

Pharmaceutical Preparation of *Navya Chandrabhid Rasa*: An Ayurvedic Herbo-Mineral Formulation

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ABSTRACT

Introduction: *Navya Chandrabhid Rasa* is a classical herbomineral *Ayurvedic* formulation primarily used to treat *Jwara* (fever), especially *Nava Jwara*. It combines herbal and mineral ingredients processed through traditional pharmaceutical methods to enhance safety and efficacy.

Methods: The study involved the preparation of *Navya Chandrabhid Rasa* following *Rasa Paddhati*. *Shodhana* (purification) was performed on *Parada*, *Gandhaka*, *Vatsnabha*, and *Chitraka*. *Kajjali* was prepared and triturated with powdered herbal ingredients. *Bhavana* (trituration) was done using *Bhringraj* and *Chitrakamoola Swarasa*. The final product was formed into *Vati* (tablet) form.

Results: The process yielded 95.6% *Shuddha Parada*, 90% *Shuddha Gandhak*, and 57.5% *Shuddha Vatsnabh*, while the *Vati* after drying weighed 260 grams, indicating a weight gain of 10 grams (approximately 4%) attributed to the extract of the *Bhavana Dravya*.

Discussion: The study validates classical *Ayurvedic* pharmaceutical procedures, reducing toxicity and enhancing therapeutic efficacy of herbomineral formulations. It establishes a reproducible method for producing *Navya Chandrabhid Rasa* with potential clinical applications in managing fever.

KEYWORDS: *Navya Chandrabhid Rasa*, Herbomineral formulation, *Ayurveda*, *Jwara*, *Shodhana*, *Kajjali*, *Bhavana*, *Rasa Paddhati*, Pharmaceutical standardization, *Nava Jwara*

INTRODUCTION

The one of the oldest systems of medicine, *Ayurveda* is momentous in audience of worldwide on virtue of its holistic approach of life. Formulations of *Ayurveda* consist of substances of herbal, mineral/metal and animal origin which are processed pharmaceutically to have therapeutic effects. This is an attribute of processes of *Shodhan*, *Bhavana*, and *Maran* of *Rasashastra*, which acclimatize this toxic

industrial matter to an effective remedy known as herbomineral formulations (*Rasaushadhis*) of *Ayurveda*¹.

Navya Chandrabhid Rasa is one of the herbomineral formulations.² It is a treat of *Jwara*, especially *Nava Jwara*. The disease that persists from birth to death is *Jwara*. In *Ayurveda*, *Jwara* is given topmost importance because it is believed that *Jwara* is the first disease to trouble mankind, and it becomes the basis for other diseases to exist.

Many types of *Jwara* are explained by our *Acharyas*.

This paper focuses on the pharmaceutical preparation of *Navya Chandrabhid Rasa* as described in the classical *Ayurvedic* text *Rasa Paddhati*. It elaborates on the detailed procedures followed in its formulation, including the *Shodhana* (purification) processes for *Parada*, *Gandhaka*, *Vatsanabha* and *chitrakmool*.

AIMS AND OBJECTIVES:

- To study the procedure of *Shodhana* of *Parada*, *Gandhaka*, *Vatsanabha* and *Chitrak*.
- Preparation of *Navya Chandrabhid Rasa* according to *Rasa Paddhati*.

MATERIALS AND METHODS

Materials

Raw drugs were procured from the local markets of Jodhpur and *Swarnakshiri mool* were collected from Gujarat. Raw drugs were authenticated in committee of the Department of *Dravyaghna* and *Rasa Shastra* and *Bhaishjaya Kalpana*, PGIA, DSRRAU, Jodhpur. Preparation of *Navya Chandrabhid Rasa* in the Departmental Laboratory of Ras & BK, PGIA, Jodhpur.

Method of Preparation

INGREDIENTS:

Table 1: Ingredients of *Navya Chandrabhid Rasa*

S. No.	Contents	Latin Name	Family	Quantity
1.	<i>Shuddha parada</i>	<i>Hydrargyrum</i>		1 Part
2.	<i>Shuddha gandhaka</i>	Sulphur	-	1 Part
3.	<i>Swarnakshiri mool</i>	<i>Argemone mexicana</i>	Papaveraceae	1 Part
4.	<i>Shuddha vatsnabh</i>	<i>Aconitum ferox</i>	Ranunculaceae	1 Part
5.	<i>Marich churna</i>	<i>Piper nigrum</i>	Piperaceae	1 Part
6.	<i>Ankol beeja churna</i>	<i>Alangium salvifolium</i>	Alangiaceae	1 Part
7.	<i>Bhringraj beeja churna</i>	<i>Eclipta alba</i>	Asteraceae	4 Parts
<i>Bhavana Dravyas:</i> -				
1.	<i>Bhringraj Panchang</i>	<i>Eclipta alba</i>	Asteraceae	Q.S
2.	<i>Chitrak</i>	<i>Plumbago zeylanica</i>	Plumbaginaceae	Q.S

