

REVIEW ARTICLE

Pharmaco-Therapeutic Profiles of Chandraprabhavati- An Ayurvedic Herbo-Mineral Formulation

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ABSTRACT

The knowledge about indigenous therapeutics was deposited in the ayurvedic classics like *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga hrudaya* etc. These works of ancient period mainly incorporated herbal formulation and a few herbo-mineral compounds. During medieval period the works like *Gadanigraha*, *Chakradatta* and *Saranagadhara Samhita* included certain herbo-mineral and mineral preparations (containing mercury and certain heavy metal like Gold, Lead etc.). Among the herbo-mineral preparations *ChandraprabhaVati* was formulated with broad spectrum activity. It is a safe formulation containing *Loha* (Iron) and *shilajita* (Bitumen) without any heavy metals. Certain researches had been carried out related to its hypoglycaemic, hypotensive and bacteriostatic activities. Pharmacotherapeutic profile clearly indicate that *Chandraprabha Vati* is useful in 31 disease conditions like *Prameha* (Urinary disease including diabetes), *Ashmari* (Urolithiasis), *Katishoola* (lumbago), *Shoola* (Pain in abdomen), *Kamala* (Jaundice), *Pleeharoga* (Splenomegaly), *Arsha* (Piles), *Bhagandhara* (Fistula in ano), *shukradosha* (Defective spermatogenesis), *Artavaruja* (Dysmenorrhoea) etc. The details are furnished in this paper.

Key words: Indigenous therapeutics, *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga hrudaya*, herbal formulation, herbo-mineral compounds.

INTRODUCTION

Acharya Charaka identified three important organs i.e. *Shira* (Head/Brain), *Hridaya* (Heart) and *Vasti* (Urinary bladder and related organs of urine formation) under the heading of *Trimarmas* (Three vital parts of the body) [1]. Keeping in view of the importance of these organs Charaka had allocated a separate chapter which details the management of different diseases originating or involving these organs. Ayurvedic claims enumerated for certain diseases related to *Vasti* such as *Mutrakruchhra* (Dysuria), *Mutraghata* (Anuria), *Prameha* (It includes diabetes mellitus

and *D. insipidus*), *Asthila* (Benign prostate hypertrophy) and *Ashmari* (Urolithiasis), *Sotha* (Edematous condition due to involvement of Heart, Liver, Kidney), *Chhardi* (Vomiting including condition like Uraemia), *Hikka* (Hiccup), *Adhogata raktapitta* (Haematuria) have also been described with certain formulations containing *Punarnava*, *Gokshura*, *Dashamoola* etc. *ChandraprabhaVati* appears to be one of the potent herbo-mineral formulation having wider therapeutic application in such conditions.

Table 1: Showing various references quoted in different Ayurvedic text [2]

S. No	Reference	Indication
1	R.Ra.su, R.R.S, Ha.Sam	Meha
2	G.Ni	Gudaja Vyadhi, Mutravaha srotasa Vyadhi, Meha, Shukragata Vyadhi, Pandu, kamala, Shosha, Gulma, Granthi, Arbuda, Shleepad
3	Bh.P, V.S, R.Ka.Dh, R.Ch, Bh.R	Jwara, Atisara, Grahani vikara, Gudagata vikara, Pandu, Kamala, Meha, Grudhrasi, Mutravaha srotaja Vyadhi, Marmagata Vyadhi, Vrana, Udara
4	Sh.S, Bh.R, Br.Y.T.	Prameha, Mutravaha srotaja vyadhi, Anaha, Shoola, Shwasa, Kasa, Shukradosha, Pandu, Kamala, Gudagata Vyadhi, Netraroga, Dantaroga, Kushtha
5	R.Ka.Dh	Shwitra Kushtha
6	R. Ka.Dh	Pama Kushtha
7	R. Ra. Su, R.Ch, R.Ka.Dh, Y.R, Br.Y.T	Tridoshaja Atisara, Jwara

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8	R. Ra. Su, Ra.Sa.Sam, Rasendranchintamani		Sarvameha
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Various Ayurvedic formulations with the name of ChandraprabhaVati:

Various formulations quoted in ayurvedic texts with the name of ChandraprabhaVati are analysed with a main emphasis on the marketed formulations currently being prescribed in general practice. The published data on the studies carried out with ChandraprabhaVati have also been reviewed.

