

Chandraprabha Vati: A Timeless Elixir in Ayurvedic Medicine

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Abstract: *Ayurveda is one of the types of medication which is largely based on plant drugs. It includes wider indications For health. Rasa Aushadhi is highly essential in Ayurveda because it is rejuvenating, long-acting, and works Even in minute quantities. Chandraprabha Vati is an ancient formulation used with a wide range of medicinalActivities, and it is a herbo-mineral preparation. It has a wide range of action and is recommended for all Diseases such as tumors, reproductive problems, urinary tract problems, hemorrhoids, and diabetes. There areA few formulas that exist under the name Chandraprabha Vati. Besides being a Rasayana, Balya, and TridoshaShamaka, it speeds up the process. As it cures all types of disorders, be it male or female reproductive healthProblems, it is called Sarvaroga Pranashini. Some studies have been done on reducing blood pressure and Blood sugar. As a Rasayana, it develops immunity and power. This research collects and analyzes numerousChandraprabha Vati formulations from the ancient texts and describes their ingredients, dosages, applications,And actions. Chandraprabha Vati is mainly used for the treatment of kidney stones. The herbal components ofThis formulation possess the properties of diuretics, antioxidants, detoxifying principles, and anti- Inflammatory agents. The paper discusses Chandraprabha Vati in the clinical practice relating to renal calculusDisease, a very common uropathy caused due to the formation of solid aggregates in the kidney*

Keywords: Chadraprabha Vati, Herbomineral, Micturition, kidney stones, rasaya

I. INTRODUCTION

Chandraprabha Vati is one of the Ayurvedic preparations that have been of great significance since ancient Times. Equally, this remedy supports the purification or healing of multiple health issues although its main Focus is aimed at enhancing urinary and reproductive health. This formula can be treated as a combination ofPlant and mineral known for their detoxifying treatments, ability to harmonize the body's doshas which are Pitta, kapha and vata, and general energizing.

Chandraprabha Vati is very effective for many different illnesses ranging from kidney stones, stomach diseases, hormonal imbalance to urinary tract infections. It is appropriate to mention that its diuretic, anti- inflammatory and Antioxidant virtues are also well established. For these reasons, it is widely used in contemporary times and is used Particularly in the form of tablets for chronic diseases. Such calcium is safe for day-to-day use. Chandraprabha Vati Well-known in Ayurveda to keep the healthy and sick alive for longer,happier and a better quality life.

Chandraprabha Vati is a highly valued remedy in traditional Indian medicine, recognized for its wide variety of Therapeutic benefits as a traditional Ayurvedic herbal preparation. Chandra, meaning moon, and Prabha, meaning Brilliance or radiance, are the two Sanskrit words from which the term Chandraprabha is derived. This means that the treatment is believed to improve energy and promote overall health, much like the restorative and calming Nature of the moon. It is designed to support the healthy operation of many organs and systems, in addition to Helping to balance the body's internal energy.

Chandraprabha Vati consists of a special formulation of organic herbs, minerals, and plant extracts which blend Well to treat many kinds of medical conditions. Some of the important components include Shilajit, Gokshura or Tribulus terrestris, Mustaka or Cyperus rotundus, Vacha or Acorus calamus, and Haritaki, thoughTerminalia Chebula is one of the most important. These ingredients, apart from improving digestion and metabolism, are Known for anti-inflammatory, diuretic, and detoxifying properties.

Chandraprabha Vati has been used as a treatment for urine retention, kidney stones, and bladder irritation and For suffering from urinary tract infections or UTIs. It helps for reproductive system disorders such as irregular Menstruation and infertility conditions. Moreover, it enhances the cure of digestive disorders like constipation, Gastritis, and indigestion that help the health of the digestive system well. The blend also gives immunological Strength, ability to work, and intellect.



