

Chandraprabha Vati: Ancient Elixir for Modern Wellness

Akhilesh Kumar Verma

Registrar
Ayurvedic evam Unani
Tibbi Chikitsa Paddhati Board
UP, Lucknow.

Abstract-

Herbal and herbo-mineral medicines are extensively utilized in Ayurveda, offering broad therapeutic indications. Among these, Rasa Oushadhi stands out for its rejuvenating attributes, prolonged shelf life, and potent efficacy even in small doses, making it a cornerstone of Ayurvedic practice. Chandraprabha Vati, a classical multi-ingredient herbo-mineral formulation, exemplifies these principles. With its diverse pharmacotherapeutic applications, it addresses conditions such as Prameha, Arbudha, Artava, Mutra Vikaras, and Arshas. Renowned for its Rasayana, Balya, and Tridosha Shamaka properties, Chandraprabha Vati serves as a panacea for a multitude of ailments, earning it the epithet "Sarvaroga Pranashini." Its role extends to reproductive health concerns in both genders, with documented research highlighting its potential hypotensive and hypoglycemic effects. Additionally, Chandraprabha Vati boosts immunity and fortifies the body due to its Rasayana attributes. This study endeavors to compile and analyze various formulations of Chandraprabha Vati from diverse Ayurvedic texts, elucidating their ingredients, dosages, indications, modes of action, and therapeutic applications.

Key words: Chandraprabha Vati, herbo-mineral, Prameha, Rasayana, Sarva Roga Hara.



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INTRODUCTION

Ayurveda, the cornerstone of holistic health, is dedicated to disease prevention and wellness promotion. Compound formulations are employed to enhance therapeutic efficacy and improve palatability. Chandraprabha Vati, categorized under Khalveya Rasa, represents a blend of herbal and mineral ingredients, preserving their inherent properties. The term "Chandraprabha" derives from "Chandra," meaning moon, and "Prabha," signifying luster, implying a radiance akin to the moon.[1] Chandraprabha Vati, a classical formulation deeply rooted in the ancient tradition of Ayurveda, holds a significant place in the realm of traditional medicine. This multifaceted herbal remedy, revered for its therapeutic potential, encompasses a blend of natural ingredients that synergistically contribute to its wide-ranging health benefits. From its historical origins to its contemporary applications, Chandraprabha Vati remains a subject of extensive study and admiration within the Ayurvedic community and beyond.

Historical Context

The history of Chandraprabha Vati traces back to the ancient texts of Ayurveda, where its formulation and therapeutic properties were meticulously documented by sages and scholars. Its mention in classical Ayurvedic texts such as Bhaishajya Ratnavali, Sharangdhara Samhita, and Yogaratnakara underscores its enduring legacy and importance in traditional healing practices. Over centuries, Chandraprabha Vati has been revered as a potent Rasayana, a term in Ayurveda that signifies rejuvenation and longevity.

Composition and Preparation

Chandraprabha Vati is renowned for its unique composition, which typically includes a harmonious blend of herbs, minerals, and other natural ingredients. These components are carefully selected and processed according to traditional Ayurvedic principles to maximize their therapeutic efficacy and minimize potential side effects. Key ingredients commonly found in Chandraprabha Vati formulations include Shilajit, Guggulu, Triphala, Musta, Vidanga, Guduchi, and Vacha, among others. Each ingredient brings its own unique medicinal properties, contributing to the overall holistic benefits of the formulation.

The preparation of Chandraprabha Vati involves a series of intricate steps, including purification, grinding, mixing, and drying, performed under the guidance of experienced Ayurvedic practitioners. The traditional methods employed in the preparation ensure the preservation of the active constituents and the synergistic interaction of the ingredients, thereby enhancing the potency and efficacy of the final product.

Therapeutic Indications

Chandraprabha Vati is revered for its versatility and efficacy in addressing a wide range of health conditions. Its pharmacological actions encompass diuretic, anti-inflammatory, digestive, and rejuvenative properties, making it suitable for various ailments affecting different bodily systems. Common therapeutic indications for Chandraprabha Vati include urinary disorders such as urinary tract infections and kidney stones, reproductive health issues, digestive disorders, joint pain, and metabolic imbalances.

