

## CLINICAL EFFICACY OF MARINE-ORIGINATED DRUGS WITH SPECIAL REFERENCE TO TRIMARMA

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**ABSTRACT:** Marine drugs shodhana, marana and their therapeutic value are details discuss in rasa shastra. In rasa shastra marine drugs are very effective role in specific in Trimarma disorders. According to modern science shudha vargiya dravyas plays an important role in the formation of bones and also in the nourishment other dhatus, as these are rich in the calcium.

**KEYWORDS:** Marine Drugs, Shodhana, Marana, Trimarma.

### INTRODUCTION

Drugs are substances which are obtained from sea. The evolution and development of rasa shastra occurred due to the necessity for using natural products in the field of medicine. Rasashastra deal with the substances that were found in the nature but in a crude form with the development of rasa shastra, these substances were purified and processed and used for healthy life, to get the desired results, shodhana, marana techniques were adopted. In Rasashastra marine drugs find place under ratnavarga, shadharana rasa, sudhavarga & lavan varga.

### AIMS AND OBJECT

The aim of this work is to emphasize on the marine drugs are therapeutically very useful medicament for vital organs of body, which are obtained naturally from sea.

### METHODS

Marine drugs are used either in Bhasma form or pishti form. The products will be dealt in sequence and shodhana, marana processes are given in tabular form with their indication, dose, anupana & yoga.

**TABLE 1. SHOWING DETAILS OF MARINE DRUGS PHARMACEUTICAL PROCEDURE.**

No.	Drugs	Varga	shodhana	Marana	Dose	Anupana
1	Mukta (Pearl)	Ratna varga	Method-swedana into jayanti (Arni) swarasa in dolayantra for 3hrs.R.T.13/67	laguputa-3 with bhavana of gulab jala r.t.13/71	30 to 120mg	Honey, Butter, Cream, hrita
2	Praval (coral)	Ratna varga	Method-swedana into swarjika khar yukta jala in dolayantra for 3hrs.r.t.13/132	Gaja puta-03/kumari swarasa bhavana R.T.13/135.	60 to 250mg	Honey, Butter
3	Shankha	Sudha varga	Method-swedana into kanji in dolayantra for 3hrs.R.T.12/10	Gajaputa-2 R.T.12/7	250mg	Lemon juice, Warm Water
4	shukti	Sudhavarga	Method-swedana into nimbuswarasa in dolayantra for 3hrs.R.T.12/66	Gajaputa-1 R.T.12/67	250mg	Honey, Ghrita, Milk.
5	Kapardika	Sadharana rasa	Method-swedana into nimbuswarasa in dolayantra for 3hrs.R.T.12/89	Gajaputa-1 R.T.12/91-93	250mg	Water
6	Sambuka	Sudha varga	Method-swedana into nimbuswarasa in dolayantra for 1.30hrs.R.T.12/58	Gajaputa-1 R.T.12/7	250mg	Lemon juice, Warm Water

7	samudrap hena	Sudha varga	Trituration with limbu swarasa R.T.12/111-112	--	250mg	Honey, water
8	Kurma pushtha	Sudha varga	Kept in to takra for 12 hrs and wash with hot water	Gajaputa-1 with kumara.	250mg	Honey, Guduchi satva
9	Samudra lavana	Lavana varga	-	-		water
10	Agnijar	Sadharana rasa	No need	-	30mg-60mg	Honey, Ghrita, Butter.

TABLE 2.FOR SHIROROGA (HEAD, BRAIN, E.N.T.)

No.	Drugs	Diseases	Treatment	Reference
1	Mukta(Pearl)	Medhya, vrushya	Mukta bhasma	R.T.23/72-81
		Netra roga (eye sight),		
		varnya,		
		Madhumeha, Ashthishosh,		
		Rajya yakshama	Mukta Bhasma, Praval bhasma	
		Teeting trouble in children, vishagna,	Mukta Bhasma, Rasasindur	
		Hikka	Swarna Bhasma, Tamra Bhasma, kantloha Bhasma, with bijoranimbu swarasa.	
2	Praval (Coral)	Netrya,	Praval bhasma	R.T.23/139-141
		Madhumeha,		
		Vranya, Vishagna,		
		Excessive Sweating, Balya,		
3	Shankha (Conch shell)	vaman	Shankhabhasma, haridra churna, supari	R.T.12/28
		Arjun,	Shankh churna, honey-Anjana.	
		Netra roga,		
		Yovan pidika(Acne)	LEPA-Shankha churna, Arjuna churna.	R.T.12/20-21
4	Shambuka(Pila)	Netra roga	Anjjan	R.T.12/60
5	Varatika(coverry)	Netra roga,		R.T.12/95-97
		karna srava,karna nad	Pradhaman in karna with samudraphena, varatika bhasma.	
		kanth mala,Apachi	LEPA-Varatika bhasma	
6	Agnijar (Amber)	Dhanurvat,All vata vyadhi		R.R.S.3/136
7	Samudraphen (cuttle fish bone)	Chakshusya, Netra roga(eye disorders)	-Samudraphen with sarkara. -samudrafen with shankh churna, saidhanamak. -samudrafen, pippali churna, saidhanamak	R.T.12/113-120
		Karna srava(otorrhoea)	Pradhaman in karna	
8	Kurma prishtha (Tortoise bone)	Epilepsy		
9	Samudra lavana(sea salt)	Aruchi		R.T.14/138

