

Conceptual Review Study of Praval

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Received : 13 June 2024

Accepted : 28 June 2024

Abstract

Rasashastra is a branch of medicine, which deals with metals and minerals to produce the drugs with higher efficacy in lower doses and with good palatability. Thus it became the branch, which fulfill the aims and objectives for, preparation of “Shreshtha Bhaishajya” i.e “Best medicine”. It seems that drugs used in that era were losing their faster actions so ultimately changing efficacy levels. There for evolution of rasashastriya medicines took place and by virtue of its quick action and therapeutic efficacy rasaaushadhis were incorporated with main stream of Ayurvedic system of medicine. Praval is a ratna, which is being used to treat various disorders like Amlapitta, Jwara, Daha etc. The present study is an attempt to study conceptually Praval.

Keywords - Rasa, Shastra, Ratna, Praval.

Introduction :

Rasashastra had used almost all the available metals and minerals at that time for its medicinal purposes. Gems are also one of them. As the priority of Rasashastra was to attain a Body (Deha), which is just, like Diamond (Vajra) so that it can stay as it is for centuries together (Pinda Stahirya). By applying two basic principles of Ayurveda, namely Samanya and Vishesh, Siddhahcaryas of Rasashastra had used the gems for the purpose of inducing the longevity of life in a human body. All the texts of Rasashastra and Jyotishshastra had counted Praval among chief 9 Ratnas, which are having their relations with specific Grahas. These specific Grahas are having their relations with Body tissues (Dhatu) and organs (Avayava) of human body. Praval is having

its relation with Mangal Graha, which is an “*Ugra Graha*” and Praval is having calming effect on it. Same way in the body where Pitta is having Ushnata, Amlata, and like wise properties Praval is also showing a soothing or claming effects. For this reason Praval is being used to treat disorders where Pitta aggravation is chiefly associated.

Aims :

To study in detail the concept of Praval.

Objective :

1. To take various references related to Praval in various Ayurvedic Samhitas.
2. To understand the concept of Praval in Rasashastra.

Material and Methods :

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

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Review of Literature:**Various meanings of Praval :**

1. **Vina Dand** - The middle part of the Veena - A musical instrument.

2. **Komal Patra** - Small leaves of plants.

3. **Ankur** - Germination of the seeds.

4. **Rakta Varna Mani** - A red colored Gem.

As Praval is a renowned & immensely used entity it's heaving diverse names in various languages of India as well as abroad.

Names of Praval in various languages:

- ♦ Arabic – Marja
- ♦ English – Coral
- ♦ Italian – Corallo
- ♦ Udia – Manga
- ♦ Kannada – Havla
- ♦ Gujarati – Parvala
- ♦ Chinese – Ruoo Ho Chi
- ♦ German – Corallium
- ♦ Japanese – Sango
- ♦ Tamil – Pravalam
- ♦ Telugu – Pravalak
- ♦ Nepali – Moonga
- ♦ Punjabi – Marjan
- ♦ Pharsi – Marja
- ♦ Bengali – Praval
- ♦ Burmese – Tada
- ♦ Latin – Corallium rubrum

Sanskrit literature has awarded **29** synonyms to Praval, which are based on diverse character of Praval out of them some key ones are presented below:

1. Angarak Mani: A Gem for planet Mars
2. Abdhijantu Visheshotha - Germinated from a sea animal
3. Abdhilata - A tendril climber shaped found in sea
4. Ambhodhi Pallav - Lent like structure under the sea
5. Ambhodhi Vallabha - Lovable by sea
6. Jaladhigarbha Kita - Germinated by a sea animal

7. Pashan Sambhava - Grow like stones

8. Praval - The best life supportive

9. Pravalak - The best life supportive

10. Bhooshanarh - Which is best to make an ornament

11. Bhaum Ratna - Which is a gem for planet Mars

12. Maha Rakta - Which is having very dark Red colour

13. Rakta Kanda - Red coloured & cylindrical

14. Rakta Kandal - Red coloured & cylindrical

15. Rakta Kandark - Red coloured sun shaped

16. Raktadeha - Which possesses Red colour

17. Raktakar - Which possesses Red colour

Types of Praval :

There are no references about types of Praval in ancient texts of Rasashastra. But, in the text belonging to the 19th century “Siddha Bhaishajya Manimala” the author “Krishna ram Bhatt” is mentioning about the variety Praval Moola and uses its bhasma in treating Prameha. Thus we can say that after 19th century Praval Moola had gain its importance as a type of Praval for medicinal uses. After that almost all texts had narrated about two types of Praval they are:

- Shakha Praval
- Moola Praval

Though its been indicated by Krishna ram Bhatt in treating Prameha almost all the texts are contraindicating the use of Praval Moola and placing it as an agrahya Praval for medicinal use.

Shodhana of Praval:

There are 15 assorted procedures for Shodhana of Praval in classics of Rasashastra they are presented in a tabular form with their medias, procedures, Technique applied and reference of the procedure.

