

CONCEPTUAL STUDY ON SHODHANA PROCESS

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ABSTRACT

Rasashastra deals with parade that is mercury and other rasadi dravya, which are classified under dhatu, ratna, upratna etc. All these drugs have high therapeutic value over the herbal drugs. All these drugs which come under parthiva varga have to be purified and converted into suitable dosage forms for the therapeutic use. If these drugs are not purified and the active principles are not modified, they may have deleterious effect over the body. So purification is an important step towards their safe and effective administration. Each of these drugs needs to be purified by various methods. To overcome these adverse effects and to make the drugs suitable for administration the drugs are subjected initially to a process known as shodhana. Shodhana can be broadly classified into samanya and vishesha shodhana and also saagni and Niragni methods.

KEYWORDS: Purification, Impurities, Toxins.

INTRODUCTION

Shodhana is an essential intermediary pharmaceutical process used for purification of metals and minerals. It is process of detoxification by which physical and chemical blemishes and toxic materials are eliminated thus making the material suitable for further processing. Most of the raw materials used in Rasa shastra are obtained from earth and hence there is every chance of impurities, toxicities, heterogenous qualities. When the drugs are used by the humans then they are subjected to shodhana process to eliminate their doshas and also to increase potency. Thus shodhana is a process where the toxic or unwanted properties of a drug are removed and additional properties or alteration in the properties is seen along with changes in physical, chemical or biological properties.

MATERIAL AND METHOD

Definition

It is a process in which kshalana (washing), Mardana (pounding), bhavana (Levigation), swedana (boiling), Bharjana (frying), Nirvana (Heating & dipping in specified liquids) etc are carried out on mineral drugs with a view to eliminate impurities.^[1]

Objectives of Shodhana

1. Elimination of physical & chemical impurities.
2. Neutralization of toxins
3. To induce & enhance therapeutic qualities
4. To impart organic qualities.

5. To make metals & Minerals suitable for administration.
6. To facilitate further process like marana, satwapatana, lohitikarana etc.

1. Elimination of physical & chemical impurities.

As most of the drugs mentioned in Rasashastra are naturally available, they may contain many adulterants like stone, sand, mud etc. such foreign matter should be removed by the process of shodhana.

Ex: Shilajatu shodhana: As per classics to separate physical matter, shilajatu has to be washed from alkaline liquid medium, sour liquid medium, cow's urine etc.^[2]

2. Neutralizes the Toxins

Though the drug is free from physical and chemical impurities, most of the drugs of rasashastra are toxic in nature. Probably the drugs what we use as a purifying agent for the process of shodhana, have such unique qualities which will neutralizes the toxicity of these drugs. Hence, these drugs it is mandatory to undergo for shodhana process.

3. Enhances the Therapeutic qualities of the drugs

Whatever the drugs are being used in the process of shodhana, may it be herbs or animal products, and they themselves act as catalytic agent. These herbs and animal products can bring some desired changes in the drugs.

Ex: Gandhak shodhana

In gandhak shodhana, gandhaka is melted with appropriate quantity of cow's ghee and poured into

cow's milk through a clean cloth. Same time cow's milk & cow's ghee enhances the pharmacological properties of the sulphur.^[3]

4. Makes the Metals & Minerals suitable for further process

Most of the metals & minerals are basically hard in nature. They are to be administered in suitable form. These hard metals & minerals have to be converted into bhasma form by the process of marana (incineration). So, here the shodhana plays a very important role by imparting brittleness & softness.

5. Brings Organic qualities

The aim of rasashastra is to convert diseased body into healthy body, ie dehavada. During purification process herbal drugs not only nullify the toxicity & modifies the

active principles, but also brings organic qualities, which is highly necessary for administration.

Classification

a) Samanya Shodhana

It is a common procedure used for drugs of a particular group where the drugs of a particular group are subjected to the similar procedure though individually.^[4]

b) Vishesha Shodhana

It is a specialized technique or procedure employed for a single particular drug individually.^[5]

Both the above procedures are further classified into Saagni and Niragni.

