

Navaneeta-kalpa-A Novel approach

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ABSTRACT

Rasashastra the treasure of scientific solution to mankind diseases explains various specific mineral, herbomineral preparations. *Navaneeta kalpas* (Preparations made up of butter as one of the ingredient) are being specific and unique one among them. This explains specific quantity of *Navaneeta*(butter) processed with specific ingredients along with its specific indications Eg in *kshaya*(Consumption), *rasayana*(rejuvenative), *jwara adhikara*(pyrexia), *vrana adhikara*(disorders of wounds) . These kalpas(preparations) are said to be helpful in rebuilding tissue elements - *dhatu* , its efficacy in different disorders affected with weakness, immune deficiency such as Consumption ,HIV etc. And as a *lepa* (external application) in *vrana adhikara* (Wounds) due to blood disorders, which are to be validated scientifically where its success is promising.

KEY WORDS: *Navaneeta* (butter), *Kalpa* (preparations), *Dhatu* (tissue system), *Vrana* (wounds) .*Jwara*(fever), *Kshaya* (depletion).

INTRODUCTION

Drugs prepared using *Navaneeta* (butter) as one of the ingredient are called *Navaneeta kalpa*.

Navaneeta kalpas - Unique preparations and very few references are available in classical *Rasa Granthas*. Where in, the other mentioned drugs in specific proportion are processed with *Navaneeta* (butter) till *Navaneeta* becomes free from the *snigdhatu* (unctuousness) completely. The indication of these preparations are if utilized using *kala matra yukti*(time,dose,reasoning) it may prove best in conditions of weakness due to prolonged disease, *jwara*(pyrexia), *kshaya*(consumption), immune deficiency disorders. As it is said to be helpful in rebuilding tissue elements .eg. *Laghu Malini Vasanta*, *Suvarna Malini Vasant Rasa* internally, *Navaneeta Prayoga-lepa*-externally. etc

Methods and materials:

This explains various *Navaneeta kalpas* according to classical texts.

***Navaneeta prayoga –externally*¹**

Ingredients

- *Shweta karaveera mula swarasa*(Nerium Indicum-Root Juice)--2pala - 96gm.
- *Godugdha*(cow milk) -8pala-384gm.

Method of preparation:

- Both *shweta karaveera mula swarasa* and *godugdha* mixed properly and boiled.
- Then allowed it for curdling.
- The butter is collected by churning on 2nd day.

Indication:

As *Lepa* in *Chirothita kshata-vrana* (local application in chronic wounds)

Probable mode of action:

The *karaveera* (*Nerium indicum*) root contains **Nereine** among its chemical composition.

The root is bitter, aphrodisiac, tonic. It is effective for skin diseases of scaly nature, leprosy, eczema and scabies. Nereine is blood purifier and is therefore helpful in curing skin disorders and allergies. It regulates the histamine secretion and helps building immunity to fight against various allergens.

Navaneeta prayoga –Internal administration.*²*Ingredients:**

- *Navodhita Navaneeta*(freshbutter) Or *ghrita*(Ghee) 2-4 tola - 24-48gm according to *agnibala* (digestive power).
- *Sharkara*(sugar)-1 tola-12gm.
- *Madhu*(Honey)-1 tola-12 gm.

Method of preparation:

➤ *Navaneeta/ghrita*(Butter /Ghee) , *Madhu* , *sharkara*(*Navaneeta* and *Madhu* unequal proportion) mixed properly and than administered.

Anupana –dugdha*(Milk)*Quality and Action:**

Manasika sharirika pushti(Best for physical, mental strength)

Indication- *Kshaya*(Consumption)

Probable mode of action

Kshaya is a state of intractible emaciation, cachexia, or protein energy malnutrition.

In *kshaya* there is *kshaya* of *dhatu poshana*(depletion of tissue elements).

Navaneeta provides energy as it contains proteins, fats, vitamins, carbohydrates.

Madhu also contains sucrose, fructose, carbohydrates, vitamins etc which aids in *dhatu poshana* (nourishment of tissue elements).

Sharkara aids in *gamitwa* (efficacy towards target organ) of drug.

There by brings normalcy in *dhatu* which in turn aids in both physical and mental strength.

Vasantamalati rasa (suvarna vasanta malati/malati pragvasanta):³

Ingredients:

- *Swarna bhasma* (Gold Ash)-1part
- *Mukta bhasma* (Pearl Ash)-2part
- *Shudha hingula* (Purified Cinnabar)-3part
- *Maricha churna* (Pepper powder) -4part.
- *Kharparabhasma* (Zinc Ash)-8part
- *Navaneeta* (Butter)- qs
- *Nimbu swarasa* (Lemon Juice)-quantitatively sufficient

Method of preparation:

- Said ingredients are triturated with *Navaneeta* (Butter) first.
- Then trituration with *nimbuswarasa* is continued till it becomes free from unctuousness.

Dose- 2 ratti (250 mg),

Anupana- *Madhu* (Honey) *Pippali churna* (Piper Longum powder).

