

A review on traditional drug delivery systems : *bhasmas* in various gynaecological disorders

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ABSTRACT:

The world has been experiencing a growing concern about the increasing gynaecological disorders. The need of the hour is to improve gynaecological health by increasing women wellbeing. There has been an increasing burden of various gynaecological problems. Keeping in mind the above paradigm, it is necessary to pay serious attention towards managing and treating the different gynaecological disorders. These gynaecological disorders are coined under the term of *Yonivyapad* in *Ayurveda*. The causes for various gynaecological disorders according to *Ayurveda* have been mentioned as through imbalance of *Doshas* in the body, through disorders of *Agni* in the body and through blockage of *Srotas*. Management of these

various gynaecological disorders have been mentioned in *Ayurveda* through various treatment such as local and oral medications containing various *ayurvedic* aspects such as *Shodhan Chikitsa*, *Shaman Chikitsa*, *Sthanik Chikitsa*. Management of these gynaecological disorders have been through various drug delivery systems and one of these including the classical nano drug delivery systems in the form of *Bhasmas*. Delivery of medications in the form of *bhasmas* helps in increasing the surface area, enhancing solubility, increasing the rate of dissolution, increasing oral bioavailability, more rapid onset of action and decrease in the amount of dose needed. This study thus involves a detailed review of various *bhasmas*, their mode of action and uses in the treatment of various gynaecological disorders.

Keywords: *Bhasmas* , gynaecological disorders.

INTRODUCTION

In the recent era, the world has been experiencing a growing concern about the increasing gynaecological disorders. There has been an increasing burden of various gynaecological problems. Keeping in mind the above paradigm, it is necessary to pay serious attention towards managing and treating the different gynaecological disorders. These gynaecological disorders are coined under the broad term of *Yonivyapad* in *Ayurveda*. The causes for various gynaecological disorders according to *Ayurveda* have been mentioned as through imbalance of *Doshas* in the body, through disorders of *Agni* in the body and through blockage of *Srotas*. Majority of these gynaecological disorders are due to vitiation of *vata dosha*, abnormal dietetics and mode of life, abnormalities of *artava* and *bija*¹. Management of these various gynaecological disorders have been mentioned in *Ayurveda* through a vast array of treatment methods such as *Shodhan Chikitsa*, *Shaman Chikitsa*, *Sthanik Chikitsa*². Management of these gynaecological disorders has been through

various drug delivery systems and one of these including the classical nano drug delivery system in the form of *Bhasmas*³. *Bhasmas* are unique Ayurvedic metallic/mineral preparations, treated with herbal juices or decoction and exposed to certain quantum of heat as per *Putra* system of *Ayurveda* and are recommended for treatment of variety of ailments⁴. *Bhasmas* are claimed to be biologically produced nano particles prescribed with several other systems of medicine. This study reviews *Ayurvedic bhasmas* in various gynaecological disorders.

AIMS AND OBJECTIVE :

To study the role of different *bhasmas* mentioned in classical *Ayurvedic* texts in various gynaecological disorders.

MATERIAL AND METHODS :

- References from various *Rasashastra Granthas*.
- References from various *Ayurvedic* treatises.
- References from *Ayurvedic* texts *Charak Samhita* and *Sushrut Samhita*.

- *Ayurveda Stree Rog Vidnyaniyam* textbooks.
- Articles related to Gynaecological disorders from *Ayurveda* and Contemporary science.

METHODOLOGY :

Pathologies of various *stree rogas* are studied.

Role of various *bhasmas* in gynaecological disorders are studied.

RESULTS AND DISCUSSION :

The various *bhasmas* used in gynaecological disorders are as follows^{5,6} :

1. *Abhrak Bhasma*:

Abhrak bhasma helps in *artava vriddhi*. Hence it is used in *anartava* and *alpartava*. It is useful in *manodaurbalya* due to *rajonivrutti*.

2. *Suvarna makshik bhasma*:

Suvarna makshik bhasma helps in *rakta pachana* and *pittaghna* action. Hence it is useful in *yoni daha* and *pradara*. As it is source of ferrous it is used in *Pandu*.

3. *Mandur bhasma* :

It is used in *pandu* and weakness.

4. *Loha bhasma* :

Used in *pandu* and maintenance of pregnancy.

5. *Kasis bhasma* :

Kasis bhasma acts on laxity of muscles. It helps in increasing the strength of muscles of the cervical region. Thus helping in preventing recurrent abortions, miscarriages and helps in infertility. For fallopian tube blockage and fibroid *uttarbasti* of *kasis kshar taila* is preferred.

6. *Trivanga bhasma* :

Trivanga Bhasma, a trimetallic compound. It is widely used in *Napunsakata, Vandhyatva, Swetapradara, Vata-Pitta dosa* and as *Shaktivardh*⁷. It helps in controlling *sweta pradara* by strengthening organs and controlling *vatadi doshas*. When weakness of uterine muscles occurs it increases the risk of abortions and miscarriages. *Trivanga* increases the strength of uterine muscles

and helps in infertility. Due to under developed ovaries and fallopian tubes and of uterus and weakness of these organs, infertility occurs. *Trivanga* acts on these conditions. When recurrent abortions occur the reproductive organs become weak; *trivanga* helps in strengthening the organs. It also acts as a *vajikar dravya*.

7. *Vanga Bhasma*:

It acts on *shukra sthana* and helps in improving the laxity of muscles. When *apana vayu dushti* occurs it results in dysmenorrhea. *Vanga bhasma* acts on *vata dosha* and gives relief. *Vanga* improves functioning of reproductive system and helps in ovulation and thus it is best for infertility.

8. *Jasad bhasma*:

As it is *kaphaghna* it helps in *Shweta pradar*. Due to its *pittaghna* guna it is useful in *pittaj yoni vikar* and *atyartava*.

9. *Praval bhasma*:

It is very useful medication during pregnancy, as it provides the

essential nutrients to fetal bones and muscle development.

It is *pittaghna* and hence is useful in *pittaj yoni vikar*. It acts as *raktasthapana*.

After *rajonivrutti* it is useful as a calcium supplement for osteoporosis and *rasadhatukshayata*.

10. *Mautik Bhasma*

Mautik Bhasma is *vata pittaghna* and hence it is used in *raktaj, pittaj and vataj yoni vikar*.

11. *Suvarna bhasma* :

Suvarna bhasma is *rasayan* and hence is used in *rajaksheenata*

12. *Raupya bhasma* :

It act on nerves related to uterus. It helps in fallopian tube blockage. It regulates menstrual cycle and helps in infertility.

This study thus reviews how *Bhasmas* play an important role in various gynaecological disorders. *Bhasmas* play a pivotal branch of *Ayurvedic* pharmaceuticals, which deals with the conversion of metals & minerals into potent medicines. In *Rasashastra*, the metals like gold, silver, copper, iron, lead,

tin, zinc etc. are converted in to *Bhasma* and are applied in therapeutics. *Rasaushadhis* are considered superior due to smaller doses, quick-effects, long shelf-life and palatability. *Bhasmas* are one among such *Rasoushadhis* which are known for their low doses and fast action⁸.

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