Images: Showing preparation of *Navya Chandrabhid Rasa*

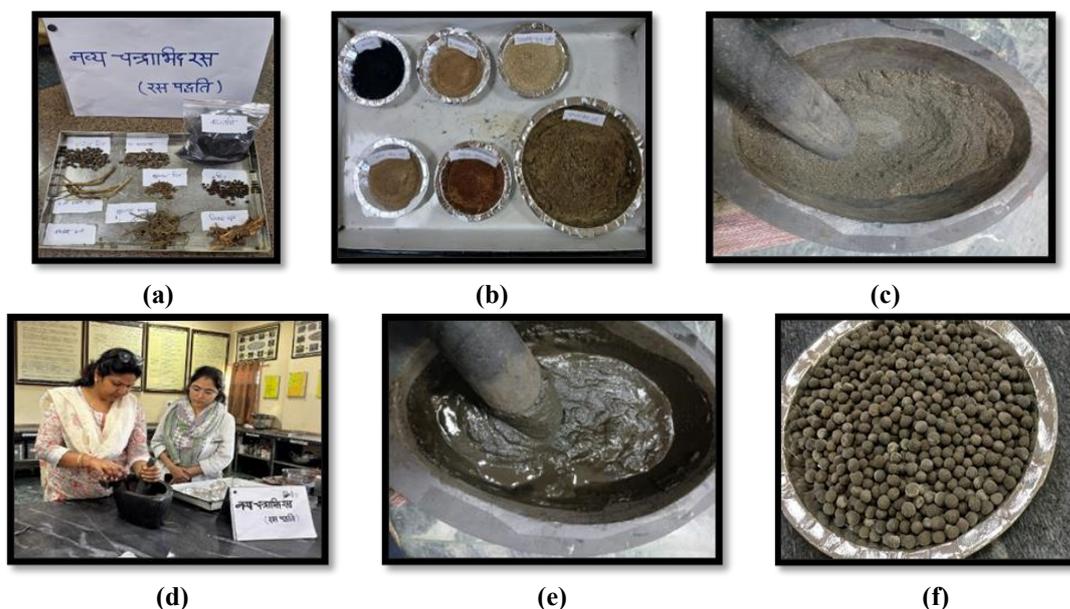


Figure 1: (a) Ingredients of Raw drug of *Navya Chandrabhid Rasa*
 (b) *Churnikarana* of all drugs
 (c) Mixing all the Ingredients
 (d) Adding the *bhavna dravya*
 (e) *Bhavna* of *Navya Chandrabhid Rasa*
 (f) *Vati* of *Navya Chandrabhid Rasa*

Preparation of Navya Chandrabhid Rasa involves the following procedure –

1. *Parada Shodhana*
 - 1.1. Preparation Of *Churnodak* (Lime Water)
 - 1.2. *Shodhana of Parada*
2. *Gandhaka Shodhana*
3. *Kajjali Nirmana*
4. *Vatsnabha Shodhana*
5. *Chitraka Shodhana*
 - 5.1. Preparation Of *Churnodak* (Lime Water)
 - 5.2. *Shodhana of Chitraka*
6. *Churnikarana* of remaining raw drug
7. Preparation of *Bhringraja Swarasa*
8. Preparation of *Chitrakamoola Swarasa*
9. Preparation of *Vati*

1. PARADASHODHANA

1.1) Preparation of *Churnodak* (Lime Water)³

- *Sudha Churna* was powdered, 5 grams mixed with 1.2 litres of water, stirred, left to settle for 9 hours, then filtered to obtain a clear solution for further experiments.

Result:

- A total of 1.180 L of *Churnodaka* was obtained with only a 20 ml loss, resulting in a high yield of 98.33%, indicating an efficient process with minimal loss.

1.2) *Shodhana Of Parada*⁴

- 250 grams of *Ashuddha Parada* was triturated daily with 50 ml *Churnodaka* for 24 hours, filtered, then mixed with equal *Rasona kalka* (garlic paste) and half *Saindhava lavana* (salt) triturated until black, washed with hot water, and *Shuddha Parada* (purified mercury) collected.

Result:

- After *Samanya Shodhana*, *Parada* was obtained 239 g with an 11 g loss (4.4%), yield 95.6%, which indicates minimal loss during *Shodhana* (purification).

