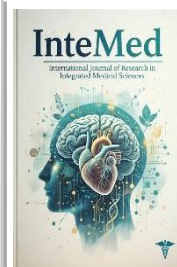




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Review Article

A REVIEW ARTICLE ON ABHRAK BHASMA

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ABSTRACT

Abhrak Bhasma is a traditional Ayurvedic medicine made from purified mica. Mica is known for its layered Structure and is rich in various minerals like magnesium, potassium, and iron. It is valued for boosting energy, Enhancing immunity, and promoting overall wellness. It is unique and important bhasma preparation used in Ayurvedic therapeutics. Present study deal with pharmaceutical procedure like shodhana dhanyabharak nirman & Abhrak marana. Abhraka which is classified under Maharasa by various Acharya is a substance capable of Pacifying all 3 doshas of the body and could rejuvenate the body but only in its edible form and thus conversion of Abhraka to its edible form is done by the process of nirvapana (heating and dipping) and this process of conversion Is considered as purification process. The preparation process involves careful purification and heating. This Bhasma is believed to support respiratory health, improve digestion, and promote overall wellness. It'soften used in Formulations for conditions like anemia and general weakness. However, it's essential to consult a qualified practitioner Before using it, as proper dosage and preparation are crucial for safety and efficacy. To prepare the Bhasma, selective Metallic/mineral origin materials are exposed repeatedly to Puta, which is a traditional method of Bhasma preparation.

1. Introduction

Chemical formula of abhrak



In accordance to modern scientific studies, abhrak can be Classified into two types, mainly Alkaline Mica and Ferromagnesium Mica.[1]

But, according to Ayurveda, Abhrak is classified into Four types, which are Pinak, Naag, Manduk, and Vajra. Again, it can also be categorized according to the Available colors into four types, i.e. Yellow, White, Red And Black.

Abhraka is one of khanija dravya.[2] It has More chemical constituents, such as Silica, Aluminium, Sodium, Potassium, Rubidium, Siliun, Lithium, Hydrogen, Magnesium, Iron and less number of Chromium, Magnesia, Barium, fluorine and tellurium Etc. Chemicals are approximately 5 to 6 ratio in each Abhrak.[3]

It is arranged by layers which can be separated easily and Thin, shining. Elasticity in nature, it contains small pieces Like as atoms. Specific gravity-3. Hardness 2.5 to 3.[4]

According to Rasa granthas Abhraka and Gandhaka both Are related in their origin. Because gandhaka originated From Parvati's rajaasarthava and Abhraka by Parvati's Shukraasveerya. (RRS)

Mica can improve the vitality. It helps in the Paradabaddakarma.[5] It removes an abnormal and excess of Vata and Pitta doshas from the body system removes the Vitiated Kapha dosha.[6] It soothes the system increases the Appetite, *jataragniuttejaka*. So it act ayurvedhaka, balya and Drudhatakarak.[7] It cures all the sorts of diseases if administered with the suitable anupana.

[8] (RJN). The micas are silicates of Varying composition of aluminum and potassium. It containing Hydroxyl, magnesium, iron, sodium, Lithium and fluorine.[9]

The silica content varies between 33% to 55%. All the micas Yield water when heated in a closed tube, then they fuse being Essentially constituents of many igneous and metamorphic Rocks. Some sedimentary rocks often contain considerable Quantities of micas. (DJ)

Abhrak(mica) Bhasma is an excellent Cellular regenerator and nervine tonic.

[11] It is indicated in Various chronic diseases such as tuberculosis, COPD and Many types of cardiac diseases.

All classical literature on Pharmaceutical study of Abhrak Bhasma involves the Procedures Vajrabhrak Shodhan (purification), Dhanyabhrak Nirman and Maran of Abhrak Bhasma.[12]

Abhrak Bhasma tested on the basis of Organo leptic characteristics and classical Bhasma

• **AIM & OBJECTIVE:-**

To review the classical literature on pharmaceutical and Analytical study on Abhrak Bhasma.[11]

Also to evaluate the Pharmaceutical aspects of Abhrak Bhasma on Various Factors such as Shodhana process, Marana process, Temperature pattern, no. Of Putas etc.

