ROLE OF KUMARI(ALOE VERA CHINENSIS) IN RASASHASTRA AND BHAISHAJYAKALPANA

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ABSTRACT:
Kumari has very important role in Rasashastra bhaishajyakalpana,because it plays an important role in Shodhana,Bhasmaprakriya,Amrutikaran and formulations.Bhavana of Kumari has mentioned for Kupipakwarasayan,Pottalirasayan & khaliirasayana. Bhavana of Kumariswarasa is told for all Sudhavargbhasmikaran process. Some bhasmas are harmful i.e.Tamrabhasma,Suvarnamakshikbhasma etc. So after Bhasmaprakriya Amrutikaran Samskara is done, to remove its Apakwadosha (incomplete burnt impurities). Kumari is mostly used for Amruikaran..

Aloe vera is found in North Afrika, America,Spain. & India.
The leaves contain juice reffered to as aloe. The juice is obtained by two methods.
1) Juice is placed in sunlight & dried. It is non transparent
2) Juice is dried in rapid fire .It is transparent.
Indian Aloe vera has three varities,
1)AloeChinensis Baker is found in south India.
2) Aloe LittoralisKoeingex Baker is found in Madras.
3) Aloe Variegata Linn. Is found in Maharashtra.
Chemical composition Aloemedin,aloctin A(Glycoprotein),aloenin,(bitter glucoside) barbaloin,chrysophanol,glycoside,galactose,mannose,aldopentose,aloesin,aloesone,B-sitosterol,alocutin A&B
Key words: Kumari,Kumariasava,Bhasmakalpana.

INTRODUCTION: Its botanical name is Aloevera Chinensis and it belongs to Liliaceae family.Kumari is abundantly found and can be easily cultivated.Kumari have been used in Ayurveda since thousands of years. Kumari is Guru, Snigda, Picchil and having Tikta, Madhurarasa. Its Vipak is Madhura and has Sheet Virya.It has Bhedana properties1 Kumari swaras is used in Shodhan, Maran,and Amrutikaran.
In Murcchana Sanskar of ParadKumari Swaras destroys mala Dosha of Parad.

Uses of Kumari swaras in Rasashastra

<table>
<thead>
<tr>
<th>Shodhana</th>
<th>Marana</th>
<th>Amrutikaran</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paradmurcchana etc.</td>
<td>Abhraksahastraputibhasma</td>
<td>Tamrabhasma</td>
</tr>
<tr>
<td></td>
<td>Jasadbhasma</td>
<td>Suvarnamakshikbhasma etc.</td>
</tr>
<tr>
<td></td>
<td>Trivangbhasma</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sudhavargabhasma etc.</td>
<td></td>
</tr>
</tbody>
</table>

All Sudha varga marana,Kumari swaras is may be told because it contains calcium and all Sudhavarga dravyas are calcium compound. Deepan ,Pachan activity also increased due to Kumari swaras but its peel of leaves contains more calcium so while preparation of Bhasma and Amrutikaran leaves with peels should be used. Aloe vera being emollient is used as local application.2 Aloe stimulates mi-
croccirculation in ulcers & wounds by increasing arteriolar diameter (J. med. Asson. Thia 2000,83-417-425)
Enzymes like carboxy peptides are present in Aloe which inactivate the bradykinin (which is responsible for inflammatory changes).Minerals like mg inhibit histamine formation & hence Aloe has antipruritic action. It contains vit. C,E,& Zn ,which are important for wound healing . Mannose-6-Phosphatase is the major sugar in aloe which helps in wound healing (J.AmericanPodiatr.med. Assn. 1994. Feb.84:77).3

Formulations of Kumari:

<table>
<thead>
<tr>
<th>Rasashastra</th>
<th>Bhaishajyakalpana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Khalvirasayan sayana</td>
<td>Kupipakwara rasa</td>
</tr>
<tr>
<td>Krumikuthar rasa</td>
<td>Shilasindhur rasa</td>
</tr>
<tr>
<td>Pramehakesari rasa</td>
<td>Suvarnamaka rdhwja rasa</td>
</tr>
<tr>
<td>Muktapanchamruta rasa</td>
<td>Swarnsindhur rasa</td>
</tr>
<tr>
<td>Kumarkalyan rasa</td>
<td>Suvarnsamee rpannag rasa etc.</td>
</tr>
<tr>
<td>Rasarajrasya(Sadharana)</td>
<td></td>
</tr>
<tr>
<td>Bruhatloknatha rasa</td>
<td></td>
</tr>
<tr>
<td>Yogendra rasa etc.</td>
<td></td>
</tr>
</tbody>
</table>

