

PRAVALA - AN OVERVIEW

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ABSTRACT

In *Ayurveda Rasashastra* is one of the specialised branch in which Ratnas plays crucial role both for ornamental and therapeutic purpose. They consist of different principles and procedures like *sodhana* (purification), *marana* (incineration), *pishtikarana* for converting the raw drug into therapeutic use. They are having capacity to bind with mercury. Pravala is one among the ratnas which can be considered as coral. There is detailed knowledge about pravala in different classical references which is compiled and presented here. This paper highlights description about detail concept of Pravala and its uses.

Key words: *Rasashastra, pravala, ratna, sodhana, marana, pishtikarana*

INTRODUCTION

Pharmacopeia of *Ayurveda* contains the drugs derived from plant, animal and mineral sources. *Rasashastra* is a specialized branch which deals with drugs of all the above 3 sources mainly focusing on metals and minerals. All the drugs which are dealt in *Rasashastra* are collectively known as *Rasadravyas*. They include *Rasa, Maharasa, Uparasa, Sadharana rasa, Dhatus, Ratnas & Uparatnas, Sudhavarga, Sikata varga, Kshara varga & Visa varga dravyas*.

Pravala (Corallium rubrum) comes under the category of *Ratnas* (gem stones) and is related to *mangala graham*. It has been quoted in almost all the ancient as well as recent treatises of *Ayurveda*. Its use has been started since ages, initially used for ornamental purpose then for therapeutic purpose. It is taken as corals which are marine invertebrates belonging to kingdom Animalia, Phylum Cnidaria & class Anthozoa. There are different varieties of corals of which red coral is in common use.

SYNONYMS OF PRAVALA: Table -1^{2,9,5,4,3}

Sl.no.	Synonym	Rasamrita	Ananda khanda	Rasajalanidhi	Ratnavignana	Rasatarangini
1.	<i>Pravala</i>	+	+	+	+	+
2.	<i>Vidhruma</i>	+	+	+	+	+
3.	<i>Bhoumaratna</i>	+	+	+	+	+
4.	<i>Latamani</i>	+	+	+	-	-
5.	<i>Ambodhivallabha</i>	+	-	+	-	-
6.	<i>Sagara garbha keeta</i>	+	-	-	-	-
7.	<i>Angarakamani</i>	-	+	+	-	-
8.	<i>Ambodhi pallava</i>	-	+	-	-	-
9.	<i>Raktaanga</i>	-	+	+	-	-
10.	<i>Raktaankura</i>	-	+	-	-	-
11.	<i>Raktadeha</i>	-	-	+	-	-
12.	<i>Jaladhi garbha keeta</i>	-	-	+	-	-
13.	<i>Pravalaka</i>	-	-	-	+	+
14.	<i>Abdhi jantu</i>	-	-	-	+	-
15.	<i>Abdhijantu visesottha</i>	-	-	-	-	+

According to other treatise – *Aabdhilata, Pashan sambhava, Bhushana arha, Maharakta, Raktakanda, Rakta kandal, Rakta kandark, Raktakar.*

MYTHOLOGICAL ORIGIN:

It is said to be originated from the blood of Bali king of demons

HISTORICAL REVIEW:

Since the time of Vedas, Pravala is a well known object for Indian people. It has been quoted along with other metals. It was also mentioned in puranas like garuda and Vishnu purana, manusmriti, Mahabharata.

Almost all Rasasastra treatises, Brihat trayee, Laghu trayee and several other treatises described about pravala.

In kautilya arthasastra pravala was quoted as a khanija dravya. Trading of pravala was common & is a taxable item. Narration about its habitat, colour, types & blemishes was given.

CLASSIFICATION⁹

It was classified under ratna varga. Author of Ananda kanda included it under pranija /jalaja type of ratna.

