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Pharmaceutical Preparation Of Abhrak Bhasma

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Abstract

Background- Preparation of Bhasmas (Ayurvedic traditional medicine) from metals and minerals are tedious process which removes toxic properties of metals and minerals and improve medicinal properties. We prepared Abhraka bhasma by traditional method and analysis of raw Abhraka, pure Abhraka & Abhrakabhasma done by Ayurvedic & modern parameters. Objectives- The present study deals with the preparation and analysis of Abhraka bhasma by traditional method. Hence attempts have been made to see the physico-chemical differences between Ashuddha (Impure) Abhraka, Shuddha (Pure) Abhraka & Abhrakabhasma by using different analytical techniques. Material and Methods- Abhrakabhasma preparation includes shodhana (purification), dhanyabhraka nirmana, marana (incineration). The prepared bhasma were analyzed by classical ayurvedic tests (Rekhapurnatva, Varitar, Nishchandratva, etc.) and modern analytical techniques (loss on drying, ash value, assay for Fe, etc). Results- After Shodhana the layers of Abhraka were separated easily. Near about 80-85% of Nishchandratva was achieved after third Puta during Mardana procedure. After 40th Puta, Abhraka was Sookshma, Shlakshna, and Ishtikabha and fulfilled all the Bhasma Pariksha. Conclusion- Dhanyabhrakikarana of Abhraka produces uniform and fine powder of Abhraka, concludes that even in underdeveloped phase of human life technique used by ancient Acharya was scientific and of great significance. For the Abhraka Marana, Gajaputa is mentioned in texts but the quantity of Bhasma didn't mentioned. Hence proportion of Agni should be taken as per weight of Chakrika (pellets).

Keywords- *Ashuddha Abhraka*, *Shodhana*, *Dhanyabhraka*, Marana, Ayurvedic bhasma pariksha.

Introduction:

Detailed knowledge of metals and minerals has been explained in Rasashastra which is a branch of Ayurveda. The herbal medicines have their limitations due to requirement of higher dosage, non-palatability and less shelf-life. To overcome this, Rasaushadhis like Bhasmas are the best alternatives. Bhasmas prepared from the natural minerals/metals along with herbs by the process of *Bhasmikarana* in which toxic compounds are converted into non-toxic and bio-acceptable form. [1,2] Though *bhasma* are superior than herbal products, improperly prepared bhasmas can produce adverse effects on the body & potentially severe, toxic. e.g. heavy metal poisoning and sometimes may lead death. In to mineral/metal based drugs, the use of plant extracts illuminate the toxic effects of minerals/metals. [3,4] Preparation of particular bhasma from a single metal/mineral has been shown with different routes to enhance their therapeutic utility and ultimately medicinal values^[5]. The preparation of abhraka bhasma includes shodhana (purification of abhraka), dhanyabhraka nirmana (insertion of abhraka in sour gruel with rice husk), marana (incineration). Shodhan (purification) with different media like cow milk, decoction of Triphala kwath (Amalaki, Haritaki, Bibhitaki fruits), cow urine and Kanji (rice husk) are frequently used as medium^[6]. Among them Nirvapa process (heating and immediately quenching in liquid medium) for seven times is the process for *Shodhan* of *Abhraka*^[7]. *Marana* means trituration of metal/mineral with Kalami sora & Guda or other liquid media for several hours &

then repeated incineration at high temperature in a Puta system^[8]. Bhasmas can be obtained in different forms, colors and with different physiochemical properties by changing the method of preparation ^[9]. These properties can be tested by variety of classical Ayurvedic tests [10] to ensure quality of bhasmas such as fineness (sukshmatva), lusterlessness (nishchandratva), ability to float on water (varitaratva) etc. [11] However, in ancient times no proper instrumentation facilities were available for such standardization. By modern analytical techniques we can now focus light on the hidden properties and composition of these compounds which are prepared using ancient knowledge. In all these processes, the impurities in the Abhraka removed & reducing the toxicity with increased medicinal value. Thus, the Abhraka bhasma nirmana process at each step is needed to be checked.

