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**TITLE: PREPERATION AND PHYSICO CHEMICAL ANALYSIS OF KASISA**

**GODANTI BHASMA AND ITS EFFECT ON PANDU**

**NITU SINGH, P.G. JADAR**



## PREPERATION AND PHYSICO CHEMICAL ANALYSIS OF KASISA GODANTI BHASMA AND ITS EFFECT ON PANDU

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### ABSTRACT:

*Yoga Kasisa godanti bhasma is a Herbo mineral preparation is introduced in the galaxy of Rasa- shastra in 20th century by Acharya Yadavaji Trikamaji. The bhasma is remarked as good drug on pandu. Grahya PushpaKasisa (Ferrous Sulphate –FeSO<sub>4</sub>H<sub>2</sub>O) is purified by using Brangaraja Swarasa & Grahya Godanti (Selenite-CaSO<sub>4</sub>, 2H<sub>2</sub>O) by Nimbu Swarasa. Then triturated well with Kumari Swarasa, Chakrikas were prepared and subjected to Gajaputa. Hence there is need for the systematic Pharmaceutical study. This paper highlight- Identification of Kasisa and Godanti, Kasisa & Godanti Shodhana, Kasisa & Godanti Marana, Preparation of Kasisa Godanti bhasma, Effect of Kasisa godanti Bhasma on Pandu, Physico –chemical analysis of a. Ashodhita Kasisa & Godanti. B. Shodhita. Kasisa & Godanti c. Kasisa godanti Bhasma. Result: (i) Two Gajaputas are required for the preparation of Kasisa godanti Bhasma, (ii) In the treatment of 21 days with the dose 500mg B.D. the better result observed in mild cases of Panduroga, (iii) The study shows extremely high significance (p<0.001) positive shift in increase Hb% in severe, moderate and mild degree of Pandu, (iv) Drug doesn't produce any side effects or adverse effects in 21 days of treatment.*

*Key words: Bhasma, Chemical Analysis, Kasisa Godanti Marana, , Pandu.*

### INTRODUCTION

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The Yoga Kasisa Godanti Bhasma is a herbo-mineral preparation introduced in 20<sup>th</sup> cen. By Acharaya Yadavaji Trikamaji in Rasamritama. Panduis roga characterized by symptoms like pale



discoloration of skin, nails, conjunctiva that is due to improper *Ranjan karma* of rasa dhatu<sup>2</sup>. Ingredients *Kasisa & Godanti* both effective against *Pandu* but prep. Method of this *Bhasma* is different.

### AIMS& OBJECTIVES

Authentification of good quality of *Kasisa & godanti*. Preparation of *Kasisa Godanti Bhasma* acc. to *Rasamritama*<sup>3</sup>. Physical and chemical analysis of *Kasisa Godanti bhasma*. Efficacy of *Kasisa Godanti Bhasma* on *Panduroga*.

### MATERIALS& METHODS

Samples of *Pushpa Kasisa* and *Godanti* purchased from market and authenticated by Experts. *Bhringaraja Swarasa* is prepared for *Shodhana* of *Kasisa Nimbu Swarasa* is prepared for *Shodhana* of *Godanti* by giving *swedana* in *dola Yantra*. *Ghrita Kumari Swarasa* is prepared for purpose of *Bhavana* to purified *Kasisa* and

*Godanti*. And *chakrika* is prepared. Using 2 *Gaja Putas* does *Marana* of *Kasisa Godanti*.

Samples of *Kasisa, Godanti* are collected from market. Purification of *Pushpa Kasisa* is done by *Bhringaraja Swarasa Bhavana* and *Mardana*<sup>4</sup>. This procedure is repeated for 3 times. By giving *swedana* in *dola yantra* with *Nimbu Swarasa* for 1 ½ hour does purification of *Godanti* is done. Level of *Nimbu swaras* is maintained during whole process of *swedana*. After purifications of *Kasisa* and *Godanti ghrita Kumari Swarasa Bhavana* is given, for Making homogeneous paste of it. *Chakrikas* of 0.5cm thickness is prepare dried it in sunlight and keep it in *sharaws Sandhibandhana* of *sharaws* done<sup>5</sup>. *Marana* of *Kasisa Godanti* is done by incinerating it with help of two no. Of *Gaja Putas* all *Chakrikas* are kept in 6 different *sharaws* and named as A, B, C, D, E, and F.