Chandraprabha Vati in Ayurvedic literature is rasayana, meaning it is a rejuvenating tonic for the promotion Of longevity and vital energy. It is presumed to nourish the body tissues, Dhatus, and to support normal Detoxifying processes of the body. It is also presumed to boost the immune power and improve circulation. Because of its various therapeutic applications, it may be used as a subsidiary treatment for most chronic Diseases and at the same time can serve as prevention to keep in general good health and equilibrium . While Chandraprabha Vati is essentially safe if used in prescribed dosages, it would be a good idea to talk to an Ayurvedic practitioner or other healthcare provider first, especially if you already have an existing medical Condition. For all these purposes and with its proven efficiency, this formulation is integral to Ayurvedic Medicine. It offers therapeutic benefits and enhances general health and wellbeing.



Chandraprabha Vati is one Ayurvedic medicine, from the ancient times which can be used because of its Powerful and effective treatment towards lots of medical conditions. A very common composition can be found in Ayurvedic

literature, especially “Rasa Shastra”, or it explains the usage of metals, minerals and Plantbased treatments. The quality in medicinal value of Chandraprabha Vati has already been discovered In famous texts written by authors like “Charaka Samhita,” “Sushruta Samhita,” and “Ashtanga Hridayam.”

The “Charaka Samhita” is an Ayurvedic knowledge source elaborating how mineral and herbal Composition such as Chandraprabha Vati can be taken to achieve the balance in the mental and bodily Equipose. Although its exact original date of conception cannot be traced, it is largely regarded as one of the Products of ancient Ayurvedic sages, who used their herbs and other natural substances to treat conditions Related to the reproductive, digestive, and urinary systems as well as general vitality and youthfulness.

This writing, Rasa Shastra, focuses on alchemy techniques and therapeutic application of metals and Minerals, with such a good illustration of the traditional formulation containing minerals and herbs to Ensure better results in therapeutics, such as in the case of Chandraprabha Vati. This special concoction is Supposed to balance the doshas—Pitta, Kapha, and Vata—and support the body’s natural healing Mechanisms, aid in digestion, and eliminate toxins—all of which are important components of Ayurvedic Treatment. The base of Ayurvedic practice has been Chandraprabha Vati for thousands of years, which is Famous for its diuretic, anti-inflammatory, and restorative properties. Because it was used to treat a variety Of kidney and urinary conditions, its popularity especially grew during the Middle Ages.

Kidney stones and UTIs were common medical problems at this time. As Ayurveda was adopted across India And later throughout the world, Chandraprabha Vati became better known. At this time, during British Colonization, Western medicine was slowly beginning to dominate the Indian subcontinent, so ayurvedic Practitioners ensured the preservation of these indigenous remedies, thus ensuring their longevity. Chandraprabha Vati is still frequently used in Ayurvedic treatments, and the recent studies are researching And establishing its medicinal value. It has maintained its reputation as a reliable and effective treatment Within the Ayurvedic pharmacopoeia despite the deep historical roots in ancient Ayurvedic writings Because it has been adapted to fit the needs of modern patients.

USES OF CHANDRAPRABHA VATI:-

Chandraprabha Vati is a traditional Ayurvedic preparation used to treat a Wide range of health problems. Some of its common applications include:

- **Urinary Tract Health:-** It is commonly prescribed for illnesses such as Urinary tract infections (UTIs), Frequent urination, and bladder Problems. It promotes normal kidney and urinary tract function.
- **Kidney Stones:-** Chandraprabha Vati is believed to help manage kidney Stones and promote natural Evacuation.
- **Diabetes Management:-** It aids in blood sugar control and is Occasionally used as an adjuvant therapy in Diabetic care.
- **Digestive Disorders:-** It improves digestion, promotes healthy bowel Motions, and can treat constipation, Indigestion, and bloating.
- **Male Reproductive Health:-** It is occasionally advised for increasing Male fertility, lowering erectile Dysfunction, and boosting general Reproductive health.
- **General Tonic:-** It is a general tonic that promotes overall vitality, Energy, and immunological function.
- **Joint and Muscular Pain:-** Because of its anti-inflammatory effects, it is occasionally used to treat arthritis And joint pain.

