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Review on Pharmaco-Therapeutic Profile of *Chandraprava Vati* w.s.r. to *Rasendra Sar Samgrah*

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ABSTRACT

Ayurvedic pharmaceuticals deals with nearly 70% formulations of herbo-mineral origin and *Chandraprabha Vati* is such a formulation available in classical *vati*(tablet) form. It is being used in Ayurvedic system of medicine for mainly *Prameha* and other uro-genital disorders in practice. As per classics, it is having wider therapeutic utilities in diseases of multi-system origin like *Prameha*(*Metabolic disorders*), *Mutrakrichchhra*, (Dysuria), *Pandu* (Anaemia), *Kamala* (Jaundice), *Udara Roga* (Abdominal disorders), *Arsha* (Hemorrhoids), *Bhagandara* (Fistula-in- ano), *Kustha* (Skin Diseases), *Dantaroga* (Dental Disease), *Netraroga* (Eye Disorders), *Stree Roga* (Gynaecological disorders) and many more and is having *Tridoshaghn* property. Certain researches reveal that *Chandraprabha Vati* is effective in hyperglycaemia, hypertension and is having bacteriostatic action. Also, the pharmacotherapeutic profile as per *Ayurveda* classical texts indicates its usefulness in 31 diseased conditions, mainly in *Prameha* (Diseases of Urinary system including Diabetes mellitus) as described in *Sharngadhara Samhita*, and the exact composition has been included in Ayurvedic Formulary of India later. But about 9(Nine) formulations in the name of *Chandraprava Vati* are available in different ancient texts having difference in constituents and therapeutic profile. The detailed information regarding the properties, action and relevance of applications of all these 9(Nine) formulations in indicated wide varieties of diseases are not published yet. Hence, the available information related to pharmacotherapeutic profile of all 9(Nine) types of *Chandraprava Vati* from classical texts is collected, specially of the *Chandraprava Vati* mentioned in a leading Rasashastra text i.e. *Rasendra Sar Samgrah* because of constituents like *Naga*, *Vanga*, *Loha*, *Parada*, *Abhraka* and discussion regarding the relevance of use in indicated disease *Prameha* based on the properties and mode of action of the constituents as per current research has been made.

It has been clear from this study that besides *Chandraprava vati* of AFI, *Chandraprava Vati* described in *Rasendra Sar Samgrah* can be useful in treating *Prameha*, provided the quality and safety aspect is assured and special cautions are to be taken in selection of patients for treatment as it contains toxic metals like Hg, Pb, Sn etc. Present work will also be helpful to



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understand therapeutic value, broad spectrum activity and other useful properties of *Chandraprava Vati* for the management of *Prameha* and other disorders.

KEYWORDS

Herbomineral formulations, *Chandraprava Vati*, *Prameha*, *Rasendra Sar Samgrah*



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INTRODUCTION

Ayurveda, the eternal life science, aims at both prevention and cure of ailments and emphasizes on attaining complete health. In this context, many principles for a healthy life along with principles for applying medicinal formulations for various ailments are well elaborated in *Ayurveda* treatise like *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hriday* etc. *Rasashastra & Bhaisajya Kalpana* is the section which deals with preparation of formulations from drugs of metal, mineral, herbal and animal origin along with description of their pharmaco-therapeutical applications. *Chandraprava Vati* is one among such herbo-mineral formulations which is having broader therapeutic activities and applicable in various ailments like *Prameha* (Metabolic disorders), *Mutrakrichchhra*, (Dysuria), *Pandu* (Anaemia), *Kamala* (Jaundice), *Udara Roga* (Abdominal disorders), *Arsha* (Hemorrhoids), *Bhagandara* (Fistula-in-ano), *Kustha* (Skin Diseases), *Danta Roga* (Dental disorders), *Netra Roga* (Eye Disorders), *Stree Roga* (Gynaecological disorders) etc. as elaborated in different *Ayurveda* classics but widely for *Prameha* and genito-urinary disorders in practice. Different classical texts have narrated some difference in ingredients and indications of

Chandraprava Vati, which are presented in various tables. The *Chandraprava vati* of *Rasendra Sar Samgrah* is elaborated vividly with analysis of its constituents, indications based on classical texts and modern research.