Scientific view: Several new sites have been documented to prove its healing properties an antibacterial principle present in Aloe vera which inhibits growth of Mycobacterium Tuberculosis has been identified as Barbaloin glycoside.The juice of the whole leaf rind and pulp of Aloe vera has been shown to contain reducing sugar, hydrolysable sugar fructose an oxidase,a catalase and an amylase On peeling the leaves a mucilaginous gel like white pulp having a typical smell and bitter taste is obtained for use in medicine. The exudated mucilage from leaves is dried in sun where it forms a lustrous dark brown to black hard bitter, mass. It is known as Alva” or Elua” or “Masasaber” A purgative action of Aloe vera is attributed to aloins 4 A herbomineral compound preparation consisting Aloe vera as a main ingredient was found to improve fertility is 85% of 250 cases.
Menstrual functions also improved in 44.6 % cases.Fuctional sterility disturbed menstrual function.The expressed juice of Aloe vera in form of ointment in Vaseline has been found to hasten healing of wounds of thermal burns,radiation injury. Another compound preparation consisting of three plant drugs,one of them being .A barbadenesis exhibited protective effect on patients with infective hepatitis& hepatotoxicity without any toxic or side effects.
Toxicology –Plant extract at oral dose of 100 to 200 mg / kg did not show any toxicity in rats. Prolonged use may severe affect the electrolyte balance and loss of potassium may ultimately reduce the laxative action and disturb cardiac rhythm in heart patient.

Larger doses lead to excessive pelvic vascularity and reflux stimulation of uterine muscles and may bring about abortion or premature birth in late pregnancy. Active principles generally appear in milk during lactation, due to these reasons the drug is contraindicated in pregnancy, lactation,kidney complaints & irritable bowel conditions.LD50 in mice by i.v.,i.p.& oral routes were found 400mg/kg.800mg/kg & 1600mg/kg respectively.

On applying Aloe vera juice on skin it protects from wrinkles. Internal uses-1) Digestive system: In small dose it acts as Deepan,Pachan,Bhedan, Yakrutottejak. In large dose it is Virechak and Krumighna. It increases the secretions of small intestine & promotes the peristalsis of large intestine.Since its action is slow, the laxative effect is observed after 10 to 12 hours. If taken in excess quantity, rational action is not observed but ill effect in the form of gripping, constipation & sometimes bleeding is observed. In moderate quantity stools are observed to be soft & solid & dark coloured.There is increased congestion in the anal region due to consumption of kumara. Very often it may result in formation of piles. Juice of kumara is useful in loss of appetite,ascites,tumour,liver& spleen enlargement & abdominal colic. It is laxative antiflatulent & anthelmintic.

Cardiovascular system: It is yakritgami, raktavahasrotogami,& is useful in purification of blood & affections of liver. It is used in splenomegaly in combination with haridra

Urogenital system: It is a known diuretic. By virtue of being snigdha & pichchil, it promotes the secretion of semen & acts as an aphrodisiac. Being ushna it increases the flow of blood to the uterus & promotes contractions as aresult of which it leads to uterine bleeding. Hence kalabol is used locally for treatment of amenorrhoea.

Skin: Useful in common conditions of skin, it promotes hair growth.

Part used:Leaves, Juice, Kalabol.

Dose: Swaras-10 to 20 ml

Kala bol-120 to 240 mg.

Kumari Asav-20 to 30ml orally with equal amount of water after meals, twice a day.

Kumariasav: Kumariasav is a main formulation of kumari. It is used in all diseases of gastric system. It works as Deepak,Pachak, Vrushya, Bruhan, Agnivar dhak,so used in Apasmar, Ashmari, Parinamshool, Prameh, Mutrahruch, Krumi, Raktapitta, Pandu, Kamala, Udavart, Kshaya, Shukradosha, and is very useful in diseases of women i.e Nashtartav, Kashtartav, Kruchhrartav.

Dose: 30 ml with equal quantity of water after meal.

Here Five references Yogratnakar, Sharangdhar samhita, Gadnigrah(2), Aurved sarsangrah are described.

