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 herbominal preparation described in the Rasendrasarasangrah pramehadhikara. Content of Indravati are MritaParad (Rasa sindoora), Vangabhasma, Arjuna Twak Churna, Shalmallimoolakwatha 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 rasashadhichikitsa. 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.

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 shastra indicating for prameha and especially for madhumeha initially it is described by Rasendrachintamani, Bhaishajyaratnavali, Rasendrasarasangrah, 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:

<table>
<thead>
<tr>
<th>Text</th>
<th>Rasasindura</th>
<th>Vangabhasma</th>
<th>Arjunatwakchurna</th>
<th>Sugar</th>
<th>Bhavanadravya</th>
<th>Dose</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasendrachintamani</td>
<td>+</td>
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<td>Shalmallimooolkatha</td>
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<td>Rasendrasarasangrah</td>
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<td>Rasa manjari,</td>
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<tr>
<td>Rasakamdhenu</td>
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<td>Do</td>
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<tr>
<td>Bhaishajyaratnavali</td>
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<tr>
<td>Rasa raja sundar</td>
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<td>Do</td>
<td>Do</td>
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<tr>
<td>Rasa yogsagar</td>
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<td>Do</td>
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</tr>
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</table>

**Result:**

**PharmacotherapeuticPropertiesof**

1. **Parad:**
   - **Rasa:** shadrasa
   - **Guna:** Snigdha, Sara, Guru
   - **Karma:** Yogavahi, Rasayana, Vrishya, Vajikara, Dipana, Pushthikara, Ayushkara, Dehasiddhikara, Lohasiddhikara etc.
   - **Doshaprabhava:** Tridoshaghna.
   - **Vyadhiprabhav:** Jwara, Raktaipitta, Kasa, Pandu, Prameha etc.

2. **Gandhaka:**
   - **Rasa:** Katu, Tikta, Kashaya.
   - **Guna:** Snigdha, Sara.
   - **Virya:** Ushna.
   - **Doshaprabhav:** kapha and vatahara, pittakaraka.
   - **Vyadhiprabhav:** kandu, kushita, Visarpa, Dadru, Krimi, Kasa, Shwasa etc.

3. **Vanga/Tin:** Vangabhasmas significantly controls the fasting blood sugar and post parenteral 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-sitostero 8-formyl-7-hydroxy 5-isopropyl 2-methoxy-3-3 methy-1,4 naphthaquinone

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

Discussion:
Indravatis such a excellent drug which is very beneficial in diabetes. While the vangabhasma acts like an anti diabetic mineral drug, the arjun, shalmaliswaras 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 author added sugar in the preparation of this drug as acharyas were very well known about the symptoms of sudden occur hypogysemia during potent antidiabetic drug. So, the medicine is used rationally with proper dosing will be a panacea in madhumeha.

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