MODE OF ACTION OF CHANDRAPRABHA VATI IN KIDNEY STONES:-

Chandraprabha Vati is a traditional Ayurvedic composition that is often used To treat urinary tract problems, Particularly kidney stones (nephrolithiasis). Chandraprabha Vati’s method of action on kidney stones includes A variety Of therapeutic effects, with the primary goal of increasing stone breakdown And ejection while also Improving overall kidney function. Here are the main Processes by which Chandraprabha Vati treats kidney Stones:

- **Diuretic Action (Virechana):-** “Chandraprabha Vati” has a modest diuretic Effect that stimulates urine Output. This can help to flush out tiny stones Or crystalline deposits from the kidneys and urinary System.

- **Alkalisising Effect:-** Chandraprabha Vati contains substances such as Shuddha Gandhaka (purified Sulphur), which can help alkalisise the urine. A more alkaline urine environment can reduce the Production of acidic Stones (such as uric acid stones) and dissolve specific types of stones.
- **Anti-inflammatory Properties:** - Certain herbs in Chandraprabha Vati, Such as ‘Triphala’, have anti-Inflammatory properties. This can help Minimise the inflammation and agony that are commonly Linked with Kidney stones, especially during the passing process.
- **Stone-Dispersing and Solvent Action:** - According to Ayurvedic Scriptures, Chandraprabha Vati aids In the breakdown of stones (particularly smaller ones) into smaller particles, allowing the body to Pass Them more easily.
- **Renal Function Enhancement:** - Chandraprabha Vati contains several Substances that promote renal Healthby boosting renal filtration and Toxin clearance. It aids in the balance of the Doshas (Vata, Pitta, and Kapha), which may contribute to the formation of stones in the first Place.
- **Antioxidant and detoxifying effects:-** The formulation contains herbs with Detoxifying and antioxidant Qualities, such as ‘guggulu’and‘Pippali’. These serve to prevent the buildup of toxic compounds in the Kidneys, lowering the chance of stone formation.
- **Reduction of Pain and Spasm:** -“Chandraprabha Vati ”can also help Lessen the pain and discomfort Associated with kidney stones, most Likely due to its muscle-relaxant and analgesic effects, hence Preventing Urinary tract spasm.

DOSAGES FORM:-

Chandraprabha Vati is an Ayurvedic herbal composition that is often used to Treat a variety of health Disorders,including urinary and digestive issues. The Standard dose form of Chandraprabha Vati is in tablet Or vati form,with each Tablet carrying approximately 500 mg of the formulation. The suggested Dosage can Vary depending on the individual’s age, health state, and the Recommendation of an Ayurvedic practitioner; Nevertheless, common doses Are as follows: -

- **Adults:** Take 1 to 2 tablets (500 mg to 1000 mg) twice daily after meals, With warm water, or as Advised by a healthcare practitioner.
- **Children:** It may be given in a lesser dose, usually one tablet per day, or as Advised by a doctor, Dependingon age and condition. Always consult a certified Ayurvedic practitioner or healthcare Professional To find thebest dosage for your unique needs and health circumstances.

NEED OF WORK

To reduce the use of various drugs .the ayurvedic herbal products are used , the chandraprabha vati is a goodOption for those chemical drugs or medicine . It can reduce the leval of sugar.it is the one of the solution for a Multiple problems without any side-effects ‘can refers to exploring it’s uses, effectiveness , and potential Areas for further research and clinical application. it can focus on Pharmacological studies and clinical Trials,toxicological studies, standardization of property of the drug , comparative research and public Awareness andeducation.

OBJECTIVES:-

- To put an insight on various references and indication of chandraprabha vati.
- To understand the mode of action of chandraprabha vati.
- To reduce the antibiotic resistance pattern. Chandraprabha vati is a good option to treat UTI,Kidney Stonesin OPD patients.
- To reduce the intake of various chemical drugs. For multiple disorders such as UTI, kidney stones

PLANT PROFILE

Chandraprabha Vati is a traditional herbal composition in Ayurvedic medicine, which is often used for Variousdiseases. The primary use of its existence is to balance the Pitta, Kapha, and Vata in the body. It Helps in treating both the

alimentary and urinary tracts. It is not any single plant product. So, this recipe Includes varied minerals, herbs, among others. Here's the plant profile of some of the key ingredient found In chandraprabhavati.