### METHODOLOGY

Table no.1 Showing changes in *Chakrikas* after 1<sup>st</sup> *Gaja Puta*

S.no	Observation done in <i>Chakrikas</i> after 1 <sup>st</sup> <i>Gaja Puta</i> is as follows		
	Samples	Before incineration	After incineration
1	A	270 gm	180 gm
2	B	270gm	176 gm
3	C	270 gm	184 gm
4	D	270 gm	180 gm
5	E	270 gm	172 gm
6	F	270 gm	176 gm
7	Total	1600 gm	1068 gm

**Color-**Arunabha

**Odour-**Gandhaka Sama

**Taste-**Kasaya

**Touch-**Smooth

*Bhasma* after 1<sup>st</sup> *Putra* doesn't attains  
*uttama Bhasma* laxanas and all particle not

fulfill rekhapurnatwa pareeksha. During  
varitara some *Bhasma* floats but some  
sinks at base so one more *Putra* is  
needed<sup>6,7</sup>.

**Table no.2 Showing changes in *Chakrikas* after 2<sup>nd</sup> *gajaputa***

S.no	Observation done in <i>Chakrikas</i> after 2 <sup>nd</sup> <i>Gaja Putra</i> is as follows		
1	Samples	Before 2 <sup>nd</sup> <i>puta</i>	After 2 <sup>nd</sup> <i>puta</i>
2	A	220 gm	160 gm
3	B	220 gm	162 gm
4	C	220 gm	158gm
5	D	220 gm	160 gm
6	E	220 gm	148gm
7	F	220 gm	148 gm
	Total	1070 gm	788 gm

Storage of *Bhasma* is done in airtight  
container after filtering through fine mesh  
of size 120.

**Color-**Arunabha

**Odour-**Odourless

**Taste-**Tasteless

**Touch-**Smooth

Table no.1:Physico-chemical analysis <sup>8</sup>	
Loss on drying	0.83%
Acid insoluble ash	1.2004 w/w
1gm <i>Kasisa Godanti Bhasma</i> contain	9.6 mg Fe
1gm <i>Kasisa Godanti Bhasma</i> contain	33.5mg Ca
Fe	0.186mg/lit.
Ca	1.676mg/lit.
Purity of <i>puspa Kasisa</i>	78%

### INCLUSION CRITERIA

Patients were selected having age group  
bet.16-65 years irrespective of their sex.

Patients with symptoms & signs of  
*Panduroga* were selected are- *Daurballya*

b) *Brahmac)* *Anga mardad)*

*Aananabhilasa* e)*Hritaspandana* f)

*Ayasenswas* , hb% below normal range-a)

P.B.Sb) E.S.R if required c) Stool

examination if required d) Total blood  
count

### EXCLUSION CRITERIA

1. Patients with *Lakshanas* of *Asadhaya*

*Panduroga*.2. Patients with leukemia& R.E

disorder.3. Metabolic disorder, any

endocrinal, splenic disorder, hepatic

### CLINICAL STUDY

For study has to be carried 30 cases of  
*Panduroga* are taken. Clinical work  
conducted with study of patients suffering  
from *Panduroga* and its treatment with  
*Kasisa Godanti bhasma*.

disorder, pregnancy.4.T.B, bleeding piles,  
DUB, carcinoma condition.

**Drug:** *Kasisa Godanti bhasma*

**Dose:** 500 mg is given in bd dose.

**Anupana:** ghritha, godugdha.

**Pathya:** patients are kept on *Laghu, Snigdha*, freshly prepared food specially rice, *Mudga. Godhuma* for 42 days.**Apathya---** patients are restricted for *Agni Sewana, Atapa Sewana, Ativyayam, Pittaprapakopa Maithuna, Atimarga Gamana*

Table no.2: Criteria for assessment	
0	Absence of symptoms
+	Mild symptoms
++	Moderate symptoms
+++	Severe symptoms

Table no.4: Legends of frequency of symptoms are as follows	
A.	Patients having severe symptoms with Hb% below 6 gm.
B.	Patients having moderate symptoms with Hb% between 6-9 gm.
C.	Patients having mild symptoms with Hb% above 9 gm but below 10 gm.