MATERIALS AND METHODS:

In this work, the details of *Chandraprava Vati* (here after abbreviated as CPV) in regards to pharmaco-therapeutic profile from various classical *Rasashastra* texts were collected and analysed. Also researches carried out on *Chandraprava Vati* were also compiled and studied. The constituents of *Chandraprava Vati* mentioned in *Rasendra Sar Samgrah* were reviewed with analysis of their properties and mode of action as per classical texts and modern research.

OBSERVATIONS AND RESULTS

A total of 09 (Nine) formulations with the name "*Chandraprava Vati*" were found in *Ayurveda* treatise like *Sharngadhar Samhita*, *Rasendra Sar Samgraha*, *Bhaisajya Ratnavali*, *Siddhayog Samgraha*, *Rasa Tantra Sar & Siddha Prayog Samgrah*, *Gada Nigraha*, *Vrihat Yoga Tarangini*, *Rasa Kamadhenu*, *Bhaba Prakash*, *Nighantu Ratnakar*, *Rasa*



Chandansu, Rasa Koumudi, Vaidya Chintamani, Rasendra Chintamani, Rasa Kamadhenu, Rasa Ratna Samuchchaya, Yoga Ratnakar, Vrihat Yoga Tarangini, Rasayog Sagar, Bharat Bhaisajya Ratnakar etc. (Table-1). *Chandraprava Vati* from *Sharngadhar Samhita* is included in Ayurvedic Formulary of India¹. As the ingredients differ in these 09(Nine)

formulations, they possess different therapeutic profile and may be considered as alternate formulations for selecting suitable combination of *Chandraprava Vati* according to patients' condition and symptoms of diseases. Such formulations along with indications in classical texts have been depicted in Table-1.

Table 1 References and Indications of CPV(*Chandraprava Vati*)

Sl.No	References	Adhikar	Indications
CPV-1 ^{2,3}	Rasendra Sar Samgrah, Rasendra Chintamani, Rasa Kamadhenu, Rasaraj Sundara, Dhanwantari, Bharat Bhaisajya Ratnakar	Prameha	Prameha
CPV-2 ²	Vaidya Chintamani	Prameha	All Arsa, Pandu, Bhagandara, Mutrakrichchhra, Prameha, Kshaya, Kasa
CPV-3 ^{1,2,4,5}	Sharngadhar Samhita, Siddhayog Samgrah, AFI, Rasa Tant. Sar & Sidd. Prayog Samgrah, B.Ratnavali, Gada Nigraha, Vri. Yoga Tarangini, Rasa Kamadhenu, Bhabaprakash, Yogaratnakar	Prameha	20 Prameha, Mutrakrichchhra, Mutraghata, Ashmari, Vibandha, Aanaha, Shula, Mehana Granthi, Arbuda, Andavridhi, Pandu, Kamala, halimaka, Antravridhi, Katishula, Kasa, Swasa, Vicharchika, All Kustha, Arsha, Kandu, Pleea, Udara, Bhagandara, Danta Roga, Netra Roga, Artava Ruja, Shukra Dosa, Mandagni, Aruchi, V-P-K diseases
	Nighantu Ratnakar, Rasa Chandansu, Rasa Koumudi	Arsha	
CPV-4 ²	Rasa Ratna Samuchchaya, Rasa Kamadhenu	Prameha	Prameha
CPV-5 ²	Rasa Kamadhenu, Rasa Ratna Samuchchaya, Vaidya Chintamani	Kustha	Switra, Kustha
CPV-6 ⁶	Rasendra Chintamani	Arsha	6 Arsa, Bhagandara, Pandu, Kamala, Nasta Vanhi, P-K-V Roga, Nadi Vrana, Marma Vrana, Granthi, Arbuda, Vidradhi, Rajayakshma, 20- Prameha, 8-Shukra Roga, Meha, Bhaga Roga(Yoni Roga), Sukra Kshaya, Ashmari, Mutrakrichchhra, Shukra Pravaha, Udara Roga
CPV-7 ⁷	Yogaratanakar	Prameha	Arsa, Pradara, Visama Jwara, Nadi Vrana, Ashmari, Mutra Krichchhra, Vidradhi, Mandagni, Udara Roga, Pandu, Kamala, Raja Yakshma, Bhagandara, Prameha Pitika, Bhagandara Pitika, Gulma, Prameha, Aruchi, Virya Dosa(Shukra), Urakshyata, K-V-P Ruja.



