



## Mayura Chandrika Bhasma in Treating Various Diseases

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### ABSTRACT:

Mayura Chandrika Bhasma is a revered Ayurvedic preparation derived from the calcination of peacock feathers, known for its therapeutic properties in traditional Indian medicine. This article provides an overview of the preparation, properties, and clinical applications of Mayura Chandrika Bhasma, drawing upon both traditional Ayurvedic wisdom and modern scientific perspectives. The discussion encompasses topics such as safety and quality control, clinical efficacy, cultural significance, patient education, global integration, and future research directions. By exploring the intersection of ancient healing traditions with contemporary healthcare paradigms, this abstract aims to illuminate the potential of Mayura Chandrika Bhasma as a valuable resource in promoting holistic well-being and advancing the dialogue between traditional and modern medicine. It had a metallic feature (bright, silky, and shiny) and was a greyish-brown colour. Mayur Piccha Bhasma formed a whole yield of 5%. To regulate the ash value, pH value, exact gravity, moisture contented, initial organic analysis, gravimetric analysis, and chemical apparatuses, and to find the pharmacopeia values for regulating Mayura Piccha Bhasma, the formed Bhasma were acquiesced to dissimilar Physicochemical tests.

**Keywords:** Mayurchandrika bhasma, Physico-chemical analysis, Physico-analytical study.

### INTRODUCTION :

Mayura Chandrika Bhasma, a renowned Ayurvedic preparation, holds a significant place in traditional Indian medicine due to its therapeutic properties in treating various diseases. Derived from the calcination of Peacock feathers, this unique formulation has been utilized for centuries in Ayurveda, the ancient holistic healing system of India. Its name "Mayura Chandrika" translates to "the moonlight of peacock," indicating its purity and efficacy in promoting health and well-being.

Peacock feathers, the key ingredient of Mayura Chandrika Bhasma, are not merely ornamental elements but are revered in Ayurveda for their medicinal value. They are believed to possess cooling properties, making them particularly beneficial in pacifying conditions characterized by excess heat or inflammation in the body. Through a meticulous process of purification, incineration, and calcination, the therapeutic essence of peacock feathers is extracted, resulting in a fine ash-like powder known as "bhasma." The preparation of Mayura Chandrika Bhasma involves multiple stages, each aimed at enhancing its potency and eliminating any impurities. The feathers are first cleansed thoroughly to remove dirt and contaminants. They are then subjected to a controlled burning process under specific temperature conditions to prevent degradation while ensuring optimal mineral composition. This meticulous procedure is crucial to preserve the therapeutic attributes of the feathers and transform them into a bioavailable form that can be assimilated by the body. Mayura Chandrika Bhasma is renowned for its multifaceted therapeutic effects on the body, mind, and spirit. In Ayurveda, it is classified as a "Rasayana," a category of rejuvenating substances that promote longevity and vitality. The bhasma is believed to balance the "doshas," the fundamental energies that govern physiological functions according to Ayurvedic principles. By harmonizing the doshas, Mayura Chandrika Bhasma supports overall health and helps prevent the onset of various ailments. One of the primary uses of Mayura Chandrika Bhasma is in the management of digestive disorders. It is often prescribed to alleviate symptoms of hyperacidity, indigestion, and gastritis. The cooling properties of the bhasma soothe inflammation in the gastrointestinal tract, providing relief from discomfort and promoting healthy digestion. Additionally, it is believed to enhance appetite and optimize nutrient absorption, thereby nourishing the body at a cellular level. Furthermore, Mayura Chandrika Bhasma is valued for its efficacy in addressing respiratory conditions such as asthma, bronchitis, and cough. Its anti-inflammatory properties help reduce inflammation in the respiratory passages, easing breathing difficulties and facilitating the expulsion of mucus. Regular consumption of the bhasma is thought to strengthen lung function and improve respiratory resilience, making it a valuable ally in combating respiratory ailments. In addition to its digestive and respiratory benefits, Mayura Chandrika Bhasma is also utilized in the management of skin disorders. Its cooling and detoxifying properties help alleviate conditions like acne, eczema, and psoriasis by purifying the blood and promoting the elimination of toxins through the skin. When applied topically in the form of a paste or ointment, the bhasma exerts a calming effect on inflamed skin, reducing redness and irritation while promoting tissue regeneration. Moreover, Mayura Chandrika Bhasma is esteemed for its neuroprotective properties, making it beneficial in conditions affecting the nervous system. It is believed to enhance cognitive

function, improve memory retention, and alleviate symptoms of stress and anxiety. The bhasma is also prescribed in the management of neurological disorders like epilepsy and Parkinson's disease, where it is thought to exert a stabilizing influence on the nervous system.

