KARPURA RASA – A HERBO-MINERAL FORMULATION REVIEW

Nanditha Kamath¹, Ravi R. Chavan²

¹³rd Year P.G Scholar; ²Associate Professor.
Dept of Rasashastra & Bhaishajya Kalpana, Taranath Govt. Ayurvedic Medical College, Ballari, Karnataka, India

Email: nandithakamath1993@gmail.com

https://doi.org/10.46607/iamj08062020
(Published online: June 2020)

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Article Received: 08/05/2020 - Peer Reviewed: 18/06/2020 - Accepted for Publication: 18/06/2020

ABSTRACT

Ayurveda is the medical science which concentrates on both prevention and treatment of diseases. Ayurveda has given some norms of life which should be followed to be physically and mentally healthy. But, nowadays changed lifestyle and altered food habits has led to vitiation of tridosha’s and agni causing various diseases. Virechana is one such therapy which helps to drive the vitiated doshas from adhobhaga and pacifies the vitiated agni. It is the measure of choice for pitta prakopa and also in conditions like pittapradhana dosha samsrishta, kaphasamsrishta vata and vatasthanagata kapha. Classical method of virechana includes purvakarma, pradhanakarma and paschat karma which makes the treatment course lengthy. But due to busy schedule of ¹method of purgation by herbo-mineral formulation containing virechana dravya’s has been used. Icchabhedi Rasa is one such formulation containing Shunti, Maricha, Shuddha Parada, Shuddha Gandhaka Shuddha Tankana and Shuddha Jayapala and has drastic purgative action when taken in proper dose and along with proper anupana. The main aim of this article is to review the pharmacological properties and to discuss the probable mode of action of Icchabhedi Rasa.

Keywords: Karpura rasa, Atisara, Grahani.

INTRODUCTION

Karpura Rasa, the formulation has the smell of Karpura, even though it is not in major quantity. According to the source of origin, substances in the universe are classified as Jangama (from animal source),
Audbhida (from plant source) and Khanija (mined from earth) among which dravyas used in Rasashastra include substances from Khanija and Audbhida group. The rasadravyas are quick in action, show their action even in small doses and has extensive therapeutic utility. Karpura rasa is one such herbo-mineral formulation containing Shuddha Hingula, Shuddha Ahiphena, Musta, Indrayava, Jatiphala and Karpura. It is indicated in Atisara, Jwaratisara, Raktatisara, 6 types of Grahani.

Atisara is considered as an independent vyadhi, lakshana and upadrava of other vyadhis. It is considered to be the nidanarthakara roga for grahani roga. Agnimandya and Pravriddha Vata are the main factors involved in the pathogenesis of both Atisara and Grahani wherein there is an adhopravritti of pakwa or apakwa doshas

**Materials and Methods**

**Table 1:** List of ingredients of Karpura rasa

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Scientific name</th>
<th>Family</th>
<th>Quantity (in parts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuddha Hingula</td>
<td>Cinnabar</td>
<td></td>
<td>1 part</td>
</tr>
<tr>
<td>Shuddha Ahiphena</td>
<td>Papaver somniferum</td>
<td>Papaveraceae</td>
<td>1 part</td>
</tr>
<tr>
<td>Musta</td>
<td>Cypruss rotundus</td>
<td>Cyperaceae</td>
<td>1 part</td>
</tr>
<tr>
<td>Indrayava</td>
<td>Holarrhena antisyentrica</td>
<td>Apocynaceae</td>
<td>1 part</td>
</tr>
<tr>
<td>Jatiphala</td>
<td>Myristica fragrans</td>
<td>Myristicaceae</td>
<td>1 part</td>
</tr>
<tr>
<td>Karpura</td>
<td>Cinnamomum camphora</td>
<td>Lauraceae</td>
<td>1 part</td>
</tr>
<tr>
<td>Jala</td>
<td></td>
<td></td>
<td>Quantity sufficient</td>
</tr>
</tbody>
</table>

**Method of preparation** - Hingula shodhana should be done by bhavana of nimbu swarasa for seven times and then washed with sukoshna jala. Ahiphena Shodhana should be done by bhavana of shringavera swarasa for twenty-one times. Fine powder of Shuddha Hingula is added with Vastragaliita churna of Shuddha Ahiphena, Musta, Indrayava, Jatiphala and Karpura which are taken in equal quantity and mixed well to get a homogeneous mixture. Then quantity sufficient jala should be added and bhavana should be done to prepare pills of two gunja praman and stored in an airtight container.