Ayurvedic Principles and Mode of Action

The efficacy of Chandraprabha Vati can be understood through the lens of Ayurvedic principles, which emphasize the balance of doshas (Vata, Pitta, and Kapha), dhatus (tissues), and malas (waste products) for optimal health. Chandraprabha Vati is believed to balance the doshas, thereby restoring harmony to the body and promoting overall well-being. Its mode of action involves enhancing digestive fire (agni), supporting detoxification processes, strengthening the immune system, and nourishing the tissues at a cellular level.

Contemporary Research and Clinical Studies

In recent years, there has been a growing interest in the scientific validation of Ayurvedic formulations, including Chandraprabha Vati. Numerous studies have investigated its pharmacological effects and clinical efficacy in various health conditions. Research suggests that Chandraprabha Vati exhibits antimicrobial, anti-inflammatory, antioxidant, and immunomodulatory properties, which contribute to its therapeutic benefits. Clinical trials have demonstrated its effectiveness in managing conditions such as urinary tract infections, diabetes, rheumatoid arthritis, and male reproductive disorders.

Safety and Quality Assurance

While Chandraprabha Vati is generally considered safe for most individuals when used under the guidance of a qualified Ayurvedic practitioner, it is essential to ensure its quality and purity. Quality control measures, including authentication of raw materials, adherence to Good Manufacturing Practices (GMP), and rigorous testing for contaminants, are essential to guarantee the safety and efficacy of Chandraprabha Vati formulations. Additionally, Ayurvedic practitioners emphasize the importance of proper dosage, duration of treatment, and individualized approach based on the patient's constitution and health status.

AIMS AND OBJECTIVES

- To provide insights into the diverse references and indications of Chandraprabha Vati.
- To elucidate the mode of action of Chandraprabha Vati.

MATERIALS AND METHODS

Data were sourced from various texts such as Bhaishajya Ratnavali, Sharangdhara Samhita, Yogaratnakara, Rasayogasagara, Rasaratna Samucchaya, Rasendra Sara Sangraha, Bhavaprakasha, Gada Nigraha, Ayurveda Sara Sangraha, Brihat Rasarajasundaram, as well as articles and books.

LITERATURE REVIEW

Table 1: Similar references of Chandraprabha Vati in different books

1.	<i>Sharangdhara Samhita</i>	AFI, <i>Bharat Bhaishajya Ratnakar, Rasa Yogasagara</i>
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2.	<i>Bhaishajya Ratnavali</i>	-
3.	<i>Yogaratnakara</i>	<i>Bhaishajya Ratnavali</i>
4.	<i>Rasa Ratna Samucchya</i>	<i>Bharat Bhaishajya Ratnakar, Rasa Yogasagara</i>
5.	<i>Rasendra Sara Sangraha</i>	<i>Rasa Yoga Sagara</i>
6.	<i>Bhavaprakasha</i>	<i>Bharat Bhaishajya Ratnakar, Rasendra Sara Sangraha (Arsha Chikitsa)</i>
7.	<i>Gada Nigraha</i>	<i>Bharat Bhaishajya Ratnakar</i>
8.	<i>Bhrihat Rasaraja Sundara</i>	<i>Rasa Yoga Sagara</i>
9.	<i>Bhrihat Rasaraja Sundara</i>	-
10.	<i>Ayurveda Sara Sangraha</i>	-
11.	<i>Rasa Yoga Sagara</i>	-