1. Saagni: Nirvapa, Bharjana, puta, swedana, patina, Dhalana
2. Niragni: Bhavana, shoshana, prakshalana, Nimajjana, Sinchana, Gharshana

Types Of Media Used In Shodhana Procedure

| Sr.No. | MEDIA | EXAMPLE | UTILITY |
|--------|-----------------|--|---|
| 1 | Sneha varga | Taila, Ghrita, Dugdha | Softening of hard material ^[6] |
| 2 | Amla varga | Takra, kanji, Nimbu, Amalaki | Mass breaking and disintegration ^[7] |
| 3 | Katu varga | Haritaki, Nirgundi, Bhingaraja | Disintegration and breaking the cohesion ^[8] |
| 4 | Tikta varga | Swarna ksheeri, vasa, shireesha | Absorption and moisture ^[9] |
| 5 | kashaya varga | Haritaki, vibhitaki, kanchanara | Eliminates external impurities ^[10] |
| 6 | visha varga | Vtsanabha, kalakuta peeta visha | Removes inertia in the substance ^[11] |
| 7 | Lavana varga | Samudra, saindhava, bida, sauvarchala, audbhida, chullika, kacha | Sarvaloha dravana and shodhana ^[12] |
| 8 | Dravaka varga | Guggula, guda, ghrita, gunja, tankana, madhu | Soften and liquefies metals ^[13] |
| 9 | Mridukara varga | Indrayava, mahishasringi | Softening hard metals ^[14] |
| 10 | Vitgana varga | Paravata, kapota, gridhra, kukkuta | Sarva loha shodhana ^[15] |
| 11 | kshara varga | Mutra, kulattha kwatha, kadali kanda | Makes the material soft and brittle ^[16] |

Shodhana Gana

a) Kacha lavana

b) Tankana

c) Shipra^[17]

Different Types Of Shodhana Methods Of Rasa Shastra

| Sr.No. | PROCEDURE | EXAMPLE | PURPOSE |
|--------|----------------|------------------------|--|
| 1 | Abhisheka | Not in common practice | Removal of external impurities ^[18] |
| 2 | Bhavana | Sasyaka shodhana | Reduction of particle size & also transfer of impurities from material to liquid media ^[19] |
| 3 | Dhalana | Gandhak shodhana | Separation of fat soluble impurities ^[20] |
| 4 | Bharjana | Gairika shodhana | Removal of moisture content ^[21] |
| 5 | Gaalana | Gairika shodhana | Separation of adulterants & heterogenous substances ^[22] |
| 6 | Gharshana | Bhallatak shodhana | Brings down the toxicity & also separation of outer covering ^[23] |
| 7 | Mardana | Kaseesa shodhana | Reduction in particle size ^[24] |
| 8 | Murachana | Parada shodhana | Reduction in particle size ^[25] |
| 9 | Nimajjana | Vatsanabha shodhana | Brings down the toxicity & removal of outer covering ^[26] |
| 10 | Nirvapa | Abhraka shodhana | To brittleness & softness ^[27] |
| 11 | Prakshalana | Shilajith shodhana | Removal of dust & spurious material ^[28] |
| 12 | Patana | Parade shodhana | Removal of lead & Tin ^[29] |
| 13 | Pachana | Guggulu shodhana | Reduction of stickiness & softening the material ^[30] |
| 14 | Pruthakikarana | Guggulu shodhana | Removal of adulterants and external impurities ^[31] |
| 15 | Putra | Swarna shodhana | To bring brittleness & softness ^[32] |
| 16 | Shoshana | Karpasa beeja shodhana | Removal of moisture content ^[33] |
| 17 | Swedana | Hartal shodhana | Reduction of toxicity ^[34] |
| 18 | Sinchana | Tamra shodhana | To make the substance brittle ^[35] |

| | | | |
|----|---------------|--------------------|---|
| 19 | Vilayana | Shilajith shodhana | Removal of physical impurities ^[36] |
| 20 | Nirjalikarana | Kankshi shodhana | Evaporation of water molecules. ^[37] |

Effects

- Removal of physical and chemical impurities.
- Detoxification
- Separation of undesired substances
- Reduction in particle size
- Reduction of hardness
- Transformation of certain properties
- Potentiate therapeutic efficacy
- Material turns from heterogeneous to homogenous

DISSCUSSION AND CONCLUSION

Some of the drugs do contain lot of impurities and toxic. So, these are extremely toxic & fatal, if administer in their crude form. Hence, shodhana is a preliminary step towards therapeutic administration. The process of shodhana makes the drug suitable for further processes like marana, satwapatana, lohitikarana etc. It is a samskara vishesha. It helps in sanghatabheda of a drug, removing dravya gata and aushadhagata doshas and makes it more marana upayogi and also helps in achieving guna vriddhi of the drug. Shodhan may remove physical and chemical impurities. It brings organic qualities. The drugs which are being used in the process of shodhana may modify the active principles & enhance therapeutic action. Hence, the concept of shodhana in rasashastra is not merely a process of purification but also a process resorted to enhance the potency and efficacy of the drug. That's why the shodhana plays an important role in rasashastra.

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