No.	Media	Procedure	Technique	Reference
1	Aamlaki Swarasa	Make Praval red hot & dip in for 50-60 times	Nirvapa	Rasamrita
2	Indrayana Swarasa	Swedana in Dola Yantra for 3 hours	Swedana	Rasa Raj Mahodadhi
3	Jambir Swarasa	Swedana in Dola Yantra for 3 hours then Prakshalana with Ushnodaka	Swedana + Prakshalana	Basav Rajiyam
4	Jayanti Swarasa	Swedana in Dola Yantra for 3 hours	Swedana	Rasa Tarangini
5	Kumari + Tanduliyaka swarasas	Make Praval red hot and dip in for 7-7 times each	Nirvapa	Chikitsa chandrodya
6	Kumari + Tanduliyaka + Stanya	Make Praval red hot and dip in for 7-7 times each	Nirvapa	Rasa Kamdhenu
7	Nimbu Swarasa	Sthapana for 3 hours in sunlight	Sthapana	Aarya Bhishaka
8	Nimbu Swarasa + Kanji	Sthapana for 3 hours in sunlight	Sthapana	Rasa Ratna Samuchchaya
9	Nimbu Swarasa + Saindhava	Sthapana for 3 hours in sunlight then Prakshalana	Sthapana + Prakshalana	Rasendra Bhaskara
10	Nimbu Swarasa + Ushnodaka	Sthapana for 3 hours in sunlight then Prakshalana	Sthapana + Prakshalana	Dravya guna Vigyana (Ya.Tri.Aa.)
11	Tanduliyaka Swarasa	Swedana in Dola Yantra	Swedana	Swedana Rasa Tarangini
12	Triphala Kwatha	Swedana in Dola Yantra for 3 hours	Swedana	Ayurveda Sarvasva
13	Dugdha	Swedana in Dola Yantra	Swedana	Aarya Bhishaka
14	Swarjika kshara + Jala	Swedana in Dola Yantra for 3 hours	Swedana	Rasa Tarangini
15	Kshara Varga	Swedana in Dola Yantra for 3 hours	Swedana	Yoga Ratnakara

Marana of Praval :

There are mainly 4 different processes, which can be applied to prepare Praval bhasma they are:

1. With Puta
2. With Nirvapa
3. With Sthapana

4. With Bhavana

Number of putas may vary from 1 to 8 as well as types like Gajputa, Varahputa, Laghuputa etc. But, in majority of the cases Gajputa is preferred for 3 times application. Generally all the Bhavana Dravyas are from herbal origin but at few places some minerals like Haritala, Manashila, Gandhaka, Parada are also used. It is also interesting to note that Stanya, Takra, & Til Taila are also used as a media for preparation of Praval bhasma.

Guna of Praval:

- ♦ Rasa : Madhura, Amla, Kashaya, Kshara
- ♦ Guna: Laghu, Ruksha, Shita, Sara
- ♦ Virya: Shita
- ♦ Vipaka: Madhura
- ♦ Prabhava: None

Karma of Praval :

1. Dosha karma:

Praval is showing shamana effect on pitta and kapha doshas. Thus dosha karmas of Praval are;

- 1) Pittaghana
- 2) Kaphaghana

2. Sanshtanik karma:

Praval is showing its effects on various systems of human body. They are,

- ♦ Annavaha Srotasa - Dipana, Pachana
- ♦ Pranavaha Srotasa - Shwasaghana, Kasaghana, Kshayaghana
- ♦ Raktavaha Srotasa - Raktapittaghana
- ♦ Shukravaha Srotasa - Vajikarana, Virya kanti Kara
- ♦ Sangyavaha Srotasa – Medhaya
- ♦ Manovaha Srotasa - Bhootonmadahara
- ♦ Tavcha - Swedana
- ♦ Netra - Netrya
- ♦ Sarvdehika karma - Jwaraghana, Vishaghana, Mayaghana

Amayika Prayoga;

- 1 Vataja roga
- 2 Pittaja roga
- 3 Nishasweda
- 4 Asthibhanga
- 5 Sandhibhanga
- 6 Daha
- 7 Tivra Daha
- 8 Bhrama
- 9 Raktarsha
- 10 Raktapitta
- 11 Pittaja Kasa
- 12 Kshayaja Kasa
- 13 Hikka, Jwara
- 14 Shotha
- 15 Mootra krichchha
- 16 Mootra Sada
- 17 Prameha
- 18 Sdaha Prameha

Matra :

Praval Bhasma: 1 – 4 Ratti

Praval Pisti: 2 – 6 Ratti

Discussion and Conclusion:

- In Samhita era medicinal uses are firstly emerges, and all texts of this era are narrating its medicinal uses both internally and externally. Majority of them indicated Praval in Shwasa, Kasa, Hikka, and Mootrakrichchha diseases and as Rasayana & Vajikarana. Sushruta Samhita is indicating it in Pandu which is some what different indication. Praval is having different names in majority of the languages of the world, which shows the diverse knowledge and use of Praval since ages.
- There are about 15 different methods of Shodhana narrated in the classics of Rasashastra. By, analyzing the texts it is evident that Nimbu Swarasa, Tanduliyaka

Swarasa, & Kumari Swarasa are the most often used medias for Shodhana procedures.

- Swedana is the most common procedure used to perform Shodhana and the commonest time span for which, Shodhana should carried out is 3 hours. Dola Yantra is the most preferred instrument for Shodhana of Praval. There are references of Sthapana and Nirvapa at 4 & 3 places respectively.
- For the preparation of Praval bhasma there are about 43 different references available in the classics of Rasashastra. This various types of methods can be justified by the various uses of Praval bhasma. Maximum used media for preparation Praval bhasma is “Arka Dugdha” and “Kumari Swarasa”. Maximum used puta type is Gaj puta. Only “Rasoddhara Tantra” had mentioned “Varah puta” in preparation of Praval bhasma.
- By analyzing the treatise we may say that Praval is having Madhura rasa, Amla anurasa, Shita virya, and it is having shawasa-kasaghan effect, can be used as Rasayana, Vajikarana, and also in all the diseases where pitta aggravation is associated.

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