Indications of *Chandraprabha Vati*

Name of the book	Indications
<i>Sharangdhara Samhita</i> [2]	20 types of <i>Prameha</i> , <i>Mutraghata</i> , <i>Mutrakrichra</i> , <i>Ashmari</i> , <i>Vibhanda</i> , <i>Anaha</i> , <i>Shoola</i> , <i>Granthi</i> , <i>Arbuda</i> , <i>Antravidhi</i> , <i>Katishula</i> , <i>Swasa</i> , <i>Kasa</i> , <i>Vicharchika</i> , <i>Andavridhi</i> , <i>Pandu</i> , <i>Kamala</i> , <i>Halimaka</i> , <i>Kushta</i> , <i>Arshas</i> , <i>Kandu</i> , <i>Pliha</i> , <i>Udara</i> , <i>Bhagandhara</i> , <i>Danta Roga</i> , <i>Netra Roga</i> , <i>Mandagni</i> , <i>Aruchi</i> , <i>Vata Pitta Kapha Vyadhi Hara</i> , <i>Strinaam Artavam Rujam</i> , <i>Pumsam Sukragataan Doshanam</i>
<i>Bhaishajya Ratnavali</i> [3]	20 types of <i>Prameha</i> , 8 types of <i>Mutrakrichra</i> , 4 types of <i>Ashmari</i> , 13 types of <i>Mutraghata</i> , <i>Swasa</i> , <i>Kasa</i> , <i>Antra Vridhi</i> , <i>Pandu</i> , <i>Kamala</i> , <i>Halimaka</i> , <i>Kushta</i> , <i>Mandagni</i> , <i>Aruchi</i> , <i>Vata Pitta Kapha Vyadhi Hara</i>
<i>Yogaratnakara</i> [4]	<i>Arshas</i> , <i>Pradara</i> , <i>Jwara</i> , <i>Nadivrana</i> , <i>Ashmari</i> , <i>Vidradi</i> , <i>Agnimandhya</i> , <i>Udara</i> , <i>Pandu</i> , <i>Kamala</i> , <i>Bhagandara</i> , <i>Pitika</i> , <i>Gulma</i> , <i>Prameha</i> , <i>Aruchi</i> , <i>Reto Dosh</i> , <i>Ura-Kshata</i> , <i>Kapha Vata Pitta disorders</i>
<i>Rasaratna Samucchaya</i> [5]	<i>Prameha Hara</i>
<i>Rasendra Sara Sangraha</i> [6]	<i>Sarva Meha Hara</i>
<i>Bhavaprakasha</i> [7]	6 types of <i>Arshas</i> , <i>Bhagandara</i> , <i>Kamala</i> , <i>Pandu</i> , <i>Mandagni</i> , <i>Nasa Roga</i> , <i>Marmagata vrana</i> ,

Granthi, Arbudha, Vidradhi, Rajyakshma, Prameha, Yoni Roga, Pradara, Sukra Kshaya, Ashmari, Mutrakrichra, Bahumutrata, Udara, Vata Pitta Kapha Vyadhi Hara

Gada Nigraha[8]

6 types of Arshas, Gulma, Sosha, Kshaya, Kamala, Nadi Dourbalya, Marma Roga, Jalodara, Dirgha Kaleena Jwara, Vidradhi, Yakshma Roga, Bhagandara, Pandu, Granthi, Arbudha, Shlipada, Prameha, Shukra Nasha, Ashmari, Mandagni, Jaravyadhi Nashanam, Kapha Vata Pitta Vyadhi Hara

Brihat Rasaraja Sundaram[9]

Pandu, Bhagandara, Mutrakrichra, Prameha, Kshaya, Kasa

Brihat Rasaraja Sundaram[10]

Tridoshaja Atisara, Jwara

Ayurveda Sara Sangraha[11]

Prameha, Prameha Upadrava, Bahumutrata, Sveta Pradara, Virya Dosha, Mutrakrichra, Mutraghata, Ashmari, Bhagandara, Antra Vriddhi, Pandu, Asrhas, Katishoola

Rasa Yoga Sagara[12]

Shwitra Kushta

Ingredients of Chandraprabhavati

Commonly available formulation of *Chandraprabha Vati* in market is from *Sharangdhara Samhita and Bhaishajya Ratnavali* which is also mentioned in AFI. Drugs used in *Sharangdhara Samhita* are listed below

SN	Drug name	Quantity
1.	<i>Chandrapra bha (Karpura)</i>	3 gms (1shana)
2.	<i>Vacha</i>	3 gms (1shana)
3.	<i>Musta</i>	3 gms (1shana)
4.	<i>Bhunimba</i>	3 gms (1shana)
5.	<i>Amrita (Guduchi)</i>	3 gms (1shana)
6.	<i>Suradaru</i>	3 gms (1shana)
7.	<i>Haridra</i>	3 gms (1shana)

8. *Ativisha* 3 gms (1 shana)
9. *Darvi* 3 gms (1 shana)
10. *Pippalimula* 3 gms (1 shana)
11. *Chitraka* 3 gms (1 shana)
12. *Dhyanaka* 3 gms (1 shana)
13. *Amlaki* 3 gms (1 shana)
14. *Haritaki* 3 gms (1 shana)
15. *Vibhitaki* 3 gms (1 shana)
16. *Chavya* 3 gms (1 shana)
17. *Vidanga* 3 gms (1 shana)
18. *Gajapippali* 3 gms (1 shana)
19. *Shunti* 3 gms (1 shana)
20. *Maricha* 3 gms (1 shana)
21. *Pippali* 3 gms (1 shana)
22. *Makshika* 3 gms (1 shana)
23. *Sarja* 3 gms (1 shana)
Kshara
24. *Yava* 3 gms (1 shana)
Kshara
25. *Saindhavala* 3 gms

