



“Study of Bhavana Dravya of Tablets WSR to RSBK – A Literature Review”

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Bhavana Dravya:

Abstract:

Bhavana is a process of wet grinding in which a powdered drug of herbal, animal or mineral origin are ground with particular liquid media (expressed juice, decoction, urine etc.) for a specific period. This process of trituration

is followed by drying and is carried out till attainment of Subhavit Lakshana and complete absorption of liquid into the powder and drying of the mixture is done.

Bhavana is a unique traditional method of transformation of raw material/substances into the drug by levigation or wet grinding of powdered drugs with juice/decoction/solution of plant, animal, or mineral origin. This method adds the unique capability of affecting the physicochemical and biological properties of a drug, making the drug quicker, augmented, and persistent action with minimal dose. Despite the fact that *Bhavana* has a wide range of applications in Ayurvedic pharmaceuticals, there is only a limited amount of knowledge of its fundamental notions.

This article is focusing only on names of different bhavana dravya of few important tablets used in Ayurveda which is useful academic as well as clinical purpose.

Keywords: Bhavana Dravya

Introduction:

Bhavana is also called a sanskar & it means a process which transforms the inherent qualities of a substance. It leads to addition of new qualities or properties & qualitative improvement. Various processes, such as thermo- and photochemistry, physicochemical reactions, and mechanic chemical changes, appear to occur during *Bhavana*.

Bhavana Samskara is an important concept mentioned in the ancient Ayurveda texts and is defined as the levigation, i.e. mixing the solid matter with a liquid media for the particular time with sufficient pressure. Here the material is triturated with the prescribed liquid till it becomes dry. Bhavana is an important Samskara which, not only potentiates. but also induces additional therapeutic properties of the drug .¹

Types / Methods of Bhavana² :

Bhavana process can be carried out by two methods: 1. Levigation method – the material is mixed with particular liquid media and triturated for the specific period till the entire mixture becomes dry again. 2. Soaking method (Nimajjana / Nivasana) – Dried powder is soaked into the liquid and then kept for drying under sunlight and at night in open air. e.g. while preparing Shilajatu Rasayana, Shilajatu should be left in warm liquid media and the process is to be repeated for seven times

Material and Methods:**Critical Literature Review:**

Following are the Bhavana Dravya of different tablet references mentioned in different classics of Ayurveda.³

SN	Tablets	Bhavana Dravya
1	Sameer panag Ras	Tulsi patra swarasa
2	Arogya vardhini Ras	Nimba swarasa
3	Sanjivani vati	Gomutra
4	Smruti sagar Ras	Jyotismati Taila
5	Tribhuvan kirti ras	Nimba, vasa, Dhatur, Tulsi
6	Nityanand Ras	Triphala Swarasa
7	Sutshekhar Ras	Bhrungraj swarasa
8	Vasant malati Ras	Nimbu
9	Lakshmi vilas Ras	Nagvelli patra Swarasa
10	Soubhagya vati	Bhrugraj, Vasa, Nirgundi.
11	Bilwadi vati	Aja mutra
12	Raj pravartani vati	Ghrut kumari swarasa
13	Lila vilas Ras	Triphala Kwath
14	Chandrodaya varti	Aja Dugdha

Discussion:

The Bhavana process is done in two phases. In first phase, continuous grinding is done with specific liquid media for particular time limit. In second phase the levigated mass is allowed to complete dryness. The changes during the Bhavana process make it a useful Samskar.

The rationale behind selecting a proper Bhavana indicates the scientific thinking process of our Rasashashtra Gurus. One can find maximum Bhavana medium from herbal origin. The incorporation of the inherent properties of the herbal, mineral or plant origin drugs into the drugs is the idea behind this Bhavana process. The selection and rationale behind selecting the Bhavana Dravyas was determined by considering the physical, chemical and biological properties of the Bhavana Dravyas which in turn enhance the therapeutic efficacy of the finished product.⁴

This various tablets & bhavana dravya useful to determine the Virya of Medicine also.

Conclusion:

1. Knowledge of bhavana dravya is essential for the success of treatment.
2. Knowledge of bhavana dravya is important as academic and practical purpose.

References:

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- 6) <file:///C:/Users/Admin/Downloads/634-Article>. (Abstract)