In Ayurveda, the efficacy of Mayura Chandrika Bhasma is attributed not only to its chemical composition but also to its subtle energetic qualities. It is believed to imbue the body with the essence of the peacock, a majestic bird revered for its grace and beauty. Just as the peacock spreads its vibrant feathers in a display of magnificence, Mayura Chandrika Bhasma is said to awaken the inherent vitality and radiance within the individual, promoting holistic well-being on physical, mental, and spiritual levels. In conclusion, Mayura Chandrika Bhasma stands as a testament to the profound wisdom of Ayurveda and its holistic approach to healing. With its therapeutic versatility and profound rejuvenating effects, this ancient preparation continues to offer hope and healing to countless individuals seeking natural remedies for their ailments. As modern science increasingly recognizes the value of traditional medicine, the legacy of Mayura Chandrika Bhasma endures as a timeless embodiment of health and harmony.

**Metals & Mineral Drugs Of Ayurveda:-** Metals like gold, silver, copper, lead, tin and iron, minerals like Manahshila (Red Arsenic, Gairika (Red Chalk), Ratnas (gems) are indicated as drugs pertaining to earth (Bhauma). Animal derivatives such as horns, shells, and feathers are administered as bhasma also. In Indian Metallurgy terms 'Loha' is frequently recycled for metallics (Ores). Mainly there are seven dhatus (primary metals) and seven updhatus (secondary metals). [5] According to Rasa Ratna Samuchay, these substances are classified in various groups. These Rasa Preparations (Mercurial preparations) are Parpati, Rasa Yoga, Kupi Pakwa and Bhasmas. Now we are considering Bhasma preparations.

## ANALYTICAL PHARMACOGNOSY:

**Pharmacognostic Investigation:- Bird Part:-** Based on the Ethano-medical information and literature survey, the colorful part for the present study was pavo cristatus.

**Bird feather collection and authentication of birds feather:-** The peacock feather was collected in month of November to March 2019 in own farm at Khambhale (BHA) Tal- Khanapur Dist Sangli, it found naturally and it is authenticated by zoologist from the department of zoology, Pune University, Pune. Ghee flame method (burning peacock feathers on ghee flame): peacock feathers were burnt on ghee flame (sample put in earthen pot) and the ash so obtained by putting the burned sample into muffle furnace until it got converted into a black powder. The powder was then collected and preserved in an air tight glass container.

**Macroscopic Characterization;** cristatus was subjected to macroscopic studies which comprised of organoleptic characteristics of the drug .

**Scanning Electron Microscopy and Electron Dispersive X-ray Spectroscopy (SEM & EDX):-** The Mayurchandrika Bhasma was subjected to SEM and EDX at the Department of Botany, Shivaji University, Kolhapur. FTIR (Fourier Transform Infrared Spectroscopy) was performed to detect the presence of functional groups or organic legends in Mayurchandrika bhasma .

**Organoleptic Characters:** Colour of different colour in feat X-Ray Diffraction (XRD) The Mayurchandrika Bhasma was subjected to XRD at the Department of physics PUNE University .

### Physico-Chemical Analysis:-

Various Physico-chemical tests like;

- . Organoleptic test
- Inorganic elements
- . Total Ash
- . Moisture content
- Curd test
- Water-insoluble

ash Utilising common techniques including the solubility test, ash value, pH value, specific gravity, moisture content, preliminary organic analysis, gravimetric analysis, etc., Samples A and B's Physico-chemical characteristics were assessed. The samples obtained in this way passed the dadhi park (curd test) of the Bhasma parks (tests for correctly manufactured calix). A minor quantity of Mayurpiccha Bhasma was spotted on curd that was kept in a clay pot for the curd check, and the curd's colour was then check. There was no colour alteration in the curd

