



Function of Indravati in the Management of Diabetes – an Analytical Classical Review

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Abstract :

Rasoushadies; the organometallic formulations have been in use in the treatment of diabetes with their excellence for centuries. But now-a-days it has become necessary to allay the prevailing notions regarding safety and efficacy of Rasoushadis. Indravati is one of such excellent herbomineral preparation described in the Rasendrasarasangrahpramehadhikara. Content of Indravati are MritaParad (Rasa sindoora), Vangabhasma, Arjuna Twak Churna, Shalmalimoolakwatha etc. In the present paper detail review of indravati and its role in the management of diabetes will be given.

Key words: Indravati, Vangabhasma, Madhumeha, Rasasindur

Introduction:

Ayurveda is science of life, which is a prestigious gift to the mankind. *Rasachikitsa* can consider as a backbone of *Ayurvedachikitsa*. Ancient times it was also known as *daivichikitsa* or *rasaushadhichikitsa*. Diabetes mellitus is a group of metabolic disease with multifactorial etiology. The disorder is as ancient as mankind. Diabetes is prevalent in all countries throughout the world.

In ayurveda this classical condition is elaborately dealt, under the heading of *prameha*. *Madhumeha* is one sub type of *prameha*, which is said to be incurable, and it resembles closely to Diabetes mellitus.

Madhumeha can be correlated with diabetes mellitus.

DM-Chronic metabolic disorder characterised by hyperglycemia with or without glycosuria, resulting from an absolute or relative deficiency of insulin.

Rasashastra deals with the pharmaceutical and therapeutic uses of the different preparation of mercury, mineral and metals characterized by their small dosage, quick effectiveness, long durability etc. So *Rasashastra* has achieved the place of supreme importance in *Ayurvedic* medicine. In classical *Rasa shastra* text mentioned four types of mercurial preparations. i.e. *Kharaliya*, *Parpati*, *Pottali*, and *kupipakwa*.

Material And Methods:

The references regarding the drug scattered across the Classics of *RasaShastra* and the scientific Data available in the reputed journals will be compiled, arranged in systemic fashion.

Textual references of the drug :

Indravatiras is a herbomineral and *kharaliya* preparation of Rasa shastraindicated for prameha and especially for madhumeha initially it is described by *Rasendrachintamani*, *Bhaishajyaratnavali*, *Rasendrasarasamgraha*, *Rasa manjari*, *Rasakamdhenu* etc. In all these *Rasa shastra* texts *Indravati* was mentioned under *Pramehadhikara*.

- *Indravati* is one of such excellent herbomineral preparation described in the *Rasendrasarasangrahpramehadhikara*. Content of *Indravati* are -
- *Mrita Parad (Rasasindoora)*
- *Vangabhasma*,
- *Arjuna Twak Churna*,
- *Shalmallimoolakwatha* etc.

Ingredients of *indravati* as mentioned in different texts:

Text	<i>Rasasindura</i>	<i>Vangabhasma</i>	<i>Arjunatwakchurna</i>	<i>Sugar</i>	<i>Bhavanadravya</i>	<i>Dose</i>	<i>Anupana</i>
<i>Rasendrachintamani</i>	+	+	+	+	<i>Shalmallimoola kwatha</i>	<i>Imasa (62mg)</i>	-
<i>Rasendrasarasangrah</i>	+	+	+	-	Do	Do	-
<i>Rasa manjari</i> ,	+	+	+	+	Do	Do	-
<i>Rasakamdhenu</i>	+	+	+	+	Do	Do	<i>Shalmolimoolswaras</i>
<i>Bhaishajyaratnavali</i>	+	+	+	-	Do	Do	
<i>Rasa raja sundar</i>	+	+	+	-	Do	Do	
<i>Rasa yogsagar</i>	+	+	+	+	Do	Do	

Result :

Pharmacotherapeutic Properties of

(1) *Parad*:

Rasa: *shadrasa*

Guna: *Snigdha, Sara, Guru*

Karma: *Yogavahi, Rasayana, Vrishya, Vajikara, Dipana, Pushtikara, Ayushkara, Dehasiddhikara, Lohasiddhikara* etc.

Doshaprabhava: *Tridoshaghna*.

Vyadhiprabhav: *Jwara, Raktapitta, Kasa, Pandu, Prameha* etc.

(2) *Gandhaka*:

Rasa: *Katu, Tikta, Kashaya*.

Guna: *Snigdha, Sara*.

Virya: *Ushna*.

Doshaprabhav: *kapha and vatahara, pittakaraka*.

Vyadhiprabhav: *kandu, kushta, Visarpa, Dadru, Krimi, Kasa, Shwasa* etc.

(3) ***Vanga/Tin***: *Vangabhasma* significantly controls the fasting blood sugar and post prandial blood sugar levels in the patients of madhumeha. During treatment schedule it dose not show any adverse effect.

(4) ***Arjuna***: *Arjun* has been used in *Kaphajaprameha, Pittajapremeha* and *Atisara* of *kshaya*. (Acc. to *charakasamhita*)

Constituents of Arjuna: Bark contains tannin including glucotannic acid 45%, a colouring matter, a glucosoidal body and ash 34% containing sodium, pure calcium carbonate and traces of alkaline chlorides.

(5) Shalmali:

Rasa: Madhura, kashaya.

Guna: Guru, Ruksha.

Virya: Sheeta

Vipaka: Madhura

Dosaprabhava: Mitigates pitta and Rakta.

Vyadhiprabhava: Atisara, Raktapradara, muthravikara, arbuda, shotha, raktajavikara etc.

Root contain:

Starch – 71.2%

Sugars (arabinose and galactose) – 8.2%

Moisture – 7.5%

Peptic substances – 6%

Mineral matter – 2.1%

Cellulose – 2%

Protein – 1.2%

Fat – 0.9%

Tannins – 0.4%

Non tannins – 0.1 %

Root bark: Lupeol 2-sitosterol 8-formyl-7-hydroxy 5-isopropyl 2-methoxy-3,3-methyl-1,4-naphthoquinone

Result :

Indravati was proved clinically highly significant in previous research work as well as experimental study also done on this drug .

Discussion :

Indravati is such an excellent drug which is very beneficial in diabetes. While the *vangabhasma* acts like an antidiabetic mineral drug, *the arjun*, *shalmali swaras* help to make a herbomineral drug which is more effective in human body. May be the *rasasindur* acts as a catalytic and potent ingredient of the *Indravati*. Some authors added sugar in the preparation of this drug as *acharyas* were very well known about the symptoms of sudden-onset hypoglycemia during potent antidiabetic drug. So, the medicine is used rationally with proper dosing will be a panacea in madhumeha.

Reference

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