BHEDA: Table -2, Based on Varna and Guna^{4,5}

1.	<i>Brahmana jati pravala</i>	It is best of corals having aruna varna like blood of rabbit. It is snigdha ,komala, manorama, sukhavedhya
2.	<i>kshatriya jati pravala</i>	It is having varna of java, bandhuka, sindhura, dadima pushpa. It is Katina, asnigdha, durvedhya.
3.	<i>Vaishya jati pravala</i>	It is having varna of palasa kusuma,paatala. It is snigdha, varnaadya with mandakanthi
4.	<i>Sudrajati pravala</i>	It is having varna of rakta utpala dala. It is Katina, chiratdhyuti, vayurvedhya.

Based on Akrti¹³

1. Pravala shaka (<i>Corallium rubrum</i>)	2. Pravala mula (<i>Tubiphora musica</i>)
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PRAPTI STHANA:

In India coral reefs are seen in palk bay, gulf of mannar, Andaman & nicobar islands, gulf of kutch, Lakshadweep islands.

PHYSICAL PROPERTIES OF CORALS: Table -3

1.	Colour	Corals are found in different colours like flesh pink, pale to deep rose red, salmon pink, red to dark ox blood red, white, orange, black, grey. Of all these red coral is commonly used
2.	Hardness	3.5 to 4.0
3.	Density	2.6 to 2.7
4.	Refractive index	1.486 to 1.658
5.	Specific gravity	2.65 to 2.7
6.	Transperancy	semi translucent to opaque
7.	Crystal system	Amorphous
8.	Luster	vitreous, waxy
9.	Cleavage	None
10.	Birefringence	0.160

CHEMICAL COMPOSITION:

Carbonate of lime – 7-8%
 Magnesium carbonate – 3%
 Sand – 2%
 Iron – traces
 Magnesia – traces
 Organic matter & water – 16%
 Chemical formula –CaCO₃

ARTIFICIAL PRAVALA PREPARATION:¹²

In *Rasa prakasa sudhakara* artificial preparation of pravala was mentioned.

Ingredients –Shanka churna – 1 part

Hingula – ½ part

Colostrum of sheep –quantity sufficient

All the ingredients are triturated made into cylindrical shape and incinerate it by means of cotton seeds.

GRAHYA LAKSHANAS:

Pakwa bimbi phala chaya, vruttam, ayatana, avakra, snigdha, avrana, sthula⁸

Redness like that of ripened bimbiphala, ovalness, straight, non crookedness, unctuousness, non scariness and largeness

*Raktata, snigdhatata, darya, vrutta, chiradhyuti, sthauilya, vranarahitya*⁵

Redness, appeared to be smeared with oil, capacity for being perforated, globular shape, lasting of lustre, thickness, smooth surface without cavities

*-swacham, snigdharupam, vruttam, kaantham samam, guru, raktagatram, drudam, pindam, pakwabimbi phalam, japakusuma sannibham, sukathunda sama chaya, komala*⁹

Pure, unctuous, round, uniform luster, heavy, red in colour, strong, lump like having colour of ripened bimba phala, like hibiscus flower, like colour of parrot beak, smooth.

AGRAHYA LAKSHANAS:

*Pandura, dhusara, ruksha, savrana, kotaraanvita, nirbhara, subhravarna*⁸

whiteness with yellow tinge, dirtiness, roughness, having scar, with cracks, lightness, whiteness.

*Saradhabha, dhala, sukshma, vakra, ruksha, sakotara, viddham, krishnam, laghutama, gauravarna, jalakrantha*⁹

White, layered, small in size, curved, rough, cracked, infected by organisms, black, light, having pale in colour, invaded by water.

*Pandura, dhusara, dusta, savrana, kantaranvita, nirbhara, sulbavarna*⁵

Palewhite, grey coloured, spoiled, full of cavities, cracked, light, copper coloured

*Pandura, dhusara, ruksha, savrana, kotaraanvita, nirbhara, subhravarna, aaranga, jalakranthi, vakram, sukshmam, Krishna*⁴

Whitish yellow colour, whitish black colour, rough, with holes, cracked, light, white colour, curved, invaded by water, small, black.

