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Critical review of Gandhak Rasayan with special reference to Tvachavikar

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Abstract:

Skin disorders are burning problem in this era especially in treatment. In Ayurveda it is mentioned that because of mithya aahar vihar various skin diseases occurs and all are comprised in Kushtha. It occurs due to vitiated tridoshas vata, pitta, kapha and tvaka, rakta, mansa, ambu. Common symptoms in tvachavikar are daha and kandu, for these symptoms Gandhak rasayan is the drug of choice. Gandhak is only one rasaushadhi which is used in Gandhak rasayan, and it is mentioned in Yogaratnakar. Rasaushadhis are used in small doses and shows result faster than herbal drugs. As skin disorders are chronic they need accurate and quicker treatment. Gandhak rasayan plays a major role in various skin disorders like psoriasis, scabies, eczema, acne, tinea infection and other conditions in pittaj tvachavikar. It acts as anti-bacterial, anti-viral, anti-pruritic and anti-inflammatory drug. As Gandhak rasayan is widely used in treatment of skin disorders having excellent result, it is selected for study.

Keywords: tvachavikar, gandhak rasayan, kandu, daha.

Introduction:

In Ayurveda all the skin disorders are comprised in kushtha. Kushtha occurs due to mithya aahar vihar, vitiated tridoshas vata, pitta, kapha and tvaka, rakta, mansa, ambu. Commonly used rasaushadhi in tvachavikar is Gandhak rasayan. According to text for the preparation of Gandhak rasayan shuddha gandhak should be taken. Eight bhavana of cow milk should be given to it then bhavana of following each ingredients given eight times and add same quantity of Sharkara as that of gandhak in it.

Twaka (Cinnamomum zeylanicum) kwath

Ela (Elettaria cardmomum) kwath

Tejpatra (Cinnamomum tamala) kwath

Nagkeshar (Mesua farrea) kwath

Guduchi (Tinospora cordifolia) kwath

Haritaki (Terminalia chebula) kwath

Aamalaki (Phyllanthus emblica) kwath

Bibhitaki (Terminlia bellirica) kwath

Bhringaraj (Eclipta alba) kwath

Aadraka (Zingiber officinale) swaras.

According to vrudha vaidya parampara after every eighth bhavana one bhavana of Aadraka swaras is given and at the end, eight bhavana of Aadraka swaras also given².

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It is called as Mahagandhak rasayan , if only one one bhavana of above ingredients given to gandhak then it is called as laghugandhak rasayan².

Gandhak rasayan is being used in various dermatological conditions which will be discussed in discussion part.

Aim and Objectives:

Aim: Study of Gandhak rasayan in different conditions of tvachavikar.

Objectives: To study the difference references of Gandhak rasayan with special reference to tvachavikar.

Materials and Methods:

Information regarding gandhak rasayan is reviewed from different ayurvedic texts and research articles.

Results:

By reviewing yog ratnakar and different articles it is found that Gandhak rasayan can be used in various tvachavikar with excellent results.

Discussion:

Ingredients in Gandhak rasayan having following properties:

Gandhak: rasayan, kushtaghna, vishaghna, jantughna and yogavahi².

Chaturjat (tvaka, ela, patra, keshar): pittashamak – acts on tikshna and ushna guna of pitta².

Guduchi: rasayani, pittodrekanashak, dahanashak, jwarahar, mutral².

Aamalaki: pittaghna, rasayan².

Bibhitaki: vranaghna, stambhaka, kaphaghna².

Bhringaraj: vatashamak².

Aadraka: pachak, deepak, swadupaki, raktaprasadan².

Phalashruti of Gandhak rasayan is as follows:

If it is consumed in the quantity of one karsha then results into increase in virya, sharir and agni becomes powerful. If it is

consumed for two months then results into kandughna, kushtaghna and ugra vsha doshaghna. Also useful in ghor atisar, grahani and severely painful raktasrav, jirnajwar, prameha and eighty types of vatarog. If it is used for six months then results into prajakar and blackening of hairs.

During the consumption of Gandhak rasayan kshar, amla, tailadi, kakarashtak gana should be avoided. It is used in somarog and mushka vrudhhi. It gives power in very severe disorders and gives long life. If it is taken with parad bhasma and suvarna bhasma then it results into ramaniya, tejyukta and sundar roop as that of devata.

In pittaja mahakushta, Gandhak rasayan is used with the decoction of Daruharidra, Manjishtha, Ananta, Aamalaki, Gokharu, skin of Krishna Khadira, Haridra, Chopachini, seeds of Nimba. Take for one month then take one month gap like that take it for every alternate month for three years²

It acts on blood and skin it detoxify the blood.

Burning condition in chronic syphilis and gonorrhoea .

Small boils on body with itching followed by burning sensation.

Chronic dry eczema.

In urticarial or hives and angioedema.

In Scabies rashes, reduces acne and stops its secondary infection.

In such cases where antibacterial and antifungal activity is needed.

In alopecia areata with burning sensation.

One of the study was done to see the Impact of Bhavana samskar on physico-chemical parameters with special reference to Gandhak Rasayan prepared by different media and methods. In this study four samples were studied. In first sample for bhavana purpose chaturjat kwath was used.

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In second sample instead of kwath chaturjat arka was used total 88 bhavanas were given to both the samples. In third sample only 11 bhavanas were given and in fourth sample Ghana of dry extract of total bhavana dravya which were used in 88 bhavanas were collected and mix it with Gandhak no bhavana were given. Conclusion of this study was an analytical study of a more reduce size of particles was found in the samples prepared by giving 88 in comparison of the other two samples and also sample of 88 bhavana had uniform overlapping of the bhavana dravya. Thus bhavana is an important and mandatory process.

Other study was done for screening of antibacterial and antifungal activity of Gandhak Rasayan. Its invitro antifungal and antibacterial activity was studied by cup plate method. It was found that Gandhak Rasayan solution in different concentrations showed a significant zone of inhibition against three strains of bacteria and four strains of fungi when compared to

Conclusion:

From the above study it is concluded that Gandhak rasayan is used in various pittaj conditions in tvachavikar.

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