

APPLIED ASPECT OF GANDHAKA SHODHANA AND IT'S IMPORTANCE

*¹Dr. Monika Kashyap, ²Dr. Ravi Prakash Singh, ³Dr. Prashant D. Math, ⁴Dr. Komal Motghare, ⁵Dr. Sulochna P. Chaudhri

¹P.G. Scholar Dept. of Ras Shastra & Bhashijya Kalpna At Rani Dullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

²Principal at Rani Dullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

³Professor Dept. of Ras Shastra & Bhashijya Kalpna at Rani Dullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

⁴Associate Professor Dept. of Ras Shastra & Bhashijya Kalpna at Rani Dullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

⁵P.G. Scholar Dept. of Ras Shastra & Bhashijya Kalpna at Rani Dullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

*Corresponding Author: Dr. Monika Kashyap

P.G. Scholar Dept. of Ras Shastra & Bhashijya Kalpna At Rani Dullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

Article Received on 07/04/2023

Article Revised on 27/04/2023

Article Accepted on 17/05/2023

ABSTRACT

In the field of Rasayana, Gandhaka holds top position after the parade. Without the combination of Parada with gandhaka, most of the rasashastra compound formulation would not have been possible. The Gandhakā was known to scholars for ages. According to mythology, Gandhak is considered as the god parwati.

KEYWORD: Gandhaka, Shodhan, maran, sulphur.

INTRODUCTION

Rasashastra is the 'Science of Mercury' which mainly deals with Parada (Mercury) and this branch of Ayurveda also discusses various aspects of different Metals, Minerals, Precious stones (Ratna), Visha (Poisons) and Upavishas (Semi-poisons). During the Copper age usage of copper was put into practice along with suvarna (gold) and kamsya (bell metal).

In Rigveda the word 'ayas' was used to mean copper. Later on the metals named 'lohitayas' and 'krishnayas' were used to convey tamra (copper) and loha (iron) respectively.

In Yajurveda metals like hiranya, ayas, shyama loha, sisa and trapu were mentioned. Atharvaveda recorded the use of rajata, lohitayasa, shyamayasa and sisa. The records of Indus valley civilization clearly indicate that the metals like rajata, suvarna, trapu, vanga and naga were in use and the practice of using iron was introduced after this period.

Koutilya's Arthashastra also included the description of different metals and minerals. In addition to metals like suvarna, roudya, tamra, loha, trapu, sisa the descriptions about ratnas like mukta, manikya etc. are also available in this work. Manu smriti quotes about the vessels (containers) prepared by mani, suvarna, rajata, tamra,

loha, kamsya, pittala, trapu and sisa for storing food articles.

In Rasaratnasamuchchaya the 8 drugs are enumerated under Uparasas:

1. Gandhaka - Sulfur (S)
2. Gairika - Hematite (Red oxide of iron)
3. Kasisa - Ferrous sulfate ($\text{FeSO}_4 \cdot 7\text{H}_2\text{O}$)
4. Kankshi - Alum
5. Talaka (Haratala): Arsenic trisulphide (As_2S_3)
6. Manahsshila - Arsenic disulphide (As_2S_2)
7. Srotonjana: Antimony sulfide (Sb_2S_3)
8. Kankushta: Rheum emodi / Garcinia morella.

In Ayurvedaprakasha the following drugs are classified as Uparasas: Gandhaka, Hingula, Abhraka, Talaka, Manahshila, Sroton jana, Tankana, Rajavarta, Chumbaka, Sphatika, Shankha, Gairika, Kasisa, Rasaka, Kaparda, Sikata, Bola, Kankushta and Sourashtra Mrittika.

Uparasas are mostly useful for rasabandha, incineration of Maharasa & Dhatus and Dehasiddhi & Lohasiddhi of parada.

Synonyms of Gandhaka (Sulphur):- Gandhapashana, Sougandhika, Bali, Balivasa, Pamari, Kitanashana, Kushtari and Shulvari.

Key Features

Gandhaka is called Sulfur in English. Some opined that sulphur ' the word is taken from the Sanskrit ' Shulvari "synonym copper.

As the process of incineration of copper is accelerated in the presence of sulphur, it is named as Shulvari i.e. Sulfur is available in some of the following drugs in the compound form- Suvarnamakshika, roupyamakshika, vimala, sasyaka, kasisa, nilanjana, srotonjana, dardura rasaka, talaka, manahshila, hingula and godanti etc. Sulfur available in the mines like Sisili consists of 30 % sulfur and the rest in stones, sand etc.

Pure sulfur is extracted from the ore by means of furnaces This is called roll sulfur and is used for preparing medicines after proper purification.

