



CRITICAL ANALYSIS OF VRANAPAHARIRASA IN VRANA

Dr. Alan George A.*¹, Dr. Vishwanath Sharma² and Dr. Shailaja S. V.³

¹P G Scholar, Dept of Shalya Tantra, SKAMCH & R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

²Reader, Dept of Shalya Tantra, SKAMCH & R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

³HOD, Dept of Shalya Tantra, SKAMCH & R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

Corresponding Author: Dr. Alan George A.

P G Scholar, Dept of Shalya Tantra, SKAMCH & R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

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ABSTRACT

Vranapaharirasa is a formulation mentioned in *Rasayogasagara*. It is indicated for internal administration in all types of *vrana*, *nadivrana*, *bhagandhara*. Key ingredients are *paradha*, *gandhaka*, *harithala*, *manasila*, *guggulu*, *triphala*.^[1] The popular formulation is recognised and praised by *vaidyas* for its effectiveness against *vrana* and is available as a single formulation in *gutika* form and also as a key ingredient in many patent drug formulations. Its ingredients are *Paradha*, *Gandhaka*, *Haritala*, *Manasila*, *Guggulu*, and *triphala*. All ingredients are used after proper *shodhana*. *Vranapahari rasa* acts by its properties like *Vrsya*, *sodhahara*, *vrnanaropana*, *kushtagna* and more. This article aims in better understanding of action of *vrnanapahari rasa* in management of *Vrana*.

KEYWORDS: *Vranapahari rasa*, *Vrana*.

INTRODUCTION

Management of *vrana* is one of the key challenges faced by ancient as well as modern medical practitioners as the morbidities involved to patient are severe. Along with external wound care the choice of proper internal medication is always a hideous task. *Vranapahari rasa* is a *gutika* formulation made up of combination of *rasa aushadhis* (mineral) and medicinal plant drug extracts.

Ingredients

Sudha Paradha
Sudha Gandhaka
Sudha Haritala
Sudha manasila
Sudha Guggulu
Sudha Triphala

Here the word *Sudha* denotes that the drug has already undergone process of *Shodhana* or purification technique which is unique for each drug and can be found from Ayurveda classics. *Shodhana* helps to remove any *dosas* (impurities/toxins) undesirable for humans from the drug. Even toxins from mineral ingredients are removed by proper *shodhana*. Now a days raw drugs are available after desirable *shodhana*.

Preparation

Sudha paradha 1part is triturated with two parts of *sodhitha gandhaka*, *manasila* and *haritala*. The above obtained paste is mixed with powder of *Sudha guggulu* 1

part. It is further mixed with *guggulu ghrita* one part. The hence obtained consistency is mixed with *triphala rasa* equal quantity and *mardana* (trituated) done for one day so that the consistency becomes semisolid paste like which can be further made or rolled into tablet (*gutika*) form of *2masha* (*1masha*-0.972gm) each and stored in airtight container.^[2]

DOSE- 1 tablet of *2masha* size daily/twice daily.

Properties & Mode of Action^[3]

PARADA- Hydrargyrum/quicksilver is the key ingredient in the yoga. It should be used only after proper *shodhana* and *samskara*. *Parada samskara* is a technique practiced from era of *rasa vaidyas* which is aimed at removing surface impurities from mercury and also increases the therapeutic availability in human body. It is used in form of semisolid substance (natural occurrence) after removal of *dosas* and triturated or as *bhasma* (ash) after proper *bhasma karma* (method of preparing ash). *Parada* is *deepana* (appetizer), *pachana* (carminative) *vrsya* (aphrodisiac), fast spreading. It balances metabolism, improves circulation in extremities and venous return. *Parada* also removes excess *medodosa* (adipose/cholesterol) and eliminates *mala*, *mootra*, *sweda* (excretory system metabolism).

Gandhaka- It is the first mineral drug in *uparasa* group. Sulphur is essential for human metabolism. It is part of amino acid methionine and cysteine. It is having

properties like *madhura rasa*, *katu vipaka*, *usna virya*. It has properties like *Visagna*, *krimigna*, *deepana*, *pachana*. It is indicated in *Kandu*, *Kushta*.