CPV-8 ³	Bharat Bhaisajya Ratnakar, Rasa Kamadhenu	Kustha	Pama
CPV-9 ³	Bharat Bhaisajya Ratnakar, Rasa Raj Sundar, Ras Chintamani, Ras Kamadhenu, Yoga Ratnakar- Atisar, Vri. Yog tarangini-Taranga-65, Rasendra Mangala-Chap-6	Atisar	Jwaratisaar

GENERAL INDICATIONS OF CHANDRAPRAVA VATI (CPV) (Table-2)

Though *Chandraprava Vati* is mainly used in *Prameha* and other uro-genital disorders in general practice and the analysis of data from collected from various classical texts clearly indicates that, out of 9 (Nine) formulations with the name *Chandraprava Vati*, *Prameha* as an indication was found in 6 formulations, Some other indications like *Arsha-Bhagandara-Mutrakrichchhra-Pandu* as indications were also found in 4 formulations, *Ashmari- Kamala-Udara Roga* as indications are found in 3 formulations, *Arbuda- Aruchi- Kasa-*

Kustha- Mandagni- Nadi Vrana- Rajayakshma- Shukra Dosa-Vidradhi-Vivandha as indications were found in any 2 of 9 formulations and rest indications as depicted in Table-2 are found in any one of 09(Nine) formulations of *Chandraprava Vati*.

In *Rasendra Sar Samgrah*, *Prameha* is the only indication of *Chandraprava Vati*(CPV-1). CPV-4, 8, 9 have also only one indication as *Prameha*, *Pama* and *Jwaratisar* respectively where as CPV-5 has indications viz;-*Switra & Kustha*. CPV-3 has been indicated in all 20 types of *Prameha* where as CPV-6 has included all 6 types of *Arsha* in indications.

Table 2 Indications CPV(*Chandraprava Vati*)

Sl. No.	Name	CPV-1	CPV-2	CPV-3	CPV-4	CPV-5	CPV-6	CPV-7	CPV-8	CPV-9
1	Aanaha	-	-	+	-	-	-	-	-	-
2	Antavidradhi	-	-	+	-	-	-	-	-	-
3	Arbuda	-	-	+	-	-	+	-	-	-
4	Arsha	-	+	+	-	-	+	+	-	-
5	Artava Rujja	-	-	+	-	-	-	-	-	-
6	Aruchi	-	-	+	-	-	-	+	-	-
7	Ashmari	-	-	+	-	-	+	+	-	-
8	Bhagandara	-	+	+	-	-	+	+	-	-
9	Bhagandara pitika	-	-	-	-	-	-	+	-	-
10	Danta Roga	-	-	+	-	-	-	-	-	-
11	Granthi	-	-	-	-	-	+	-	-	-



12	Gulma	-	-	-	-	-	-	+	-	-
13	Halimaka	-	-	+	-	-	-	-	-	-
14	Jwaratisar	-	-	-	-	-	-	-	-	+
15	Kamala	-	-	+	-	-	+	+	-	-
16	Kandu	-	-	+	-	-	-	-	-	-
17	Kasa	-	+	+	-	-	-	-	-	-
18	Katishula	-	-	+	-	-	-	-	-	-
19	Kshaya	-	+	-	-	-	-	-	-	-
20	Kustha	-	-	+	-	+	-	-	-	-
21	Mandagni	-	-	+	-	-	-	+	-	-
22	Marma Vrana	-	-	-	-	-	+	-	-	-
23	Mehana Granthi	-	-	+	-	-	-	-	-	-
24	Mutraghata	-	-	+	-	-	-	-	-	-
25	Mutrakrichhra	-	+	+	-	-	+	+	-	-
26	Nadi Vrana	-	-	-	-	-	+	+	-	-
27	Nasta Vanhi	-	-	-	-	-	+	-	-	-
28	Netra Roga	-	-	+	-	-	-	-	-	-
29	Pama	-	-	-	-	-	-	-	+	-
30	Pandu	-	+	+	-	-	+	+	-	-
31	Pleeha	-	-	+	-	-	-	-	-	-
32	Pradara	-	-	-	-	-	-	+	-	-
33	Prameha	+	+	+	+	-	+	+	-	-
34	Prameha Pidaka	-	-	-	-	-	-	+	-	-
35	Rajyakshma	-	-	-	-	-	+	+	-	-
36	Shukra Dosa	-	-	+	-	-	-	+	-	-
37	Shukra Kshaya	-	-	-	-	-	+	-	-	-
38	Shukra Pravaha	-	-	-	-	-	+	-	-	-
39	Shukra Roga	-	-	-	-	-	+	-	-	-
40	Shula	-	-	+	-	-	-	-	-	-
41	Swasa	-	-	+	-	-	-	-	-	-
42	Switra	-	-	-	-	+	-	-	-	-
43	Udara	-	-	+	-	-	+	+	-	-
44	Urakshyata	-	-	-	-	-	-	+	-	-
45	Vicharchika	-	-	+	-	-	-	-	-	-
46	Vidradhi	-	-	-	-	-	+	+	-	-
47	Vivandha	-	-	-	-	-	+	+	-	-
48	Visama Jwara	-	-	+	-	-	-	-	-	-
49	V-P-K-Disease	-	-	+	-	-	+	+	-	-

