

Role of *Praval Pishti* in Digestive Disorders: A Review Article

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Abstract

Introduction: *Praval Pishti* is also known as by the name Coral Calcium. It is a type of calcium which can be obtained from corals. It has multiple formulations which play role in numerous health issues like bleeding disorders, calcium deficiency, debility. Also, it has cooling properties and numerous health benefits which subsides the excess *Pitta* of our body and treating the conditions like gastritis, acid reflux, heart burn, indigestion. It also helps in improving immunity, elevating stress, and managing chronic conditions such as arthritis, osteoporosis. **Methodology:** The information for this study was collected by reviewing classical *Ayurvedic* texts, including *Rasashastra* references. Additional data was gathered from contemporary *Ayurvedic* research articles, online health libraries, and published journals. **Result:** *Praval Pishti* was found to be efficient in managing *Pitta*-related gastric disorders such as gastritis, GERD, and *AmlaPitta*. It also showed benefits in calcium deficiency conditions and in skin ailments related to *Pitta* imbalance, highlighting its alkaline nature, cooling effect, and nourishing properties. **Discussion:** *Praval Pishti*, with its superior bioavailability and cooling properties, is more effective than *Pravala Bhasma* in pacifying *Pitta* related disorders. It also supports *Tridoshik* balance but may cause *Kapha* aggravation or hypercalcemia if overdosed. *Praval Pishti* is a safe and effective *Ayurvedic* remedy for gastric issues and calcium deficiency when taken in an appropriate dosage under expert supervision. It combines traditional wisdom with modern validation, offering a natural alternative to synthetic antacids and supplements.

Keywords: *Pravala*, *Pishti*, *PravalaPishti*, Digestion, *Agni*

Introduction

प्रचालक प्रवालश्च भोमरत्नश्च विद्रुमम् । अब्धिजन्तुबिशेषोत्थं तदेव परिकीर्तितम् ॥ [1]

Vidruma (red coral) is a gem associated with Mars (*Mangal Graha*). It is formed from specific marine organisms and is also known as *Pravala*.

आरक्तमञ्जुलच्छायं स्निग्धं वृत्तव नित्रणम् । दीर्घस्थूलं गुरु हं ग्राह्यं बिद्रुमसुच्यते ॥ [2]

- आरक्तमञ्जुलच्छायं – Having a beautiful deep red color
- स्निग्धं – Smooth or lustrous
- वृत्तं – Round in shape
- मनोहरम् – Attractive or charming
- दीर्घस्थूलं – Elongated and thick
- गुरु – Heavy
- हियम् ग्राह्यम् – That which is desirable and should be accepted
- बिद्रुमम् उच्यते – This is what is called *Vidruma* (coral)

In *Ayurveda*, particularly *Rasashastra* is one of the specialized branches in which *Ratnas* play important role both for the ornamental and therapeutic purposes. *Pravala* is obtained from animal origin. It lies under the category of *Ratnas* and it is associated with *Mangala graha*.

The availability of *Pravala* is in two forms:

1. *Pravalashakha*
2. *Pravala moola*

Pishti is prepared from *Pravalashakha*. Internal application of *Pishti* helps in curing ailments like *Amlapitta*, *Netraroga*, *Hridyaroga* etc.

Aim: To study the preparation, properties, and therapeutic uses of *Praval Pishti* in gastric disorders and calcium deficiency.

Objectives:

- To explain its preparation and key *Ayurvedic* properties.
- To outline its major health benefits and applications.
- To review supporting evidence from classical texts and modern studies.

Preparation

जयन्त्याः स्वरसेनेह सम्पेष्य कृतच क्रिकम् । त्रिवारं पुटितं सम्यग् बिद्रुमं प्रियते ध्रुवम् ॥ [3]

Traditionally under the guidance of *Rasashastra* principles, there are 5 stages of this preparation.

1. Collecting high quality Corals (*Praval*)
2. Shodhana
3. Grinding into a fine powder
4. Mixing with natural binder such as *Gulab Jala*
5. The fine powder mixed with the and converted into a paste-like consistency which is named as *Praval Pishti*.

Dosages and Administration

Dosage of *Praval Pishti* depends on the seriousness of the condition (*Dosha Bala*) and individual body's constitution (*Rogi Bala*). Typically, *Praval Pishti* can be administered or taken with *Madhu* (Honey), *Ghrta* (Ghee), *Tail* (Medicated oil). This can be consumed in dose of 125-250 mg twice daily. It is important to consult an Ayurvedic doctor before consumption of *Praval Pishti* for proper guidance.