Manashila- Identified as realgar in English, *manasila* is chemically arsenic disulphide. It is one among the *uparasas*. Unpurified compound is leathel and toxic. However, use of properly purified compound (*shodhana*) results in good therapeutic benefits. Purified *Manasila* is having *katu*, *tikta* rasa with *snigdha*, *usna*, *guru guna*. *Pradhana Karma* is *lekhana*. It is indicated in *hwara*, *kandu*, as an antidot in *Visa*.

Haratala- It is identified as Orpiment or yellow arsenic. It is chemically identified as arsenic trisulphide which is insoluble in water and brittle. Among its 2 varieties- *Patra haratala* (which is *Suvarna* (golden colour), *vimala*(dirt free), *guru*(heavy), soft and many layered) and *pinda haratala*(which is *nisprabha*(lusterless) and occur as a single mass(no layers) , *Patra haratala* should be used for therapeutic purposes. It is *tridosagna*, useful in all *twak vikaras*, *vrana*, *vatarakta*(gouty arthritis like). *Haratala* when used in form of *bhasma* possess *katu-kashaya* rasa, *usna virya*, *snigdha guna*.

Guggulu- It is Indian Bedellium known by scientific name *Commiphora mukul*. During *vedic* period *guggulu* is used as a *dhoopana dravya*(fumigation). During *Samhita* period *guggulu* is vastly used for internal administration. The gummy resin extract is used in this formulation. *Guggulu* extract is considered *purana*(old) when it is more than 5years. *Purana guggulu* is having *lekhana* property.^[4] *Nava* (freshly extracted) *guggulu* is *vrasya*. It is having *tikta katu rasa*, *laghu ruksha sukshma guna*, *usna virya*, *katu vipaka*. It is *tridosahara*, *rasayana*. *Guggulu* is found effective against a wide variety of diseases like *medoroga*, *amavata*, *prameha*, *asmari*, *arshas*, *kushta* etc due to potential anti-inflammatory action of *Guggulusterol*(active principle).

Triphala- consists of three drugs- *harithaki*(*Terminalia chebula*), *vibhithaki* (*T.bellarika*), *amalaka*(*Embilica officinalis*). Fruit rind is the useful part of all three. Hence the name *tri*(three) *phala*(fruit)^[5] Dried powder of fruit rind is usually mixed together in equal proportion of the 3drugs and is used as a single compound *triphala*. *Triphala* exhibit properties like *tridosashamaka*, *shodhahara*, *vedhanahara*, *madhura vipaka*, *pramehagna*.^[6] *Triphala* is having all rasas except *lavana*. *Triphala* along with *ghrita* in the formulation helps in better mobility of drugs in the body.

DISCUSSION

The formulation is specifically designed in a way so that the potency of each ingredient is not only preserved but enhanced. The *thikshnathwa* of drugs like *haritala* and *manasila* is balanced by use of *triphala* and *guggulu ghrita* during trituration. Upon understanding the properties, it can be found that all the ingredients are having a *rasayana* action which helps in faster tissue

regrowth of wound. *Paradha* helps for faster circulation of active ingredients to all parts of body once *gutika* is intaken. Formulation is also designed in such a way that effect on gastric mucosa is neutralized by the presence of *ghrita* and *guggulu*. Maximum effect is seen on reducing inflammation around wound due to properties of *guggulu* and *triphala*. Faster wound contraction and tissue regrowth also occurs due to active principles in *haritala* and *manasila*. Internal administration of *Triphala*, helps in reducing slough formation, checks wound discharge by drying up the wound. This combination also helps to heal with minimal scar formation with reduced skin discoloration.

CONCLUSION

Vrnepahari rasa can be considered as one and only formulation required for internal administration in management of *vrana* due the special combination developed by ancient sages of *Ayurveda*. It acts by faster healing of wound and also checks infections mainly pyogenic organisms in blood. Along with external dressing and wound care, *vrnepahari rasa* can be administered to both young and old, and even in chronic wound cases with systemic disorders like hypertension, diabetes. *Vrnepahari rasa* also can be combined with *vrana ropana kashayas* like *guduchi Kashaya*, and also along with *rakta prasadhaka* dravyas like *manjishtha*.

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