



## KARPURA RASA – A HERBO-MINERAL FORMULATION REVIEW

Nanditha Kamath<sup>1</sup>, Ravi R. Chavan<sup>2</sup>

<sup>1</sup>3<sup>rd</sup> Year P.G Scholar; <sup>2</sup>Associate Professor.

Dept of Rasashastra & Bhaishajya Kalpana, Taranath Govt. Ayurvedic Medical College, Ballari, Karnataka, India

Email: [nandithakamath1993@gmail.com](mailto:nandithakamath1993@gmail.com)

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## 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 <sup>1</sup>method of purgation by herbo-mineral formulation containing *virechana dravya*'s has been used. *Ichhabhedi 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 *Ichhabhedi 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)<sup>1</sup> 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<sup>2</sup>. *Karpura rasa*<sup>3</sup> 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 *Pravridhha 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*

Ingredients	Scientific name	Family	Quantity (in parts)
<i>Shuddha Hingula</i>	Cinnabar		1 part
<i>Shuddha Ahiphena</i>	Papaver somniferum	Papaveraceae	1 part
<i>Musta</i>	Cyperus rotundus	Cyperaceae	1 part
<i>Indrayava</i>	Holarrhena antidysentrica	Apocynaceae	1 part
<i>Jatiphala</i>	Myristica fragrans	Myristicaceae	1 part
<i>Karpura</i>	Cinnamomum camphora	Lauraceae	1 part
<i>Jala</i>			Quantity sufficient

**Method of preparation<sup>1</sup>:** *Hingula shodhana* should be done by *bhavana* of *nimbu swarasa* for seven times and then washed with *sukoshna jala*<sup>4</sup>.

*Ahiphena Shodhana* should be done by *bhavana* of *shringavera swarasa* for twenty-one times<sup>5</sup>.

Fine powder of *Shuddha Hingula* is added with *Vastragalita 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 pramana* and stored in an airtight container.

## Properties:

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

Ingredients	Rasa	Guna	Veerya	Vipaka	Karma
<i>Shuddha Hingula</i> <sup>6</sup>	Tikta, Katu, Kashaya	Ushna			Tridosahara, Jwaraghna, Deepana, Ati-rasayana, Sarvarogaghana, Kamala, Pleeha, Vishanashaka.
<i>Shuddha Ahiphena</i> <sup>7</sup>	Tikta, Kashaya	Laghu, Rooksha, Sookshma. Vyavayi, Vikasi	Ushna	Katu	Kaphavatashamaka, Stambhaka, Shoolaprashamana, Shothahara, Raktasthambaka
<i>Musta</i> <sup>8</sup>	Katu, Tikta, Kashaya	Laghu, Rooksha	Sheeta	Katu	Deepaa, Pachana, Grahi, Lekhana, Atisarahara
<i>Indrayava</i> <sup>9</sup>	Tikta, Kashaya	Laghu, Rooksha	Sheeta	Katu	Kaphapittashamaka, Sthambaka, Agnimandya-hara, Useful in Atisara, Pravahika, Udarashoola, Jwaratisara, Krimi, Raktapitta.

<i>Jatiphala</i> <sup>10</sup>	<i>Tikta, Katu</i>	<i>Teekshna, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatashamaka, Vatashamaka, Shothahara, Agnimandiyahara, Deepana, Pachana, Useful in Atisara, Grahani, Krimi, Jwaratisara.</i>
<i>Karpura</i> <sup>11</sup>	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphahara, Pachana, Vishaghna.</i>
<i>Sheeta Jala</i> <sup>12</sup>		<i>Sheeta, Ruksha</i>			<i>Pittahara, Ushmahara, Dahahara</i>

**Indication:**

*Atisara, Jwaratisara, 6 types of Grahani, Raktatisara.*

**Dose:** 2 gunja (250 mg) B.D/T.I.D.

**DISCUSSION**

*Agnimandya* and *Pravridha Vata* are the main factors involved in the pathogenesis of both *Atisara* and *Grahani* wherein there is an *adhopravritti* of *pakwa* or *apakwa doshas*.

**Discussion on dravyas used for Shodhana:-**

**Nimbu Swarasa:-** Used for Has *Agnimandiyahara, Deepana, Pachana* and *Kaphavata shamaka* properties. Hence, useful in all types of *Atisara* and *Grahani*. 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 *Agnimandiyahara* properties. Hence, useful in all types of *Atisara* and *Grahani*. The alcoholic extract showed some significant activity against *E.coli*.

**Mode of action of drugs: -**

- *Hingula* has *tridosahara, deepana* and *jwaraghna* properties. Hence useful in *Tridoshaja atisara, Jwaratisara* and all types of *Grahani*.
- *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 *Grahani*.

- *Indrayava* has *Sheeta Veerya, Kaphapitta Shamaka, Sthambhaka, Agnimandiyahara,*

*Atisarahara, Pravahikahara, Jwaratisarahara* and *Raktapittahara (Raktatisarahara)* properties.

- *Jatiphala* has *Vatashamaka, Deepana-Pachana* and *Agnimandiyahara* properties and is useful in *Atisara, Grahani* and *Raktatisara*.
- *Karpura* has *Madhura Rasa, Sheet Veerya* and *Pachana* properties. Camphor completely inhibits the growth of *Vibrio Parahaemolyticus* 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, Jwaratisara, Raktatisara* and 6 types of *Grahani*.

**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 *agnimandiyahara* properties. *Karpura rasa* has pharmacological action mainly on *udakavaha* and *pureeshavaha srotas*. This formulation can be used to treat *Atisara* and all types of *Grahani*. This also implies that it can be used in conditions where there is *adhopravitti* of *doshas*.

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