



Research Article

Therapeutic Utility of Panna Bhasma: A Classical and Contemporary Review

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Abstract

Background: Ratna preparations occupy a unique place in Rasashastra due to their therapeutic potential and rejuvenating properties. Panna (Emerald) is one of the precious gemstones described in Ayurvedic literature. After appropriate purification and incineration (or preparation as Pishti), it is traditionally used in various disorders involving the nervous system, heart, liver, eyes and mental health. Despite its classical importance, a consolidated review of its therapeutic applications is limited.

Objective: To critically review the therapeutic utility of Panna Bhasma based on classical Ayurvedic texts and available contemporary literature.

Methods: Classical Ayurvedic texts including Rasa Tarangini, Ayurveda Prakasha, Rasaratna Samuccaya and published review articles on Ratna preparations were reviewed. Information regarding pharmacological properties, indications and therapeutic applications was compiled and critically analysed.

Himalayan Journal of Health Sciences +1

Results: Classical literature attributes Sheeta, Pittahara, Hridya, Medhya, Chakshushya and Rasayana properties to Panna preparations. Therapeutic indications include Pitta disorders, burning sensation, cardiac weakness, anxiety, insomnia, mental fatigue, eye diseases, liver disorders and general debility. Contemporary literature on gemstone preparations suggests potential antioxidant and neuroprotective activities; however, robust clinical evidence specific to Panna Bhasma remains insufficient.

Himalayan Journal of Health Sciences +1

Conclusion: Panna Bhasma represents a promising Ratna preparation in Ayurveda with wide therapeutic applications described in classical literature. Well-designed pharmacological and clinical studies are required to validate its efficacy and safety.

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KEYWORDS: Panna Bhasma, Emerald, Ratna, Rasashastra, Therapeutic Utility, Ayurveda, Review.

1. INTRODUCTION

Rasashastra is a specialized branch of Ayurveda dealing with metals, minerals and gemstones processed into therapeutically useful dosage forms. Ratna Bhasmas are considered highly potent medicines because of their minute particle size and enhanced bioavailability after classical pharmaceutical processing.

Panna (Emerald), belonging to the Beryl mineral group, occupies an important position among the Navaratnas. Classical Ayurvedic texts describe it as possessing cooling, rejuvenating and intellect-promoting properties. Traditionally it has been prescribed in disorders dominated by aggravated Pitta, psychological disturbances, cardiovascular diseases and ocular disorders. □

Himalayan Journal of Health Sciences +1

Although several studies have evaluated other Ratna preparations such as Mukta, Praval and Heeraka, comprehensive scientific documentation regarding the therapeutic utility of Panna Bhasma is still limited. □

Jaims +1

Aim

To review the therapeutic utility of Panna Bhasma according to classical Ayurvedic literature and available scientific evidence.

Objectives

- To review classical references of Panna Bhasma.
- To describe its Ayurvedic pharmacological properties.
- To summarize therapeutic indications.
- To correlate traditional uses with modern scientific concepts.
- To identify future research opportunities.

2. REVIEW OF LITERATURE

According to Rasashastra, Ratna preparations undergo Shodhana and Marana before therapeutic use. Proper pharmaceutical processing is considered essential to improve safety and bioavailability.

Classical texts describe Panna as:

Sheeta Virya

Pittahara

Rasayana

Medhya

Chakshushya

Hridya

These properties make it suitable in diseases associated with Pitta aggravation, neurological dysfunction and tissue degeneration.

Therapeutic Utility of Panna Bhasma

1. Nervous System Disorders

Panna Bhasma is traditionally considered a Medhya drug that promotes cognitive functions.

Reported indications include:

Memory impairment

Mental fatigue

Anxiety

Irritability

Stress-related disorders

Insomnia

Poor concentration

Its cooling nature is believed to reduce excessive Pitta affecting higher mental functions.

2. Cardiovascular Disorders

Classical texts describe Panna as Hridya.

Traditional uses include:

Palpitations

Cardiac weakness

Emotional stress

Excessive heat associated with heart diseases

3. Hepatic Disorders

Panna Bhasma is indicated in Pittaja Yakrit Vikara.

Possible applications include:

Liver dysfunction

Hyperbilirubinemia

Burning sensation

Hepatic inflammation

4. Eye Disorders

Being Chakshushya, it is traditionally administered in:

Burning eyes

Eye fatigue

Diminished vision

Pittaja Netra Rogas

5. Gastrointestinal Disorders

Useful in:

Hyperacidity

Burning sensation

Pittaja vomiting

Excessive thirst

6. Psychological Disorders

Classical physicians recommend it in:

Anxiety

Emotional instability

Restlessness

Irritability

Sleep disturbances

7. General Debility

Because of its Rasayana action, it has been used for:

Chronic weakness

Fatigue

Low vitality

Convalescence

8. Rejuvenative Therapy

Panna Bhasma has been described as useful in:

Anti-ageing therapy

Tissue nourishment

Ojas enhancement

Long-term Rasayana therapy

Probable Pharmacological Actions

Based on Ayurvedic principles and limited modern evidence on gemstone formulations, Panna preparations may exhibit:

Antioxidant activity
Neuroprotective activity
Adaptogenic action
Mild anxiolytic effect
Cognitive enhancement
Hepatoprotective potential

These proposed actions require confirmation through experimental and clinical research.

IJPAP +1

3. DISCUSSION

Classical literature consistently describes Panna as a cooling and rejuvenating Ratna. Its Medhya, Hridya and Chakshushya properties explain its wide therapeutic indications. However, unlike Mukta or Heeraka Bhasma, high-quality experimental and clinical studies specifically evaluating Panna Bhasma are scarce. Therefore, its traditional indications should be interpreted in the context of classical evidence until further scientific validation becomes available. □

Jaims +1

4. CONCLUSION

Panna Bhasma is an important Ratna preparation in Ayurveda with classical indications in neurological, cardiovascular, hepatic, ocular and psychological disorders. Its therapeutic utility is well documented in Ayurvedic literature, but modern evidence remains limited. Future standardization, pharmacological evaluation and randomized clinical trials are needed to establish its evidence-based role in contemporary Ayurvedic practice.

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