

SODHANA- A PROCESS OF PURIFICATION OR DETOXIFICATIONS OF VISHA AND
UPVISHA IN AYURVEDA

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ABSTRACT

Agadtantra, one of the parts of *Ashtang ayurveda* has specific importance regarding study of poisons, which helps to prevent persons from effect of poison. Several *Acharyas* have statement that not all medicinal plants are safe to use since they can bear many toxic and harmful phyto-constituents in them. There are some poisonous plants also, called *Visha* and *Upvisha*. To reduce their toxic effect some purification procedure should be done to prevent the fatal effect of *visha dravya*. So it is important to understand the process of *Shodhana* of *Visha* and *Upvisha* mentioned in Ayurvedic text. The science is proficiency of *Visha Drvayas* (poisonous drugs) for their theuraptic use is known as *Shodhana*. Various procedures of *Shodhan* is used for purification of drugs like *Swedan*, *Mardan*, *Prakshalan* (washing), *Dhalana*, *Nirvapan*, *Bharjana*, *Bhavana* (Levigation), *Nimajjana* (Dipping). This article helps to describe methods of purification of *Visha* and *Upvisha* mentioned in Ayurvedic text, which will help to understand purification of *Visha dravya* to avoid fatal effect and it will also help to increase the faith of patient over *Ayurveda*.

KEYWORDS: *Visha*, *upvisha*, *shodhan*, *agadtantra*, medicinal use, purification.

INTRODUCTION

In *Ayurveda*, plants are primary source of medicine, number of compounds have been isolated from medicinal plants and bring in use for mankind. However, most of these medicines have been withdrawn because of their toxicity or adverse effect. Various poisons plants, like *Bhanga* (*Cannabis sativa* linn) *Ahiphen* (*Papaver somnifera* linn), *Vatsnabha* (*Aconitus ferox*), *Kupilu* (*Strichnos nuxcomica* linn), *Dhaturo* (*Dhaturo metel* linn), and minerals like *Parad* (mercury), Arsenic have been used in *Ayurveda*. These have different phytochemicals so used after *Shodhan* process in crude form.^[1] *Agadtantra* basically deals with the study of toxic substances characters, there effects on body and remedial measures used to avoid the effect of poison on human body. *Shodhan* of *Vishadravya* is also an important procedure which makes the toxic drug useful for there therapeutic use. These plants classified into *Mahavisha* and *Upvisha* on the basis of its potency. In *agadtantra* there are two types of *visha-mahavisha* and *upvisha*. Out of *Maha Visha Vatsanabh* is used for therapeutic purposes and *Upvisha* like *Arka*, *Karveer*, *Gunja*, *Snuhi*, *Kuchala*, *Jaypala*, *Dhaturo*, *Bhallataka*, *Vijaya*, *Ahiphena*, *Langali* are used for therapeutic purposes². Also *acharya Charka* mentioned that, any poison if processed or used properly is a potential medicine and any medicine if used improperly is a fatal poison.^[3]

Shodhan of *Visha Dravya* in *ayurveda*

1). ***Ahiphena -Papaver somniferum* Linn.(except seeds)**- Dissolved in water then filtered with cloth. After that mixed with *Godugdha* (cow's milk), heated in mild heat. This paste is triturated with ginger juice for 7 - 21 times, dried under shade.^[4]

2). ***Bhanga Cannabis sativa* Linn. (Except seeds)**

1st Method: The leaves are tied in a cloth and soaked with water. This procedure has to be continued until the greenish colour stops discharge from the leaves. After this the leaves are dried under the shade, thereafter it should be fried in *Goghrita* (Cow's ghee) on mild fire and used for therapeutic purpose.

2nd Method: *Swedana* (fomentation) in *Godugdha* (cow's milk) for 3 hours with mild then washed with water. After getting it dried, it is being fried in *Goghrita*.

3rd Method: The *Bhanga* leaves are to be fomented in decoction of *Babbul Tvak* (Bark of *Acacia catechu*) for 25- 30 minutes with moderate heat and then subjected to drying under direct sunlight. Further they are triturated with *Godudha*, derid and used.^[5]

3) ***Dhattura -Daturametel* Linn**

1st Method: Seed are kept a *Potali*, it should be *Swedana* (Fomented) in a *Dolayantra* by adding *Godugdha* (Cow's milk) or *Gomutra* (Cow's urine) for 3 hrs. Then after seeds should be washed with warm water and dried in the sun. The seeds are used after removing

the seed coat.^[6]

2nd Method: Seeds should be kept in *Dolayantra* & *Swedana* is done using cow's urine for 3 hrs after that triturated in *Khalvayantra* & filtered through cloth.^[7]

4) **Bhallataka- Semecarpus anacardium Linn.(Seed)**

1st Method: Top portion of *Bhallataka* fruits should be removed with knife and mixed with brick powder (*ishtika churna*) and are kept in a *Pottali* (bag) and tie its mouth with a strong thread. This is rubbed gently by hands. When brick powder become wet with oil and skin of *Bhallataka* is unwrapped, it is washed with hot water. Obtain *Shuddha* (purified).^[8]

2nd Method: The After removing top part and cut in to two parts are placed in a *Pottali*. *Swedana* is done by filling it with coconut water for 1 to 2 h. in *Dolayantra* (swing apparatus). In this process it becomes *Shuddha*.^[9]

5). **Kuchala - Strychnos nuxvomica Linn.**

1st Method: *Kuchala* seeds shall be immersed in *Gomutra* (cow's urine) for 7 nights; fresh *Gomutra* is to be replaced every night. Thereafter, it is removed and washed with water. Seeds shall be further detoxified by *Swedhana* boiling with *Godugdha* (cow's milk) in *Dolayantra* for 3.

h. The seed coat and embryo are removed. The cotyledon shall be fried in cow's ghee and powdered well.