Ingredient of ChandraprabhaVati:

The analysis of data clearly indicates that, out of 8 formulations four formulations have mercury and sulphur combination. Though Chandraprabha Vati mainly indicated in treatment of Prameha, Mutravaha srotaja vikara but the other formulations with the same name quoted in various texts have incorporated the diseases like Kushtha, Atisara, Jwara, Udararoga, Netraroga, Dantaroga, Gudagata Vyadhi in the list of indication.

In total 8 formulations with the name of ChandraprabhaVati were recorded in various compendia of Ayurveda like Harita Samhita, Gada nigraha, Vangasena, Sharangadhara samhita, Bhavaprakasha samhita, Yogaratnakara, Bhaishajya ratnavali, Rasa Rajasundara, Rasa ratnasamuchhaya, Rasachandashu, Brihat yogatarangaini, Rasakamadhenu, Rasasarasamgraha (Table 1).

ChandraprabhaVatifromSharanagadharasamhita was included in Ayurvedic formulary of India [3].

Most of the pharmacies like Baidyanath, Dabur, AVN, Kottakkal Arya Vaidyashala, Sri Sri Pharmacy, Divya pharmacy are preparing the Chandraprabhavati according to formulation mentioned by Sharangadharasamhita. (<http://ayurvedinfo.com/>) The drugs having action on major system like urinary system, reproductive system are incorporated in this formulation. It is a herbo-mineral compound preparation. Its ingredients are listed below [5] (Table 2).

Table 2: Showing list of ingredient of ChandraprabhaVati. [6,7]

S. No	Ingredient	Commentary	Action	Indication	Doshaghna	Activity
1	Chandraprabha	Karpoora Cinnamomum camphora (Linn.) Nees & Eberm.	Vrushya, ChakshushyaLe khana,	Daha, Trushna, Asyavaairasya, Meda daurgandhya nashaka	Kapha-pitta	
		Shathi Hedychium spicatum Ham. ex Smith.	Grahi	Shotha, Kasa, Vrana, Shwasa, Shoola, Sidhma	Kapha-Vata	Hypotensive, hypoglycaemic, anti-inflammatory, vasodilatory, anti-bacterial, anti-fungal, spasmolytic, analgesic, anti-microbial
		Shatavari Asparagus racemosus willd.	Rasayana, Netrya, Stanyakari, Balya, Shukrakari, Agnipushtida	Gulma, Atisara, Shotha	Kapha-pitta	Anti-cancer, anti-fungal, anti-bacterial, diuretic, hypoglycaemic, hypotensive, anti-oxitoxic.
2	Vacha Acorus calamus Linn.	-	Vanhikara, Vantikara, Shakrut-Mutra vishodhini	Vibandha, Adhmana, Shoola, Apsmara, Bhutonmada, Krimi	Kapha, Vata	Sedative, analgesic, hypotensive, spasmolytic, anti-microbial, anti-bacterial
3	Musta Cyperus rotundus Linn.	-	Grahi, Deepana, Pachana	Trushna, Jwara, Aruchi, Krimi	Kapha, Pitta	Anti-inflammatory, Anti- pyretic, diuretic, smooth muscle relaxant, anti- microbial, estrogenic.
4	Bhunimba Swertia chirayita (Roxb. ex Flem.) Karst.	Kairata	Sara	Sannipataka Jwara, Shwasa, Kasa, Shotha, Trushna, Kushtha, Vrana, krimi	Kapha pitta	Anti-spasmodic, anti- inflammatory, hypoglycaemic, hepato- protective, anti-cancer, cardio stimulant, anti- diabetic.
5	Amruta Tinospora cordifolia (Willd.) Miers ex Hook. f. &Thoms.	Guduchi	Rasayana, Sangrahana, Balya	Trushna, Daha, Meha, Kasa, Pandu, Kamala, Kushtha, Vatarakta, Jwara, Krimi, Prameha, Shwasa, Arsha, Hrudroga	Tridoshaghna	Hypoglycaemic, anti- bacterial, anti- inflammatory, anti- pyretic, analgesic, hepato-protective, immune- modulatory, anti-stress, anti-tumour, anti-oxidant, hypotensive, diuretic.
6	Daruka Cedrus deodara (Roxb.)	Devadaru	-	Vibandha, Adhmana, Shotha, Tandra,	Kapha vata	Spasmolytic, anti- inflammatory, anti-bacterial,