INGREDIENTS OF *CHANDRAPRAVA VATI* (Table-3)

The analysis of data shows that out of 9 (Nine) formulations of CPV, *Amalaki* was found in 6 formulations, *Loha Bhasma* - *Chandraprava(Karchura)*- *Ela*- *Maricha*- *Musta* were found in 5 formulations,

Ativisha- *Bibhitaki*- *Bhunimba*-*Chitraka*-*Danti*- *Haridra*- *Haritaki* - *Guggulu*-*Makshika* *Bhasma*- *Parada*-*Saindhaba*-*Shilajatu* -*Trikatu*- *Vacha*- *Vamsalochana*-*Vidanga* were found in 4 formulations, *Chavya*-*Devdaru* -*Khadir Sar* – *Trivrit*-*Twak* were found in 3 formulations, *Abhrak*



Bhasma-Amlabetas-Amrita-Bakuchi-Dadima-Daru Haridra-Dhanyaka-Gandhaka-Jati Phala-Karpura-Vid Lavana-Yastimadhu-Yava Kshara were found in 2 formulations, and rest components as depicted in Table-3 were present in any one of 9(Nine) formulations. *Chandraprava Vati*(CPV-1) of *Rasendra Sar Samgrah* contains *Parada, Naga, Vanga, Abharak Bhasma, Loha Bhasma*etc. as constituents as indicated in only *Prameha*.CPV-2, 3,6& 7 have *Shilajatu,*

Guggulu , Makshika Bhasma, Loha Bhasma, Vamsalochan as as main constituents, CPV-4 has *Karchura, Dharura Seed, Masaparni. Mudha Parni, Shatavari,Yastimadhu* etc. as constituents, CPV-5 has *Parada, Gandhaka & Bakuchi* as main constituents as indicated in *Kustha & Switra*. CPV-8 has *Parada-Gandhaka-Chitraka-Bakuchi-Maricha* as constituents where as CPV-9 has *Parada-Swarna-Abhrak-Khardira-Mocharas* as constituents.

Table 3 Constituents of CPV(*Chandraprava Vati*)

Sl. No.	Constituents	CPV-1	CPV-2	CPV-3	CPV-4	CPV-5	CPV-6	CPV-7	CPV-8	CP V-9
1	Abhraka Bhasma	+	-	-	-	-	-	-	-	+
2	Amalaki	+	+	+	+	-	+	+	-	-
3	Amlabetasa	+	-	-	+	-	-	-	-	-
4	Amruta	-	+	+	-	-	-	-	-	-
5	Apamarga Swaras	-	-	-	-	+	-	-	-	-
6	Ativisa	-	+	+	-	-	+	+	-	-
7	Bakuchi	-	-	-	-	+	-	-	-	-
8	Bakuchi Swaras/kwath	-	-	-	-	+	-	-	+	-
9	Bhunimba	-	+	+	-	-	+	+	-	-
10	Bibhitaka	-	+	+	-	-	+	+	-	-
11	Bola	-	-	-	+	-	-	-	-	-
12	Cavya	-	-	+	-	-	+	+	-	-
13	Chandraprava	-	+	+	+	-	+	+	-	-
14	Citraka	-	-	+	-	-	+	+	+	-
15	Dadhi	+	-	-	+	-	-	-	-	-
16	Dadima	+	-	-	+	-	-	-	-	-
17	Danti	-	+	+	-	-	+	+	-	-
18	Daru haridra	-	+	+	-	-	-	-	-	-
19	Devadaru	-	+	+	-	-	-	+	-	-
20	Dhanyaka	-	+	+	-	-	-	-	-	-
21	Dhatu seed	-	-	-	+	-	-	-	-	-
22	Ela	+	+	+	-	-	+	+	-	-
23	Gajapippali	-	+	+	-	-	+	+	-	-
24	Gandhaka	-	-	-	-	+	-	-	+	-
25	Ghonta/Supari	-	-	-	+	-	-	-	-	-
26	Gomutra (twice)	-	-	-	-	+	-	-	-	-
27	Guggulu	-	+	+	-	-	+	+	-	-