Material & Methods:

Abhraka Bhasma Nirmana includes

- A. Shodhana of Abhraka,
- B. Dhanyabhraka Nirmana,
- C. Marana of Abhraka

A) Shodhana of Abhraka

Reference- Rasaratnasamucchaya 2/16-17

Equipment-Steel vessel, *Bhatti*, metal tongs, cloth, measuring jar, weighing machine, iron pan etc.

Ingredients

- 1) *Ashuddha Abhraka* 2.5 kilogram
- 2) *Triphala Kwatha* as required (5.5 *litre*)

Procedure – Required amount of *Triphala Kwatha* was taken in a steel vessel. Raw *Abhraka* chips were kept in *Bhatti* till they became red hot. The *Abhraka* chips were turned up and down with metal

tongs, when the *Abhraka* chips became completely red hot, they were quenched (*Nirvapana*) into the *Triphala Kwatha*^[12]. After few minutes the *Triphala Kwatha* was separated and soft pieces of *Abhraka* were collected in an iron pan to subject it for next *Nirvapana*. Same procedure was repeated for 7 times^[13].

TRNAL OF

Duration-3 days

Observation:

- Consistency- soft and brittle
- Colour golden brown
- Colour of Triphala kwatha- dark brown
- Lustre increased
- Weight after *Shodhana* 1855 gram
- Loss of Weight 645 gram

Other observations- Layers of *Abhraka* were easily separated. When pieces of *Abhraka* were quenched into *Triphala kwatha* typical 'hissing' sound was produced.

Precautions- Fresh *Triphala kwatha* was used every time. During *Nirvapana* procedure, the *Triphala kwatha* became hot and partials of *Abhraka* were expelled, hence this procedure was carried out carefully.

B) Dhanyabhraka Nirmana

Reference- Rasaratnasamuchhaya 1/154
Equipments- Jute cloth, Jute yarn, steel vessels, tray, spatula, plastic pot, etc.

Ingredients-

- 1) Shuddha Abhraka 1845 gram
- 2) *Dhana* 460 gram
- 3) *Kanji* as required (7 *litre*)

Procedure- Firstly *Shuddha Abhraka* was transferred to a tray and ¼ quantity of *Dhana* with respect to *Abhraka* was added layer by layer. Then

a jute cloth (Bora) was spread on a table and mixture of *Dhana* and *Abhraka* was transferred on it. After covering it, a Pottali was tied by a jute yarn. Then required amount of *Kanji* was taken in a plastic pot and the Pottali was dipped in it completely for 72 hours. More Kanji was added when the quantity of Kanji was reduced, so as to keep *Pottali* completely dipped in it. On the 4th day, Pottali was taken out. A large plastic vessel containing water was taken. A *Pottali* was dipped in it and rubbed by sole. When the *colour* of water changed to black, a new pot with water was taken to give fresh media. The process is continued till the extraction of *Dhanyabhraka*. The upper clean water in the pot was separated after sedimentation and the residue was allowed to soak. At last lustrous black coloured course powder *Dhanyabhraka*^[14] was collected.

Duration - 14 days

Observation:

- Consistency Course powder
- > Colour Black
- Lustre present
- Weight after *Shodhana* 1550 gram
- Loss of Weight 295 gram

Precautions – Regular monitoring and addition of *Kanji* is necessary. To avoid slippage *Pottali* was banded tightly. Fine particles of *Dhanyabhraka* also remain entangled in jute cloth. Therefore after *Mardana* process removal of residue achieved by soaking the jute cloth in water. After sedimentation the *Dhanyabhraka* was separated carefully to reduce the loss.

C) Abhraka Marana

Reference -Bruhat Yogatarangini. part-1, Taranga 41st/38-40

Equipment - Khalvayantra, cloth, mixer grinder, drier, spoon, Sharava Samputa etc

Ingredients -

- 1) Dhanyabhraka 1500 gram (1 part)
- 2) Kalami Sora 1290 gram total (1/4 part each time)
- 3) Guda- 646 gram total (1/8 part each time) Bhavana Drayya-
- 4) Arka Patra Swarasa as required
- 5) Dashamoola Kwatha as required
- 6) Ghritkumari Swarasa as required

