



## A CRITICAL ANALYSIS OF BHASMA SEVANA DOSHAS AND IT'S MANAGEMENT

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### ABSTRACT

The classics of Rasashastra texts describe different types of shodhana and marana procedures for various rasa, uparasa, sadharana rasa, ratna and uparatnas. Bhasmas prepared by various marana procedure helps to relieve various ailments, easy consumption, to minimize the complications after administration and for easy assimilation. Hence importance of classical bhasma pareekshas like rekhapunatwa, nishchandrata, varitartwa, uttama, apunarbhava etc are justified. The indication of each bhasma is specific to every clinical condition and the complications arise out of it will also differ. Thus specific line of management for alleviation of such condition is described elaborately in the Rasa shastra texts. A comparative similar things could be

observed in the cases of heavy metal poisoning and its management.

**KEYWORDS:** Ashuddha, Apakwa, Bhasma.

### INTRODUCTION

Ayurvedic preparations are herbal, mineral or herbomineral. Bhasmas are unique preparations prepared from minerals & metals by processing with herbal juices. This involves multiple Samskaras like Shodhana, Marana, sometimes Amrtikarana. The role of Shodhana of Rasadravyas and proper Marana mentioned in classics plays vital role in preparation of Bhasma and even in other kalpas like Pottali, Parpati, Kalwiya and Kupipakwa Rasayana. This involves multiple Samskaras like Shodhana, Marana, sometimes Amrtikarana. On contrary Ashoditha and Apakwa bhasmas manifest multiple complicatins like Kushta, Jwara,

Bhrama, Vanti etc. Ayurveda gives various antidotes (Shanti upayas) like Goksheera, Sita, Haritaki etc for such Sevana janya doshas. Collective information on Ashodita and Apakwa bhasma consumption, the diseases manifested out of them and its management, the duration requires proper explanation. As management of above such conditions need immediate, essential and specific medications Vikara Shamana upayas has been dealt.

## METHODOLOGY

Ashuddha- means apavitra, akruta and ashouchayuktam.<sup>[1]</sup>

Apakwa- na pachyate, pakwa binna.<sup>[1]</sup>

Bhasma sevana	Ashuddha bhasma janya vikara	Apakwa bhasma janya vikara	Management
Parada	Bhumija- kushta Girija- jadyata Jalaja- Vataroga Nagaja- unmade Vangaja- mahashula roga Tamra- daha Loha- kantaroga		1.Ghee+Milk+Shoditha gandhaka with sufficient quantity of Nagawalli swarasa for 2-4 days. <sup>[3]</sup> 2.Karela mula mixed water given for drinking. <sup>[4]</sup>
Abharaka	1.Krishna - malabandha, kushta, bhagandara, prameha, arsha 2.Naga- mandala Kushta/ maha kushta 3.Manduka- ashmari. Generally Kshaya, pandu, Shotha, Hridroga, Hricchula, Parshawa shula, Mandagni, Ayuksheena, Vatakaphanashaka, deha chedana, krimi vardhana	Chandrika yukta bhasma se mrityu.	1. Rub Atasi beeja in jala and Given for drinking. 2.Rub Amlaki phala in water & given for drinking for 3days. <sup>[8]</sup>
Vaikranta	Daha, Parshwa shoola, Pandu		
Makshika	Mandgni, nirbalata, Koshta baddhata, Netraroga, kushta, gandamala, kshaya, krimi roga, vrana, gatra ruk	Aneka prakara kushta, Mrityu	1.Kulattha Kwatha+ Damimaashtaka kwatha for swarna makshika janya. <sup>[8]</sup> 2.Meshashringi swarasa with madhu for 3days for rajata & kamsya janya. <sup>[9]</sup>
Vimala			Meshashringi churna+ sharkara for 3 days. <sup>[10]</sup>
Shilajatu	Daha, murcha, bhrama, rakta pitta, kshaya, agnimandya and vibhanda		Maricha churna+ ghrita for 7 days. <sup>[8]</sup>
Tuttha	Vamana, bhrama		
Rasaka	Bhrama, vami		Gomutra sevana for 7 days. <sup>[4]</sup>
Gandhaka	Kushta, jwara, bhrama, pitta roga, rupa, veerya balanasha, tapa, rakta		Milk with ghee. <sup>[8]</sup>