28	Haridra	-	+	+	-	-	+	+	-	-
29	Haritaki	-	+	+	-	-	+	+	-	-
30	Jabitri	+	-	-	-	-	-	-	-	-
31	Jati Phala	+	-	-	+	-	-	-	-	-
32	Kakoudumbara	-	-	-	-	-	-	-	+	-
33	Kantakari	+	-	-	-	-	-	-	-	-
34	Karpura	+	-	-	+	-	-	-	-	-
35	Kasisa	-	-	-	+	-	-	-	-	-
36	Khadira Sara/Kaiththa	+	-	-	+	-	-	-	-	+
37	Langali Swaras	+	-	-	+	-	-	-	-	-
38	Lavanga	+	-	-	-	-	-	-	-	-
39	Loha bhasma	+	+	+	-	-	+	+	-	-
40	Madhu	-	+	-	-	-	-	-	-	-
41	Madhuka	+	-	-	+	-	-	-	-	-
42	Makshika Bhasma	-	+	+	-	-	+	+	-	-
43	Marica	-	+	+	-	-	+	+	+	-
44	Masaparni	-	-	-	+	-	-	-	-	-
45	Milk	+	-	-	+	-	-	-	-	-
46	Mocha Ras	-	-	-	-	-	-	-	-	+
47	Mugda Rasa	-	-	-	+	-	-	-	-	-
48	Mugdaparni	-	-	-	+	-	-	-	-	-
49	Musta	-	+	+	-	+	+	+	-	-
50	Naga	+	-	-	-	-	-	-	-	-
51	Nagavalli Rasa	+	-	-	-	-	-	-	-	-
52	Nimbu Swaras	-	-	-	-	+	-	-	-	-
53	Parada	+	-	-	-	+	-	-	+	+
54	Patraka	-	+	+	-	-	+	+	-	-
55	Pippali	-	+	+	-	-	+	+	-	-
56	Pippali mula	-	+	+	-	-	+	+	-	-
57	Rajata Makshika	-	+	-	-	-	-	-	-	-
58	Saindhava lavana	-	+	+	-	-	+	+	-	-
59	Sarji ksara	-	+	+	-	-	+	+	-	-
60	Satavha	+	-	-	-	-	-	-	-	-
61	Sauvarcala lavana	-	+	+	-	-	+	+	-	-
62	Shatavari	-	-	-	+	-	-	-	-	-
63	Shilajatu	-	+	+	-	-	+	+	-	-
64	Sita	+	+	+	+	-	+	-	-	-
65	Sunthi	-	+	+	-	-	+	+	-	-
66	Suvarna	-	-	-	-	-	-	-	-	+
67	Trivrt	-	-	+	-	-	+	+	-	-
68	Tumvi Swaras	-	-	-	+	-	-	-	-	-
69	Tvak	-	-	+	-	-	+	+	-	-
70	Vaca	-	+	+	-	-	+	+	-	-
71	Vamsa lochana	-	+	+	-	-	+	+	-	-
72	Vanga	+	-	-	-	-	-	-	-	-
73	Vida lavana	-	-	+	-	-	-	+	-	-
74	Vidanga	-	+	+	-	-	+	+	-	-



75	Yastimadhu	+	-	-	+	-	-	-	-	-
76	Yava kshara	-	+	+	-	-	-	-	-	-

Most of the pharmacies and Vaidyas are preparing *Chandraprava Vati* with the constituents listed against CPV-3 which is also included in AFI. The drugs possessing action on Urinary and Genital systems are incorporated in this formulation. The composition of *Chandraprava Vati* in *Rasendra Sar Samgrah* (CPV-1) is

somehow different with inclusion of Hg, Sn, Pb, Fe and Mica along with some herbs, which drew special attention. The indications of CPV-1 along with their *Dosa-Dushya and Srotas* involvement are depicted in Table-4. The detail of constituents and properties of CPV-1 are listed in Table-5.