2. GANDHAKA SHODHANA⁵

- 250 grams of *Ashudha Gandhaka* (raw sulfur) was powdered. A stainless-steel jar with 1 liter of *Godugdha* (milk)

covered by a cotton cloth was prepared. *Ghee* was melted in an iron vessel over low heat, then powdered *Gandhaka* was added and melted. The melted *Gandhaka* was filtered through the cloth into the milk jar, washed with hot water to remove *ghee*, dried, powdered again, and the process was repeated twice with fresh milk for thorough *Shodhana* (purification).

Result:

- A total of 225 grams of purified *Gandhaka* was obtained, reflecting a 10% loss and a 90% yield, with impurities removed to enhance its quality for medicinal or chemical use.

3. KAJJALI NIRMANA⁶

- 200 grams each of *Shuddha Parada* and *Shuddha Gandhaka* were triturated in a *Khalva yantra* for 51 hours until *Siddhi Lakshanas* appeared, with paper securing the edges to prevent loss.

Result:

- A total of 396 grams of *Kajjali* was obtained with a 1% loss and a 99% yield, demonstrating efficient processing with minimal loss.

4. VATSANABHASHODHANA⁷

- 200 grams *Ashudha Vatsanabha* was crushed using an *Udukhalva Yantra* and soaked in 550 ml of *Gomutra* (cow's urine) in a stone vessel, which was kept in sunlight. Fresh *Gomutra* was added on the second and third days as the previous amounts were absorbed, with 150 ml and 100 ml recovered on the third and fourth days, respectively. After four days, the *Vatsanabha* was thoroughly washed with lukewarm water, dried in sunlight, and powdered, completing the purification process.

Result:

- The purification process produced 115 grams of purified *Vatsanabha*, resulting in a loss of 85 grams and a yield of 57.5%.

5. CHITRAKA SHODHANA

1) Preparation Of Churnodak (Lime Water)⁴

- *Sudha Churna* was powdered, 5 grams mixed with 1.2 litres of water, stirred, left to settle for 9 hours, then filtered for use in experiments.

Result:

- A total of 7 liters of *Churnodaka* was obtained with only a 200 ml loss, resulting in a high yield of 97.22%, indicating an efficient process with minimal loss.

2) Shodhana of Chitraka⁸

- 1 kg roots of *Chitrak* were properly identified, cleaned, and dried before being chopped into small pieces. These pieces were then soaked overnight (for three *yamas*) in 7 liters lime water. After

soaking, the roots were removed and dried under sunlight, completing the preparation process.

Result:

- The process yielded 988 grams of product with a 12-gram loss, resulting in a 98.8% yield and a 1.2% loss.

6. CHURNIKARANA OF REMAINING HERBAL DRUGS⁹

- Impurities were removed manually, the material dried in sunlight, crushed coarsely with a *Udukhalaya Yantra*, then ground finely, sifted through an 80-mesh sieve, and stored in an airtight glass container.

Result:

Table no. 2. Showing Result of Churnikarana of herbal drugs

Name of drug	Initial wt. (in gm)	Wt. after removal of foreign material (in gm)	% Wt. loss in removal of foreign material	Wt. after grinding (in gm)	% Loss after grinding
<i>Vatsnabha</i>	120	-	-	100	16.6%
<i>Swarnakshiri Mool</i>	200	-	-	101	49.5%
<i>Marich</i>	200	197	1.5%	180.6	9.7%
<i>Ankol Beeja</i>	200	198	1%	127	36.5%
<i>Bhringraj Beeja</i>	400	378	5.5%	314.9	21.27%

7. BHRINGRAJA SWARASA AND CHITRAKAMOOLA SWARASA¹⁰

- Dried *Bhringraja Panchang* and *Chitrakamoola* were soaked overnight in eight times their weight of water, then gently heated and stirred until reduced to

one-fourth volume. The decoction was filtered to obtain *Bhringraja Panchang* and *Chitrakamoola Swarasa*.