	<i>vana</i>	(1 shana)
26.	<i>Souvarchala</i>	3 gms
	<i>lavana</i>	(1 shana)
27.	<i>Vida lavana</i>	3 gms
		(1 shana)
28.	<i>Trivrit</i>	12 gms
		(1 karsha)
29.	<i>Danti</i>	12 gms
		(1 karsha)
30.	<i>Patraka</i>	12 gms
		(1 karsha)
31.	<i>Tvak</i>	12 gms
		(1 karsha)
32.	<i>Ela</i>	12 gms
	<i>(Sukshma</i>	(1 karsha)
	<i>ela)</i>	
33.	<i>Vamslochan</i>	12 gms
	<i>a (Vamsa)</i>	(1 karsha)
34.	<i>Loha</i>	24 gms
		(2karsha)
35.	<i>Sita</i>	48 gms
		(4karsha)
36.	<i>Shilajatu</i>	96 gms
		(8 karsha)
37.	<i>Guggulu</i>	96 gms
		(8 karsha)

DISCUSSION:

Chandraprabha Vati holds a significant position in classical Ayurvedic formulations, revered for its comprehensive therapeutic benefits. Known as "Sarva Roga Pranaashini," it is esteemed for its purported ability to address a wide range of ailments. Various formulations of Chandraprabha Vati are documented across different Ayurvedic texts, each offering unique insights into its composition and indications.

According to the Rasa Yogasagara, there are five distinct varieties of Chandraprabha Vati, while the Bharat Bhaishajya Ratnakar references formulations from diverse sources. The Sharangadhara Samhita specifically mentions 37 ingredients, although some variations exclude certain components like Guduchi. Additionally, interpretations of the term "Chandraprabha" vary among different texts, with some referencing Karpura or Bakuchi.

Chandraprabha Vati exhibits a balanced combination of tastes (Rasa), potency (Virya), and qualities (Gunas), making it suitable for various physiological and pathological conditions. Its predominant actions are observed in the urinary and reproductive systems, indicating its relevance in addressing disorders related to these systems.

Dosha-wise, Chandraprabha Vati primarily pacifies Tridosha, with a notable effect on Vata and Kapha imbalances. It targets multiple bodily tissues (Dhatu) such as plasma, blood, muscle, fat, bone, bone marrow, and reproductive tissues, reflecting its comprehensive rejuvenative properties.

In terms of its effects on different pathways (Rogamarga) and channels (Srotas), Chandraprabha Vati demonstrates versatility in addressing both external and internal diseases. It influences various systems, including the respiratory, digestive, urinary, circulatory, musculoskeletal, and reproductive systems.

The therapeutic actions of Chandraprabha Vati extend beyond symptom management to address underlying pathologies and restore systemic balance. Its constituents possess anti-inflammatory, analgesic, anxiolytic, and hepatoprotective properties, contributing to its efficacy in diverse clinical conditions.

Furthermore, Chandraprabha Vati's role in promoting digestive health, relieving constipation, enhancing liver function, and supporting overall vitality underscores its significance as a holistic therapeutic agent in Ayurveda.

In Prameha there will be Mutra Atipravritti and Chala Guna of Vata increases, so Sthira and Sthambana line of treatment should be adopted. Avarna Janya Madumeha mainly vitiates Kapha and Pitta which in turn disrupts Dhatwagni and Jataragni thereby hampering the Dhatus. Chandraprabha Vati due to its Laghu, Ruksha Guna helps in Sodhana of Bahudrava Shleshma and decreases the vitiated Kleda. Shilajatu and Guggulu have properties like Virukshna and Chedaneya which acts on Kapha Dosha and also have Rasayana properties which helps in Madhumeha

CONCLUSION

Chandraprabha Vati is a herbo mineral classical formulation having wide range of indications and is efficient mostly in genito-urinary diseases. In clinical practice Chandraprabha Vati of Sharangdhara Samhita is been used widely which is also mentioned in AFI. It has many therapeutic utilities in multi system organ.

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