Procedure – First 3 *Puta* were given with *Kalami* Sora and Guda for the Nishchandrikarana of Abhraka, per Anubhuta Vidhi. The Dhanyabhraka Choorna mixed well with 1/4th part of Kalami Sora and 1/8th part of Guda and then triturated (Mardana) in Khalva by adding little amount of water. Small circular cakes (*Chakrika*) were made and weighed, then the cakes were packed in Sharava Samputa (Earthan plate) and allowed to dry after Sandhibandhana. This Sharava Samputa is then subjected for the Putapaka. According to weight of *Dhanyabhraka*, the cow dung cakes and coal was used for the Agni. On the next day after cooling down the Sharava Samputa, the cakes were separated and observation noted. Then cakes were crushed, triturated with same as above and subjected to second and third *Puta*. After these 3 Putas, next 10 Putas were given with Arkapatra Swarasa and 10 by Dashamoola Kwatha Bhavana. Kumari Swarasa was used as Bhavana Dravya for next 10 Putas. Abhraka Prakshalana -After 33 Putas, Abhraka Bhasma was taken in a stainless steel vessel & water was added and mixed.

After sedimentation water was separated from bhasma. This process is carried out 3 times and finally Abhraka Bhasma was kept in sunlight for dryness. Puta no. 34-40 was given by Dasharmoola Kwatha bhavana. Weight of Abhraka Bhasma after 40th puta was 850 gram. After 40 Puta, Abhraka Bhasma Prakshalana was done with water to remove Vanaspatika Kshara. After Prakshalana weight of Abhraka reduced and it becomes bright. Weight of Abhraka Bhasma after Prakshalana was 810 grams. Weight of Abhraka after Puta, Bhavana Dravya, Agnipramana and observations are mentioned in the Table 1 and 2.

Table No.1: Puta for Nishchandrikarana of Abhraka:

No of Put a	Weight of the ingredien ts	Bhav ana Drav ya	Details of <i>Puta</i>	Weight of <i>Abhrak</i> a after <i>Puta</i>	Obser vation s
1	Abhraka - 1500 gm + Kalami Sora-375 gm+ Guda- 188 gm	Jala	22 cow dung cakes +3 kg coal	1750g m	Yello wish brown, Chand rika +++, Shlaks hna+, brittle
	Abhraka - 1750 gm+ Kalami Sora-440 gm+ Guda- 220gm	Jala	20 cow dung cakes+ 3 kg coal	1900g m	Blacki sh dark, Nishch andrat va+++
3	Abhraka - 1900 gm+ Kalami Sora- 475gm+ Guda- 238gm	Jala	20 cow dung cakes+ 3 kg coal	1950g m	Yello wish Brown with black shade, Nishch andrat va+++ +

Table No. 2: Showing Details of the *Puta* and Observations:

No. of Puta	Weight of Abhraka Before Puta (in gram)	Details of Putas (Agnipr amana)	Weigh t of Abhra ka after Puta (in gram)	Observatio ns
4	1950	18 Cow dung cakes (9 above, 9 below)+ 2.5 kg coal	1800	Yellowish brown with black shades, Nishchandr atva ++++, Kharata ++, brittle +++
5	1800	18cow dung cakes + 2.5 kg coal	1700	Ishtikabha with black shade, Hardness ++, Nishchandr atva ++++
6	1700	18 cow dung cakes +2.5 kg coal	1650	Ishtikabha with black shade, Hardness ++, Nishchandr atva ++++
7	1650	18 cow dung cakes + 1.5 kg coal	1625	Istikabha with black shade, Nishchandr atva ++++, Hardness ++, Kharata ++
8	1625	20 cow dung cakes + 2.5 kg coal	1600	Istikabha, brittle +, Kharata+, Nishchandr atva ++++, Sookshma+
9	1600	20 cow dung cakes +2.5 kg coal	1575	Ishtikabha, brittle++, Sookshmatv a, Nishchandr atva ++++,