Types of gandhaka

Basing on the color it is of 4 kinds:

- | | |
|-------------------|--------------------|
| 1. Shweta (White) | 2. Peeta (Yellow) |
| 3. Rakta (Red) | 4. Krishna (Black) |

1. Shwetavarna Gandhaka - It has the appearance of khati (or) chalk and hence it is also called ' Khatika gandhaka. It is the best one for incinerating metals.
2. Pitavarna Gandhaka - Now a days the yellow variety of sulfur is mostly available. It is again of two types as under : (a) Amalasar Gandhaka (b) Nainuvasara Gandhaka (a) Amalasar Gandhaka (b) Nainuvasara Gandhaka
3. Raktavarna Gandhaka It has the appearance of the color of the beak of a parrot and is called Shukatunda. It is considered to be the best for alchemy.
4. Krishnavarna Gandhaka It is used to arrest aging and to impart longevity. But it is available very rarely.

Features of the Best Variety of Sulfur

1. The best variety of sulfur is having the brightness and shining like shuka picchha (parrot feather). Very smooth like butter, hard and viscous.

Available Areas - Sulfur is available at Sicily region of Spain in Italy, Texas, New Zealand and Japan etc.

Gandhaka Dosha - According to Rasajalanidhi, gandhaka contains 2 types of impurities called: 1. Shila churna (particles of stones, sand etc.) 2. Visha (talaka, pashana etc.) Hence sulfur should be purified before the internal administration.

Impure sulfur gives rise to kushta, tapa, bhrama, pitta roga and loss of rupa, sukha, virya and bala.

Gandhaka Shodhana

Drugs Required Gandhaka (amalasar), Goghrita and gokshira.

1st Method - Take gandhaka and goghrita in an iron ladle and melt it by putting it on fire. Prior to that earthenware is to be filled half of it's capacity with cow's milk and the mouth should be covered & tied with a piece of cloth.

Afterwards the melted sulfur is poured on a piece of cloth, which was tied to the earthenware. So, that the melted sulfur is filtered through the cloth piece and dropped into the cow's milk. Then it is to be boiled for 24 minutes and then washed with water. Thus gandhaka is purified and the particles of sand and stone are filtered by the cloth.

The visha being mixed with goghrita and floats on the milk in the form of globules. The purified sulfur turns into lumps and reaches the bottom portion of the vessel.

2nd Method

Take sulfur in an iron pan and melt it by putting on fire. Then steep the melted sulfur in bhringaraja swarasa.

After getting cooled itself, it is to be taken out and washed with hot water. Repeat the same for 7 times, so that sulfur gets purified.

Indications- Kushta, kandu, visarpa, dadru, agnimandya, pleeha, adhmaana and krimi. (R.R.S.)

Therapeutic Uses

1. Pama: Purified sulfur is to be applied externally by mixing
2. Twak Roga: All the skin disorders are cured, if taken along with coconut oil for 7 days to relieve chronic 'pama'. (R.R.S.)
3. Drishtimandya - Purified sulfur is to be taken with triphala churna, goghrita, bhringaraja swarasa and honey in a dose of 1 shana to get the powerful vision similar to that of an eagle and imparts longevity. (R.R.S.)
4. Kasa Intake of sulfur with vasa kashaya relieves kasa. (R.J.Ni.)

Vishishta Yoga

1. Gandhaka rasayana
2. Gandhaka vati
3. Rasasindura
4. Rasaparpati
5. Mrityunjaya rasa
6. Arogyavardhini vati.

CONCLUSION

Gandhak has most important role for preparing Rasaushadh is in Rasashastra. Shuddha gandhak should be used to prepare medicines and for that dhalan process is widely accepted method with goghrita and godugdha. Ayurved Prakash and Rasayansar have mentioned equal and one fourth quantity of goghrita. Shodhan process is main process in preparing medicines and has half weightage to whole procedure of medicine preparation. Change in materials quantity during shodhan process may affect whole process and structural changes in drug.

REFERENCES

1. Shri Madhav, Ayurved Prakash, Shri Gulrajsharma Mishra, commentator, Chaukambha Bharat Acaedamy, Varanasi-01, 4th edition, 1994; 01/15: 14.
2. Rasavagbhata, Rasaratnasammucchaya, Shri Ambikadatta Shastri, commentator, Chaukambha Amarbharati Prakashan, Varanasi-01, 8th edition, 1988; 03/01: 59.
3. Ibidem1 Adhaya, 02/25: 262
4. Shri Sadanand Sharma, Rasatarangini, Shri Kashinath Sashtri, editor, Motilal Banarasidas Publication, Varanasi-01, Reprint, 2004; 08/06: 175.
5. Ibidem1, Adhaya, 02/24: 261.
6. Shri Shyamsundaracharya Vaishya, Rasayansar, Shyamsundar Rasashala Prakashan, Varanasi-01, 5th edition.