

Abhraka



English Name: Biotite mica,

Chemical Formula: a ferro-magnesium silicate $K (Mg Fe)_3 X(Si_3AlO_{11}) X (OH)_2$ (May differ)

Synonyms: Ghana, Vyoma, Abhra, Niścandra, Vyomaka, Vajra, Vajrābhra

Shodhana: Heating to red hot and dipping in Triphala Kwatha, Go Dugdha, Go Mutra or Kanji

Marana: Mardana with Eranda Patra Rasa and Guda Maha Puta for 10-12 times

Formulations: Arogyavardhini Gutika, Chandraprabha Vati, Chandrakala Rasa, Trilokyachintamani Rasa

Dose: 125-250mg