**Table no.5 Showing No. of patients having different Hb%**

Legends of frequency of symptoms are as follows				
S.no	Group	No. of patients	Hb%	percentage
1.	A	5	Below-6	16.67%
2.	B	18	6--9	60%
3.	C	7	Above 9	23.33%

**Table no.6 Showing Depending on severity of symptoms & Hb% sample is subdivided into 3 classes A,B,C the frequency of symptoms observed as per group was-**

S.no	Symptoms	A	B	C
1.	<i>Panduta</i>	5	18	7
2.	<i>Dourbalya</i>	5	18	7
3.	<i>Ayasswasa</i>	5	15	3
4.	<i>Hritspandana</i>	5	18	3
5.	<i>Annanbhilasa</i>	5	18	7
6.	<i>Pindikodwestana</i>	5	18	7
7.	<i>Bhrama</i>	5	0	0
8.	<i>Angamarda</i>	5	18	5

## RESULT

Table no.7 showing effect of *Kasisa Godanti Bhasma* on Hb% of patients

S.no	Effect of <i>Kasisa Godanti Bhasma</i> on Hb% are as follows					
1.	Group	Mean	SD	SE	T value	P value
2.	A	0.72	0.50	0.2246	3.20	<0.001
3.	B	0.63	0.41	0.098	6.38	<0.001
4.	C	0.64	0.21	0.081	7.87	<0.001

1. The drug *Kasisa Godanti Bhasma* increases the % of hb significantly in severe, mild, Moderate case of *Panduroga*.

2. No significant effect of *Kasisa Godanti* observed in chromo of R.B.C, size of R.B.C, & Count of R.B.C in treatment of 21 days.

## DISCUSSION

Authentication of *Pushpa Kasisa* with help of modern technique is essential. Method of formulation of *Kasisa Godanti Bhasma* by means of different procedure mainly shodhana, putapaka etc. with specific drugs influences its property. Aim behind *Shodhana* of *Pushpa Kasisa* with help of *Bhringaraja* swarasa, instead of other drugs is to reduce its unwanted effects, and to increase its therapeutic properties, which are going to help in combating *Panduroga*. *Kasisa* is *Amala*, *Khasra Amla*, and *Kasaya Pradhana* drugs. These are causative factors of *Panduroga* so *Sanskara* by *Katu Tikta Rasatmaka Bhringaraja* Swarasa helps in reduction of such property and to improve physical properties of *Kasisa* like guruta to laghuta, *Kathinta* to *Mriduta*. *Kasisa Godanti* has ingredients as *Godanti*, which is 7 times more than *Kasisa*. *Godanti* belongs to *Shuddha Varga* but it is having sitta virya. *Shodhana sanskara* by *Nimbu Swarasa*

helps in neutralization of *Khariyata Guna* and helps in improvement of therapeutic properties like *Deepana*, *Balya*, *Shoolghna*, helps in regeneration of *Dhatushitthalata*, *Daurbalayata* which are common features of *Panduroga*.

*Bhavana* by *Kumari Swarasa* to these 2 drugs enhance therapeutic properties by synergism developed in its properties like *Deepana*, *Pachana*, *Yakrut Utejjaka*, *Pitta Saraka*, *Rakta Shodhita* etc. *Kumari* have specific property like *Bhedana*, *Krimighna* by that it helps in prevention of adverse effect like constipation that is generally produced after administration of *Loha Kalpas* & *Shuddha Kalpas*. *Putapaka* is advised to turn this herbo mineral combination into *Bhasma* form and for inducing following properties like a) Influencing better pharmaco-dynamics & pharmacokinetics actions b) Increases bioavailability & absorption of drugs in greater extent. c) To attain all standard test



in *Bhasma* by giving 2 *Gaja Puta*. Modes of effect of *Kasisa Godanti Bhasma* are as follows-a) it nourishes rasa dhatu so *annanavilasa*, *Angamarda*, *daurbalya*, are seen to be decreased. b) It neutralizes exaggerated *Vata & Pitta* while nourishing tissue.c) Change in count of Hb% is in range of 0.62 to 0.72 & adverse change is

very less. d) Adverse effect such as constipation, nausea, vomiting, abdominal pain were not Observed which were generally observed after administration of *Loha Kalpas*.

### CONCLUSION

Two- *Gaja Puta* required for preparation of *Uttam Grahya Kasisa Godanti* bhasma. Effect of *Kasisa Godanti Bhasma* on symptoms like *Daurbalya*, *Annanavilasa*, and *Angamarda* are very high. *Panduta*, *Hritaspandanta*, *Brahmas* are comparatively low in Severe, moderate & mild case of *Panduroga*. In treatment of 21 days with dose of 500 mg BD, better result

is observed in mild case of *Pandu Roga* then moderate & severe. Drug doesn't produce any side effect in 21 days course of treatment.

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