



# Clinical Indications of Makaradhwaja Vati an Experiential and Scientific View

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## Abstract

Rasaushadhis are herbomineral compound preparation which are commonly used in clinical practice by Ayurveda physicians. Kharaliya Rasayana, Kupipakwa Rasayana and Pottali Kalpas are the usual pharmaceutical preparations which are in current practice. Kupipakwa Rasayana are sublimed preparation which show quicker action in therapeutics. Rasasindura, Swarna Sindara, Tala Sindura, Shila Sindura, Rasamanikya, Swarnavanga, Kasisa Sindura, Makara dhwaja, Siddha makaradwaja, and poorna Chandrodaya rasa are some of the different varieties of Kupa pakwa preparations frequently used in Ayurveda medicine. These medicines as they are herbomineral or mineral in nature can be preserved for longer time. They are given in smaller quantities, doesn't produce distaste, and quicker in action hence they are considered as superior to Kashthoushadhis (Mere herbal preparation). Makara dhwaja pills is one among them which is usually given in the management of various respiratory disorders with better outcome.

The present paper highlights about the clinical indications of Makaradwaja pills in an experiential and scientific view.

## Aim and Objective

To study about the clinical indications of Makaradhwaja pills in an experimental and scientific view.

## Methods.

Relevant literature search is done in Samhita granthas, Sangraha granthas, research monographs, journals contemporary treatise and from personal experiences.

## Method of preparations

Grind 1 and 6 with some water, then add the other powder one by one and continue grinding with addition of more water until the consistency is attained. Make 100mg pills.

## Ingredients 1.

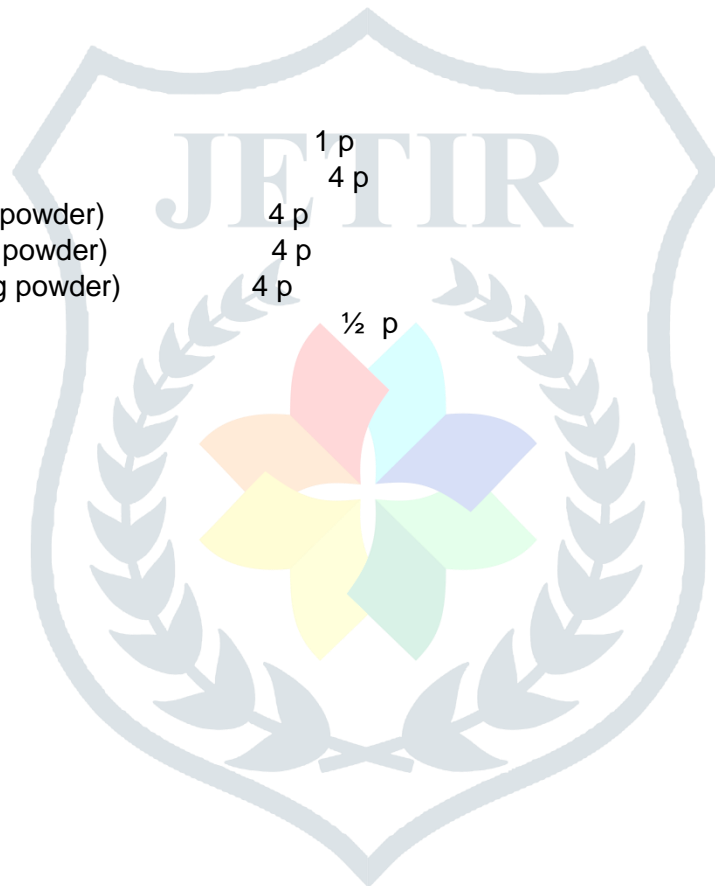
- |                                      |     |
|--------------------------------------|-----|
| 1. Makaradhwaja Sindoor              | 1 p |
| 2. Karpura Camphor                   | 4 p |
| 3. Labanga choorna (Cloves powder)   | 4 p |
| 4. Kankola choorna (Cubeb powder)    | 4 p |
| 5. Jatiphala choorna (Nutmeg powder) | 4 p |
| 6. Kasturi (Musk)                    | ½ p |

## Actions 2,3.

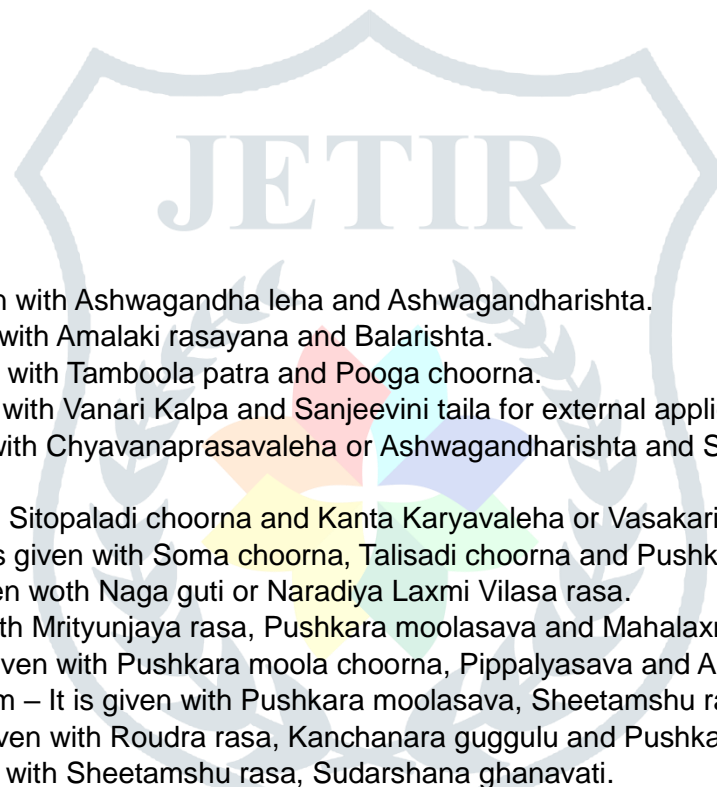
- 1) Rasayana
- 2) Vajikara
- 3) Vayasthapana
- 4) Ayurvedhaka
- 5) Krimighna
- 6) Balya
- 7) Dipana
- 8) Anti infective
- 9) Anti bacterial
- 10) Bactericidal
- 11) Jara nashaka
- 12) Strength promoting
- 13) Tonic action on Heart and Lungs
- 14) Kanti vardhaka
- 15) Vak patutwa karaka
- 16) Indriya patutwa karaka
- 17) Shakti vardhaka
- 18) Increases sperm count
- 19) Corrects shukradosha
- 20) Apatya sentanajanaka

