

MRUDDARASRUNGA- A QUICK REVIEW

¹Aswin. I. R

¹P.G. Scholar Dept. of Rasa Shastra and Bhaishajya kalpana S.V.Ayurvedic College Tirupati.

ABSTRACT :

Mruddarasruna (Lead oxide) is one among the least explored drug in *Ayurveda Rasa Shastra* field. The reason behind this is lack of proper references of *Mruddarasruna* in Classical *Rasashastra* text books. In compilation works also only a few references are available about *Mruddarasruna* and its practical utility. But there are some *Vaidyas* belonging to South India, who have been using this drug in practice for various ailments both internally as well as externally. This paper is dealing with the types, Vernacular names, properties, therapeutic indications, *Shodhana* (purification) and *Marana* (incineration) procedures.

Key words: *Mruddarasruna*, *Shodhana*, *Marana*, Lead oxide.

INTRODUCTION: Only after 8th century some references about *Mruddarasruna* in *Ayurveda Rasa Shastra* texts is available. In Classical texts like *Rasaratna Samuchaya*, *Rasaprakasa Sudhakara* *Mruddarasruna* has been included one among *Saadharana rasa*. In *Rasaamrutha* the reference of *Mruddarasruna* can be

found in *Uparasa Vijnaneeya Adhyaya*. In some other texts like *Rasa Tarangini* *Mruddarasruna* is included in *Naga Prakarana* (while describing lead and its compounds). Only external usage of *Mruddarasruna* is explained in most of the *Ayurveda Rasasastra* texts

<i>Rasaratna Samuchaya</i> ,	<i>Saadharana rasa</i> ^[1]
<i>Rasaprakasa Sudhakara</i>	<i>Saadharana rasa</i> ^[2]
<i>Rasaamrutha</i>	<i>Uparasa</i> ^[3]
<i>Rasa Tarangini</i>	<i>Naga Prakarana</i> ^[4]

Various *Taila*, *Malahara Kalpanas* contain *Mruddarasruna* as chief ingredient known to be very effective in managing skin disorders and non healing ulcers. The internal usage of *Mruddarasruna Bhasma* is seen in *Rasayogarasagara* and also in *Rasa Tantra Sara va Siddha Prayoga*

Sangraha. *Mruddarasruna* is identified chemically as Lead oxide. PbO occurs in two polymorphs, one litharge having a tetragonal crystal structure and the other Massicot having an orthorhombic crystal structure^[5].

Synonyms:

Synonyms	AP ^[6]	RRS ^[7]	RT ^[8]	RA ^[9]	RC ^[10]	RP ^[11]	RPS ^[12]
Mruddarasruna	+	+	+	+		+	+
Mudrasankha	-	-	+	-	-	-	-
Murdasankhaka	-	-	+	-	-	-	-
Kedarasruna	-	-	-	-	-	+	-
Vodarasrunaka	-	-	+	-	-	-	-
Bodarasrunaka	+	-	-	-	+	-	-
Nagasatva	-	-	-	+	-	-	+
Seesatva	+	+	-	-	+	-	-
Seesagarbha	-	-	+	-	-	-	-

Vernacular names^[13]:

- English name : Litharge, Lead oxide
- Latin name : Plumbum oxidum
- Hindi : *Mudra sankha*
- Telugu : *Mudarusingu*
- Tamil : *Mudarusruni*
- Malayalam : *Mrudarsruni*

Classification:

I) Based on Origin^[14] – 1. *Khanija*

2. *Krutrima*

II) Based on Colour^[15] – 1. *Peeta*

2. *Pandura*

III) Based on Structure^[16] – 1. *Sadala*

2. *Nirdala*

Note: Almost all classical texts mention the appearance of *Mruddarasruna* in Nature as *Sadala* and *Peethabha*.

Availability^[17]

- From the surroundings of Mt. Abu and Aravali in Guffera mandala (presently in Rajasthan).
- Now a days it is prepared artificially also by heating Lead Nitrate, Lead dihydroxide, lead carbonate.
- Artificial variety is considered as good as it is devoid of other impurities.

Note: According to classical texts availability of *Mruddarasruna* is found maximum in *Arbudagiriparswa*.

