

REVIEW ON RAJAHPRAVARTINI VATI – A HERBO- MINERAL FORMULATION

Priyanka.R.G¹, Surekha.Medikeri², M.S.Doddamani³

¹Final yr PG Scholar, Dept. of Rasa Shashtra & Bhaishajyakalpana, TGAMC, Ballari, Karnataka, India

²Surekha, Medikeri, Guide, Professor& HOD, ³M.S. Doddamani, Professor& HOD, PG Dept. of Rasa Shashtra & Bhaishajya Kalpana, TGAMC, Bengaluru, Karnataka, India

Email: hai2pinki@gmail.com

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ABSTRACT

Rajahpravartinivati is a *Kharaleeya rasa* which is extensively used in all types of *streerogas*. It is a one of the herbo-mineral Ayurvedic formulation, which is mainly indicated in *Kashtarthava* and *Nashtarthava*. Etymology of the word *Rajahpravartinivati* is, *Rajas* means Menstrual discharge and *Pravartana* means going on, Beginning, Commencement, Stimulating, Urging, Initiating, then *Vati* means A pill, Bolus. A pill which initiates or stimulates the menstruation is called *RajahpravartiniVati*. *RajahpravartiniVati* is 1st mentioned in one of the classical text under *StreeRogaAdhikaara*. He mentioned that this yoga is told by *Neelakanta*. This is indicated in *Nashtarthava* & *Kashtarthava*. There are 6 formulations having same ingredient and some have slight variation as mentioned in *Bhaishajya Ratnavali*. This paper is an attempt to review the formulation “*Rajahpravartinivati*” explained in various literature of Ayurveda Pharmaceutics.

Keywords: *Kharaleeya rasa, Rajahpravartinivati, Kashtarthava, Nashtarthava.*

INTRODUCTION

Kharaleeya rasa are the unique formulations of pharmaceuticals containing herbal, mineral or animal products. These preparations take less space for manufacturing & storing, with faster relief when administered with proper *anupana* and *sahapana*. It occupies greater portion in therapeutics by adding *churna*, *swarasa* etc.

RajahpravartiniVati (RPV) is 1st mentioned in one of the classical text under *StreeRogaAdhikaara*. He mentioned that this yoga is told by *Neelakanta*.

This is indicated in *Nashtarthava* & *Kashtarthava*. There are 6 formulations having same ingredients and some have slight variation as mentioned in *Bhaishajya Ratnavali*¹ and the same is mentioned in AFI² approved by Govt. of India.

The ingredients of this formulation are easily available and it's easy to prepare and is cost effective in nature. The drugs used in this formulation are having identical properties like *Katu rasa, Ushna veerya, Sara & Teekshnaguna* and *Pitta*

vardhaka. All these properties remove obstruction in the passage and do *SrotoShodhana* (cleansing the channel). Even drugs have *Rajahpravartaka* property.

Factors effecting female reproductive health is an important area of review. It is the most common formulation used in *Kashtarthava* which is most common gynaecological problem faced by women during their adolescence which causes significant discomfort & anxiety for the women. It may create the emotional distress brought on by the pain and may result in missing work or school, inability to participate in sports or other activities. In modern medicine it is treated by oral contraceptive pills, non-steroidal anti-inflammatory drugs, antispasmodic, analgesics etc. Long term use of these causes side effects. So, it is a great scope of review and research to find out safe, potent, cost effective remedy from Ayurveda for its management. Pain is the main feature of *Kashtarthava*, so it has strong relation with *VataDosha* and *Shodhitahingu* is one of the ingredients of RPV which has action of *vatanulomana*.

Hence formulation is used extensively in day to day practice so, here an attempt made to review the formulation “*Rajahpravartinivati*” explained in various literature of Ayurveda Pharmaceutics.

AIM

To review about classical references of *Rajahpravartinivati* an herbo-mineral formulation.

OBJECTIVES

1. To know different references of RPV which are mentioned in Ayurvedic texts.
2. To know all references of RPV along with difference in ingredients and dosage of the formulation.
3. To know different names of the formulation RPV.

MATERIALS AND METHODS

Rajahpravartinivati is prepared by taking *shoditakasisa*, *shoditaTankana*, *shodhitaHingu* and *Mosabbar(Kanyasara)* in equal quantity then 3 *bhavanas* of *kumariswarasa* should be given then after getting *vati* consistency rolled into pills of *chanakamatra*. There are 6 formulations, some having same ingredients and some have slight variation in name and ingredients. It is extensively used in treating *Kashtarthava* and *Nashtarthava*. *RajahpravartiniVati* is 1st mentioned in one of the classical text under *StreeRoga Adhikaara*. He mentioned that this yoga is told by *Neelakanta*. This is indicated in *Nashtarthava* & *Kashtarthava*.¹The detail of this pharmaceutical study cited at Priyanka et.al.³

Table 1: Different formulations with the name *Rajahpravartinivati*

Sl no	Name Of Formulation	Ingredients	Indication	Matra
1	<i>Rajahpravartini vati</i> ¹	<i>Shodhita kasisa-1P</i> <i>Shodhita Tankana-1P</i> <i>ShodhitaHingu -1P</i> <i>Mosabbar-1P</i> <i>Kumariswarasa-Q.S</i>	<i>Kashtarthava</i> <i>Nashtarthava</i>	<i>Chanakamatra</i> <i>(2-4ratti)</i>
2	<i>Kaseesadi vati</i> ⁴	<i>Shodhita kasisa-1P</i> <i>Shodhita Tankana-1P</i> <i>ShodhitaHingu -1P</i> <i>Mosabbar-1P</i> <i>Kumariswarasa-Q.S</i>	<i>Kashtarthava</i> <i>Nashtarthava</i>	<i>2Ratti</i>