**Properties:**

**Table 2:** List of Rasapanchakas (elements governing the act of formulation) of the ingredients of Karpura rasa

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuddha Hingula²</td>
<td>Tikta, Katu, Kashaya</td>
<td>Ushna</td>
<td></td>
<td></td>
<td>Tridoshahara, Jvaraghna, Deepana, Atirasaya, Sarvarogaghana, Kamala, Pleeha, Vishanashaka.</td>
</tr>
<tr>
<td>Shuddha Ahiphena³</td>
<td>Tikta, Kashaya</td>
<td>Laghu, Rooksha, Sooksha, Vyavayi, Vikasi</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kaphavatashamaka, Stambhaka, Shoolaprashamana, Shothahara, Raktasthambaka</td>
</tr>
<tr>
<td>Musta⁴</td>
<td>Katu, Tikta, Kashaya</td>
<td>Laghu, Rooksha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Deepaa, Pachana, Grahi, Lekhana, Atisarahara</td>
</tr>
<tr>
<td>Indrayava⁵</td>
<td>Tikta, Kashaya</td>
<td>Laghu, Rooksha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kaphapitashamaka, Sthambaka, Aiginmandya, Useful in Atisara, Preahika, Udarashoola, Jwaratisara, Krimi, Raktaippita</td>
</tr>
</tbody>
</table>

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Indication:
Atisara, Jwaratisara, 6 types of Grahani, Raktatisara.
Dose: 2 gunja (250 mg) B.D/T.I.D.

DISCUSSION
Agnimandya and Pravriddha Vata are the main factors involved in the pathogenesis of both Atisara and Grahan where there is an adhopperavritti of pakwa or apakwa doshas.

Discussion on dravyas used for Shodhana:-
Nimbu Swarasa:- Used for Has Agnimandyaahara, Deepana, Pachana and Kaphavata shamaka properties. Hence, useful in all types of Atisara and Grahan. Lemon juice also has certain antimicrobial properties. This property of lemon juice seems to be tied to its citric acid content, which can break down the cell membranes of bacteria.

Ardraka Swarasa:- Used for Ahiphena Shodhana. Has Vatakaphahara, Deepana and Agnimandyaahara properties. Hence, useful in all types of Atisara and Grahan. The alcoholic extract showed some significant activity against E.coli.

Mode of action of drugs:
- Hingula has tridoshahara, deepana and jwaraghna properties. Hence useful in Tridoshaja atisara, Jwaratisara and all types of Grahan.
- Ahiphena has sookshma, Vyavayi, Vikasi, Kaphavatashamaka and Raktasthambaka properties. Hence shows quick action on atisara. Also is Raktatisarahara.
- Musta has Sheeta Veerya, Deepana-Pachana, Grahi and Atisarahara properties. Hence, useful in all types of Atisara and Grahan.
- Indrayava has Sheeta Veerya, Kaphapitta Shamaka, Shambhaka, Agnimandyaahara, Atisarahara, Pravahikahara, Jwaratisarahara and Raktapittahara (Raktatisarahara) properties.
- Jatiphalaa has Vatashamaka, Deepana-Pachana and Agnimandyaahara properties and is useful in Atisara, Grahan and Raktatisara.
- Karpuraa has Madhura Rasa, Sheeta Veerya and Pachana properties. Camphor completely inhibits the growth of Vibri Paraehemolyticus which is one of the causative agents of diarrhea and dysentery.
- Almost all the ingredients have Sheeta Veerya, Sthambaka, Vatahara, Deepana, Pachana and Atisarahara properties. Hence the formulation is useful in Atisara, Jwaratisa, Raktatisa and 6 types of Grahan.

CONCLUSION
Agni is the root cause for manifestation of any disease. So, initially agni should be corrected. Ingredients in Karpura rasa rectifies the vitiated agni through their deepana, pachana and agnimandyaahara properties. Karpura rasa has pharmacological action mainly on udakavaha and pureeshavaha srotas. This formulation can be used to treat Atisara and all types of Grahan. This also implies that it can be used in conditions where there is adhopperavritti of doshas.

REFERENCES

Source of Support: Nil
Conflict of Interest: None Declared