	Loud.			Hikka, Jwara, Prameha, Peenasa, Kasa, Kandu		anti-fertility, anti-fungal, anti-diabetic, immunomodulatory, analgesic.
7	Haridra <i>Curcuma longa</i> Linn.	-	Varnya	Twak-dosha, Meha, Shotha, Pandu, Vrana	Kapha, pitta	Anti-bacterial, insecticidal, anti-inflammatory, anti-fertility, anti-protozoal, anti-fungal, hypocholesteremic anti-hepatotoxic.
8	Ativisha <i>Aconitum heterophyllum</i> Wall. ex Royle.	-	Pachana, Deepana	Atisara, Amavisha, Kasa, Vami, Krimi	Tridosha	Hypotensive, antifertility, psycho-stimulant, antidepressant, CNS-inhibitor, anti-diabetic, antipyretic, anti-bacterial, analgesic.
9	Darvi <i>Berberis aristata</i> DC.	-	Like Haridra	Netra, Karna, Asyaroga	Kapha pitta	Anti-tumour, hypoglycaemic, anti-cancer, anti-bacterial, anti-inflammatory, hypotensive.
10	Pippali Moola <i>Piper longum</i> Linn.	-	Pachana, Bhedi	Anaha, Pleeharoga, Gulma, Krimi, Shwasa, Kshaya	Kapha, Vata, Pittakara	Anti-bacterial, anti-inflammatory, insecticidal, hypoglycaemic, anti-ulcerogenic, immunostimulatory, anti-spasmodic.
11	Chitraka <i>Plumbago zeylanica</i> Linn.	-	Pachana, Vanhikrut, Grahi	Grahani, Kushtha, Shotha, Arsha, Krimi, Kasa	Vata-Kapha, Pittakara	Anti-pyretic, appetiser, uterotonic, anti-bacterial, anti-fungal, anti-fertility, anti-cancer, anti-tumour, hepatoprotective.
12	Dhanyaka <i>Coriandrum sativum</i> Linn.	-	Avrushya, Mutrala, Deepana, Pachana, Jwaraghna, Rochana, Grahi	Trushna, Daha, Vami, Shwasa, Kasa, Karshya, Vami	Tridosha	Spasmolytic, Anti-microbial
13	Haritaki <i>Terminalia chebula</i> Retz.	-	Deepana, Medhya, Rasayana, Chakshushya, Aayushya, Brumhaniya, Anulomini	Shwasa, Kasa, Prameha, Arsha, Kushtha, Shotha, Udara, Krimi, Grahaniroga, Vibandha, Vishamajwara, Gulma, Adhmana, Trushna, Chhardi, Hikka, Kandu, Kamala, Anaha, Pleeha-yakrut roga, Ashmari, Mutrakruchha, Mutraghata	Tridosha	Anti-microbial, anti-fungal, anti-bacterial, anti-stress, hypotensive, hypolipidaemic, anti-spasmodic.
14	Bibhitaki <i>Terminalia bellirica</i> Roxb.	-	Bhedana, Netrahita, Keshya, Madakrut	Kasa, Krimi, Vaisvarya, Trushna, Chhardi	Tridosha	BP depressant, anti-fungal, anti-asthmatic, bronchodilator, anti-bacterial, anti-stress.
15	Aamalaki <i>Emblica officinalis</i> Gaertn.	-	Vrushya, Rasayana	Prameha, Raktapitta	Tridosha	Spasmolytic, Hypolipidaemic, anti-microbial, anti-oxidant, immune-modulatory, anti-fungal, anti-tumour, hypoglycaemic, anti-inflammatory
	Triphala	-	Sara, Chakshushya, Deepana, Ruchya	Meha, Kushtha, Vishamajwara	Tridosha	
16	Chavya <i>Piper chaba</i> Hunter non-Blume.	-	Like pippalimoola	Gudajaroga		
17	Vidanga <i>Embelia ribes</i> Burm. f.	-	Vanhikara	Shoola, Adhmana, Udara, Krimi, Vibandha	Vata kapha	Estrogenic, hypoglycaemic, anti-biotic, anthelmintic, anti-fertility, anti-inflammatory, hypotensive, diuretic, hepato-protective, immune-stimulant
18	Gajapippali <i>Scindapsis officinalis</i>	-	Vanhivardhini	Atisara, Shwasa, Kantharoga, Krimi		Hypoglycaemic, anti-protozoal
19	Shunthi <i>Zingiber officinale</i> Rosc.	-	Pachani, Vrushya, Svarya, Grahi	Amavata, Vibandha, Vami, Shwasa, Shoola, Kasa, Hrudroga, Shleepada, Shotha,	Kapha, Vata	Anti-inflammatory, hypolipidaemic, antiemetic, anti-ulcer, anti-pyretic, anti-oxidant, anti-bacterial,