Table 4 Indication of *Chandraprava Vati* mentioned in *Rasendra Sar Sangrah*

Sl. No.	Name	Dosha	Dushya ⁸	Srotas ⁸
1	Prameha	Tridosha	Meda, Rakta, Shukra, Ambu, Vasa, Lasika, Majja, Rasa, Oja Mamsa Ref: Ch.Chi. 6/8	Udakavaha, Medovaha, Mutravaha

Table 5 List of ingredient of *Chandraprava Vati* mentioned in *Rasendra Sar Sangrah* and it's properties.

Sl. No.	Ingredient	Quantity	Pharmacological Properties	Action on Dosa	Action	Indication	Reference
1	Abhraka Bhasma	1 Part	Kasaya, Madhura, Sita virya	Tridosha	Ayuskara, Dhatuvaradhaka	Vrana, Kustha, Prameha, Pliha, Granthi, Visa, Krimi	RRS 2/2 Pg.39
2	Aamalaki, <i>Emblica officinalis Gaertn.</i>	1 Part	Madhura, Amla, Kasaya, Ruksha, Sita Virya	Tridosha	Vrushya, Rasayana	Prameha, Raktapitta	BPN- Haritakyad i Varga, 03/ Pg-10
3	Amlabetasa, <i>Garcinia pedunculata Roxb.</i>	1 Part	Amla, lavana, ruksha, Tikshna, Usna Virya	Kapha- Vata	Dipana, Bhedana, Dosaghna	Vid-Mutra Dosa, Pleeha, Hridroga, Hikka, Aanaha	BPN- Amradi Phala Varga, 59/Pg-599
4	Dadhi (Curd)	Q.S. 1 day	Amla, Usna Virya	Vata	Rochana, Dipan, Vrishya, Swedana, Srota Visodhak	Pinasa, Atisara, Mritrakrichch hra	Cha. Su. 27/225- 228
5	Dadima, <i>Punica granatum Linn.</i>	1 Part	Madhur, kasaya, Amla, Lavana, Snigdha, Anushna Virya	Tridosha	Dipana, Ruchya, Shukrala, Grahi	Daha, Jwara, Mukha Roga	BPN- Amradi Phala Varga, 39/Pg-582



6	Ela, <i>Elettaria cardamomu m Maton.</i>	1 Part	Katu, Laghu, Sita Virya,	Vata	Vatahara	Shwasa, Kasa, Arsha, Mutrakruchha	BPN- Karpuradi Varga- 24/Pg-222
7	Jatikosha (Javitri) <i>Myristica fragrans(Ho utt)</i>	1 Part	Katu, Laghu, Ushna virya	Kaphaha ra	Ruchya, varnakrit	Kasa , Vaman , Swasa , Trishna , Krimi , Vishavikar	BPN karpuradi varga /56 p- 218
8	Jatiphala <i>Myristica fragrans(Ho utt)</i>	1 Part	Tikta, Katu, Laghu, Tikshna, Ushna Virya	Kapha - Vata	Rochaka Agnee Deepak, Stambhan, Grahi	Krimi, Vaman, Swasa, Kasa, Sosha, Peenasa , Hridrog	BPN karpuradi varga /54 p- 216
9	Kantakari, <i>Solanum surattense Burm.f</i>	1 Part	Katu, Tikta, lavana, Tikta, Ruksha, Usna Virya	Kapha- Vata	Deepan, Pachan	Kasa, Swasa, Jwara, Pinas, Hridroga	BPN- Guduchya di Varga, 13/ Pg- 289-90
10	Karpura, <i>Cinnamomu m camphora (Nees & Eberm)</i>	1 Part	Madhura, Tikta, Laghu	Kapha- Pitta	Vrishya, Chakshyusya, Lekhya	Daha, Trushna, Asya vairasya, Meda, Daugandhya nashaka	BPN, Karpuradi varga / 3 p-173
11	Khadira Sara, <i>Acacia catechu Willd</i>	1 Part	Tikta, Kasaya, Laghu, Sita Virya,	Kapha	Medoghna, Kustaghna	Kandu, kasa, Aruchi, Krimi, Meha, Jwara, Switra, vrana	BPN- Vatadi varga, 15/ Pg-526
12	Langali Swaras, <i>Gloriosa superba Linn.</i>	Q.S. 1 day	Tikta, Katu Laghu, Tikshna, Ushna Virya	Kapha	Krimighna, Garbha patini	Kustha, Sotha, Arsha, Vrana, Shula	BPN- Guduchya di Varga, 30/ Pg-313
13	Lavanga, <i>Syzygium aromaticum Linn.</i>	1 Part	Katu, Tikta, Laghu, Shita Virya	Kapha- Pitta	Dipana, Pachana, Ruchya, Netrya	Trishna, vamana, Aadhamana, Shula, kasa, Swasa, Hikka	BPN- Karpuradi Varga- 22/Pg-219
14	Loha bhasma (Iron)	1 Part	Tikta, Madhura, Kasaya, Guru, Ruksha, Sara, Sita Virya	Kapha, Pitta	Lekhana, Netrya, Balya, Vrushya, Dipana, Medhya	Gulma, Pleeha, Pandu, Meda, Meha, Arsha, Swasa,	RT-20/ 83- 86
15	Madhuka, <i>Glycyrrhiza glabra Linn.</i>	1 Part	Madhur, Guru, Snigdha, Shita Virya	Vata- Pitta	Chakshyusya, Valavarna krit, Shukrala, keshya	Vranasotha, Visa, Chhardi, Trishna, Glani, Kshaya	BPN- Haritakyad i- 43/Pg- 65
16	Milk	Q.S. 1 day	Madhura, Sita Virya , Mridu, Snigdha		Rasayana, Valya, Jibana, Satmya		Cha.Su. 27/218