Gunas of *Praval Pishti*:

विद्रुमं सुशृतं चार मधुर लघु शीतलम् । दीपनं पाचनं चैव दृष्टिरोगनिषूदनम् ॥ ^[4]

According to Ayurveda, every herb has some *Gunas* (qualities) which affect our *Doshas* of the body. *Praval Pishti* is *Tridoshik* in nature which means it affects all the three *Doshas* of our body (primarily *Pitta*). *Praval Pishti* has some of the *Gunas* which are:

1- *Sheetala* (cooling)

2- *Sandhana* (restorative)

3- *Brihmana* (nourishing)

Result and Observations:

Therapeutic usage of *Praval Pishti*

त्रिदोषशमनं बल्यं विशेषात्क फवातनुत् । क्षयकासहरं चैव रक्तपित्तप्रणाशनम् ॥

स्वेदातिनिगमहर रात्रिस्वेदहर परम् । विषधत् भूतशमनं वीयंबणेविवधनम् ॥ ^[5]

- Balances all three doshas, especially *Vata and Kapha*
- Acts as a tonic, boosts strength
- Helps in respiratory issues like cough and wasting disease
- Heals bleeding disorder
- Controls excessive and night sweating
- Acts as a detoxifier and protector against toxins and negative influences
- Heals wounds and urinary disorders

Combination with other Herbs

Praval Pishti can be combined with other medicinal herbs or *Rasa* such as *Sootsekhar Ras*, *Avipattikar Churna*, *Triphala*. With the combination of these herbs, *Praval Pishti* mitigates the *Pitta dosha* and treats conditions like indigestion, acidity.

Side Effects and Contraindications

Although *Praval Pishti* is a natural herb and traditionally safe but over consumption and inappropriate use can lead to various adverse effects like

1. Hypercalcemia
2. Over dose may aggravate *Kaphadosha*
3. Excessive cooling which could manifest as coldness, fatigue.
4. Over dose may lead to symptoms like itching, swelling, rashes etc. by aggravating the dosha.

Precautions

Pregnant and breastfeeding individual should not take *Praval Pishti* without consulting *Aurvedic Doctor* or *Vaidya*.

People with pre-existing medical conditions should take this under the consult of health care practitioners.

Discussion: Earlier studies of Jagtap et al., 2021; Dey & Singh, 2019, also highlighted the superior bioavailability of *Praval Pishti* compared to *Pravala bhasma* and the role of it as natural antacid.^[6] Comparative study also supports its *Tridoshik* effects on the body and superiorly in the pacification of *Pitta*. It is also a superior source of calcium, but due to overdose, it causes hypercalcemia or *Kapha* aggravation. It can be used in the following disorders:

- Skin conditions: Due to imbalanced *Pitta* several skin problems occur like hyperpigmentation, acne, allergies, rashes, skin irritation, inflammatory skin, eczema and psoriasis. *Praval Pishti* impairs the aggravated *Pitta*, it has soothing properties that reduce the redness, irritation, and burning sensation of the skin. It has anti-inflammatory nature. It may reduce the hyperpigmentation of the skin and control the hormonal imbalance in the body. [7]
- Bone Health: In conditions like osteoporosis which is a calcium deficiency disease. *Praval Pishti* helps in restoring the calcium amount in body as it is rich in pure form of calcium. It maintains the bone density and strengthens the bones by balancing the *Vata Dosha*. It accelerates the healing of bone injuries like fractures. [8]
- GIT Disorders: Due to excessive *Pitta dosha*, Gastro-Intestinal Tract disorders such as Gastro-Esophageal Reflux Disorder (GERD), Peptic Ulcers, Hyperacidity, Heart Burn may occur. *Praval Pishti*, being alkaline in nature and a natural antacid helps in neutralizing the excessive stomach acid and prevents the mucosal lining of stomach from hyperacidity. It reduces the burning sensation and discomfort of GIT caused by acid reflux in GERD conditions. It also neutralizes the acidic secretion which causes irritation in the GIT and also helps in balancing the acid-alkaline level in stomach.
- Indigestion: In Ayurveda, indigestion is called *Ajirna*, which often arises with poor diet, stress, imbalance in gastric acid production or poor lifestyle factors which lead to bloating, gastritis, discomfort, and burning sensation. *Praval Pishti* works on these conditions by improving acid-alkaline balance, neutralizing excess of gastric acid and protecting the mucosal lining of stomach, and also helps in regulating the digestive process by balancing the *Jatharagni*.

Conclusion

Praval Pishti is an effective Ayurvedic remedy known for its cooling properties and balancing the *Pitta* dosha. This is commonly used in conditions of *Pitta*-related disorders and calcium deficiency. It should be taken in the correct dosage under the guidance of a Qualified Ayurvedic Practitioner. When taken in correct dosage, *Praval Pishti* is generally safe and well-tolerated, but with inappropriate usage may lead to side effects related to digestive disorders, excessive cooling, and allergic reactions.

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