				Arsha, Anaha, Udara		analgesic, hypoglycaemic, hepatoprotective
20	Maricha <i>Piper nigrum</i> Linn.	-	Deepana	Shwasa, Shoola, Krimi	Vata, Kapha, Pittakara	Anti-oxidant, sedative, analgesic, CNS depressant, muscle relaxant, anti-inflammatory, hepatoprotective, anti-fungal, anti-ulcer, lipolytic
21	Pippali <i>Piper longum</i> Linn.	-	Deepana, Vrushya, Rasayani, Rechani, Medhya	Shwasa, Kasa, Udara, Kushtha, Prameha, Gulma, Arsha, Pleeharoga, Shoola, Jwara	Kapha, Vata	Anti-bacterial, anti-inflammatory, insecticidal, hypoglycaemic, anti-ulcerogenic, immunostimulatory, anti-spasmodic.
22	Trivrut <i>Operculina turpethum</i> (Linn.) Silva Manso.	-	Rechana	Jwara, Shotha, Udara	Pitta, Kapha, Vatavardhaka	Anti-bacterial, anti-inflammatory, anthelmintic, cardiac depressant, spasmodic to smooth muscle, and skeletal muscle.
23	Danti <i>Baliospermum montanum</i> (Willd.) Muell.-Arg.	Danti moolatwak Or Dantibeeja	Sara, Deepana	Gudankura, Ashmari, Shoola, Kandu, Kushtha, Dahi, Shotha, Udara, Krimi	Kapha-Pitta	Anti-asthmatic, anticancer, hypotensive, purgative
24	Patraka <i>Cinnamomum tamala</i> .	-		Arsha, Hrullasa, Aruchi, Peenasa	Vata, Kapha	Anti-bacterial, hypoglycaemic, anti-oxidant, anti-fungal, anti-microbial, hypolipidaemic,
25	Twak <i>Cinnamomum zeylanicum</i> .	-	Shukrala, Balya	Mukhashosha, Trushna	Vata, Kapha, Pittakara	Anti-allergic, lipolytic, anti-fungal, anti-microbial, anti-oxidant, anti-bacterial
26	Ela	Sthula <i>Amomumsubulatum</i> Roxb.	Analakara	Kandu, Shwasa, Trushna, Hrullasa, Visha, Bastyaroga, Asyaroga, shiroroga, Vami, Kasa	Tridosha	Hypoglycaemic
		Sukshma <i>Elettaria cardamomum</i> Maton.		Shwasa, Kasa, Arsha, Mutrakruchha		
27	Vanshalochana <i>Bambusa bambos</i> (L.) Voss.	-	Brumhani, Vrushya, Balya	Trushna, Kasa, Shwasa, Jwara, Kshaya, Kamala, Mutrakruchha, Vrana, Pandu, Kushtha	Vata, Pitta	
28	Guggulu <i>Commiphora mukul</i> (Hook. ex Stocks) Engl.	-	Sara, Bhagnasandhan akara, Vrushya, Svarya, Rasayana, Deepana, Balya	Medoroga, Meha, Kushtha, Pidaka, Granthi, Shotha, Arsha, Gandamala, Krimi, Vrana, Apachi	Tridosha	Hypolipidaemic, anti-bacterial, anti-inflammatory, hypocholesteremic, anti-fertility, atherosclerotic, anti-arthritic, Ca ²⁺ antagonist activity
29	Makshika Iron pyrite	Swarna Makshika	Vrushya, Rasayana, Svarya, Chakshushya	Kshaya, Arsha, Meha, Pandu, Shotha, Kushtha, Jirnajwara, Apsmara, Arochaka	Tridosha	
30	Yavakshara Potassium Salt	-	Deepana, Pachana, Hrudya, Sara, Mutrala, Sveda-pravartaka	Gulma, Pleeharoga, Shoola, Anaha, udara, Adhmana, Mutrakruchha, Kantharoga, Meha, Shotha	Kapha, Vata	
31	Svarjiaka kshara Potassium Salt	-	Pachana, Agni-diptikara	Kasa, Shwasa, Gulma, Adhmana, Vrana, Udara, Krimi	Vata	
32	Saindhava Sodium Chloride	-	Hrudya, Vrushya, Netrya, Ruchikara, Pachana, Deepana,	Vranadosha, Vibandha	Tridosha	
33	Sauvarachala	-	Hrudya, Pachana, Deepana, Rochana, Bhedana,	Gulma, Vibandha, Anaha, Shoola, Krimi, Arochaka	Vatanulomana	
34	Bid lavana	-	Deepana, Hrudya	Ajirna, Anaha, Shoola, Vibandha	Kapha vatanulomana	
35	Loha Iron	-	Lekhana, Netrya, Balya, Vrushya, Varnya, Medhya	Jathararoga	Kapha, Pitta	