17	Naga (Lead, Pb)	1 Part	Madhur, Tikta, Katu, Ushna, Laghu, Snigdha, Ushna Virya	Kapha-Vata	Lekhana, Valya, Prameghna, Dipana, Shukrala, Vajikara, Vrishya, Aayushya	Prameha, Kustha, Vrana, Arsha, Visa, Gulma	RT-19/43, RRS-5/171, AP-3/186-87
18	Nagavalli Rasa, <i>Piper betle</i> Linn.	Q.S. 1 day	Tikta, Katu, Kshara, Tikshna, Sara, Ushna Virya	Kapha-Vata	Ruchya, Valya, Shramapaha	Mala, Shrama, Mukha Durgandha, Kapha Vriddhi	BPN-Guduchya di-2/Pg-271
19	Parada (Mercury)	1 Part	Sadrasa, snigdha	Tridosha	Rasayana, Yogavahi,	Sarvarogahara, Kustha	7RPS 1/163
20	Satavha, <i>Anethum sowa</i> Kurz	1 Part	Katu, Tikta, laghu, Ruksha, Tikshna, Ushna Virya	Vata-Kapha	Dipana	Jwara, Vrana, Shula	BPN-Haritakyadi- 23/Pg-35
21	Sita (Sugar candy)	1 Part	Madhura, Guru, Sita Virya	Vata, Pitta	Ruchya, Shukrala	Murchha, Chhardi, Jwara, Daha	
22	Vanga (Tin, Sn)	1 Part	Tikta, Amla, katu, kasaya, Ruksha, Sita, laghu, Sara, Tikshna, Ushna Virya	Kapha-Pitta	Chakshyusya, Valya, Rasayana, vajikara, Dipana, Pachana, Prameha hara,	Prameha, Pandu, Medoroga, Mutrakrichchhara, Shweta Pradara, Kshaya, Ojomeha, Upadamsa	R.Chu. 14/134, AP-3/152
23	Yastimadhu, <i>Glycyrrhiza glabra</i> Linn.	1 Part	Madhur, Guru, Snigdha, Shita Virya	Vata-Pitta	Chakshyusya, Valavarna krit, Shukrala, Keshya	Vranasotha, Visa, Chhardi, Trishna, Glani, Kshaya	BPN-Haritakyadi- 43/Pg-65

RRS-Rasa Ratna Samuchchaya, BPN-Bhabaprakash Nighantu, RT-Rasatarangini, Cha.Su-Charak Sutra, Ap-Ayurved Prakash

RESEARCH STUDIES

Chandraprabha Vati has got very remarkable effect in mitigation of *Prameha* which has been correlated with Diabetes mellitus (*Madhumeha*), Obesity and metabolic syndrome in many ways⁹. Another experimental study entitled “Antidiabetic activity of *Chandraprabha vati*-A classical Ayurvedic formulation” concluded that *Chandraprabha vati* has

anti-hyperglycemic effect and attenuates the lipid profile elevation which encourages clinicians to prescribe *Chandraprabha Vati* in *Prameha*¹⁰. Another clinical study regarding effect of *Chandraprava Vati* on Albuminuria establishes significant effectiveness in reduction of albumin in urine in Diabetes patients¹¹. Another research validates that *Chandraprava Vati* execute diuretic activity safely and potently



by various mechanism of action¹². The research on *Chandraprabha Vati* to evaluate free radical scavenging capacity showed very good result along with inhibitory effect of lipid peroxidation¹³. A case study showed renal parenchymatous diseases was effectively treated with *Chandraprava Vati* along with some other herbo-mineral formulations¹⁴.