SODHANA: Table -4^{6,11, 10, 4,3}

Sl.no.	Shodhana of pravala	References
1.	Bhavana in sahadevi patra swarasa	Rasapradeepika
2.	Swedana in dolayantra with jayanthi swarasa	Rasapradeep
3.	-Swedana in dolayantra with jayanthi swarasa - Swedana in dola yantra using sarjakshara, yavakshara, tankana drava -Swedana in dolayantra with godugdha	Rasendra chintamani
4.	-Swedana in dola yantra using tanduliya jala for 3hrs -Swedana in dolayantra for 1 yama with sarjakshara jala -Swedana in dolayantra for 1 yama using jayanthi swarasa	Ratnavignanam
5.	-Swedana in dolayantra with jayanti swarasa for 1 yama - Swedana in dolayantra with swarjika kshara jala for 1 yama - Swedana in dolayantra with tanduliya drava for 1 yama	Rasatarangini

MARANA: Table -5^{7,11,10,3,4}

Sl.no.	Marana	References
1.	Pravala is subjected to bhavana in khalwayantra with streedugdha, chakrikas are prepared, dried, arranged in sarava, sandhibandhana done and cooked over tivragini for 2 prahara to obtain bhasma	Rasendra sara sangraha
2.	Pravala is heated and dipped in juice of kumari, tandula jala, streekshira for 7 times in each in order	Rasapradeep,
3.	Manahsila, Gandhaka, haratala are made into kalka form by adding lakucha swarsa. It is then applied over pravala and subjected to puta for 8 times. (samanya sodhana for ratnas)	Rasendra chintamnai
4.	Shodita pravala is made into fine powder, ground alongwith leaf juice of kanya, made into chakrikas, dried, placed in sarava, sealed and allowed to dry. It is then subjected to puta for 3 times.	Rasa tarangini
5.	Pravala is made into fine powder, ground along with godugdha, made into chakrikas dried, placed in sarava, sealed, dried and subjected to puta. Same procedure is mentioned by using jayanthi swarasa and satavari swarasa	Rasa tarangini
6.	Bhavana with godugdha followed by 1 gajaputa, Bhavana with ghritakumari swarasa followed by 3 gaja putas	Ratnavignanam

PRAVALAPISTI:⁴

Shodita pravala is made into fine powder, taken in a khalwayantra to it gulabjala is added and mardana done for 3 days. It will be in light rose colour.

CHANDRAPUTI PRAVALAPISTI:¹³

Shodita pravala is made into fine powder, taken in a khalwayantra to it gulabjala is added and mardana done for 21 days in moonlight.

PRAVALA BHASMA GUNAS & KARMA: Table -6^{8,7,6,9,3,4}

Sl.no.	Gunas and karma	References
1.	<i>Deepana, pachana, laghu</i>	<i>Rasaratna sammuchaya</i>
2.	<i>Viryavardhaka</i>	<i>Rasendra sara sangraha</i>
3.	<i>Jwaraghna, balya, kanthivardhaka</i>	<i>Rasapradeepika</i>
4.	<i>Madhura kinchit amla rasa, madhura vipaka, ksharaguna, Kaphapitta nasaka, viryavardhaka, kantivardhaka</i>	<i>Anandakanda</i>
5.	<i>Kshara, madhura, laghu, sitala, deepana, pachana, balya, tridoshasamana, visaghna, virya and varna vardhana</i>	<i>Rasa tarangini</i>
6.	<i>Madhura amla rasa, Kaphapitta hara, viryakanthi kara, strimangaladayaka, deepana, pachana, laghu, sitala, chakshushya, visaghna</i>	<i>Ratnavignanam</i>