36	Sharkara Sugar	-	Ruchya, Shukrala	Murchha, Jwara	Chhardi, Vata , Pitta	
37	Shilajatu Asphaltum punjabinum	-	Mutrala, Rasayana, Chhedi,	Ashmari, Mutrakruchha, Kshaya, Apsmara, Unmada, Kushtha, Krimi	Sharkara, Shwasa, Arsha, Shotha, Udara,	Kapha

Indications of Chandraprabhavi:

Various diseases related to the *MutravahaStrotasa* (Urinary System), *ShukravahaStrotasa* (Reproductive system), *Medoroga* (Obesity) etc.

are included in the indications. The indications given for *Chandraprabha Vati* (*Sarangadhara samhita*) are as follows (**Table 3**):

Table 3: Showing different indications of Chandraprabhavi mentioned in SharangadharaSamhita

S. No	Disease condition	Dosha	Dushya	Strotasa
1	<i>Prameha -20 type</i>	<i>Tridosha</i>	<i>Meda, Rakta, Shukra, Ambu, Vasa, Rasavaha, Oja, Lasika, Majja, Mamsa</i>	<i>Udakavaha, Medovaha, Mutravaha</i>
2	<i>Mutrakruchha</i>	<i>Vata</i>		<i>Mutravaha</i>
3	<i>Mutraghata</i>	<i>Vata</i>		<i>Mutravaha</i>
4	<i>Ashmari</i>	<i>Vata, Kapha</i>		<i>Mutravaha</i>
5	<i>Vibandha</i>	<i>Vata</i>		<i>Purishavaha</i>
6	<i>Anaha</i>	<i>Vata</i>		<i>Purishavaha</i>
7	<i>Shoola</i>	<i>Vata</i>		<i>Purishavaha</i>
8	<i>Upadansha</i>	<i>Tridosha</i>		<i>Shukravaha</i>
9	<i>Shukadosa</i>	<i>Tridosha</i>		<i>Shukravaha</i>
10	<i>Granthi</i>	<i>Tridosha</i>	<i>Rakta, Mamsa, Meda, Sira</i>	<i>Raktavaha, Mamsavaha</i>
11	<i>Arbuda</i>	<i>Tridosha</i>	<i>Mamsa, Rakta</i>	<i>Raktavaha, Mamsavaha</i>
12	<i>Aantravrudhhi</i>	<i>Vata</i>		<i>Mamsavaha</i>
13	<i>Katishoola</i>	<i>Vata</i>		<i>Asthivaha</i>
14	<i>Shwasa</i>	<i>Vata, Kapha</i>		<i>Pranavaha, Rasavaha</i>
15	<i>Kasa</i>	<i>Vata</i>		<i>Pranavaha, Rasavaha</i>
16	<i>Vicharchika</i>	<i>Vata, Kapha</i>		<i>Rasavaha, Raktavaha</i>
17	<i>Andavrudhhi</i>	<i>Vata</i>		<i>Shukravaha</i>
18	<i>Pandu</i>	<i>Pitta</i>	<i>Rakta, Mamsa</i>	<i>Rasavahavaha</i>
19	<i>Kamala</i>	<i>Pitta</i>	<i>Rakta, Mamsa</i>	<i>Raktavahavaha</i>
20	<i>Halimaka</i>	<i>Vata, Pitta</i>		<i>Raktavahavaha</i>
21	<i>Kushtha</i>	<i>Tridosha</i>	<i>Twak, Rakta, Mamsa, Ambu</i>	<i>Rasavahavaha, Raktavaha, Mamsavahavaha</i>
22	<i>Arsha</i>	<i>Tridosha</i>	<i>Twak, Mamsa, Meda</i>	<i>Mamsavaha</i>
23	<i>Kandu</i>	<i>Kapha</i>	<i>Twak</i>	
24	<i>Pleehodara</i>	<i>Pitta, Kapha</i>	<i>Rakta</i>	<i>Raktavahavaha</i>
25	<i>Bhagandara</i>	<i>Vata</i>	<i>Mamsa</i>	<i>Mamsavaha</i>
26	<i>Dantaroga</i>	<i>Tridosha</i>	<i>Asthi</i>	<i>Asthivaha</i>
27	<i>Netraroga</i>	<i>Tridosha</i>	<i>Majja</i>	<i>Majja vaha</i>
28	<i>Artavaruja</i>	<i>Vata</i>		<i>Artavavaha</i>
29	<i>Shukragata Dosha</i>	<i>Vata</i>		<i>Shukravaha</i>
30	<i>Mandagni</i>			<i>Annavaha</i>
31	<i>Aruchi</i>	<i>Kapha</i>		<i>Annavaha, Rasavaha</i>

