

REVIEW OF BRIHAT VATA CHINTAMANI RASA IN THE MANAGEMENT OF PAKSHAGHATA (STROKE)

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ABSTRACT

Introduction: A stroke is an acute or subacute event in which a neurological deficit develops over minutes or hours, sometimes in a stepwise fashion, persists for at least 25 hours, and is caused by a vascular disturbance in the brain. Stroke has a prevalence of around 5 per 1000 population. It has been estimated that about 80% of intracranial vascular events are due to cerebral infarction, 10% to spontaneous intracerebral haemorrhage and 10% to subarachnoid haemorrhage. *Pakshaghata* is a *vataja nanatmaja vyadhi*. A detailed description of this condition is available in the works of *Brihatrayi*. *Brihat Vata Chintamani Rasa* is a unique herbomineral formulation explained in the context of *Vatavyadhi* in both *bhaishajya ratnavali* & *Siddha yoga sangraha*. **Aim:** To critically study the mode of action of *Brihat Vata Chintamani Rasa* in the management of *Pakshaghata* (Stroke). **Methods:** For this study, *Samhitas*, Authentic publications and modern literature have been reviewed. **Conclusion:** *Brihat vata Chintamani Rasa* is having properties such as *medhya*, *rasayana*, *lekhana*, *balya*, *kshayagna*, *ojovardhana* & *yogavahi* which has targeted effect for the management of *Pakshaghata*. The formulation also helps in protein scavenging, anti-inflammatory and arrests neurodegenerative activity with the added benefit of crossing the blood-brain barrier.

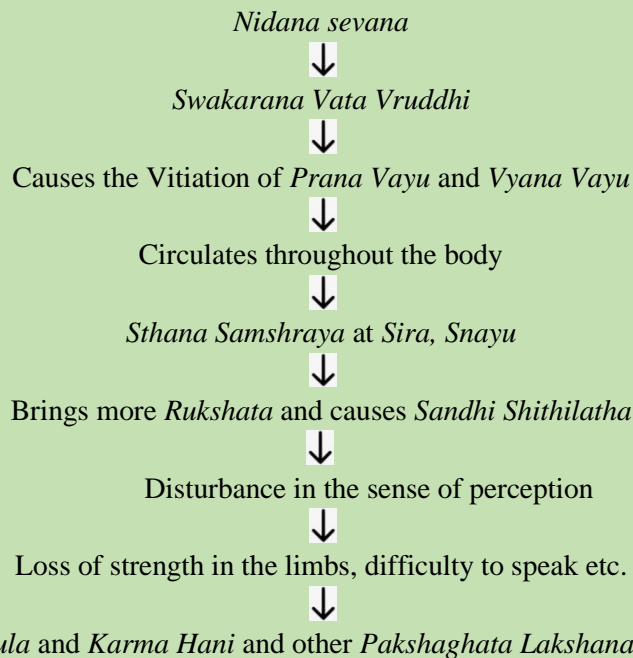
Keywords: Brihat Vata Chintamani Rasa, Pakshaghata, Stroke

INTRODUCTION

A stroke is an acute or subacute event in which a neurological deficit develops over minutes or hours, sometimes in a stepwise fashion, persists for at least 25 hours, and is caused by a vascular disturbance in the brain.¹The term ‘cerebrovascular accident’ has found widespread usage, but ‘stroke’ is preferable, not least because it is a term understood and used by both doctors and patients. The cumulative incidence of stroke ranged from 105 to 152/100,000 persons per year, and the crude prevalence of stroke ranged from 44.29 to 555/100,000 persons in different parts of the country during the past decade.²Stroke is the third commonest cause of death in the UK, after heart dis-

ease and cancer. It has an incidence of 1-2 per 1000 population per year but is much higher than this in older age groups. The incidence in men is slightly higher than in women of all ages. It has been estimated that about 80% of intracranial vascular events are due to cerebral infarction, 10% to spontaneous intracerebral haemorrhage and 10% to subarachnoid haemorrhage.³*Pakshaghata* is a *vataja nanatmaja vyadhi*.⁴The detailed description of this condition is available in the works of Brihatrayi. The aggravated vata seizing half of the body causes *sankocha* of the nerves and tendons, destroys (makes inactive) half of the body (either left or right) by loosening the joints.⁵

Table 1: Samprapti Chart of Pakshaghata.⁶



Pakshaghata caused by *shuddha vata* is considered as *kashtasadhya*, one caused by *samsruta* dosha (*pitta* or *kapha*) as *sadhya* and that caused by *kshaya* as *asadhya*.⁷According to *Acharya Charaka*, sudation (*swedana*) combined with unction (*sneha samyuktam*) and purgation (*virechana*) are useful in this condition.⁸ According to *Acharya Sushruta*, after unction and sudation (*snehana* and *swedana*), an individual

should be cleansed with mild evacuative (*mridu sodhana*) and followed by unctuous and non-unctuous enema (*anuvasana - asthapana basti*) at the proper time.⁹The mainstay of treatment after strokes from all causes is rehabilitation. *Brihat Vata Chintamani Rasa* is a unique herbo-mineral formulation explained in the context of *Vatavyadhi* in both *Bhaishajyaratnavali* & *Siddha yoga sangraha*.^{10, 11}