INDICATIONS: Table – 7^{3,8,7,6,2,5,4}

Sl.no.		
1.	<i>netraroga, kshaya, kasa, raktapitta, sweda atigamana, ratrisweda, visa & bhuta vikara</i>	Rasatarangini
2.	<i>kshaya, raktapitta, kasa, netraroga, visa & bhuta vikara</i>	Rasaratna samucchaya
3.	<i>kshaya, raktapitta, kasa, ratrisweda, netraroga, bhuta & visa vikara</i>	Rasendrasara sangraha
4.	<i>kshaya, raktapitta, kasa, netraroga, visadosa</i>	Rasapradeepika
5.	<i>kshaya, raktapitta, kasa, netraroga, visa & bhuta vikara</i>	Rasamitra
6.	<i>kshaya, raktapitta, kasa, netraroga, visa & bhuta vikara</i>	Rasa jalanidhi
7.	<i>kshaya, raktapitta, kasa, visa & bhuta vikara, netraroga, grahadosa</i>	Ratnavignanam

Table -8^{14,3,4}

Sl.no.	References	MATRA
1.	<i>Rasamitra</i>	2 to 6 gunja
2.	<i>Rasa tarangini</i>	½ to 2 gunja
3.	<i>Ratnavignanam</i>	1 – 2 ratti

ANUPANA: *madhu, navanita*

YOGAS:

REFERENCE – Bhaishajya ratnavali: Table -9¹

SL.NO.	YOGAS	PRAVALA BHASMA / PISHTI	REFERENCE	INDICATION
1.	<i>Badabanala rasa</i>	<i>pravala bhasma</i>	5/791-794	<i>Jwara chikitsa prakarana</i>
2.	<i>Brihat kasturi bhairava rasa</i>	<i>pravala bhasma</i>	5/819-826	<i>Jwara chikitsa prakarana</i>
3.	<i>Ratnaprabhavati</i>	<i>pravala bhasma</i>	5/976-978	<i>Jwara chikitsa prakarana</i>
4.	<i>Chudamani rasa</i>	<i>pravala bhasma</i>	5/981-986	<i>Jwara chikitsa prakarana</i>
5.	<i>Brihat chudamani rasa</i>	<i>pravala bhasma</i>	5/993-997	<i>Jwara chikitsa prakarana</i>
6.	<i>Bhanu chudamani</i>	<i>pravala bhasma</i>	5/998-1000	<i>Jwara chikitsa prakarana</i>
7.	<i>Brihat chintamani rasa</i>	<i>pravala bhasma</i>	5/1009-1014	<i>Jwara chikitsa prakarana</i>
8.	<i>Jwara kunjara paarindhra rasa</i>	<i>pravala bhasma</i>	5/1070-1076	<i>Jwara chikitsa prakarana</i>
9.	<i>Trilokya chintamani rasa</i>	<i>pravala bhasma</i>	5/1114-1117	<i>Jwara chikitsa prakarana</i>
10	<i>Brihat visama jwarantaka lauha</i>	<i>pravala bhasma</i>	5/1155-1161	<i>Jwara chikitsa prakarana</i>
11	<i>Apurva malini vasantha rasa</i>	<i>pravala bhasma</i>	5/1208-1209	<i>Jwara chikitsa prakarana</i>
12	<i>Raktapitta kulakandana rasa</i>	<i>pravala bhasma</i>	13/68-71	<i>Raktapitta chikitsa prakarana</i>
13	<i>Brihat kshayakesari rasa</i>	<i>pravala bhasma</i>	14/91-100	<i>Rajayakshma chikitsa prakarana</i>
14	<i>Kanchanabhra rasa</i>	<i>pravala bhasma</i>	14/137-142	<i>Rajayakshma chikitsa prakarana</i>
15	<i>Brihat kanchanabhra rasa</i>	<i>pravala bhasma</i>	14/143-148	<i>Rajayakshma chikitsa prakarana</i>
16	<i>Maha mruganka rasa</i>	<i>pravala bhasma</i>	14/162-169	<i>Rajayakshma chikitsa prakarana</i>
17	<i>Ratnagarbha pottali rasa</i>	<i>pravala bhasma</i>	14/182-187	<i>Rajayakshma chikitsa prakarana</i>
18	<i>Sarvanga sundara rasa</i>	<i>pravala bhasma</i>	14/195-201	<i>Rajayakshma chikitsa</i>