Quality and Action:

Pachakagni pradeepaka (Increases Appetite).

Indication: *Jeerna jwara, Kasa shwasa*. (Chronic Fever, Cough, Dyspnoea)

Laghu malini vasanta:⁴

Ingredients:

- *Kharpara bhasma* (*yasahada bhasma* in substitute to *kharpara*) (Zinc Ash)-5 tola-60gm.
- *Shweta maricha churna* (white pepper)-2 ½ tola-30gm.
- *Shudha hingula* (Purified Cinnabar)-5 tola-60gm.
- *Navaneeta* (butter)-1 ½ tola-18gm.
- *Nimbu swarasa* (lemon juice) –of 100 nimbu (filtered).

Method of preparation

- Trituration of *kharpara bhasma sweta maricha, shudha hingula* is done with *Navaneeta* first.
- Then trituration with *nimbu swarasa* carried out for 5-7 days, till it becomes free from stickiness.
- Pills of 2 *ratti* (250mg) are Prepared and preserved properly.

Dose :1 -2 tablet

Anupana:

Pipalchurna (piperlongum-powder) with *Madhu godugdha* (Honey, Milk) / *yathavashyaka*

Quality and action:

Rasayan (Rejuvenative), and effective in *Jeerna jwara, Dhatu gata jwara, Vishama Jwara* (Chronic Fever, typhoid, pyrexia of- unknown origin), *Atisara* (Diarrhea), *kshaya* (Consumption), *Arsha* (Hemorrhoids), *Mandagni* (decreased appetite), *Shula* (Pain), *Vatavikara, Pradara* (Leucorrhoea), *Raktarsha* (Bleeding hemorrhoids), *Raktapradara* (DUB/haemorrhagia), *Netra roga* (Eye Disorder).

According to R T S and S.P.S⁵

Ingredients:

- *Kharpara bhasma* (Zinc ash) -8 tola-96gm.
- *Sweta maricha churna* (White pepper powder)-4 tola -48gm.
- *Go dugdha Navaneeta* (Cow Butter) -1 1/2 tola-18gm.
- *Nimbu Swarasa* (lemon juice)-QS

Method:

- Trituration of all ingredients is carried for 4 days in *khalwa* (pestle) till stickiness disappears.
- 2 -2 *ratti vati* (250mg) prepared and preserve properly.

Quality and action: : similar.

Suvarna Malini Vasanta⁶

Ingredients:

- *Suvarna Bhasma* (Gold ash)-3karsha-36gm.
- *Pravala bhasma* (Coral ash)-3karsha-36gm.
- *Shodhita Darada* (Cinnabar)-5karsha-60gm.
- *Maricha churna* (Pepper powder)-8karsha-96gm.
- *Kasturi* (musk of musk deer)-1karsha-12gm.
- *Gorochana* (ox gall)-1karsha-12gm.
- *Nagabhasma* (Lead Ash)-2karsha-24gm.
- *Vangabhasma* (tin ash)-3karsha-36gm.
- *Abhraka bhasma* (Mica Ash)-3karsha-36gm.
- *Keshara* (Saffron) -1 karsha-12gm.
- *Mukta bhasma* (Pearl Ash)-4 karsha-48gm.
- *Pippali churna* (Piper Longum) -1 karsha-12gm.
- *Kharpara bhasma* (Zinc Ash)-11karsha-12gm.
- *Navaneeta* (Butter)-3karsha-36gm.
- *Nimbu swarasa* (Lemon Juice)-qs.

Method of preparation:

- Trituration of all ingredients with *Navaneeta* is carried out till it becomes free from unctuousness.
- 2 *gunja* (250mg) size *vati* are prepared and preserved.

Dose-2 gunja- 250mg.

Anupana –*pipala churna* (piper longum powder), *Madhu* (Honey).

In *prameha* (urinary tract disorders)-*Anupana-ashwagandha* (Withania Somnifra)

Indication:

Jeernajwara(chronicfever), *raktaprameha*(haematuria), *bahumedhra shoola*, *pandu* (anaemia), *kamala*(jaundice), *sarvashula*(general-malaise),*shwasa*(dyspnoea) *kasa*(cough) ,*bahumutrakrichra*(cystitis), *mutra-ashmari*(urinarystone), *kshaya*(consumption), *sarvaatisara*(all types of diarrhea), *balagraha*, *pradara* (leucorrhoea)etc. where there is need of *dhatu poshana*(nourishment of tissues) for *rasayana*(rejuvenation) purpose this formulation can be utilized.

Vasantamalati:⁷

R.Y.S.2nd method

- *Kharpara bhasma*(Zinc Ash)-1part.
- *Shudha parada*(Purified Mercury)-1part.
- *Maricha churna* (Pepper powder)-1part.
- *Shudha Gandhaka*(Purified sulphur)-1part.
- *Navaneeta*(Butter) –qs
- *Nimbu swarasa*(Lemon Juice)-qs

Method of preparation:

➤ Trituration of all ingredients with *Navaneeta*(Butter) is done first than with *nimbu swarasa*(Lemon Juice) till it becomes free from Stickiness.

