective in Arthavavikaras. ShodhitaHingu, Kumari, ShodhitaTankana and ShodhitaKasisa are the main ingredients of RajahpravartinivatiVati. Hingu (Ferula Asafoetida Linn) has Shoolahara (colic pain reliever) and Vatanulomana (facilitator of downward movement of Vata) property which helps in normalising the function of Apanvata, which is main causative factor of Kashtarhava. Hingu has anti flatulent and digestive properties & counteracts spasmodic disorders and may probably suppress the secretion of progesterone hormone. The gum resin contains the coumarins, 5-hydroxy-umbelliprenin, assafoetidin etc. Hormonal influence plays an important role in maintaining both ovulatory and menstrual cycle.

Drugs used in RPV give strength to uterine musculature for easy expulsion of Raja. It is extensively used in day to day practice. Because now days gynaecological problems became common and because of that most of the girls and women facing problems in their routine work in life like sleep

| 3 | KanyaLohadi Vati | Kanyasara- 10tola Shoditakasisa – 7tola Twak -5tola Ela - tola Shunti – 5tola Gulkand – 20tola | Kashtarhava Anarthava Aniyamitarthava | 2Ratti |
| 4 | Rajahpravartini Varti | Kanyasara- 6masha Devadhali – 6masha | Kashtarhava Anarthava | Kept in Vagina and application on Nabhi |
| 6 | Rajahpravartini vati | TankanaBhasma -1P ShodhitaHingu -1P Kasisasindoora – 1P Kumariswarara- Q.S | KashtarhavaNashtarhava, Gulma Ajerna Vanti | 2Gunja with Ushnajala |
deprivation, lack of concentration, general working life and etc. Hence it became more important to review and does research works on such formulations and do standardization of those formulations which are used extensively. The detail of the standardization of the formulation RPV by analytical parameters and Quality control standards/tests are cited in Priyanka. R G et.al

Images: RPV

- ShodhitaKasisa
- ShodhitaTankana
- ShodhitaHingu
- Kanyasara(Mosabbar)
- Kumariswarasa
- Homogenous mixture of RPV
- Aft adding Kumariswarasa
- RPV after Bhavana
CONCLUSION

Rajahpravartini Vati is 1st mentioned in one of the classical text under StreeRogaAdhikaara. He mentioned that this yoga is told by Neelakanta. This is indicated in Nashtardhava & Kashtardhava. There are 6 different references are available. In that some have same ingredient but author quoted it as by different name and in some references ingredients are different but name is same as Rajahpravartinivati.

In AFI Rajahpravartinivati is mentioned as per reference of BhaishjayaRatnavaliistreerogadikara and dose he have mentioned it as 2ratti to 4ratti. All the ingredients of Rajahpravartinivati are having identical properties like Katu rasa, Ushna veerya, Sara Teekshnaguna and Pitta vardhaka. All these properties remove obstruction in the passage and do Srotoshodhana (cleansing of the channels). By this there is improvement in StanikaArthavagni and UpadhaturArthava. This formulation is extensively used by Ayurvedic physicians.

REFERENCES


Source of Support: Nil
Conflict Of Interest: None Declared