No. of Puta	Weight of <i>Abhraka</i> Before <i>Puta</i> (in gram)	Details of Putas (Agnipr amana)	Weigh t of Abhra ka after Puta (in gram)	Observatio ns
10	1575	20 cow dung cakes + 2.5 kg coal	1555	Ishtikabha, Hardness ++ Nishchandr atva +++, Sookshmatv a +
11	1555	20 cow dung cakes + 2.5 kg coal	1530	Ishtikabha, Hardness ++, Nishchandr atva ++++, Sookshmatv a +
12	1530	20 cow dung cakes + 2.5 kg coal	1500	Ishtikabha, Nishchandr atva ++++, Sookshma ++, Hardness ++
13	1500	20 cow dung cakes + 2.5 kg coal	1470	Ishtikabha, Nishchandr a++++, Sookshma ++
14	1470	20 cow dung cakes + 2.5 kg coal	1450	Ishtikavarna , Nishchandr a+++++, Sookshmatv a++, Hardness+, Rekhapurna tva+
15	1450	20 cow dung cakes + 2.5 kg coal	1425	Ishtikavarna , , Nishchandr a, Sookshmatv a++, Hardness+, Rekhapurna tva++

No. of Puta	Weight of Abhraka Before Puta (in gram)	Details of Putas (Agnipr amana)	Weight of Abhrak a after Puta (in gram)	Observatio ns
16	1425	20 cow dung cakes + 2.5 kg coal	1405	Ishtikavarna , Nishchandr a, Sookshmatv a++, Hardness+, Rekhapurna tva++
17	1405	20 cow dung cakes + 2.5 kg coal	1385	Ishtikavarna , Nishchandr a, Sookshmatv a++, Hardness+, Rekhapurna tva++
18	1385	20 cow dung cakes + 2.5 kg coal	1370	Ishtikavarna , Nishchandr a, Sookshmatv a+++, brittle+, Rekhapurna tva+++, Shlakshna+
19	1370	20 cow dung cakes + 2.5 kg coal	1350	Ishtikavarna , Nishchandr a Sookshmatv a+++, brittle++, Rekhapurna tva+++ Shlakshna+
20	1350	20 cow dung cakes+ 2.5 kg coal	1335	Ishtikavarna , Nishchandr a, Sookshmatv a+++, brittle++, Rekhapurna tva+++ Shlakshna+ +

No. of Puta	Weight of Abhraka Before Puta (in gram)	Details of Putas (Agnipr amana)	Weight of Abhrak a after Puta (in gram)	Observatio ns
21	1335	20 cow dung cakes + 2.5 kg coal	1320	Ishtikavarna , Nishchandr a, Sookshmatv a+++, brittle++, Rekhapurna tva+++, Shlakshna ++
22	1320	20 cow dung cakes +2.5 kg coal	1310	Ishtikavarna , , Nishchandr a, Sookshmatv a+++, brittle+++ Rekhapurna tva++++, Shlakshna, Varitaratva +
23	1310	20 cow dung cakes + 2.5 kg coal	1300	Ishtikavarna , Nishchandr a Sookshmatv a+++, brittle+++ Rekhapurna tva++++, Shlakshna, Varitaratva +
GA 24	1300	21 cow dung cakes + 2.5 kg coal	1285	Ishtikavarna , Nishchandr a, Sookshmatv a+++, brittle ++++, Rekhapurna tva+++++, Shlakshna ++,Varitara tva+

No. of Puta	Weight of <i>Abhraka</i> Before <i>Puta</i> (in gram)	Details of Putas (Agnipr amana)	Weight of Abhrak a after Puta (in gram)	Observatio ns
25	1285	22 cow dung cakes + 2.5 kg coal	1275	Ishtikavarna , Nishchandr a, Sookshmatv a+++, brittle ++, Rekhapurna tva+++++, Shlakshna ++, Varitaratva +
26	1275	22 cow dung cakes + 2.5 kg coal	1250	Ishtikavarna , Nishchandr a, Sookshmatv a++++, brittle++, Rekhapurna tva, Shlakshna+ +,Varitaratv a++
27	1250	22 cow dung cakes + 2.5 kg coal	1240	Ishtikavarna , Nishchandr a, Sookshmatv a++++, brittle + ,Rekhapurn atva, Shlakshna +++, Varitaratva ++
28	1240	22 cow dung cakes + 3 kg coal	1225	Ishtikavarna ,Nishchandr a, Sookshmatv a,brittle+,Re khapurnatva , Shlakshna ++, Varitaratva +++