CHANDRAPRABHA

- Biological name: Cinamomum camphora.
- Family: Lauraceae.
- Part used :-sub.extract.
- Uses: it is used as antiseptic , It is used to reduce inflammation , pain land irritation.

VACHA

- Biological name : Acorus calamus .
- Family: Araceae.
- Part used: Rhizomes.
- Uses: it helps in proper formation of urine, it is used to reduce pain.

AMRITA(guduchi)

- Biological name : Tinospora cardifolia.
- Family: Menispermaceae.
- Part used:-Stem.
- Uses:-It is used as a immune system booster, it gives a benefit in diabetes.

HARIDRA

- Biological name : Curcuma longum .
- Family: Zingiberaceae.
- Part used: Rhizomes.
- Uses: it is used as a anti – inflammatory ,it is also used as a anti – oxidant .

ELA

- Biological name: Elettaria cardamomum.
- Family: Zingiberaceae
- Part used: seed
- Uses: it is used as a mouth freshener

II. MATERIAL AND METHOD

Sr. No.	Topic	Quantity
1	Chandraprabha (Karpura)	3 gms
2	Vacha.	3 gms
3	Musta	3 gms
4	Bhunimba	3 gms
5	Amrita(Guduchi)	3 gms
6	Suradaru	3 gms
7	Haridra	3 gms
8	Ativisha	3 gms
9	Pippalimula	3 gms
10	Darvi	3 gms
11	Chitraka	3 gms
12	Dhyanaka	3 gms

13	Amlaki	3 gms
14	Haritaki	3 gms
15	Vibhitaki	3 gms
16	Chavya	3 gms
17	Vidanga	3 gms
18	Gajapippali	3 gms
19	Shunti	3 gms
20	Maricha	3 gms
21	Pippali	3 gms
22	Makshika	3 gms
23	Sarja Kshara	3 gms
24	Yava Kshara	3 gms
25	Saindhava Lavana	3 gms
26	Souvarchala Lavana	3 gms
27	Vida lavana	3 gms
28	Danti	12gms
29	Patraka	12gms
30	Tvak	12gms
31	Ela (Sukshma ela)	12gms
32	Vamslochana (Vamsa)	12gms
33	Loha	24gms
34	Sita	48gms
35	Shilajatu	96gms
36	Guggulu	96gms
37	Trivrit	12gms

METHOD OF PREPERATION:

“Chandraprabha Vati” is a well-known Ayurvedic compound used to Promote over all health and treat a variety of Health issues, notably those Affecting the urinary and reproductive systems. The preparation entails a Meticulous Procedure of combining herbal substances, usually in tablet or Vati form. Here’s how it is typically prepared:

- Collection and Cleaning:- Collect all of the herbal ingredients and Properly clean them to remove any dirt or Foreign matter.
- Grinding the Herbs:- Dry crush the herbs to fine powder. Depending on The recipe, you can accomplish this Alone or with others.
- Preparing Decoction (Kwath):- Some components, such as Amla, Haritaki, and Baheda, may need to be Prepared as a decoction (boiled in Water) in order to extract their therapeutic effects. Strain the liquid to get rid Of any solid particles.
- Mixing with Binding Agents:- After gathering the required powdered herbs And decoctions, the Powders are Combined. If necessary, a binding agent Such as honey, jaggery, or herbal syrup can be used to help form a Paste. The Consistency should be such that the mixture holds together when formed Into tablets or pills.
- Forming Tablets (Vati):- Form the herbal mixture into little tablets (vati). The pills should be of uniform size And shape. In traditional ways, this is Done by hand or with moulds.
- Drying:- The produced tablets are allowed to dry in a cool, shady place to Harden and retain their efficacy. The drying process can take several days, Depending on the weather
- Storage:- After drying and hardening, the tablets are placed in airtight containers to protect them from Moisture, air, and light.

III. CONCLUSION

Chandraprabha Vati may help with the treatment and prevention of kidney Stones, especially in mild to moderate Cases, by enhancing kidney function, Lowering inflammation, and maintaining urinary health. However, it should Not Be used as the primary treatment for large or blocking Stones. Individuals with kidneystones should consult a Healthcare expert to identify The best course of treatment, which may include the use of Chandraprabha vati in their Overall management plan.

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