

“Review of Literature on Tamra Bhasma from Peer-reviewed Journals”

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ABSTRACT:

Somnathi Tamra Bhasma is one of the important bhasmas mentioned in Rasashastra. Due to fear of its toxicity, it was merely used in clinical practices. There was no substantial research available in peer-reviewed journals past few decades. This led to minimal use of it in the clinical setup. The optimum literature on any drug is necessary for its wide acceptability and use in a regular clinical setup. Here we tried to review the maximum available literature on pharmaceutical, safety, and efficacy only in peer-reviewed journals.

Keywords – Tamra Bhasma, Toxicity of Tamra Bhasma, Copper Nano particles

INTRODUCTION:

Tamra Bhasma (Nano particles of copper prepared using Indian Rasashastriya methods). Here researcher reviewed 5 articles on Tamra Bhasma published in PubMed.

REVIEW OF LITERATURE:

Different methods are mentioned in RasaratnaSammucchay. Amongst these, bhasma prepared by SomnathiTamra Bhasma method is widely used. Other ingredients used in this method are purified mercury, purified sulphur, arsenic trisulphide, and arsenic disulphide. Amrutikaran is another additional method used to remove residual toxicities and enhance the therapeutic potential of the bhasma.

C.Y. Jagtap, B.K. Ashok et. al(1) suggests that Tamrabhasma is toxic even in therapeutic doses if prepared using impure raw Tamra. The main toxic effects are related to liver insufficiency which clearly indicates acute liver damage.

Swapnil Y. Chaudhhari et. al(2) have compiled various research work carried out on Tamra Bhasma IPGT and RA Gujrat Ayurved University, Jamnagar from 1964 to 2011. standardized time and temperature needed for the method. The nature of Tamra Bhasma varies according to the method implemented for its manufacturing. The reported nature is copper sulphide, cupric oxide, copper oxide etc. The findings of pharmacological studies were encouraging as Tamra Bhasma was found to be safe even in the dose of 30 TED.

The efficacy of Tamra Bhasma was evaluated in different diseases like Amlapitta, Shwas, Kasa, Grahani rog, Yakrit-pleehavridhi (Hepato-splenomegaly).

**‘SHORT COMMUNICATION: REVIEW OF LITERATURE ON TAMRA BHASMA FROM
PEER-REVIEWED JOURNALS’**

The researcher found this article very comprehensive and informative amongst all.

Swapnil B. Chaudhary et. al(3) have concluded that Tamra Bhasma prepared using the Amrutikaran method is safer than using Tamra Bhasma prepared by other methods.

P.K. Prajapati et. al(4) have established the safety of Tamra Bhasma using animal studies.

AUTHOR’S CONTRIBUTION:

Heavy metal toxicity is a major concern in the modern era. Despite having therapeutic potential Tamra Bhasma is rarely used. Reviewing and compiling results of various articles published in peer-reviewed journals regarding the pharmaceutical method, pre-clinical studies and therapeutic efficacy of Tamra Bhasma is going to boost the confidence of Ayurvedic practitioners in using Tamra Bhasma.

CONCLUSION:

Substantial evidence of the safety and efficacy of Tamra Bhasma is available in peer-reviewed journals. Now clinicians should come forward and start using it to generate more data on efficacy.

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‘SHORT COMMUNICATION: REVIEW OF LITERATURE ON TAMRA BHASMA FROM PEER-REVIEWED JOURNALS’

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