Properties :

Rasa (taste): not mentioned

Guna (quality): *Guru* (heavy to digest), *Khara* (rough)

Veerya (potency) *Shishira* (Cold)

Karma (action): *Kaphahara* (*Rasaratna Samuchaya*)^[18]

Vata Kaphahara^[19]

Lekhana, Rechaka, Kesa Ranchana^[20]

Samkochaka, Kesya^[21]

Clinical Indications^[22]: *Pama*

Kandunashana, Phirangangagadapaha,

Vrana Ropana, Bhagna Sandhanajanaka,

Tvak Doshashamana.

Shodhana:

1. *Samanya Shodhana* – *Bhavana* of *Mruddarasruna* with *Matulunga (Nimbu) Swarasa* or *Ardraka Swarasa* for 3 days^[23].

2. *Mruddarasruna* – *Bhavana* with *Bijapura (Nimbu) Swarasa* for 3 days^[24].

3. *Visesha Shodhana* – *Mruddarasruna* is powdered in *Khalvayantra*, impurities are discarded and sieved through cloth to get fine powder. 15 days trituration is done with pure water. Then it is dried in sun^[25].

4. *Mruddarasruna* is triturated with 1/4th part of *Saindhava lavana* for 1 *prahara* in *Khalvayantra* and 4 times of water is added, kept over one night. Then the water is discarded on the next day and the same procedure is repeated for 21 days^[26].

Marana^[27]: The *Mruddarasruna* sample was pounded into small pieces and soaked in *Nimbu swarasa (Nimajjana)* for 3 days. While pounding earthen impurities should be removed from the sample. On 4th day take *Mruddarasruna* from *Nimbu swarasa* and wash with luke warm water. *Marana* method of *Mruddarasruna* is not often found in *Ayurveda Rasa Shastra* text books. For *Marana* process *Shodhita Mruddarasruna* was triturated well with *Nimbu swarasa* and made into *chakrikas* of uniform size and was subjected to *Kapota Puta* (using 8 *upalas*). The *Putas* should be continued up to the desired qualities of *Bhasma* attaining. The fourth and final stage of *Mruddarasruna Bhasma* preparation consists of 3-3 *Bhavanas* with *Triphala Kwatha, Kumari Swarasa, Gomutra, Nimbu Swarasa* respectively.

Therapeutic uses of Mruddarasruna Bhasma:

- For *Mrutbhakshnajanya Vikaras* - In children *Mruddarasruna Bhasma* 1/4

rathi (30 mg approx.) can be given with *Virechanaoushadha*^[28].

• *Mruddarasruna Bhasma* 1 *rathi* (125mg) can be given for *Prameha* with *Haridra Churna* and Honey^[29].

• In *Upadamsa* – *Mruddarasruna Bhasma* 1 *rathi* (125mg) can be given with *Lavanga*, *Maricha*, or *Ghruta* or *Sarkara* according to the condition^[30].

Siddha point of view: In *Siddha* system of medicine *Mruddarasruna* is widely used for curing various ailments. Detailed description about *Mruddarasruna* is available in various classical *Siddha* treatises. Yakkob Siddha^[31,32], Machamuni^[33] gave detailed description about *Mruddarasruna* in their Classical texts. Artificial preparation of *Mruddarasruna*, convenient method of various *Shodhana* and *Marana* procedures are readily available in *Siddha* Classics. According to *Siddha* tradition *Mruddarasruna* is one among the 64 *Pashanas* (poisonous drugs). *Mruddarasruna* is one of the chief ingredients among the *Navapashanasindoora* (potent *Kapha Vatahara Oushadha* having multilevel of action).

DISCUSSION: *Mruddarasruna* is one among the *Sadharana Rasa* according to *Rasaratnasamuchaya*. It is chemically lead oxide and available in two forms *Litharge* and *Massicot*. Now a days, it is available in mainly *Rajasthan* and *Southern part* (*Andhra Pradesh* & *Tamilnadu*) of *India*. Even though various *Shodhana* methods of *Mruddarasruna* are available in classical *Rasa Shastra* texts, *Marana* procedure is found only in *Rasayogasagara*. For the *Marana Kapota puta* is advised. The reason behind in the selection of *Kapota Puta* was that *PbO* is not stable in higher temperature. *PbO* will be reduced to *Metallic Lead* at 1200°C ^[34]. *Mruddarasruna Bhasma* is mainly indi-

cated in *Prameha* and *Upadamsa*. It is mainly *Kaphahara* in nature. It will be effective in managing *Prameha* as the causative *Dosha* is *Kapha*. In *Upadamsa* also the *Bhasma* will be effective. The *Bhasma* also having *Vrana Shodhana* and *Ropana* quality. It can be given in various skin disorders.