Table 2: Samprapti Ghataka of Pakshaghata¹²

Dosha	Vata Pradhana Tridosha	Sanchara Sthana	Sarva sharira
Dushya	Rasa, Rakta, Mamsa, Sira, Meda, Majja, Kandara	Adhithana	Mastishka
Agni	Jathargni, Dhatvangi	Vyakta Sthana	Ardhakaya mukha
Agni Dushti	Mandagni	Avayava	Hasta, Pada Mukha, Netra Swarayantar
Srotas	Rasavaha, raktavaha, Mamsavaha, Medovaha, Manovaha	Swabhava	Ashukari
Srotodusti	Sanga, Vimargagamana	Roga Marga	Madhyama
Udbhavasthana	Ama pakwashaya madhyaga	Sadhya & Asadhyata	Kruchra Sadhya & Asadhya

AIM & OBJECTIVES

To critically study the mode of action of *Brihat Vata Chintamani Rasa* in the management of *Pakshaghata* (Stroke).

MATERIALS & METHODS

An Effort was made to collect various references pertaining to *Brihat Vata Chintamani Rasa* along with ingredients as well as references pertaining to *Pakshaghata* with its contemporary stroke across relevant sources like *samhitas*, Authentic publications and modern literature.

Table 3: Ingredients^{13, 14}

Sl.No.	Name of Drug	Scientific Name	Parts (<i>Bhaishajya Ratnavali</i>)	Parts (<i>Sidha Yoga Sangraha</i>)
1	<i>Suvarna bhasma</i>	Calx of Gold	3	1
2	<i>Roupya bhasma</i>	Calx of Silver	2	2
3	<i>Abhraka bhasma</i>	Calx of Mica	2	2
4	<i>Loha bhasma</i>	Calx of Iron	5	3
5	<i>Pravala bhasma</i>	Calx of Coral	3	3
6	<i>Mouktika bhasma</i>	Calx of Pearl	3	3
7	<i>Parada bhasma/Rasa sindura</i>		7	7

Table 4: Dravya Shodhana

Sl. No.	Dravya	Shodhana	Media	Specifications
1	<i>Suvarna¹⁵</i>	<i>Samanya – Nirvapa</i>	<i>Taila, Takra, Gomutra, Aranala, Kulatha</i>	7 times each
		<i>Vishesha – Puta</i>	<i>Panchamrittika (Saidhava, Vanopala Bhasma, Gairika etc) & Nimbu Sawarasa</i>	1 Kukutta Puta
2	<i>Rajata¹⁶</i>	<i>Samanya – Nirvapa</i>	<i>Taila, Takra, Gomutra, Aranala, Kulatha</i>	7 times each
		<i>Vishesha – Nirvapa</i>	<i>Naga, Jyotishmati taila</i>	3 times
3	<i>Abhraka¹⁷</i>	<i>Nirvapa</i>	<i>Go Dugdha</i>	7 times
		<i>Dhanyabhraka</i>	<i>Kanji</i>	3 days
4	<i>Loha¹⁸</i>	<i>Samanya – Nirvapa</i>	<i>Taila, Takra, Gomutra, Aranala, Kulatha</i>	7 times each
		<i>Vishesha – Nirvapa</i>	<i>Triphala Kwatha</i>	7 times
5	<i>Mukta¹⁹</i>	<i>Swedana</i>	<i>Jayanti Swarasa</i>	3 hours
6	<i>Pravala²⁰</i>	<i>Swedana</i>	<i>Tanduliya Swarasa</i>	3 hours
7	<i>Parada²¹</i>	<i>Mardhana</i>	<i>Kumari, Lasuna, Haridra, Sudha etc.</i>	1 week
8	<i>Gandhaka²²</i>	<i>Dhalana</i>	<i>Go Dugdha & Go Gritha</i>	3 times

Table 5: Dravya Marana

Sl. No.	Dravya	Media	Type	Specification
1	Suvarna ²³	Parada Bhasma, Matulunga Swarasa	Kukkuta Puta	10 Times
2	Rajata ²⁴	Gandhaka, Arka Ksheera	Varaha Puta	14 Times
3	Abhraka ²⁵	Ksharajala, Dugdha etc..	Gaja Puta	48Times
4	Loha ²⁶	Triphala Kwatha	Bhanu Puta	3 Days/7 Times
5	Mukta ²⁷	Gulaba jala	Laghu Puta	3 Times
6	Pravala ²⁸	Kumari/Satavari Swarasa	Gaja Puta	3 Times
7	Parada ²⁹	Gandhaka, Kumari Swarasa	Bhudhara Yantra	3 Days

