

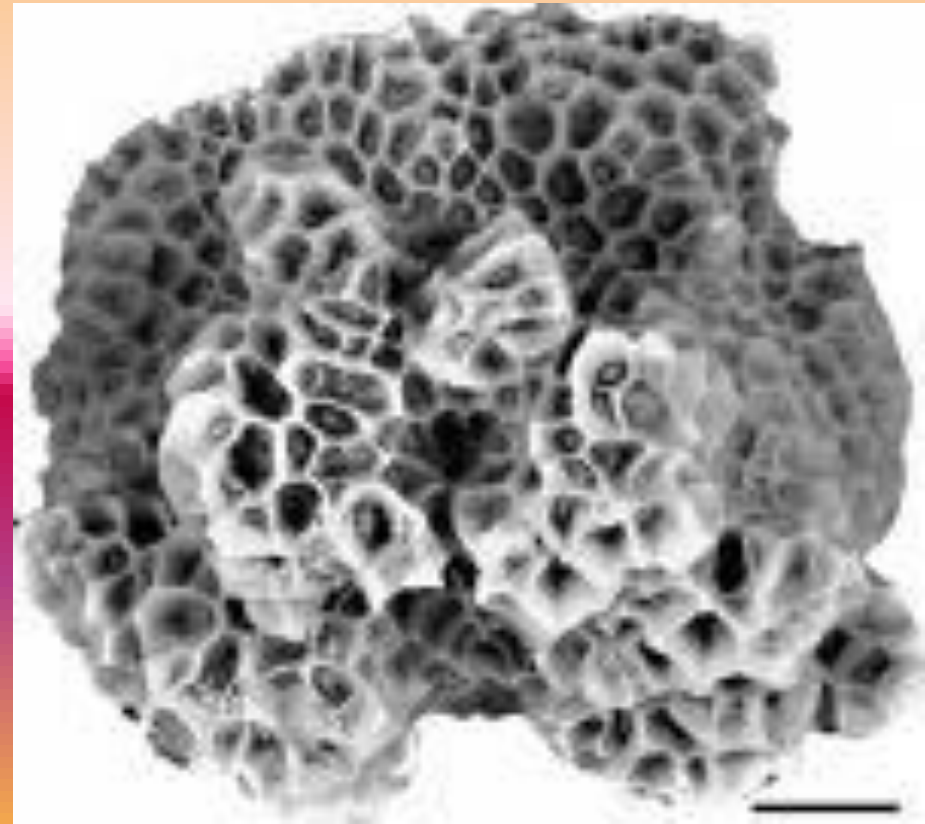


# Prayala

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# Anthazoan Polyps



# Availability

- Deep ocean
- Europe
- Africa
- Australia
- Italy
- Spain
- Iran

# History

- 5000 yrs before
- Mahabharat, purana
- Charaka samhita

# Synonyms

- Pravala
  - Vidruma- vishista vruksha; Ratna vruksha
  - Angaraka mani
  - Raktaanga
  - Raktaankura
  - Abdhijantu – Aquatic animal
  - Lataamani- lata sadrusha mani; climber
  - Bhoumaratna –bhouma jata; borned in bhumi
- red colour

# Physical properties

- Hardness : 3.5
- Specific gravity: 2.6-2.7
- Chemical composition:  $\text{CaCO}_3$

# Types

- **Colour 4 types:** Shweta, Rakta, Krishna, Dhusara
- **Aakruti : 2 types**
  - Moola
  - Shaakha

# Grahya laxana

- Snigdha - shiny
- Sthulla - big
- **Pakwabimbi phala sadrusha-Red**
- Vritta - round
- Deergha - lengthy
- Nirvranam-without chidra
- Avakra – should be straight





# Shodhana

- Swarjiksharayukta jala => swedana in dolayantra for 3 hrs.

# Marana

- Shu.pravala churna=> Kumari swarasa / Shatavari swarasa => Bhavana =>Chakrika => Dry=> Sharava samputa => Gajaputa (3) => Shweta varna bhasma

# Pisti

- Shu.pravala => imamdasta=> Gulab jala => trituration for 3 days => fine powder => pink coloured pisti
- **Chandraputi pisti:** shu.pravala => triturated with Gulab jala for 21 days in the presence of chandra rashmi => pink coloured fine powder => Chandrapisti
- **Guna:** Atyanta sheetala, Balya, Vrishya, Medya, Ojovardhaka,

# Bhasma / Pisti Guna

- **Rasa: Kshareeya**
- **Guna: sheetala, laghu**
- **Veerya: sheeta**
- **Vipaka: Madhura**
- **Karma: Tridoshaghna, dipana, pachana, netrya, balya, vrishya, vishaghna**
- **Indication: kshaya, raktapitta, kasa etc.**

# DOSE, ANUPANA

- ½ - 2 Ratti (60-250mg)
- Madhu , Butter, etc Rogaanusara anupana

# Formulations

- Pravala panchamruta rasa
- Trailokyachintamani rasa
- Kasturibhairava rasa
- Sarvanga sundara rasa
- Kshayakesari rasa
- Chintamani rasa

# Artificial preparation of Pravala

- Ref: R.P.Su. 11/133-135

Shu.Shankha Churna – 100 gm

Shu.Hingula – 50gm

=> Triturated in khalwa => fine powder => add  
sadya suta avi ksheera (recently delivered  
Goat's milk) => triturate =>kalka =>prepare  
varti (2) =>dried => fried on kaarpaasaasthi agni  
=> then pachana => swangasheeta =>  
**PRAVALA**

# Thank you