### 1. Organoleptic Test:-

The completed product was examined for

1. Sparsha
2. Roopa
3. Rasa

## 4. Gandha

2. **Inorganic Test:-** Inorganic elements, such as calcium, iron, zinc, and copper oxides, were found using XRF.
3. **Total Ash Value:-** Method of 5 gm The sample should be weighed and kept in a silicon crucible. This crucible is kept on wire gauze and heated using a gas heater. The heating is kept up until the vapors have diminished even after it starts to generate odors. The crucible is then put in a muffle furnace, evenly spaced from all four walls, and the temperature is raised gradually over the course of six hours to 450°C. After complete burning and self-cooling, the total ash is calculated in terms of percentage (percent w/w). [The percentage value of total ash content = (Weight of ash obtained/Weight of sample taken) X 100]
4. **Acid Insoluble Ash:-** The formed ash is splashed in 25 mL of dilute hydrochloric acid and then moved to a 100 mL beaker. The food mentioned above boils for 5 minutes. Using ash-free filter paper, the contents are filtered, and the residue is twice washed with hot water. In a muffle furnace, filter paper is placed in a silica crucible and heated to 450°C over the course of many hours. After complete combustion and self-cooling, the crucible is taken out and put in a desiccator. A silica crucible's ash content is weighed. The proportion of acid-insoluble ash is then calculated (percent weighted average). [The percentage value of acid-insoluble ash = (Weight of ash remained in Crucible/Weight of sample taken) X 100]
5. **Water-Soluble Ash:-**To prepare the ash, progress as previously, but use 25 mL clean water as opposed to 25 mL HCl. It is measured how much ash is in the silica crucible. The amount of water-soluble ash is then calculated and represented as a percentage (percent w/w) using the amount of ash lost in the water. [The percentage value of water-soluble ash = (Weight of ash dissolved in water/Weight of sample taken) X 100]
6. **Moisture Content:-** A 5-g sample should be considered and reserved in an earthenware pot. The hot air oven's thermostat is adjusted to 105°C, and it is given some time to stabilize there. The sample is kept in a porcelain crucible that is placed on an oven tray that is evenly spaced from each of the four oven walls. The taster has to be dry for 60 minutes. The porcelain crucible is taken out and put in a desiccator to prevent moisture absorption. After the sample containing © 2023 JETIR April 2023, Volume 10, Issue 4 www.jetir.org (ISSN-2349-5162) JETIR2304999 Journal of Emerging Technologies and Innovative Research (JETIR) www.jetir.org f782 self-cooling porcelain crucible has been weighed, the weight loss due to drying is computed. The proportion (weighted average in percent) used to represent moisture content. [Percentage Value of Moisture content = (Weight of sample obtained/Weight of sample taken) X 100]

**DISCUSSION :**

Certainly! The topic of Mayura Chandrika Bhasma presents an intriguing discussion that encompasses various aspects, ranging from its traditional use in Ayurveda to its potential applications in modern healthcare. Here are some points for discussion:

1. **Traditional Wisdom vs. Modern Science:** One aspect of the discussion revolves around the intersection of traditional Ayurvedic wisdom and modern scientific understanding. How can the traditional preparation methods of Mayura Chandrika Bhasma be validated or supplemented by scientific research? Are there ongoing studies exploring its pharmacological properties and mechanisms of action?
2. **Safety and Quality Control:** Given the importance of purity and quality in Ayurvedic formulations, how can the safety and efficacy of Mayura Chandrika Bhasma be ensured? What measures should be implemented for quality control and standardization of production processes? Are there regulatory frameworks in place to monitor the manufacturing and distribution of Ayurvedic medicines?
3. **Clinical Applications:** What are the potential clinical applications of Mayura Chandrika Bhasma in modern healthcare settings? Are there specific conditions or diseases where it could complement conventional treatment modalities? How can Ayurvedic practitioners collaborate with allopathic healthcare professionals to integrate traditional remedies like Mayura Chandrika Bhasma into patient care?
4. **Cultural and Ethical Considerations:** How does the cultural significance of peacocks in Indian mythology and folklore influence the perception and usage of Mayura Chandrika Bhasma? Are there ethical considerations regarding the sourcing of peacock feathers for medicinal purposes? How can traditional practices be preserved while ensuring sustainability and ethical treatment of animals?
5. **Patient Education and Awareness:** Discussing the role of patient education and awareness is crucial. How can individuals be informed about the potential benefits and limitations of Ayurvedic medicines like Mayura Chandrika Bhasma? What strategies can be employed to promote responsible use and prevent misinformation or misuse?
6. **Global Perspectives and Integration:** Explore the global interest in traditional medicines and the potential for integrating Ayurvedic practices into mainstream healthcare systems worldwide. What are the challenges and opportunities in introducing Ayurvedic remedies like Mayura Chandrika Bhasma to a global audience? How can cross-cultural dialogue and collaboration foster mutual understanding and appreciation of diverse healing traditions?
7. **Future Research Directions:** Consider the areas where further research on Mayura Chandrika Bhasma is warranted. What unanswered questions exist regarding its therapeutic mechanisms, dosage optimization, or long-term effects? How can interdisciplinary research efforts contribute to a deeper understanding of Ayurvedic medicines and their potential role in addressing contemporary health challenges? These discussion points can spark engaging conversations that bridge traditional knowledge with contemporary perspectives, highlighting the rich tapestry of healing traditions and the ongoing quest for holistic well-being.

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**CONCLUSION:**

In conclusion, Mayura Chandrika Bhasma stands as a testament to the profound wisdom of Ayurveda and its holistic approach to healing. With its therapeutic versatility and profound rejuvenating effects, this ancient preparation continues to offer hope and healing to countless individuals seeking natural remedies for their ailments. As modern science increasingly recognizes the value of traditional medicine, the legacy of Mayura Chandrika Bhasma endures as a timeless embodiment of health and harmony.

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