				<i>prakarana</i>
19	<i>Chudamani rasa</i>	<i>pravala bhasma</i>	14/202-205	<i>Rajayakshma chikitsa prakarana</i>
20	<i>Mruganka churna</i>	<i>pravala bhasma</i>	14/206-211	<i>Rajayakshma chikitsa prakarana</i>
21	<i>Mukta panchamrita rasa</i>	<i>pravala bhasma</i>	14/219-221	<i>Rajayakshma chikitsa prakarana</i>
22	<i>Vasantha tilaka rasa</i>	<i>pravala pisti</i>	15/154-156	<i>Kasa chikitsa prakarana</i>
23	<i>Brihat mruganka vatika</i>	<i>pravala bhasma</i>	16/61-64	<i>Hikka, swasa chikitsa prakarana</i>
24	<i>Rasendra gutika</i>	<i>pravala bhasma</i>	17/21-27	<i>Swarabheda chikitsa prakarana</i>
25	<i>Unmada bhanjana rasa</i>	<i>pravala bhasma</i>	24/41-45	<i>Unmada chikitsa prakarana</i>
26	<i>Brihat vata chintamani rasa</i>	<i>pravala bhasma</i>	26/145-148	<i>Vatavyadhi chikitsa prakarana</i>
27	<i>Navaratna rajamruganka rasa</i>	<i>pravala bhasma</i>	26/213-218	<i>Vatavyadhi chikitsa prakarana</i>
28	<i>Pravala panchamrita rasa</i>	<i>pravala bhasma</i>	32/116-120	<i>Gulma roga chikitsa prakarana</i>
29	<i>Vasanta tilaka</i>	<i>pravala bhasma</i>	37/116-120	<i>Prameha chikitsa prakarana</i>
30	<i>Vasanta kusumakara rasa</i>	<i>pravala bhasma</i>	37/121-126	<i>Prameha chikitsa prakarana</i>
31	<i>Apurva malini vasanta rasa</i>	<i>pravala bhasma</i>	37/184-186	<i>Prameha chikitsa prakarana</i>
32	<i>Prameha chintamani rasa</i>	<i>pravala bhasma</i>	37/187-190	<i>Prameha chikitsa prakarana</i>
33	<i>Mahodadhi rasa</i>	<i>pravala bhasma</i>	43/81-83	<i>Vrudhi roga chikitsa prakarana</i>
34	<i>Jyotishman rasa</i>	<i>pravala bhasma</i>	54/178-185	<i>Kushta chikitsa prakarana</i>
35	<i>Rasendra vati</i>	<i>pravala bhasma</i>	61/115-117	<i>Mukha roga chikitsa prakarana</i>
36	<i>Pravaladyanjana</i>	<i>Pravala</i>	64/140	<i>Netra roga chikitsa prakarana</i>
37	<i>Muktadi mahanjana</i>	<i>pravala bhasma</i>	64/213-215	<i>Netra roga chikitsa prakarana</i>
38	<i>Indusekhara rasa</i>	<i>pravala bhasma</i>	68/94-98	<i>Garbhini roga chikitsa prakarana</i>
39	<i>Sutikabharana rasa</i>	<i>pravala bhasma</i>	69/112-116	<i>Sutika roga chikitsa prakarana</i>
40	<i>Makaradwaja rasayana</i>	<i>Pravala bhasma</i>	73/75-77	<i>Rasayana chikitsa prakarana</i>
41	<i>Vasantha kusumakara rasa</i>	<i>pravala bhasma</i>	73/102-107	<i>Rasayana chikitsa prakarana</i>
42	<i>Trailokya chintamani rasa</i>	<i>pravala bhasma</i>	73/136-143	<i>Rasayana chikitsa</i>