TABLE3.FOR HRAD PRADESHA ROGA

No.	Drug	Disease	Treatment	Reference
1	Mukta(pearl)	Swasa, kasa, Hridya, Mehgna,	Mukta bhasma	R.T.23/72-74
		Ashti shosh har, Dahgna, Amlapitta, tuberculosis.	Mukta Bhasma, kajjali, bijoranimbu swarasa.	
2	Praval (coral)	Tuberculosis, Madhumeha, Kasa, kshaya, Raktapittahar, Vishagna, Bhutagna,.	Praval Bhasma, bharangi churna, rasasindur, kantakari churna,	R.T.23/149-153
3	Shankha (Conch shell)	Amlapitta,	Shankh Bhasma, Amalaki churna.	R.T.12/23-25.

		Swasa roga,	Shankh Bhasma, bharangi churna.	
		Gulma	Shankh Bhasma, trikatu churna, yavkhar.	
		Agnimadya	Shankh Bhasma, trikatu churna.	
4	Varatika(coverry)	kasa.	Varatika Bhasma, trikatu churna, nimukamla drava.	R.T.12/97-102
		Raktapitta	Kapardika Bhasma, Rasa sindur, udumber kwath.	
		Agnimadya	Varatika Bhasma, trikatu churna.	
5	Shukti (Pearl oyster)	Hrid shula,	-Shuktibhasma, triphala churna, yashtimadhu.	R.T.12/72
			-shukti Bhasma, trikatu churna.	
		Hrdroga	-Shuktibhasma, amalaki churna, kakmachi swarasa	
		swasa.	-shuktibhasma, trikatu churna, vasa swarasa, honey.	
		Amalapitta	Shuktibhasma, swarna makshik Bhasma, yavakhar.	
6	Agnijar (Amber)	Sthaullyata (obesity).		
7	Samudraphen (cuttle fish bone)	---		
8	Kurma prishtha (Tortoise bone)	Epilepsy, kshyay (Tuberculosis).		
9	Samudra lavana (sea salt)	Hradya		R.T.14/138

TABLE 4.FOR BASTI PRADESH ROGA

No.	Drug	Disease	Treatment	Reference
1	Mukta(pearl)	Increase retention power, Medhumeha	Mukta bhasma	R.T.23/72-74
2	Praval (coral)	Urine disorders, Madhumeha.	Praval Bhasma, rasa sindur, Gokshur churna.	R.T.23/143
		Mutra krichha	Praval Bhasma with tandulodak.	
3	Shankha (Conch shell)	Atisar, Grahani	Shankh Bhasma, Nimbuswaras.	R.T.12/22
4	Shambuka (Pila)	Raktatisara,	Shambuka bhasma	R.T.12/60
5	Varatika (coverry)	Vrishya		R.T.12/96
6	Shukti (Pearl oyster)	Mutra sarkara, uder roga	Shukti Bhasma, trunpanchmool kwath	R.T.12/75-78
		Swet Pradar	Shukti Bhasma, shilajit, banga Bhasma, Ral churna, Ghrit kumari.	
7	Samudraphen(cuttle fish bone)	Sukra shodhana	Samudra phen churna, kokilax bij churna, swet chandan, kayphal, khash, ikshumula kwath.	
8	Samudra lavana (sea salt)	Digestive disorders		R.T.14/138

## DISCUSSION

The meaning of sudha is the dravya which can important for sustaining and nourishing the body. Among the seven dhatus, the asthi Dhatu predominantly helps in maintenance and nourishment of the entire body. According to modern science shudha vargiya dravyas plays an important role in the formation of bones and also in the nourishment other dhatus, as these are rich in the calcium.

Calcium is important for numerous lives sustaining process including enzymatic reactions, mitochondrial function, all membrane maintenance, intercellular communication, interneuron, transmission, neuromuscular transmission, muscular contraction and

blood coating. An elaborate endocrine system maintains the serum ionized calcium concentration within a very narrow physiologic range. That's why marine drugs are very important for Trimarma.

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