2nd Method: The seeds are fried in cow's ghee by slow heating; separate the outer covering of seeds and warm cotyledon are finely powdered and used.

3rd Method: Ripped seeds of *Kuchala* are immersed in *Kanji* (butter milk) for three days. After three days the outer shell should be peel off, dried in sun light, powdered well and collected in a glass jar.^[10]

6) **Vatsnabh -Aconitum ferox-** The roots of *Vatsnabh* were cut into small pea-sized pieces and tie in a *Pottali*. It can be detoxified by placing it in cow's urine for three consecutive days, or by *Swedana* it in cow's milk or goat's milk in *Dolayantra* for three to six hours. After that pieces of *Vatsnabh* is washed with warm water and used for therapeutic purpose.^[11]

7) **Jaipal (Croton tiglium)-** Seeds should be soaked in water for one night, then outer covering is removed. From inside the Kernel, leaf like Cotyledons are also removed. These seeds are now tied in a piece of cloth called *Potli* and this *potli* should be soaked in *Dolayantra* by adding Cow's milk. Now it is washed with water and dried in the sun. To remove the residual oil, the kernels should be pressed through two blotting papers and stored for 24 hours in a new earthen jar.^[12]

8) **Langli, Glosiosa superoba Linn**

1st Method: Fresh *Langli* roots and seeds are immersed

in *Gomutra* (cow's urine) for 24 hour and wash with lukewarm water by this process it is detoxified.

2nd Method: Cut small pieces of *Langli* should be kept in sour buttermilk for seven days in earthen pot and then dried in sun, after that collected in glass jar and used.^[13]

9) **Karvira (Nerium indicum)-** Roots are purified by *Swedan* process in *Dola Yantra* using *Godugdha* for 3 hours, then washed with water and dried. After *Shodhana*, *Oliandrin* decreases. *Karvira* is used externally only.^[14]

10) **Danti Baliospermum montanum Mull. Arg-** *Danti* root is washed properly with water. It is smeared with a thin layer of paste prepared from a powder of *Pippali* (*Piper longum* Linn.) and honey then wrapped in the leaves of *Kusha* (*Desmostachya bipinnata*). The resultant was coated with mud and *Swedana* (Fomented).^[15]

11) **Gauripashana (Arsenic)-** *Gauripashana* and *Karela* (Bitter guard) are procured and *Gauripashana* is crushed into small pieces. The incision is done on *Karela* (Bitter guard) and seeds are removed. The small pieces of *Gauripashana* are placed into the *Karela* (Bitter guard) and tied by white thread and kept into *Dolayantra* which is filled with Bitter guard decoction. *Dolayantra* is kept on mild flame for 4 hours. After 4 hours *Gauripashana* collected from Bitter guard washed with hot water, shade dried, by this process it should be purified and used for therapeutic purpose.^[16]

12) **Tuttha (Copper sulphate)**

1st Method: Purified by *Bhavana* (Grinding) with lemon juice for 6 hrs or with *Raktachandan Manjishtha Qwatha* (Decoction) for 7 times or *Bhavana* with *Amlavarga Dravya* for 7 times.

2nd Method: Tied in a *Pottali* and kept in *Dolayantra* filled with *Gomutra* for *Swedana*. *Tuttha* is settled down in *Dolayantra* heated again. Let them cold, after 2-3 h. it can be collected from the bottom of the *Dolayantra*.^[17]

13) **Parada (Mercury)-** Mercury is generally purified by triturating it with lime, *Lashuna Swarasaa* (Garlic juice), *Suhaga* (Borax), *Paan Juice* (Betel leaf), decoction of *Triphala*.^[18]

14) **Hartala (Arsenic trisulphide)**

1st Method: Fine powder of *Haratala* (Arsenic trisulphide) is boiled in *Dolayantra* with any one of the juice of *Kushmanda* (*Benincasa hispida*) or *Ttilakshara* (ash of *Sesamum indicum*) or *Churnodaka* (lime water).

2nd Method: The small pieces of *Haratala* should be added with one tenth part of *Tankana* (Borax) and washed with lemon juice and *Kanji* (gruel). After tht a *Pottali* (bolus) is make and *Swedana* in lime water and *Kanji* throughout a day in *Dolayantra*.

3rd Method: *Patra Haratala* is purified by giving to *Bhavana* (grinding) for seven times with *Churnodaka*

(lime water).^[19]

CONCLUSION

As we know poison can be converted into excellent medicine if processed and administered properly but if hand inaccurately it may become dangerous. It is good to admit Shodhan process mentioned in ancient text with modern technology to assess its safety and efficacy. Bhavana dravya also plays an important role in making drug without side effect. In Ayurveda, there are lots of media used for Shodhana. Cow's urine and cow's milk are common media for Shodhana of Vishadravya (poisonous plants). It is matter of discussion and research that after purification how many dreadful qualities of poison are diminished to make it useful therapeutically. Poisons are highly potent and fast acting drugs; they can be used as a catalyst enhance the drug with which it is used. But before using poison they should be purified to reduce its fatality. So it causes the drug to become nectar if method of Shodhan is appropriate. Present paper gives the details of Shodhana process of various Upvisha (Mild Poison) in Ayurveda.

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