Result:

Table no. 3. Showing Result of Bhringraja Swarasa and Chitrakamoola Swarasa

Bhavana drug	Drugs Taken	Water for decoction (ml)	Swarasa obtained (ml)	Used Swarasa (ml)	Time taken to Subhavita Lakshana	colour
<i>Bhringraj 1st</i>	300	2400	600	600	7 hr	Dark brown
<i>Bhringraj 2nd</i>	100	800	200	200	6 hr	Dark brown
<i>Bhringraj 3rd</i>	100	800	200	200	6 hr	Dark brown
<i>Bhringraj 3rd</i>	100	800	200	200	6 hr	Brown
<i>Chitrakmoola 2nd</i>	100	800	200	200	6 hr	Brown

8. PREPARATION OF NAVYA CHANDRABHID RASA VATI

Ingredients:

Table No.4. Showing the Ingredients of Navya Chandrabhid Rasa Vati

S. no.	Ingredients	Part	Batch 1
1.	<i>Kajjali</i>	{ <i>Suddha Parada</i> -1 part + <i>Suddha Gandhaka</i> - 1 part}	50 gm
2.	<i>Vatsnabha</i>	1Part	25 gm
3.	<i>Swarnakshiri Mool</i>	1 Part	25 gm
4.	<i>Marich</i>	1 part	25 gm
5.	<i>Ankol Beeja</i>	1 part	25 gm
6.	<i>Bhringraj Beeja</i>	4 parts	100 gm
S. no.	Bhavana dravya	No. of bhavana	
1.	<i>Bhringraja Swarasa</i>	3 bhavana	
2.	<i>Chitrakamoola Swarasa</i>	2 bhavana	

- *Kajjali* was triturated in a *Khalvayantra* with purified *Vatsanabha*, followed by sequential addition and mixing of *Swarnakshiri Mool*, *Marich*, *Ankol Beeja*, and *Bhringraj Beeja* churnas. The mixture underwent three *Bhavana* of *Bhringraja Swarasa* and two *Bhavana* of *Chitrakamoola Swarasa* with trituration until dry. Finally, it was shaped into 375 mg vatis, dried, and stored in airtight containers.

Result-

- Starting with an initial material weight of 250 grams, the final weight of the *Vati* after drying increased to 260 grams. This represents a weight gain of 10 grams, which is a 4% increase.

ADMINISTRATION:

- ❖ Dose: 1 *valla* (375mg)
- ❖ Anupan: *Nimbu Swaras*, *Ardrak swaras*
- ❖ Therapeutic Uses: *Nava jwara*.

DISCUSSION

Navya Chandrabhid Rasa is a classical herbomineral formulation described in *Rasa Paddhati* under the context of *Jwara*, which served as the basis for the present study. Its preparation involves seven ingredients and a total of five *Bhavanas* were administered three with *Bhringaraja swarasa* and two with *Chitrakamoola swarasa*. Four ingredients underwent *Shodhana* (purification) before use, namely *Parada*, *Gandhaka*, *Vatsanabha*, and *Chitraka*. All the constituents of *Navya Chandrabhid Rasa* are characterized by *Ushna Guna*.

In classical references, *Sudha* is advised for *Parada Shodhana*, but recent studies

suggest *Churnodaka* to be more effective in minimizing mercury loss. Therefore, *Churnodaka* was used for mercury purification.¹¹ *Gandhaka Shodhana* (Sulphur purification) included melting and pouring, which converted it into an amorphous state, aiding in impurity removal. Classical media such as *ghee* and milk not only detoxify sulphur but also enhance its therapeutic value, with changes in color and weight indicating successful purification.¹² For *Vatsanabha Shodhana*, *Gomutra* has been proven more effective than *Godugdha* (cow milk) in previous studies, especially in reducing its toxic alkaloid content.¹³ In *Chitraka Shodhana*, the purification medium changed in color from white to dark red, signifying the release of impurities and confirming the safety and therapeutic utility of the drug post-shodhana.¹⁴

During formulation, the ingredients were added sequentially: *Shuddha Parada* and *Shuddha Gandhaka* were first combined as *Kajjali*, followed by *Shuddha Vatsanabha*, *Swaranakshiri Moola*, *Maricha Churna*, *Ankola Beeja Churna*, and *Bhringaraja Beeja Churna*. These were subjected to *mardana* (trituration) with *Chitrakamoola* and *Bhringaraja swarasa*. Each *Bhavana* required about 6–7 hours of trituration, totaling 31 hours, and the entire preparation spanned nearly one month. The final product showed a 10 g increase in weight, attributed to the incorporation of extracts from the *Bhavana* media.

CONCLUSION

The study standardizes the pharmaceutical process of *Navya Chandrabhid Rasa*

according to the *Rasa Paddhati*, ensuring proper *Shodhana* (purification) of the mineral and herbal components, along with accurate preparation of *Kajjali* and the final *Vati* form. The ingredients used in this formulation are traditionally recognized for their antipyretic properties, suggesting potential effectiveness in managing fever. The purification and trituration procedures are essential to ensure proper preparation. However, further toxicity studies and clinical trials are necessary to substantiate its safety and efficacy.

Declaration by Authors

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Conflict of Interest: The authors declare no conflict of interest.

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