No. of Puta	Weight of Abhraka Before Puta (in gram)	Details of Putas (Agnipr amana)	Weight of Abhrak a after Puta (in gram)	Observatio ns
29	1225	22 cow dung cakes + 3 kg coal	1215	Ishtikavarna , Nishchandr a, Sookshmatv a, brittle +, Rekhapurna tva, Shlakshna ++, Varitaratva +++
30	1215	22 cow dung cakes + 3 kg coal	1200	Ishtikavarna , Nishchandr a, Sookshmatv a, brittle ++, Rekhapurna tva, Shlakshna ++++, Varitaratva +++
31	1200	22 cow dung cakes + 3 kg coal	1190	Ishtikavarna , , Nishchandr a, Sookshmatv a, Shlakshna, Rekhapurna tva, Varitaratva +++
32	1190	22 cow dung cakes + 3 kg coal	1175	Ishtikavarna , Nishchandr a, Sookshmatv a, Shlakshna, Rekhapurna tva, Varitaratva +++

No. of Puta	Weight of Abhraka Before Puta (in gram)	Details of Putas (Agnipr amana)	Weight of Abhraka after Puta (in gram)	Observation s
33	1175	22 cow dung cakes + 2.5 kg coal	1150	Ishtikavarna , Nishchandr a, Sookshmatv a, Shlakshna, Rekhpurnat va, Varitaratva +++
34	1010	15 cow dung cakes + 2.5 kg coal	1000	Ishtikavarna , , Nishchandr a, Sookshmatv a, Shlakshna, Rekhapurna tva, Varitaratva +++
35	1000	15 cow dung cakes + 2.5 kg coal	980	Ishtikavarna , Nishchandr a, Sookshma, Shlakshna, Varitaratva
36	980	18 cow dung cakes + 2.5 kg coal	960	Istikavarna black shadow on upper cakes, Nishchandr a, Sookshma, Shlakshna, brittle, Varitaratva

-	No. of Puta	Weight of <i>Abhraka</i> Before <i>Puta</i> (in gram)	Details of Putas (Agnipr amana)	Weight of Abhrak a after Puta (in gram)	Observatio ns
	37	960	18 cow dung cakes + 2.5 kg coal	940	Ishtikavarn a bright, Nishchand ra, Sookshma, Shlakshna, brittle, Varitaratv a ++++,
	38	940	18 cow dung cakes + 2.5 kg coal	915 BARC	Ishtikavarn a, bright, Nishchand ra, Sookshma, Shlakshna, brittle, Varitaratv a ++++,
	39	915	20 cow dung cakes + 3 kg coal	880	Ishtikavarn a, bright, Nishchand ra, Sookshma, Shlakshna, brittle, Varitaratv a ++++,
	40 TA	880	20 cow dung cakes + 3 kg coal	850	Ishtikavarn a bright, Nishchand ra, Sookshma, Shlakshna, brittle, Varitaratv a ++++

Observation & Result-:

After *Shodhana* the layers of *Abhraka* were separated easily. Fine particles of *Dhanyabhraka* were entangled in jute cloth, therefore after *Mardana* residue achieved by soaking the jute cloth

in water. Near about 80-85% of *Nishchandratva* was achieved after third *Puta* during *Mardana* procedure. After first 3 *Puta Abhraka* was swollen and cake like in appearance. After *Prakshalana* of *Abhraka*, the weight of *Abhraka* was reduced and it was brighter in appearance. After 40th *Puta*, *Abhraka* was *Sookshma*, *Shlakshna*, *and Ishtikabha* and fulfilled all the *Bhasma Pariksha*. Observations of Raw *Abhraka* before *Shodhana*, after *Shodhana* and *Abhrakabhasma* are as follows.