Yogratnakar:

Kumariswaras12.2881 liter ,Guda (Jaggary)- 4.8 kg ,Vijaya - 1.2 kg Jala - for decoction-12.2881 lit,Reduced to 3.0721 lit, Madhu (Honey) - 3.072kg,Dhataki -768kg, Jatiphala-48gLavang-48g,Kankol-48g, Jatamansi-48g, Kababaka- 48g,Chavya-48g, Citra Eranda-48g, Jatipatri-48g,Karkatshrungi-48g, Bibhitaki-48g, Pushkarmula-48g,Tamrabhasma-24gm,Lohabhasma-24gm.
Sharangdharsamhita:
Kumariswaras-10lit40ml,Guda,-
4kg,Lohachurna,-2kg 800gm,
Sunth,Mire,Pimpali,Lavang,Dalalchini,Ta
malpatra,Bruhati,Elu,Nagkesher,Chitrak,
Pimpalmooll,Vavding,Gajpijppali,Bala,Atiba
la,Kaunchbrij,Gokharu,Badishep,Hingupu
tri,Amalki,Rasna,Haridra,Murvamool,Manuka,Dant
imool,Pushkarmool,Swarnamakshik,Bhas
ma-each and every 30gms.Dhaytiipushpa-320gm.
Uses:Gulm,Parinamshool,kasa,shwasa,Ap
asmarec9
Gadanighrah:
Kumariswaras-2lit.,Guda 1
kg,Tamalpatra,Dalchini,Elu,Nagkesher,Lav
vang,Saindhav,Harad,
Daruhalad,Karanj,Pimpal,Marich,Dhayati
pushpa,Akkarkara,Bacha,Javiti,Vavding-
each and every 40gms. Hirada-80gms.
Uses-Udarroog,Lumps,
Udavarta,Ashtama,Hicccoughetc.
Gadanighrah:
Kumari swaras -1024ml,.Dashamool
2kg.Pushkarmool 1kg. Dhamasa
1kg.,Chitrak 500gm.
,Guduchi 320gm. Hirada 160gm.
,Podhra,Amalak,Hirada,Manjishta,Behada ,Chavya,Kusha,
Madhuashti,Kapitha,Devadaru,Vidang,P
ippali,Bhangara,Ashtavarga,Jire,Supari,R
asnam,Shati,Renuk,Kakadshingi,Harad,Pri
yangu,Jatamansi,Motha,Sariva,Indrayava
Shatavari,Adulasa,Nagakesher,Punarnava
each 160gm. Draksha1200gm.
Madhu1280gm.Guda16kg.,Dhayatipushpa
8kg.Badivelachi,Chotivelachi,Lavanga,Kh
adisakh,MayigirCanand,Chatrurjat,
,Pippalil,Marich,Javiti,AkkalakJayaphal,
Kevadabija,Ajmoda,Vacha,Khadirsal,
Chitrak,Jira,Ajavayanan,Balak,Suntha,Naga
rmotha,Dhaniya,Haritaki,Hriber, 
,Vrukshamlaeach and every 800gm.10
Ayuvyedarsasarangra:
Kumariswaras- 2kg560gm,Puran Guda-
320gm,Mandurbhasma,ShuddhTanikan,
,Sajjikshar,Yavkshar,Saindhav,Samudrala
van,Sambharlavan,Audbhidlavan,
Vidalavan,Navasagar-each and every
40gm.
Uses-Udarroog,Shool,Arjina,
Yakrut,Plehavhruddhiet11
DISCUSSION:Kumari is Guru, Snigdha,
Picchil and having TiktaMadhur rasa. Its
Vipak is Madhur and has Sheet Virya. It
has Bbhedan properties .Kumari is mostly
used in Shodhan ,Maran,Amrutikaran of
Rasa shastra bhaishajya kalpana and many
formulations. Kumariasav is one of it and
it is very useful in spleen, & liver disease
i.e. anaemia,jaundice etc
CONCLUSION:The article presents the
kumari’s species, properties, action ,& role
in Rasashastra & Bhaishajya kalpana. It
can be concluded that Aloe vera chinensis
is the kumari actually we are using / culti-
vating in India. Kumari is having guru &
-snigdha guna,shita virya, &katuvipaka
properties. It pacifies pitta & kapha.
Aloevera is used in amenorrhea,liver
diseases,constipation,worm infestation &
loss of appetite. Aloevera is beneficial in
ulcer .It has anti pruritic action & has
wound healing action due to presence of
vit. C,E,&Zn& Mannose-6-phosphatase.
Kumariswaras is mostly used in
Rasashastra for shodhana, marana,
Amrutikaran& formulations as bhavana
dravya and in Bhaishajya kalpana, it is
used as main ingredient or bhavana
Kalpa are Contraindi-
cated in
Hemorrhoids, Pregnancy& Intestinal
obstruction.
REFERENCES:

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