



A Critical Review on Abhrak Bhasma Containing Formulations and Its Role

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Abstract

Abhrak Bhasma is a mineral-based ash made from mica (scientifically known as Mica Muscovite or Abhraka) through several complex purification and burning procedures. It is an important formulation in Ayurvedic medicine. *Abhrak Bhasma* is a traditional Ayurvedic remedy thought to offer several therapeutic advantages, especially in boosting vitality, fostering general health, and curing respiratory and digestive disorders. The preparation of *Abhrak Bhasma* involves several stages of purification (Shodhana) of mica, followed by a slow calcination process that results in a fine, powdery substance. According to Ayurvedic principles, this Bhasma is rich in essential minerals and trace elements, which may support the body's natural healing mechanisms and act as a tonic for various ailments. Pharmacologically, it has been studied for its properties as a rejuvenator, anti-inflammatory, antioxidant, and a potential immune booster. Additionally, it has been shown to assist in managing chronic conditions such as Anemia, respiratory disorders, and digestive disturbances. Recent studies suggest that *Abhraka Bhasma* may also support neurological health and possess adaptogenic properties. Despite its traditional use, contemporary scientific validation is still in progress. Research continues to explore the bioavailability, safety, and efficacy of *Abhraka Bhasma* while integrating it into modern integrative medicine. This abstract provides an overview of its historical significance, preparation, therapeutic applications, and the emerging scientific understanding of its pharmacological properties. The present study was planned to compile formulation related to *Abhraka Bhasma* from *Bharat Bhaishajya Ratnakar*.

Keywords: *Abhraka Bhasma, Ayurveda formulation, Bhasma, Bharat Bhaishajya Ratnakar*

Introduction

Ayurveda is the ancient Indian system of medicine that encompasses holistic healing practices. Ayurvedic medicines are derived from plants, animals, and minerals/metals. One of the branches of Ayurveda, called Rasashastra, focuses on the detailed knowledge of metals and minerals. However, traditional herbal medicines have certain limitations, such as the need for higher dosages, a lack of palatability, and a short shelf life. To address these issues, Bhasmas serve as an excellent alternative. They are prepared from natural minerals and metals, combined with herbs through a process known as Bhasmikanrana, which transforms toxic compounds into non-toxic and bio-acceptable forms. Additionally, they are easily acceptable, palatable, fast-acting, and effective in small dosages, with a long shelf life without losing potency ^[1]. *Abhraka* is a mineral compound that contains tiny amounts of silicon, magnesium, calcium, potassium, and aluminum. *Ayurveda* classifies *Abhraka* into four categories: *Pinak*, *Naag*, *Manduk*, and *Vajra*. It is further classified into four categories based on color: Yellow, White, Red, and Black ^[2].

In Ayurveda, *abhrak* is utilised in the form of *bhasma*, which is a fine powder. *Abhraka bhasma* is a component of many revitalising formulas and is utilised in the treatment of a wide range of diseases. *Abhrak Bhasma* is an excellent cellular regenerator and a nervine tonic. It is indicated in various chronic diseases such as tuberculosis, chronic obstructive pulmonary disease, and many types of cardiac diseases.^{3, 4}

Materials and Methods

In this review, information from the classical texts of Ayurveda; *Bharat Bhaishajya Ratnakar* was taken into consideration. Information related to *Abhraka Bhasma* was searched and compiled.

Abhraka (Mica) in Rasashastra texts Abhraka

Synonyms: Gouriteja, Gagana, Bahupatrakam, Kha, Antariksha Ambara ^[5].

Ores: Biotite, Paragonite, Lepidolite, Muscovite, Phlegophite.

Type of the Abhraka Based on Colour: Krishna, Rakta, Peeta, Shweta.

Based on Reaction to heat: Pinaka, Naga, Manduka, Vajra [6].

Considerable: Snigdha, thick and heavy layers, easily separable layers

Not Considerable: Chandrikar Yukta, Kittayukta (Mala) [7].

Grahyata

Table 1: List of Formulations Containing Abhraka Bhasma [8, 9, 10, 11]

