



## A CRITICAL REVIEW ON SHODHAN SANSAKAR

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**INTRODUCTION**

Ayurveda, the science of life is being practised by Aryans from Vedic period. Kalpana is the process through which a substance transformed into different medicine form according to the need. In Rasashastra almost all the drugs are advised to be processed with specific Shodhana process before their internal uses. Shodhana, which literally means purification and converting drug fit for further procedure. Hence, the Shodhana process is aimed to remove impurities present in the drugs. Shodhana procedure is necessary for every drug before taking it for adding in any compound or subjecting it for further processes. After Shodhana process the drug - Physical, Chemical and biological changes take place, which are required for proper therapeutic action of the end product.

The Shodhana process described in classics of Ayurveda is not merely a process of separation, purification or detoxification rather it increases the therapeutic potency of the drug also. The Shodhana treatments include medium of acidic nature (e.g. Lemon, Butter-milk, Kanji), alkaline nature (e.g. Curnodaka) and of neutral nature (e.g. water). These treatments are performed with or without the help of heat given for a specified time. Before subjecting any Rasadravyas for its next stage Marana, the first and the foremost important step to be performed is Shodhana. Processing the substance along with the specific indicated Shodhana dravyas through the procedure like Peshana (trituration) etc. so as to remove the Malas from the substances, is called as Shodhana.

When the drugs are used by the humans then they are subjected to Shodhana process to eliminate their Doshas and also to increase the potency. Shodhana is an essential intermediary pharmaceutical process used for purification of metals and minerals during their conversion and usage into different dosage forms and purposes

**AIM**

Study concept of Sdodhan Karma in Ayurved.

**Objectives of Shodhana**

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

**MATERIAL AND METHOD**

- 1) Various samhitas new research articles and journal

**Defination**

*Charaka Samhita* has mentioned *Shodhana* as *Shuddhikarana* meaning the process through which unwanted or toxic properties are removed.<sup>[2]</sup> The same concept has been adopted by *Acharyas of Rasashastra* from 8th century A.D., onwards for drugs of herbal, animal, metal or mineral origin. *Shodhana* is the process which is done to remove the impurities from a *Dravya* by doing the process like grinding etc. and using specific herbs for this process.

**Types of Shodhana**

Two types of Shodhana are described in our Rasagranthas

1. Samanya Shodhana
2. Vishsha Shodhana

**1. Samanya Shodhana**

It is used as general procedure for Shodhana of all drugs of a particular group, in other words these drugs should be purified individually through the same Shodhana procedure. With the help of Samanya Shodhana general impurities can be removed.

e.g., Samanya Shodhana of Dhatu varga.

**2. Vishsha Shodhana**

It is used as specific procedure for particular drug material individually, not for a group. After performing Samanya Shodhana, Vishsha Shodhana has to be applied for deriving some special Gunas i.e. qualities. Each drug of the Rasa varga may have different types of impurities. Which can differ from one to another and it may be removed by Vishesh shodhan.

Types of Shodhana Two types of Shodhana are described in our Rasagranthas

1. Samanya Shodhana
2. Vishesha Shodhana

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

**1. Saagni:** *Nirvapa, Dhalana, Bharjana, Puta, Swedana, Patana.*

**2. Niragni:** *Bhavana, Prakshalana, Shoshana, Sinchana, Nimajjana, Gharshana.*

**Media Used For Shodhan** The use of specific media for particular drugs has its own importance. There are so

#### Different media used in the procedure of Shodhana

sr	Media used in Shodhana	Example
1	Avapa	Vanga Jarana
2	Nirvapa	Abhraka Shodhana
3	Dhalana	Gandhaka Shodhana
4	Bhavana	Kasisa, Gaireeka etc.
5	Bharjana	Gaireeka Shodhana
6	Aatap Shoshana	Vatsnabha Shodhana
7	Swedana	Shodhana of Parada
8	Mardana	Shodhana of Parada
9	Galana	Khatika Shodhana
10	Patana	Parada shodhana
11	Nirjalikarana	Tankana, Sphatika Shodhana

#### DISCUSSION

*Shodhana* is a process of separation by which physical and chemical impurities get separated from the substances by treatment with various drugs. It is a process by which blemishes are separated from the substance by various processing like grinding, etc. with specific drugs. *Shodhana* is a process of removal of impurities from substances by means of pharmaceutical processing of *Swedana, Mardana* with particular drugs.

#### Importance of Marana

- Metals and Minerals are converted in to Ash/Bhasma. Due to Marana Heaviness, Hardness, Roughness of drug is converted in to Lightness, Softness and Smoothness respectively. Marita drug became proper Adoptable, Absorbable and Assimilation Guna (Properties) of particular marita drugs increases Quick effectiveness in contrast of Herbal drugs
- To change physical characters
- To change chemical characters
- To induced various properties in same raw materials
- To convert the material into suitable compound form which are free from undesired effect & effective for humans being
- To make macro particle in to micro particle.

#### CONCLUSION

Some of the drugs do contain lot of impurities and toxic. So, these are extremely toxic & fatal, if administer in

many different medias are mention in Rasa-shastra text books. Media has play a specific role in Shodhana, due to this we remove toxic impurities and make physical transformation.

#### Source

**a) Plant Origin:** *Swarasa, Kashaya, Kshira, Taila, Sukta, Kanji, Arka, Madya.*

**b) Animal Origin:** *Ksheera, Madhu, Mutra, Rakta, Artava, Dadhi, Takra, Dadhimastu, Mamsa Rasa, Kukkutanda Taila, Hastidanta Kwatha.*

**c) Mineral Origin:** *Jala, Drava, Churnodaka, Nimbu Swarasa.*

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, lohikarana 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.

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