➤ *Valla pramana*(375mg) *vati* are prepared and preserved properly.

Dose:1*valla*-375mg.

Anupana –*Madhu*,*pipala churna*(Honey,Powder of piper longum)

Indication–*Dhatukshaya*(depletion), *agnimandya*(lack of digestive power), *vishamajwara*(malaria) ,*atisara*(diarrhoea), *pradara*(leucorrhoea), *grahani*(IBS), *raktapitta*(Disorders of bleeding).

Probable mode of action:

➤ The *vasanta malati rasa* contains *swarna*, *mukta*, *hingula*, *kharpara*, *gandhaka* etc *dhatu*s as its *ghataka dravyas* Which contains gold,silica,iron,magnesium,phosphate,ca,zinc, etc .

➤ And main ingredient being *Navaneeta* which contains fat , tryglycerides, protein, vitamins etc which helps to overcome deficiencies of weakness nothing but proper nutrition of *saptadhatu* takes place which definitely aids in rebuilding of tissue systems .

➤ The other specific *dravyas* like **Gorochana** acts as tonic and process fattening property too⁸

➤ **Kasturi**-Musk (secreted from Musk pod of Matured male Musk deer) it acts as mood elevator. diffusible stimulant,diaphoretic,anti-inflammatory, mainly acts as tonic on heart and nervous system, vital organs, improves circulation, stimulant of respiratory centre, etc helps in normalizing of vital organs.⁹

In total all the ingredients mentioned in preparation acts at the root level of main disease i.e. *dhatu* (tissue

elements) which brings proper nutrition to all *saptadhatu*, helps in regaining its normal functions and of vital organs there by patient rebuilds his immune system .

DISCUSSION:

Navaneeta and other ingredients are important part of discussion.

Navaneeta /butter Mainly composed of fats which are organic chemicals (i.e. contain carbon and hydrogen atoms).Which are not soluble in water. This is an important factor for biochemistry It means that fats cannot be directly transported through the blood stream, and that they can be used to make the skin for miniature bubbles in the body containing all sorts of chemical goodies – these bubbles are, of course, the various types of cells in the body.

Metabolically, fats have two main roles. The primary role is to act as a source and as a store for energy in the body. The second role for fats is quite different. They are used as the source for the building blocks of the cell membrane. The building block is phospholipids - which is a triglyceride.

We remove stickiness of *Navaneeta* after *mardana* because at the end of *mardana* there is a waste residue in each fat molecule . Most foods are complex mixtures of substances.

Mardana breaks fatty acid chains of butter, as chains become smaller butter may get rancid, to remove this rancidity stickiness of butter is avoided.

Butter may appear to be solid fat, but it is actually a mixture.

It is an emulsion, which means that the lipids occur in very small droplets dispersed throughout the water-soluble portion of the butter.

The lipid can be separated from the water-soluble portion of the butter in Once the water-soluble part has been removed, the lipid that remains is beneficial.

Other ingredients:

Laghu malini vasanta and *suvarna malini vasanta* process many similar *guna dharmata* but after observing keenly the ingredients of *laghumalini vasanta* may act in diseases where there is local derangement and where there is systemic derangement *swarnamalinivasanta* is beneficial.

E.g. *kharpara* aids in taste and appetite,

Abhraka(mica), *parada*(mercury), *suvarna*(gold) etc are best *srotogami dravyas* hence can be used in *dhatugata jwara* and *dhatu kshaya*.

Shweta maricha is used as it gradually increases the efficacy of tissue and reduces chronic cough. it also used in low fevers due to *kapha*.

Pippali - it is best *srotogami*, specially *majja, rakta, shukra dhatu*. Helps in *kshaya*, enhances rakta dhatwagni, regulates the function of liver and spleen. Acts as rejuvenator, reduces seminal debility, does *rasa pachana* helps in dysmenorrhoea and aids in *Gamitwa* of other drugs.

CONCLUSION:

The ingredients such as *suvarna, parada, kharpara* etc even though have specific properties, needs a media which not only helps to reach the target tissue elements but also aids in their action. As *Navaneeta* kalpa are used in chronic wounds, *jeerna jwara, kshaya* etc as there is *balaheenata* either due to prolonged illness or immune deficiency where *balya rasayana, dhatuposhana* is a need. Apart from all these *NAVANEETA* a unique ingredient acts as a source and as a store for energy in the body and is used as the source for the building blocks of the cell membrane. As *Navaneeta* contains proteins, fat, vitamins, carbohydrates etc Which not only acts as a media to reach target tissue but also helps in rebuilding the tissue elements. as it's a conceptual approach its efficacy is to be validated scientifically in conditions not only in chronic wounds, fever, depletion of tissue elements (*kshaya*), etc but also in immune deficient disorders such as AIDS etc where its success is promising.

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