## Indications 3,4,5.

- 1) Dourbalya
- 2) Jararoga
- 3) Shandhata
- 4) Impotency



- 5) Sterility
- 6) Kasa
- 7) Swasa
- 8) Pratishyaya
- 9) Pinasa
- 10) Nasavarodha
- 11) Deviated nasal septum
- 12) Nasal polyps
- 13) Adenoids
- 14) Tonsillitis
- 15) Pharyngitis
- 16) Laryngitis
- 17) Tracheitis
- 18) Bronchitis
- 19) Chronic bronchitis
- 20) Bronchial asthma
- 21) COPD
- 22) Bronchiectasis
- 23) Emphysema
- 24) Lethargy



#### Amayika Prayoga

- 1) Dourbalya – It is given with Ashwagandha leha and Ashwagandharishta.
- 2) Jararoga – It is given with Amalaki rasayana and Balarishta.
- 3) Shandata – It is given with Tamboola patra and Pooga choorna.
- 4) Impotency -It is given with Vanari Kalpa and Sanjeevini taila for external application to genitalia in male.
- 5) Stability – It is given with Chyavanaprasavaleha or Ashwagandharishta and Swarna raja Vangeshwara rasa.
- 6) Kasa – It is given with Sitopaladi choorna and Kanta Karyavaleha or Vasakarishtha
- 7) Tamaka shwasa – It is given with Soma choorna, Talisadi choorna and Pushkaramoolasava
- 8) Pratishyaya - It is given with Naga guti or Naradiya Laxmi Vilasa rasa.
- 9) Pinasa – It is given with Mrityunjaya rasa, Pushkara moolasava and Mahalaxmi vilasa rasa.
- 10) Nasavarodha – It is given with Pushkara moola choorna, Pippalyasava and Anu taila nasya.
- 11) Deviated nasal septum – It is given with Pushkara moolasava, Sheetamshu rasa and Mrityunjaya rasa.
- 12) Nasal polyps – It is given with Roudra rasa, Kanchanara guggulu and Pushkaramoolasava.
- 13) Adenoids - It is given with Sheetamshu rasa, Sudarshana ghanavati.
- 14) Tonsillitis – It is given with Vrinapahari rasa and Amritottara kashaya.
- 15) Pharyngitis – It is given with Sheetamshu rasaa, Tribhuvnakriti rasa and Pancha tikta Kashaya.
- 16) Laryngitis – It is given with Knadiradi vati and Sitopaladi choorna
- 17) Tracheitis – It is given with the Tribhuvana Kriti Rasa and Somasava.
- 18) Bronchitis – It is given with Hinguleshwara rasa and Vasakarishtha.
- 19) Chronic bronchitis – It is given with Kaphaketu rasa, Kanakasava and Talisadi choorna.
- 20) COPD – It is given with Talisadi choorna, Abhraka Bhasma , Somasava.
- 21) Bronchiectasis – It is given with Laghu Sootha Mishrana, Pushkaramoolasava and Somachoorna.
- 22) Emphysema – It is given with Tribhuvana Kriti Rasa Kanakasava. Pushkaramoolasava and Talisadi choorna.
- 23) Lethargy – It is given with Ashwagandhavaleha and Balarishta.

#### Discussion

Makaradhwaja vati is a Kupipakwa preparation which is a Sagandha Yougika of Parada. It is given in the management of Respiratory disorders effectively 6,.7. Since it contains Parada, it is rasayana, Krimighna, antibacterial, bactericidal and antiinfective in action.8,9. As it is a herbomineral compound, it is mixed with

other herbal formulations like Sitopaladi choorna, or Talisadi choorna and Abhraka Bhasma and Godanti Bhasma and given in minute quantity like 100 mg twice daily<sup>10, 11,12</sup>. However as it contains parada, it is contra indicated in chronic kidney disease and other renal disorders. This formulation increases Hb% and immunity in the patients.<sup>13,14</sup>. It contains shukrala ingredients like, Kasturi, Jatiphala and Lavanga. It acts like Aphrodisiac and Shukrastambhaka also.<sup>15</sup>. In some patients of oligospermia and altered morphology of spermatozoa, it shows good results.

## Conclusion

- 1) Makaradhwaja vati is a herbomineral formulation effective in most of the respiratory disorders.
- 2) It shows least adverse drug reaction in therapeutics dosage.
- 3) It increases Hb% and immunity in some patients .

The frequency of infection in chronic lung disorders are minimised after the administration of Makaradhwaja vati.

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