				<i>prakarana</i>
43	<i>Srinilakantha rasa</i>	<i>pravala bhasma</i>	73/144-150	<i>Rasayana chikitsa prakarana</i>
44	<i>Makaradwaja vati</i>	<i>pravala pisti</i>	74/89-95	<i>Vajikarana prakarana</i>
45	<i>Svarna sindhura rasa</i>	<i>pravala bhasma</i>	82/16-19	<i>Snayu roga chikitsa prakarana</i>
46	<i>Maha Rajata vati</i>	<i>pravala bhasma</i>	82/13-15	<i>Snayu roga chikitsa prakarana</i>
47	<i>Bahu mutrantaka rasa</i>	<i>pravala bhasma</i>	86/35-38	<i>Bahumutra chikitsa prakarana</i>
48	<i>Hemanatha rasa</i>	<i>pravala bhasma</i>	86/43-47	<i>Bahumutra chikitsa prakarana</i>
49	<i>Vasantakusumakara rasa</i>	<i>pravala bhasma</i>	86/48-53	<i>Bahumutra chikitsa prakarana</i>
50	<i>Kandarpa rasa</i>	<i>pravala bhasma</i>	89/27-29	<i>Aupasargika chikitsa prakarana</i>
51	<i>Ojomehapaha rasa</i>	<i>pravala bhasma/pisti</i>	90/22-24	<i>Ojo chikitsa prakarana</i>
52	<i>Kandarpa sundara rasa</i>	<i>pravala bhasma</i>	92/36-43	<i>Dhvajabhanga chikitsa prakarana</i>
53	<i>Sasisekhara rasa</i>	<i>pravala bhasma</i>	94/13-15	<i>Kloma roga chikitsa prakarana</i>
54	<i>Surendrabhra vat</i>	<i>pravala bhasma</i>	94/16-20	<i>Kloma roga chikitsa prakarana</i>
55	<i>Brihat bhutabhairava rasa</i>	<i>pravala bhasma</i>	103/20-25	<i>Yoshapatantraka chikitsa prakarana</i>

RELATED RESEARCH WORKS –

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DISCUSSION

Pravala has its own importance since vedic kala and based on the colour, shape and its features

different authors has given various nomenclatures. Pravala bheda was explained basing on criteria varna – guna and Akriti. In present days pravala is identified by its appearance like mula and shaka in which shaka is more acceptable. Even Artificial preparation of pravala was also mentioned clearly in Rasaprakasha sudhakara. Features of pravala which is to be selected for the preparation of medicines has been explained i.e. grahya and agrahyatva. In the study, A comparative analytical study of pravala bhasma and pishti w.s.r. to mula and shaka By using inductively coupled plasma pravala mula and shaka bhasma and pishti were analyzed. Insignificant difference was observed between those samples (pravala mula and shaka bhasma and pishti), calcium

percentage was found comparatively more in pravala mula bhasma and pishti. Overall results revealed that both shaka and mula has similar properties. As mula is having higher calcium in it and economic friendly it can be used in medicaments to attain better results. Indication of pravala bhasma and pravala pishti in different disorders has been mentioned.

CONCLUSION

Pravala is a naturally available drug with multiple qualities. It is useful for both ornamental and therapeutic purpose. It can be used by simple purifying process. A special procedure as pishti of pravala is widely useful in day to day practice. It is indicated in many conditions, particularly in kasa and pitta rogas it shows remarkable importance. According to need it can be prepared artificially with the classical reference. Hence, there is a wide range of scope for therapeutic use of pravala in research field.

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