3	<i>KanyaLohadi Vati</i> ⁵	<i>Kanyasara- 10tola</i> <i>Shoditakasisa – 7tola</i> <i>Twak -5tola</i> <i>Ela - tola</i> <i>Shunti – 5tola</i> <i>Gulkand – 20tola</i>	<i>Kashtarthava</i> <i>Anarthava</i> <i>Aniyamitharthava</i>	<i>2Ratti</i>
4	<i>Rajahpravartini Varti</i> ⁶	<i>Kanyasara- 6masha</i> <i>Devadhali – 6masha</i>	<i>Kashtarthava</i> <i>Anarthava</i>	<i>Kept in Vagina and application on Nabhi</i>
5	<i>Rajahpravartini vati</i> ⁷	<i>Soya beeja – 5ser</i> <i>Gajarbeeja – 5ser</i> <i>UlatKambal – 10ser</i> <i>Vamshamula – 5ser</i> <i>ShodhitaTankana – 2P</i> <i>ShodhitaKasisa -1P</i> <i>ShodhitaHingu – 1P</i> <i>Mosabbar – 1P</i> <i>Kumariswarasa – Q.S</i>	<i>Kashtarthava</i> <i>Nashtarthava</i>	<i>2Ratti</i> <i>with Ushnajala</i>
6	<i>Rajahpravartini vati</i> ⁸	<i>TankanaBhasma -1P</i> <i>ShodhitaHingu -1P</i> <i>Kasisasindoora – 1P</i> <i>Kumariswarasa- Q.S</i>	<i>KashtarthavaNashtarthava,</i> <i>Gulma</i> <i>Ajeerna</i> <i>Vanti</i>	<i>2Gunja</i> <i>with Ushnajala</i>

DISCUSSION

Rajas – Menstrual discharge

Pravartana – Going on, Beginning, Commencement, Stimulating, Urging, Initiating,

Vati – A pill, Bolus

A pill which initiates or stimulates the menstruation is called *RajahpravartiniVati*.

There are 6 different references are available and it is used in *Kashtarthava and Nashtarthava*.

All the drugs of *Rajahpravartinivati* have *Rajahpravarthaka* property. All the Ingredients of RPV are having identical properties like *Katu rasa, Ushna veerya, Sara, Teekshnaguna* and *Pitta vardhaka*. All these properties remove obstruction in the passage and do *SrotoShodhana* (cleansing the channel). By this there is improvement in *StanikaArthavagni and UpadhatuArthava*. *Ushnaguna* increases the secretion of glands thus improves proliferative phase of menstrual cycle. Some diseases having *Kashtarthava* as a symptom hence the formulation is useful in such conditions also.

It is effective in *Arthavavikaras*. *ShodhitaHingu, Kumari, ShodhitaTankana* and *ShodhitaKasisa* are the main ingredients of *RajahpravirtiniVati*. *Hingu* (*Ferula Asafoetida* Linn) has *Shoolahara* (colic pain reliever) and *Vatanulomana* (facilitator of downward movement of *Vata*) property which helps in normalising the function of *Apanvata*, which is main causative factor of *Kashtartava*. *Hingu* has anti flatulent and digestive properties & counteracts spasmodic disorders and may probably suppress the secretion of progesterone hormone. The gum resin contains the coumarins, 5-hydroxyumbelliprenin, assafoetidin etc. Hormonal influence plays an important role in maintaining both ovulatory and menstrual cycle.

Drugs used in RPV give strength to uterine musculature for easy expulsion of *Raja*. It is extensively used in day to day practice. Because now days gynaecological problems became common and because of that most of the girls and women facing problems in their routine work in life like sleep

deprivation, lack of concentration, general working life and etc.

Hence it became more important to review and does research works on such formulations and do standardization of those formulations which are

used extensively. The detail of the standardization of the formulation RPV by analytical parameters and Quality control standards/tests are cited in Priyanka. R G et.al⁹

Images: RPV



ShodhitaKasisa



ShodhitaTankana



ShodhitaHingu



Kanyasara(Mosabbar)



Kumariswarasa



Homogenous mixture of RPV



Aft adding Kumariswarasa



RPV after Bhavana

CONCLUSION

RajahpravartiniVati is 1st mentioned in one of the classical text under *StreeRogaAdhikaara*. He mentioned that this yoga is told by *Neelakanta*. This is indicated in *Nashtarthava & Kashtarthava*. There are 6 different references are available. In that some have same ingredient but author quoted it as by different name and in some references ingredients are different but name is same as *Rajahpravartinivati*.

In AFI *Rajahpravartinivati* is mentioned as per reference of *BhaishajyaRatnavalistreerogadikara* and dose he have mentioned it as *2ratti to 4ratti*.

All the Ingredients of *Rajahpravrtinivati* are having identical properties like *Katu rasa, Ushna veerya, Sara Teekshnaguna and Pitta vardhaka*. All these properties remove obstruction in the passage and do *SrotoShodhana* (cleansing of the channels). By this there is improvement in *StanikaArthavagni and UpadhatuArthava*. This formulation is extensively used by Ayurvedic physicians.

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