	vikriti		
Haritala	Ayunashta, mrityu, kapha roga, vata roga, jwara, daha, sphota, snaayu sankocha/anga sankocha, kushta, rakta dushti, kshoba, kampa, toda	Vata kapha prakopa, kushta, tapa, anga sankocha, sruja	1.Sharkara+ jeera churna or kushmanda swarsa for 3 days. <sup>[8]</sup> 2.Shadguna balijarita rasa sindhoora in dosage or 2 ratti for 7 days with madhu, sitophaladi churna or any other anupana. <sup>[9]</sup>
Manahshila	Ashmari, mandagni, malabandha, mutra roga/ mutra krichra, shareera and twacha sundarta nashta, balahani, ashmari, hridroga		1.Milk with madhu for 3days. <sup>[3]</sup> 2.Shadguna balijarita rasa sindhoora in dosage or 2 ratti for 7 days with madhu, sitophaladi churna or any other anupana. <sup>[9]</sup>
Hingula	Andhata, ksheena, klama, brama, prameha roga, moha, klaibya		Same as that of parade. <sup>[8]</sup>
Swarna	Bala veeryanasha, roga samudaya, asoukyeya, dukha, giri bhava and marana	Asoukyeya, veerya bala hani	1.Haritaki+ sita for 3 days. <sup>[10]</sup> 2.Amalaki churna+madhu for 3 days. <sup>[9]</sup>
Rajata	Pandu, kandu, galagraha, malabandha, veeryanasha, balahaani, shiroruja, veerya nasha, nana roga utpanna, tapa, tanu sada	Ayu veerya bala haani, tapa, vidbandha, rogakrit	Sharkara and madhu for 3 days. <sup>[9]</sup>
Tamra	Vanti, branti, glani, daha, kandu, rechana, veeryanasha, shoola are tamra ashta doshas. Murcha, utkleda, shosha, aruchi, chitta santapa, kushta		1.Munibrihi- Dhaniya and sita in equal quantity with water. <sup>[10]</sup> 2.Rice prepared using sugar with dhanyaka jala in excess thirst. <sup>[9]</sup>
Lauha	Shandatwa, kushta, mrityu, hridroga, shula, ashmari, nanaruja, hrillasa	Jeevahara, madakara, deha shula, shareera tanuta, daruna hridi ruja, ayu bala kanta nasha	1.Rub Agasta vriksha rasa+ vidanga given with same rasa as anupana 2.Treatment same as visha and vama. <sup>[6]</sup> 3.Triphala churna+madhu. <sup>[4]</sup> 4.Rub vidanga with vasa juice and expose this to sunlight for long time advised with sufficient vasa swarasa. <sup>[8]</sup> 5.Siddha sara <sup>[8]</sup> (antidote)- prepared using haritaki, saindava, shunti, shweta jeera in equal parts with 2parts of trivrit bhavana with nimbu swarasa.

			Dosage: 1 ratti increased upto 2 ratti
Naga	Kushta, gulma, aruchi, pandu, kshaya, kapharoga, rakta vikara, mutrakrichra, jwara, ashmari, shula, bhagandara, kamala, prameha, kampa, kilasa, visha, vatashopa, jwara, ashmari, vidradi, mushka roga, jadya, mahadaha, veeryanasha, murcha.	Kushta, gulma, atikashta, pandu, prameha, anilasada, shota, bhagandara.	1.Swarna bhasma+ hareetaki for 3 days. <sup>[8]</sup> 2.swarna bhasma +sugar for 3days. <sup>[9]</sup>
Vanga	Kushta, gulma, mohaatiroga( ghora vyaadhi), pandu, prameha, apachi, vatarakta, balanasha, meha , kampa, kilasa, shula, baghandara, visha, rakta vikara, kshaya, kapha jwara, ashmari, vidradi, mushka roga, jadya, mahadaha, veeryanasha, murcha.	Same as Naga with apache, vatarakta, balahani	Meshashingi+ sita for 3 days. <sup>[9]</sup>
Yashada	Prameha, ajeerna, vatavyadhi, vami, bhrama	Same as ashodita	1.Bala, abhaya+ sita for 3 days. <sup>[8]</sup> 2.sharkara+haritaki for 3days. <sup>[9]</sup>
Vajra	Kushta, parshwa shula, pandu, shareera bharipan, tapa, jadya, kilasa, daha, guruta		Milk with sugar candy for 7days or with madhu or butter. <sup>[8]</sup>
Tankana	Vanti, Bhranti		

**Toxicity** is the degree to which a substance can damage an organism.<sup>[11]</sup> This can effect a whole organism, or a substructure like cell (cytotoxicity) or an organ (hepatotoxicity). It is dose-dependent and species-specific.

### Types of toxicants

1. Chemical toxicants include both organic (methyl alcohol) and inorganic(lead, mercury, hydrofluoric acid and chlorine)
2. Biological and
3. Physical:

### Factors influencing toxicity

Toxicity of a substance can be affected by many different factors,

1. Path of administration (skin, ingested, inhaled, injected),
2. Time of exposure
3. The number of exposures (single dose or multiple doses),
4. The physical form of the toxin (solid, liquid, gas),

5. The genetic makeup of an individual,
6. Individual's overall health and many others.

Based on time of exposure it can be

**a. Acute exposure**

A single exposure to a toxic substance which may result in severe biological harm or death; acute exposures are usually characterized as lasting no longer than a day.