It appears that *Chadrprabhavi* mostly acts on *Tridoshas*; *Rakta, Mamsa, Meda, Shukra Dhatu*; *Purisha, Mutra malas*; *Rasavaha, Raktavaha, Mamsavaha, Medovaha, Shukravaha, Purishavaha* and *Mutravaha srotasa*.

Research studies:

1. An experimental study was carried out to observe the effect of *Chandraprabhavi* on alloxan induced diabetes in rabbits and significant regression of fasting blood sugar was noted. The improvement in hyperglycaemia suggests that either the drug helps in regeneration of the islets of Langerhans or it stimulates the secretion of undamaged ones.
2. In a clinical experiment the single dose of *Chandraprabhavi* on blood sugar in diabetes has been estimated. And the effect

of *Chandraprabhavi* on blood sugar level in usual subjects has been estimated. In both these experiments the fasting blood sugar has been recorded. The peak of the action has been noted in 2 hours and hypoglycaemic effect had a reducing trend after 3 hrs.

In another study *Chandraprabhavi* has been administered in the dose of 3gm/day in 3 divided doses before meals, for the period of 3 months in 20 cases of maturity onset DM. The patients were kept on hospital diet. The assessment of the result was done at monthly intervals by clinical evaluation as well as by repeated glucose tolerance test. The fall in BSL after treatment was compared with the initial

recording and it was analysed statistically. The difference was classified as good, fair and poor control following the criteria of Joslin's clinics. On this basis, the inference has been drawn that *ChandraprabhaVati* is a dependable oral hypoglycaemic agent suitable for the use from mild to moderate cases of maturity onset diabetes. (S.N.Tripathi et al)^[8].