CONCLUSION: The *Mruddarasruna Bhasma* is one among the effective drug practised in *South India* for various *Non healing ulcers*, *Psoriasis* etc. But due to the lack of proper references and practice it remains as least explored. This paper covers the important references, the properties, *Shodhana*, *Marana* and various therapeutic applications. *Mruddarasruna Bhasma* is a cost effective medicine which produces desired effects with in less duration of time.

REFERENCE:

1. Ravimisra Rasaprabha Hindi Vya-kyopethaha. Indra Dev Tripathi Rasaratna Samuchachaya by Vagbhatacharya, Choukhamba Sanskrit Sansthan Varanasi Reprint 2003. Shloka 3/157 Page No. 42.
2. Hindi comm. By Dr. Siddhinandana Mishra, Rasa Prakasha Sudhakara, by Siddhiprada, , Chaukhambha Orientalia, Varanasi, 1998. Shloka 6/61 Page No. 131.
3. Sanskrit commentary Prasadini by Shri. Haridatta Shastri and Hindi Rasa Vignyan Commentary by Pt. Dharmanand Shastri edited by Pt. Kashinath Shastri, Rasa Tarangini by Sadanand Sharma. Edi. 11th, Pub Motilal Banarsidas, Delhi. 1979. Shloka 21/ 167-169 Page No. 551.
4. Rasatantrasara and Siddha prayoga Samgraha Part 1, Krishnagopala Grandhamala, Ajmeer, Rajasthan 1st Vol. Page No.277.
5. https://en.m.wikipedia.org/wiki/Tetragonal_crystal_system

6. Ayurveda Prakasha, Acarya Sri Madhava, edited with the Arthavidyotani and Arthaprakasini commentory by Shri. Gulraj Sharma Mishra, Chaukhamba Bharati Academy, Varanasi 1994. Shloka 2/343 Page No. 340
7. Ravimisra Rasaprabha Hindi Vya-kyopethaha. Indra Dev Tripathi Rasaratna Samuchachaya by Vagbhatacharya, Choukhamba Sanskrit Sansthan Varanasi Reprint 2003. Shloka 3/155-156 Page No. Page No.41
8. Rasa Tarangini by Sadanand Sharma with Sanskrit commentary Prasadini by Shri. HaridattaShastri and Hundi Rasa Vigyan Commentary by Pt.DharmanandShastri edited by Pt. KashinathShastri, Edi. 11th, Pub MotilalBanarsidas, Delhi. 1979. Shloka 21/165 Page No. 550
9. Rasaamritam by Vd.YadavajiTrikamji, Hindi Translation by Dr. DevnathsinghGowtam, ChaukhambaS-urabharathiPrakasha Varanasi, 2008. Shloka 3/110-112 Page No. 49 – 50
10. Rasendra Cudamani by Somdev Hindi comm. By Dr. Siddhinandan Mishra, Chaukhamba Orientalia, Varanasi, 1984. Shloka 11/112 Page No. 197.
11. RasendraPurana with BhashaTeeka, Pandit Ram Prasad, KhemrajShriKrishna-das Edition 2000. Shloka 27/3 Page No.380.
12. Hindi comm. By Dr. Siddhinandana Mishra, Rasa Prakasha Sudhakara, by Sid-dhiprada, , Chaukhamba Orientalia, Varanasi, 1998. Shloka 6/59-60 Page No. 131-132
13. Rasa Shastra, The Mercurial system, P. Himasagara Chandra Murthy MD(Ay), Chaukhamba Sanskrit series office Varanasi. Edition 3rd 2013. Page No. 30
14. Rasa Shastra, Dr. C.B. Jha, ChaukhambaOrientalia, Varanasi 1998. Page No. 291
15. Ayurveda Prakasha, Acarya Sri Madhava, edited with the Arthavidyotani and Arthaprakasini commentory by Shri. Gulraj Sharma Mishra, Chaukhamba Bharati Academy, Varanasi 1994. Shloka 2/343 Page No. 340
16. Rasa Tarangini by Sadanand Sharma with Sanskrit commentary Prasadini by Shri. HaridattaShastri and Hundi Rasa Vigyan Commentary by Pt.DharmanandShastri edited by Pt. KashinathShastri, Edi. 11th, Pub MotilalBanarsidas, Delhi. 1979. Shloka 21/166 Page No. 551
17. Rasa Shastra, Dr. C.B. Jha, ChaukhambaOrientalia, Varanasi 1998. Page No. 291
18. Ravimisra Rasaprabha Hindi Vya-kyopethaha. Indra Dev Tripathi Rasaratna Samuchachaya by Vagbhatacharya, Choukhamba Sanskrit Sansthan Varanasi Reprint 2003. Shloka 3/156 Page No. 41-42
19. Rasendra Cudamani by Somdev Hindi comm. By Dr. Siddhinandan Mishra, Chaukhamba Orientalia, Varanasi, 1984. Shloka 11/ 112 Page No. 197
20. Rasaamritam by Vd.YadavajiTrikamji, Hindi Translation by Dr. DevnathsinghGowtam, ChaukhambaS-urabharathiPrakasha Varanasi, 2008. Shloka 3/111-112 Page No. 49-50
21. Rasa Tarangini by Sadanand Sharma with Sanskrit commentary Prasadini by Shri. HaridattaShastri and Hundi Rasa Vigyan Commentary by Pt.DharmanandShastri edited by Pt. KashinathShastri, Edi. 11th, Pub MotilalBanarsidas, Delhi. 1979. Shloka 21/170-171 Page No. 551
22. Rasa Tarangini by Sadanand Sharma with Sanskrit commentary Prasadini by Shri. HaridattaShastri and Hundi Rasa Vigyan Commentary by Pt.DharmanandShastri edited by Pt. KashinathShastri, Edi. 11th, Pub MotilalBanarsidas, Delhi. 1979. Shloka 21/170-171 Page No. 551