Many more researches have been conducted on *Chandraprava Vati*, but all are on CPV-3 i.e. CPV of AFI/SDS. No study has been found from online sources regarding CPV-1 i.e. *Chandraprava Vati* of RSS. But many studies have been done on individual components regarding their anti-diabetic action.

The constituents *Abhraka Bhasma*¹⁵⁻¹⁷, *Amalaki*¹⁸⁻²⁰, *Amlabetasa*²¹, *Dadhi*²², *Dadima*²³⁻²⁸, *Ela*²⁹⁻³⁰, *Jabritri*³¹⁻³³, *Jati Phala*³¹⁻³³, *Kantakari*³⁴⁻³⁶, *Karpura*³⁷, *Khadira Sara/Kaiththa*³⁸⁻⁴⁰, *Langali Swaras*⁴¹⁻⁴², *Lavanga*⁴³⁻⁴⁵, *Loha Bhasma*^{46,47}, *Naga*⁴⁸⁻⁵⁰, *Nagavalli Rasa*⁵¹⁻⁵³, *Satavha*^{54,55}, *Vanga*⁵⁶⁻⁶⁰, *Yastimadhu*^{61,62} etc. more or less have anti diabetic effect.

DISCUSSION

The main use of *Chandraprava Vati* has been widely seen in *Prameha* and it's related disorders though many indications are there in different texts. The most

common formulation used in general practice is obtained from *Sharngadhar Samhita*/AFI. Various researches on the whole formulation and on individual constituent regarding their pharmacological properties have shown anti-diabetic effect. All the 9 (Nine) formulations of CPV differs some or more in constituents and their indications. CPV-5 (*Rasakamadhenu, RRS*), CPV-8 (*Rasa Kamadhenu*) and CPV-9 (*Rasaraj Sundar, Rasa Chintamani*) are not all concerned with *Prameha* as indications, rather indicated in *Switra, Pama and Jwaratisaar*, respectively. Likewise CPV-6 from *Rasendra Chintamani* though includes *Prameha* in indications, but has been described in *Arsha Adhikaar*. CPV-3 has been described in both *Prameha* and *Arsha Aadhikar* in different texts. CPV-1 and CPV-4 have single indication as *Prameha*. So it will be incorrect to mention *Chandraprava Vati* only in *Prameha* unless the reference is specified. Though CPV-1 i.e. *Chandraprava Vati* mentioned in *Rasendra Sar Samgrah* has only one indication as *Prameha*, no study has been found relating to it's antidiabetic effect. But researches reveal that the constituents of CPV-1 have antidiabetic effect. It contains metals-minerals like Hg, Fe, Pb, Sn, *Abhrak Bhasma* with other herbal drugs like *Amalaki, Amlabetasa, Dadima, Ela, Jati*



Phala, Kantakari, Karpura, Khadira Sara/Kaiththa, Langali Swaras, Lavanga, Nagavalli Rasa, Satavha, Yastimadhu etc. It draws more attention than other CPVs due to presence of metals like Pb (Lead) and Tin(Sn) which are proved to be very effective in *Prameha* and related disorders. Mercury is well known for its *Rasayana & Yogavahi* properties. Researches on other herbal drugs too have shown beneficial effect in *Prameha* and its complications. Almost all drugs have shown antidiabetic effect more or less, but the effect of formulation is yet to be scientifically validated.

CONCLUSION

Chandraprava Vati in general practice indicates to the formulation of *Sharngadhar Samhita/AFI*. The CPV of *Rasendra Sar Samgrah* can be proved to be a very effective formulation in *Prameha* provided the safety and quality are assured due to its toxic metal contents. There is a scope for research on this formulation of *Rasendra Sar Samgrah* for scientific validation of its effect on *Prameha*.



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