3. An experimental study had been carried out to evaluate anti-inflammatory activity of two ayurvedic formulations containing *Guggului.e.ChandraprabhaVati* (CPV) and *Mahayogarajaguggulu* (MYG) by using ethanol extract of CPV and MYG in carrageenan induced rat paw edema. This study showed that they have dose dependent significant anti-inflammatory activity^[9].
4. Polycystic Ovarian Syndrome (PCOS) can be correlated with the condition known as *AartavaKshaya* described in Ayurvedic literature. It is common endocrinopathy in women of reproductive age. Therefore a study was carried out to evaluate clinical efficacy of Ayurveda treatment regimen on Subfertility with poly cystic ovarian syndrome (PCOS). Total 40 patients were selected by using purposive sampling method. According to the theories of Ayurveda of *Shodhana*, *Shamana* and *Tarpana*, the treatment was conducted in 3 stages for the duration of 6 months. The response to the treatment was recorded and therapeutic effects were evaluated by symptomatic relief and through Trans vaginal scan and LH, FSH hormone levels. The results revealed that, subfertility due to PCOS can be cured successfully by using this Ayurvedic treatment regimen^[10].
5. '*Mutraghata*' is a group of obstructive uropathic disorders, as explained in *SushrutaSamhita*, is of 12 types & '*Vatashtila*' is one among them, which is closely similar to Benign Prostatic Hyperplasia (BPH). Usually men around 60 years, suffer from Mild, Moderate & Severe grade of BPH. In classics *ChandraprabhaVati*(*BhaishajyaRatnavali*) & *Mustadikalpa* (Sushruta Samhita) are indicated in *Mutraghata*&*Mutrakruccha*. So the study was carried out as single blind method of diagnosed cases of B.P.H,

Chandraprabhavati 1-tid & *Mustadikalpa* 1-tsp bid given for 30 days & follow-up was carried upto of 60 days. Changes in subjective criteria (by IPSS Index) and objective criteria (by USG) were recorded before and after the treatment and relief from the symptoms were noted.(<http://www.neifm.org>)

DISCUSSION

The drugs of *ChandraprabhaVati* like *Yavakshara* and *Svarjikakshara*- alkaline substances decrease the acidity of urine and gives relief in burning micturition. The drugs like *Pippalimoola*^[12] and *Vacha*^[13,14] act as sedative and relieve anxiety which help in the management of psycho-somatic diseases like hypertension, diabetes and obesity. The drugs namely *Trikatu*, *Chavya*, *Musta*, *Elavaluka*, *Lavanas*, *Ksharas* help to relieve the state of *Mandagni* which is identified as a root cause for all disease conditions. *ChandraprabhaVati* successfully prevents Diabetic neuropathy, Diabetic retinopathy and may prevent the renin formation in Kidney which is a known cause for essential hypertension. The drugs like *Musta*^[15], *Triphala*, *Shilajita* and *Guggulu*^[16,17] help to treat dyslipidaemias and prevent ischaemic condition in all the organs in the body including Kidney, heart, liver and brain. *AcharyaVagbhata* suggests *Shilajita* as the drug of choice for the management of *Vastigatavyadhi* (Urinary disease)^[18]. The diseases related to *Mutra* (Urine) like *Mutraghata* (Anuria), *Mutrakrichhra* (Dysuria), *Ashmari* (Urolithesis) are indicated for therapeutic application of *Chandraprabhavati*. *Prameha* includes the disease conditions like Diabetes mellitus and research studies proved anti-diabetic activity of *ChandraprabhaVati*. The drug namely *Guggulu* is included in higher quantity which is a proven anti-inflammatory drug^[19]. Inflammatory conditions in entire genito-urinary tract are amenable with administration of *ChandraprabhaVati*. The conditions like cystitis which presents as dysuria; the disease like BPH, Epididymitis, Salpingo-oophoritis are addressed with *ChandraprabhaVati*. The formulation acts as anti-spasmodic and analgesic agent to manage *Kashthartava* (Dysmenorrhoea) and *Katishoola* (Lumbago). It relieves the infection and acts as spermatopoietic agent. In a nut shell this is employed in male as well as female infertility. The drugs like *Triphala*^[20], *Guduchi*^[21] which are proven anti-oxidants and anti-tumour agents increase the immunity and act as immune-modulatory agents in the

conditions of autoimmune and immune-deficient state. It protects the liver and act as hematopoietic agent. Though it contains salts and sugar, the formulation can be suggested for hypertension and diabetes as each tablet of 250mg or 500mg contains least quantity (in milligram) of salt and sugar.

CONCLUSION

ChandraprabhaVati contains 37 ingredients of plant and mineral origin, used in the treatment of diabetes, diseases of urinary tract, and many other disease conditions having involvement of all the three *Doshasi.e. Vata, Pitta, Kapha*. It has broad spectrum activity for the management of life style disorders. It is widely used in Ayurvedic practice, across the country.

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