

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 and 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's often 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.

INTRODUCTION

Chemical formula of abhrak $K(Mg, Fe)3AlSi3O_{10}(F, OH)_2$

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 khanijadravya.^[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 Kaphadosha.^[6] It soothes the system increases the appetite, jataragniuttejaka. So it act ayurvardhaka, 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 and involves the procedures Vajrabhrak Shodhan (purification), Dhanyabhrak Nirman and Maran of Abhrak bhasma.^[12] Abhrak Bhasma tested on the basis of organoleptic characteristics and classical Bhasma pariksha.

AIM AND 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, Samgraha Grantha, textbooks of Ayurveda and Rasashastra regarding pharmaceutical and analytical processing of Abhrak Bhasma.^[14]

The Concept of Shodhana



Note—Among 3 purification methods, Ideal one is selected. Proper Grahya laxanayukta and agraahya identified. Here different purification processes are mentioned for discussion.

In Rasa Shastra: rasa, maharasa, uparasa, Dhatu, upadhatu, ratna, uparatna, visha upavisha, etc ideas of shodana and Marana also different and many rasa Tantrakar mentioned the different dravyas. The rasa, maharasa, uparasa, etc.^[15-17]

Shodanadravyas are taila, takra, kanji, Gomutra, triphalaqwatha, kulattaqwatha, Godugdgomaya, ghrita, gwarapata, Amladravya, etc.

Abhraka Shodhana

Method 1: Heat the abhraka pieces then dip in Godugdha 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 abhraka 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 up to 8 Prahara. Prepared shuddha abhraka is Used for preparation of dhanyaabhraka. but According to sharangadh arasamita Soaked in tanduliya rasa up to 4 praharas And 4 praharas soaked in limbu rasa, Totally 24 hrs.^[4] (AP 2\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—Godugdhatriphalaqwatha, kanji, Gomutra, in these heated abhraka dipped For 7-7 or 3-3 times. (AP 2\110-111)

Method 3

Heated abhraka dipped in badari qwatha Upto 3 to 7 times for pure abhraka, then Squeeze by hands so it becomes to powder Form, like as dhanya abhraka. Rasa Manjanyam – (AP 2\112)

Dhanyabhraka Preparation



The aim of Dhanyabhrakikaran is to convert Abhraka into fine, homogenous particle so as to Increase the surface area as well as removal of impurities. This process also removes the physical impurities as well as sand particles from the Abhraka.

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 and made into Vastrabaddhapottali and soaked in Water for one day.

Showing drugs used in Abhraka Marana process as per classical reference

Bhavana drugs	Type Cno of Putas	Reference
1DA+Eranda patra Swaras Guda+ Vatapatra Samput.	3 Putas	RRS (2/43)
2. DA+ Kasamarda Swaras/Musta/Tanduliya Rasa.	10 Gajputa	RRS (2/22)
DA+Peetamalak+Tankan	60 Gajputa	RRS (2/23)
Abhraka Vatamula+ Tvacha/Tambulpatra Swaras/Vasa+Matsyakshi Swaras	20 Gajputa	RRS (2/24-25)
5.DA+Arkamulaswaras Arkapatra samput+ Vatapraroahaswaras	10 Gajputa	R.Chi (4/18-20)
DA + Tankan	7 Gajputa	R.Chi (4/21)
7.DA+Kasamarda swaras	100 Varahputa	Rr.Chu (10/29)
DA Musta Tanduliya swaras +Amalaki swaras Tankan.	60 Varahputa	Rr.Chu (10/30-31)
DA+Vatamulatvacha Kwath+Tambulpatra swaras+ Matsyakshi swaras	20 Varahputa	Rr.Chu (10/32-33)
10DA,+ Tankan+Godugdha	30 Varahputa	Rr.Chu (10/34-35)
Abhraka+Hanspadi rasa Punarnava swaras + ¼ Tankan+Tanduliva + Vasaswaras.	28 Ardh-gajputa	RPS (5/16-19)
DA +Kasamarda swaras	100 Gajputa	RPS (5/21)
13DA +Musta swaras + Tanduliya Shiva rasa + Tankan	60 Puta	RPS (5/22-23)
DA+Tambulswaras Vasa swaras Brahmi swaras Matsyakshi+Punarnava swaras	20 Puta	RPS (5/24-25)
DA+Arka-kshira+ Vatajatakwa	10 Gajputa	S.S (11/61-63)
16 DA + Musta + Shunthi Chitrak+Triphala+Bala+ Gomutra +Tulsi musli +Surn	19 Gajputa	S.S (11/66-68)
17DA+(1 part)Tankan(2 part) kept in Andhamusha Tivragini		AP (2/116-117)
DA+ Tankana		AP (2/118)
19DA+Arkakshiraor Arkamula swaras + Vatajata kwatha	10 gajputa	AP (2/119-122)
DA+ Kasamarda swaras or Musta swaras or Tanduliya ras	10 puta	AP (2/123)
DA+ Musta kwatha Punarnava Kasamarda Nagvalli +Surya kshira VatajataMusli+Gokshur Mocakanda +Kokilaksa Lodhra swaras GodugdhaCurd Ghee Madhu + Rock sugar	41 puta	AP (2/124-128)
22 DA +Dugdha Traya Kumari swaras Musta Narmutra Vatashung + Ajarakt	100 Puta.	AP (2/130-131)
23 DA +Kasamarda swaras	10 Gajputa	R.T (10/30-32)
24DA+Ravi kshira	10 Gajputa	R.T (10/31-32)
DA+Naginidal swaras+ Vasa swaras Minakshi swaras+ vata dugdha. DA+ Tanduliya swaras +Punarnava swaras + Vatashunga kashaya	20 Puta	R.T (10/33-34)
DA+ Musta kwatha+ Rambhanira Tanduliya rasa Bhrngrajswaras + Triphala kwatha + Gandhaka	26 Puta	R.T (10/38)
DA+ Ravikshira or Ravipatraswaras + Nyagrodh mula Kwatha Rambha rasa	17 Gajputa	R.T (10/39-42)
DA+ Kshira Traya + Kakmachi +Gokshur Kharmanjari+Vatpraroaha Gomutra Tulsi Kadalishifa	100 Puta	R.T (10/43-45)
Abhraka churna Palandu Vasarasa+ Nigundi rasa Ardrak swaras +Guduchi swaras + Arkashira + Snuhi kshira	Ardha-Gajputa	RM (3/176-178)

Analytical Study Ayurvedic Parameters for Abhraka Bhasma

Organoleptic characteristics of Abhraka bhasma

Sr. No	Organoleptic Characteristics	Characteristics
1	Colour (Rupa)	Sindurabha
2	Odour (Gandha)	Odourless
3	Taste (Rasa)	Tasteless (Niswadu)
4	Sound (Shabda)	-
5	Sparsha (Touch)	Soft smooth powdered form

Classical Features Abhraka

The Following tests should be observed for Bhasma Pariksha

1. Nischandratva (Lusterless)
2. Sindurabh Varnata (Redness)
3. Susukshmatwa (Fineness)

DISCUSSION

Here, three 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

agrahyalaxanas 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 Nishchandrata 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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