Table 6. Ingredients along with its Rasapanchaka³⁰

Sl No.	Name	Guna	Rasa	Vipaka	Virya	Doshagnta	Karya
1	Suvarna Bhasma	Guru, Snigdha	Madhura Tikta Kashaya	Madhura	Sheeta	Vata Pittaghna	Medhya, Rasayana, Netrya, Lekhya, Vrushya
2	Rajata Bhasma	Guru, Snigdha, Sara	Kashaya Madhura Amla	Madhura	Sheeta	Tridoshaghna	Medhya, Rasayana, Balya, Raktavardhaka
3	Abhraka Bhasma	Snigdha	Kashaya Madhura	Madhura	Sheeta	Tridoshaghna	Rasayana, Balya, Deepana, Pachana
4	Loha Bhasma	Guru, Ruksha, Sara	Tikta Madhura Kashaya	Madhura	Sheeta	Kaphapittaghna	Pandu, Swasa, Kasa, Kshaya, Kustha, Stoulya, Arshas Prameha
5	Pravala Bhasma	Laghu	Madhura	Madhura	Sheeta	Tridoshaghna	Rasayana, Kasagna, Raktapit-tahara, Vishagna, Netrya
6	Mukta Bhasma	Laghu, Snigdha	Madhura Kashaya	Madhura	Sheeta	Tridoshaghna	Ojovardhaka, Dahashamaka Vrushya, Kshaya, Kasa
7	Parada Bhasma	Yogavahi	Shadrasa	Madhura	Sheeta	Tridoshaghna	Rasayana, Vrushya, Saptadhatu vardhaka
8	Kumari Swarasa	Guru, Snigdha	Tikta	Katu	Sheeta	Tridoshaghna	Bhedhini, Granthihara, Ra-sayana

METHOD OF PREPARATION

Steps: ³¹

Step 1- Take *Rasa Sindura* in *Khalwa yantra* and prepare its fine powder.

Step 2- Add all other *Bhasmas* to prepare a uniform, fine mixture.

Step 3 -Finally the mixture is triturated with aloe vera juice (*kanya rasa*)

Step 4 -Pills are rolled in the size of 125mg and stored in airtight containers.

DOSE³²: 1 Valla - 250 mg, 3 times a day i.e., 750mg
ANUPANA³³ Maharasnadi Kwata, Tagaradi kwatha, Jatamansyadi Kwata

DISCUSSION

Rasoushadhies are palatable and effective even in low doses. *Bhasmas*, in general, is said to have quick absorption, a wide range of therapeutic effects by which even the major conditions are managed. Long term utility in specified dose, they act as *Rasayana* (rejuvenation). As a *Nanatmaja vyadhi*, focus over alleviation of *Vata* is the primary objective in *shamana chikitsa*. All the drugs used in the preparation of *Brihat vata Chintamani Rasa* are having *tridoshagna* properties. The *Medhya* property of *Rajata bhasma* checks on the *vakshuddhi*.³⁴ The *Lekhana* property of *suvarna bhasma* helps in *srotoshodhana* in *dhama-*

ni.³⁵Abhraka bhasma acts on *pranavaha srotas* and its *moola*, *Hridaya*. *Loha bhasma* corrects *kshaya*, at the same time acts as *stoulyahara*.³⁶The *balya* and *dhatu prasadhana* property of *Pravala bhasma* helps in eradicating the *kshaya*.³⁷*Ojovardhana* property of *mukta bhasma* regularizes the body metabolism. *Parada bhasma* or *Rasa sindura* is *yogavahi* which results in the targeted action of the drug.³⁸ *Kumari* is *bhedhini*, *granthihara*, *vatahara*, and *Rasayana*. Nanoparticles are relatively easier to cross the blood-brain barrier. Gold Nanoparticles has an influence on the up regulation of anti-apoptotic proteins and down regulation of pro-apoptotic proteins in the post-ischemic brain.³⁹ Silver Nanoparticles reduce the inflammatory response in the brain.⁴⁰Magnetic iron nanoparticles act as reactive oxygen species inducers as well as act as scavengers in brain cells which help in clearing the inflammatory by-products around the lesions.⁴¹ Calcium nanoparticles regulate the calcium channel and presynaptic plasticity in nerve cells.⁴² *Rasa sindura* suppresses the neurodegeneration by assisting in protein clearance.⁴³

CONCLUSION

Brihat Vata Chintamani Rasa is having the properties of *medhya*, *Rasayana*, *lekhana*, *balya*, *kshayagna*, *ojovardhaka* & *yogavahi* which has targeted effect for the management of *Pakshaghata* under *Vataroga*. The formulation also helps in protein scavenging, anti-inflammatory and arrests neurodegenerative activity with the added benefit of crossing the blood-brain barrier. The utility of *Brihat Vata Chintamani rasa* is in vogue for more than centuries, but further research is required to establish its safety and efficacy profile.

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