**b. Chronic exposure**

Continuous exposure to a toxin over an extended period of time, often measured in months or years; it can cause irreversible side effects.

Class Exposure and Concentration Limits for Individual Metal Catalysts and Metal Reagents Classification <sup>12</sup>	Oral Exposure			Parenteral Exposure
	PDE (µg/day)	Concentration (ppm)	PDE (µg/day)	Concentration (ppm)
<b>Class 1A:</b> Pt, Pd				
<b>Class 1B:</b> Ir, Rh, Ru, Os	100	10	10*	1*
<b>Class 1C:</b> Mo, Ni, Cr, V	100**	10**	10**	1**
Metals of significant safety concern	300	30	30*	3*
<b>Class 2:</b> Cu, Mn				
Metals with low safety concern	2500	250	250	25
<b>Class 3:</b> Fe, Zn				
Metals with minimal safety concern	13000	1300	1300	130

\*Source- Internet<sup>15</sup>

	Acute <sup>[13,14]</sup>	Chronic <sup>[13,14]</sup>	Diagnosis <sup>[13]</sup>	Management <sup>[14]</sup>
Mercury	Fatigue, depression, sluggishness irritability and headaches, cough, quick tempered behaviour, dyspnea, lack of concentration, seizures	Pulmonary edema, pneumonia, ataxia, fibrosis, loss of memory, polyneuropathy, cerebellar ataxia, sensory impairments,	Generally -Blood testing, Urine testing, Hair and nail testing	1.Remove from source of contamination. 2.Chelation therapy. 3.Symptomatic treatment. 4.Maintain nutrient sufficiency, as adequate intake of essential trace minerals may
Copper	Vomiting, Hematemesis, Hypotension, Melena, Coma, Jaundice and Gastro intestinal distress	Damage liver and Kidneys, flu like reaction called metal fume disease and disturbance of blood.		
Gold	Pruritus, dermatitis, Urticaria,	Generalised continuous		

	Purpura, Stomatitis, Jaundice, Gastrenteritis and Conjunctivitis, Nausea	fine vibrating muscle movements, bone marrow depression, stomach and intestinal bleeding,		reduce toxic metal uptake.
Arsenic	Headache, drowsiness, confusion, seizures, peripheral neuropathy, demyelination, edema, vomiting, pain, fever, diarrhea, Hemolysis, anemia, hypotension	Weakness, muscle aches, chills, fever, hyperkeratosis, hyperpigmentation, polyneuritis	Increased arsenic levels in hair, nails, urine, x-ray abdomen.	
Lead	In children less playful, clumsier, irritable, sluggish. Headaches, vomiting, abdominal pain, anorexia, constipation, dysarthria,	Anaemia, depression, anxiety, wrist drop, kidney disease	levels of lead in blood, elevation of free erythrocytic protoporphyrins, inhibition of ala-d activity, urinary corpporphytins	
silver	Gastro intestinal, Renal, Neurological symptoms, Headaches, Irritability, Psychosis, Stupor, Coma and Convulsions these common symptoms wil be manifested	Gray discoloration of skin, hair and internal organs.		
Tin		damage nervous system, psychomotor disturbances, convulsions, hallucinations and psychotic behaviour.		
Zinc		Metal fume disease or liver dysfunction.		
Other metals like Iron, Bismuth				

## DISCUSSION

Parada is least toxic in its sulphide form, that might be the reason for usage of gandaka in preparations and also in management of diseases, the karavella mentioned here has Vitamin c does free radical scavenging.

In Rasayanasara we can see Dushita bhasma shuddikarana for metals like for swarna-amalaki churna with madhu bhavana for 7times and subject to varaha puta, Rajata- sharkara and madhu with same process as above and same drugs are mentioned for vikara shanty (Tamra-nirvapa with gomutra for 11 times and for Naga- bhavana with elephant urine and arka paya subjected to varaha puta).

In shodana of Hartala we use kushmanda swarasa, gandhaka shodana we use ghee and milk same is used for vikara shaman of it, in rasaka shodana and management we use gomutra, in lauha shodana and for marana triphala is used same is used with madhu for vikara shaman. By above examples can presume these dravyas does neutralization of toxicants.

In haratala & manahshilajanya vikaras rasa sindhoora is mentioned, in case of lauha janya siddhasara is mentioned and in naga bhasmajanya swarna bhasma is mentioned. As it is clearly mentioned these might act as antidote for above bhasmas.

Those dravyas which are mentioned in rest may inhibit accumulation and increase excretion thus helpful in reduction of toxic symptoms. If specific line of treatment haven't mentioned means we can treat them based on dosha, dushya prominence.

## CONCLUSION

The complications(vyapat) manifested out of Ashuddha and Apakwa bhasma sevana are merely similar to poisoning of metals in Acute and Chronic stages. The rationality and importance of Shodana dravya and its usage in treatment as antidote, excretory and nullifying action can be understood and managed.

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