Formulation	Use
<i>Abraka Haritaki</i>	<i>Tridoshaj Arsha</i>
<i>Amritankur Vati</i>	<i>Shudra, Prameha, Agnimandya</i>
<i>Abhra Vatika</i>	<i>Swasa, Jwara Kshaya, Atisar</i>
<i>Amlapittantako Modak</i>	<i>Amlapitta, Prameha, Bhrama, Vaman</i>
<i>Amlapittahar Paka</i>	<i>Amlapitta, Aruchi, Kandha Daha, Vaman, Mandaagni, Hridyaroga, Bastishola</i>
<i>Ashwagandha paka</i>	<i>Prameha, Jirnajwar, Gulma, Shukravridhi</i>
<i>Agnikumar Rasa</i>	<i>Ajirna, Grahni, Mandagni</i>
<i>Abhraka Kalpa</i>	<i>Babasir, Shosha, Pandu, Shola, Kushtha</i>
<i>Abhraka rasayan</i>	<i>Sutika, Atisar, Kaphajanya Vyadhi, Kasa</i>
<i>Amrutandakoloham</i>	<i>Kushta</i>
<i>Arogyavardhini gutika</i>	<i>Kushtha, Jwara</i>
<i>Indu Vati</i>	<i>20 types of Prameha</i>
<i>Indrabhrama Vati</i>	<i>Apasmar</i>
<i>Indrashekhara Rasa</i>	<i>Swasa, Jwara, Raktatisar, Agnimandya, Vaman</i>
<i>Kamlavilas Rasa</i>	<i>Prameha, Visarpa, Agnimandya, Mukharoga</i>
<i>Kalyansundaro Rasa</i>	<i>Hridyaroga</i>
<i>Kaleshwara Rasa</i>	<i>Swasa, Darunkapha</i>
<i>Kasasanharabhairav</i>	<i>Kasa, Swasa, Aruchi</i>
<i>Kumudeshwara Rasa</i>	<i>Jwar</i>
<i>Khadiradi Gutika</i>	<i>Prameha, Hikka, Aruchi, Agnimandya</i>
<i>Gagangarbha Rasa</i>	<i>Kaphayukta vayu</i>
<i>Gaganya rasayanam</i>	<i>Prameha, Pittajatisar</i>
<i>Garbhachitamani Rasa</i>	<i>Sanipata, Pradar, Sutika roga</i>
<i>Grahniyajakesari rasa</i>	<i>Visuchika, Shoola and Ama yukta Grahni, Atisar</i>
<i>Chaturmukha Rasa</i>	<i>Pandu, Prameha, Shola, Hikka, Amlapitta, Visarpa, Apasmar</i>
<i>Chandrakala Rasa</i>	<i>Jwara, Bhrama, Murcha, Santap, Raktapitta, Mutrakruccha</i>
<i>Chandraprabha Vati</i>	<i>Tridosha jwaratisar</i>
<i>Chandraprabha Rasa</i>	<i>Prameha, Pittaroga, Vatavyadhi, Deepan, Kshudraroga</i>
<i>Chintamani Rasa</i>	<i>Prameha, Swasa, Balya</i>
<i>Jatiphala Rasa</i>	<i>Atisar, Grahni</i>
<i>Jwarkunjarparendera Rasa</i>	<i>Prameha, Shotha, Kamla, Grahni</i>
<i>Jeevananadabhrak</i>	<i>Swasa, Rasayan, Aruchi, Jwara, Vaman</i>
<i>Tarkeshwara Rasa</i>	<i>Bahumutra Roga</i>
<i>Trilokyachintamani Rasa</i>	<i>Pandu, Shola, Vatavyadhi, Jalodar, Udararoga, Shotha, Arsha, Kushtha, Bhagandar, Prameha, Gulma, Unmada, Kshaya, Jirnajwara, All kinds of diseases</i>
<i>Trilokyasundar Rasa</i>	<i>Arbudha, Kshaya, Swasa,</i>
<i>Nashtapushpantaka Rasa</i>	<i>Stiroga, Yonidaha</i>
<i>Panchanimbavleha</i>	<i>Viryavridhi</i>
<i>Panchaloha rasayan</i>	<i>Prameha</i>
<i>Panchamrit Parpati</i>	<i>Arsha, Amlapitta, Pandu, Arsha, Atisar, Raktapitta, Samgrahni</i>
<i>Panchamrut Gugglu</i>	<i>Mastishka Roga</i>
<i>Pramehakunjarkesari Rasa</i>	<i>Rasyana</i>
<i>Mahalaxamivillas Rasa</i>	<i>Kushtha, Arsha, Atisar</i>
<i>Mahakalyan Vati</i>	<i>Sura Pana Se Utpanroga</i>
<i>Mrutyunjay Rasa</i>	<i>Jwar</i>
<i>Yakrutplihodarari Loham</i>	<i>Yakrut, Pliha, Gulma, Udar, Swasa</i>
<i>Rasa raj</i>	<i>Stiroga, Sutika, Jwar</i>
<i>Rasendra Gutika</i>	<i>Swasa, Agnimandya, Pandu</i>

<i>Laxamivillas</i>	<i>Amavata, Sannipat, Kushtha, Arsha, Shotha, Swasa, Vajikarana</i>
<i>Sudha vati</i>	<i>Amlapitta</i>
<i>Sobhagyasunthi Modaka</i>	<i>Aruchi, Shiroshoola</i>
<i>Hiravaidyo Rasa</i>	<i>Prameha, Samgrahni</i>
<i>Kanaksundaro Rasa</i>	<i>Pandu, Udaroga</i>
<i>Amrutshwa Rasa</i>	<i>Pandu, Shotha</i>

Conclusion

Abhraka Bhasma has given high importance in all the classical texts of Rasashastra due its use in various formulations as is used in the management of various diseases. Various Samskara which brings Abhraka in the form which could easily be absorbed and assimilated in the body like Shodhana, Dhanyabhraka, Marana, Bhasma pariksha of Abhrak Bhasma. There are 337 formulations of *Bharat Bhaishjaya Ratnakar* containing *Abhraka Bhasma*. In dosage form, *Rasa* was found the maximum, followed by *Vati*, *Loham*, *Leham*, *Gutika*, *Modak*, *Parpati*, etc. A total of 10 dosages was used as *Vati*, *Gutika* (flat circular), *churna* (Powder), *Rasa* (incinerated form), *Avaleha*, *Pak* (confection), *Parpati* (flake of black mercuric sulfide), *Druti* (medicated oil), *Loham* (Iron preparations), and *Modak* (big circular mass). *Abhraka bhasma* is indicated in several ailments like Diabetes, Asthma, Paralysis, Neurological condition, Tuberculosis and Acid peptic diseases.

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