23. Ravimisra Rasaprabha Hindi Vya-kyopethaha. Indra Dev Tripathi Rasaratna Samuchachaya by Vagbhatacharya, Choukhamba Sanskrit Sansthan Varanasi Reprint 2003. 3/157 Page No. 42.
24. Hindi comm. By Dr. Siddhinandana Mishra, Rasa Prakasha Sudhakara, by Sidhiprada, , Chaukhamba Orientalia, Varanasi, 1998. 6/61 Page No. 131.
25. Sanskrit commentary Prasadini by Shri. Haridatta Shastri and Hindi Rasa Vignyan Commentary by Pt. Dharmanand Shastri edited by Pt. Kashinath Shastri, Rasa Tarangini by Sadanand Sharma. Edi. 11th, Pub Motilal Banarsidas, Delhi. 1979. 21/167-169 Page No. 551.
26. Rasatantrasara and Siddha prayoga Samgraha Part 1, Krishnagopala Grandhamala, Ajmeer, Rajasthan 1st Vol. Page No.277.
27. Sanskrit and English introduction by Vd.Pandit Hariprapanpaji Rasa Yoga Sagara Vol I & II, with, Krishnadas academy, Varanasi. Reprint 2004. Vol.2 Makaradi-Varga 3229-3230 Page No. 209.
28. Rasatantrasara and Sidhaprayoga Samgraha Part 1, Krishnagopala Grandhamala, Ajmeer, Rajasthan Vol.1 Page No. 35.
29. Sanskrit and English introduction by Vd.Pandit Hariprapanpaji Rasa Yoga Sagara Vol I & II, with, Krishnadas academy, Varanasi. Reprint 2004. Vol.2 Makaradi Varga 3231 Page No.209.
30. Sanskrit and English introduction by Vd.Pandit Hariprapanpaji Rasa Yoga Sagara Vol I & II, with, Krishnadas academy, Varanasi. Reprint 2004. Vol.2 Makaradivarga 3231- 3232 Page No.209
31. YakoobVytheeyam 300, R.C Moka. Tamarantalakam, Chennai. Page No. 9
32. Yakoob Vydy Chintamani 700 R.C Moka. Tamarantalakam, Chennai.Sloka 423 Page No. 219

33. Machamuninayanar 800, Utayave- nan, MokaPuthakanilayam, Chennai. Page No. 67-68

34. [https://googleweblight.com/?lite_url=https://en.m.wikipedia.org/wiki/lead\(II\)_oxide&ei](https://googleweblight.com/?lite_url=https://en.m.wikipedia.org/wiki/lead(II)_oxide&ei)

Corresponding Author:

Dr.Aswin. I. R

P.G.Scholar Dept. of Rasa Shastra and Bhaishajya kalpana S.V.Ayurvedic College Tirupati.

Email: aswinayur@gmail.com

Source of support: Nil
Conflict of interest: None
Declared