• **METHODS AND MATERIALS:-**

All the classical literature in Rasagrantha, Samgra Grantha, Textbooks of Ayurveda and Rasashastra regarding Pharmaceutical and analytical processing of Abhrak Bhasma

• **The Concept of Shodhana**

Shodana dravyas are taila, takra, kanji, Gomutra, Tripahalaqwatha, kulattaqwata, Godugda, gomaya, ghrita.

Method 01:-

Heat the abhrak pieces then dip into dugdha for 7 Times and wash with hot Water then layers are separated. These Layers are triturated with choulimula rasa, Amladravya up to 8 praharas. By this Procedure we will get the Shuddh abhraka.

Note—Heat the abhrak then dip in Godugdha up to 7 times by this method the Layers are Separated.

Abhrakapatras are Contaminated by stone pieces, Mud, stick Pieces so it becomes to vikruti. So, wash the Abhrakapatra for clean, Transparent, soft and easily breakable Qualities. Then triturate with tanduliya Rasa and then kanji or Nimbu rasa upto 8 Prahara.

Prepared shuddha abhraka is Used For preparation of dhanya abhraka.

But According to Sharangadh arasamita Soaked in tanduliya rasa upto 4 Praharas And 4 praharas soaked in limburasa, Totally 24 hrs.[4](AP2\19, shsm)

Method 2:-

Vajrabhraka heated on agni then dipped in Godugdha, Triphalaqwatha, kanji, gomutra, Each one 3-3 times or 7-7 times.

Note—Godugdha, triphalaqwatha, kanji, Gomutra, in these Heated abhraka dipped For 7-7 or 3-3 times.(AP2\110-111)

Method 3:-

Heated abhraka dipped in badari qwatha Upto 3 to 7 times for abhraka, then Squeeze by hands so it becomes to Powder Form, like as dhanya abhraka. Rasa Manjanyam –(AP2\112)

• Dhanyabhraka Process:-

Shodhita Abhraka and paddy are tied in a gunny bag, Immersed in a vessel containing sour gruel, rice wash or plain Water and kept overnight.

Next morning the bag is massaged Inside the liquid so that fine powder of Abhraka exudes out Through the pores of the bag and collects in the vessel. This Is later taken out and dried in sun.

Fine shining powder of mica thus obtained is called Dhanyabhraka.

According to Rasa Ratna Samucchaya one part Shodhita Abhraka should be added with one fourth part of Dhanya (paddy) wrapped cloth/jute bag and made it to a Pottali and Immersed in a vessel containing Kanji for three days.

According to Rasa Tarangini has mentioned that Churnabhraka should be added with Shali dhanya day.

• Analytical Study Ayurvedic Parameters for Abhrka Bhasma

Serial no.	Organoleptic Characteristics	Characteristics
01)	Colour (Rupa)	Sindurabha
02)	Odour (Gandha)	Odourless
03)	Taste (Rasa)	Tasteless (Niswadu)
04)	Sound (Shabda)	-
05)	Sparsha (Touch)	Soft smooth powdered form

• DISCUSSION:-

Here, the purification methods are explained. In these good one is selecting according to rasa granthas. After purification only should make the bhasma.

Know the grahya and Agrahya laxanas and give the importance to samskara.

In Rasa Shastra: rasa, maharasa, uparasa, dhatu, upadhatu, ratna, Uparatna, visha, upavisha, etc. Ideas of shodana and marana Also different and many rasa tantrakaras mentioned the Different dravyas.

By anubhuta yoga (own experience) the Shodana and marana process is told in different by many Authors. One author telling one drug in different.

The classical literature revealed that the pharmaceutical Studies of Abhrak Bhasma like Shodhana, Dhanyabhraka and Marana were done with specific guidelines in order to Obtain the quality of Bhasma.

Most of the literature followed Triphala Kwatha as a Shodhana media and Kanji for Dhanyabhraka process. The range of Puta Pramana observed Was from 3 to 100 to ensure the quality of Bhasma.

Abhrak Bhasma tested on the basis of organoleptic characteristics And classical Bhasma pariksha specifically Nishchandratwa pariksha.

• CONCLUSION: -

In this review, it is concluded that the classical guidelines Regarding Abhraka Shodhana, Dhanyabhraka, and Marana Were stated which set some important features in terms of Temperature pattern, number of Puta etc.

Repeated practical Studies on Abhrak Bhasma will help to establish standard Operating procedure of it as well as fix its analytical Parameters.

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