Table No. 3: Analysis of Raw Abhraka Before Shodhana, After Shodhana & Abhrakabhasma^[15]

Ingred ients	Shabda	Spar sha	Rupa	Rasa	Gand ha
Ashud dha (raw)A bhraka	-	Khar a, Kathi na, Ruks ha	Blackis h, shiny	-	-
Shudd ha Abhra ka	- (Ruks ha, Khar a	Black coloure d with Chandr ika, powder form	चालि	्रा तो ज
Abhra ka bhasm a	Dantag rekach a kachab hava	Shlak shna, Mrud u, Lagh u, Sook shma	Ishtikav arna, Nishch andra, Rekhap urnatva , Varitar a, Unama, Nirdhu ma	Nisw adu (Tast eless)	Nirga ndha (odou rless)

Table No.4: Results of Raw Abhraka Study

	Sample	Test	Value
ſ		Aluminium as Al ₂ O ₃	11.26% w/w
l	Mica	Iron as Fe ₂ O ₃	2.61% w/w
	(Raw	Silica as SiO ₂	48.39% w/w
	Abhraka)	Magnesium as MgO	23.16% w/w
		K ₂ O content	3.82% w/w

Table No.5: Results of Analysis of Abhrakabhasma

	Sr. No.	Test	Value of <i>Abhraka</i> <i>Bhasma</i>	
	1	Loss on Drying (% w/w)	0.16	
I	2	Total ash	99.21	
	3	Acid Insoluble Ash (% w/w)	58.37	
	4	Iron as Fe (% w/w)	14.79	

Discussion:

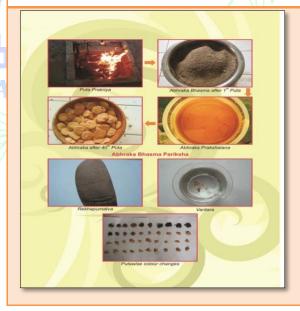
Abhraka Bhasma was prepared as per classical text method. Krishna Vajrabhraka was selected for Abhraka Bhasma preparation which didn't lose its property on Agnipariksha. Abhraka Shodhana was done in Triphala kwatha by Nirvapana procedure. Dhanyabhraka was prepared by the proportion of Shodhit Abhraka 1 part and Dhana ¼ part and pottali of it dipped in kanji for 3 days. After that it was rubbed by sole for extraction of Abhraka through the pores of pottali. Abhraka is ionic compound, so excessive temperature leads to Satvapatana, hence temperature should be proper. The cow dung and coal was used for puta according to weight of Abhraka. For

Nishchandrikarana of Abhraka first 3 putas were given by Guda and Kalami sora (Anubhuta vidhi) and chandrika reduced up to 80-85 % after 3 puta. Arkapatra swarasa, Dashmoola kwatha and Kumari swarasa was used to achieve Vataghna property. Ishtika varna of Abhraka is because of Iron oxide is the chief constituent of Abhraka Bhasma which believed to be causative factor of that typical Brick Red colour. In the Analysis of Raw Abhraka - Aluminum was 11.26% w/w, Iron -2.61% w/w, Silica- 48.39% w/w, Magnesium-23.16% w/w and potassium- 3.82% w/w was found. These contents are naturally present in Abhraka; the analysis was carried out to check the presence of contents. Loss on Drying – This test is carried out to check the moisture content of the mixture and its percentage should be less in *Bhasmas*. It was found that Abhraka Bhasma has loss on drying in 0.16. Total ash - It indicates the percentage of inorganic matter present in the sample. The remaining matter should be considered as loss on ignition. In the Bhasma values of Total ash should be less and it was 99.21% in Abhraka. Acid Insoluble Ash - It is carried out to check the percentage of insoluble inorganic content of the Bhasma in dilute acid. Since a drug must first pass into solution before it can be absorbed. So Acid Insoluble Ash test of *Bhasma* is therapeutically very important. Abhraka Bhasma contains Acid Insoluble Ash 58.37% w/w. **Assay** – Assay for Fe, Cu indicates the parentage of that particular metal (Compound form) in the Bhasma which was in range mentioned in standards of C.C.R.A.S. In Abhraka Bhasma, Assay for Fe was 14.79.

Conclusion:

Dhanyabhrikarana of Abhraka produces uniform and fine powder of Abhraka, concludes that even in underdeveloped phase of human life technique used by ancient Acharya was scientific and of great significance. For the Nishchandrikarana of Abhraka first 3 Putas given with Guda and Kalamisora, after this process there was marked reduction in Chandrika (lusture). For the Abhraka Marana, Gajaputa is mentioned in texts but the quantity of Bhasma didn't mentioned. Hence proportion of Agni should be taken as per weight of Chakrika. Modern analytical tools proved the quality of Abhrakabhasma, so it's needed for standardization of Bhasma.







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