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Comparative Analytical Study of *Ashuddha Bhallataka* and *Shuddha Bhallataka*

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ABSTRACT

Introduction: *Bhallataka* (*Semecarpus Anacardium* Linn.) is reported under *Upavisha Dravya* in classical Ayurvedic pharmacopeias. It is observed that *Shodhana* (purification procedures) of the fruits should be carried out before its internal administration. There are different *Shodhana* methods mentioned in Ayurveda. In this study brick powder was used as media. **Objective:** To evaluate the impact of *Shodhana* on *Ashuddha Bhallataka* and to compare the physico analytical parameters of *Ashuddha Bhallataka* and *Shuddha Bhallataka*. **Materials & Methods:** *Ashuddha Bhallataka* was taken. Cap was removed and they dumped in *Pottali* with brick powder. *Pottali* was tied. Then they were rubbed intermittent with changing brick powder till the oily content secretion from them stopped. Then they are washed with leuk warm water and dried. **Discussion:** *Ashuddha Bhallataka* contains oil in it which is removed after *Shodhana* process. so that foreign matter, loss on drying was less in *Shuddha Bhallataka* and due to *Shodhana* process with brick powder total ash, acid insoluble ash, was more than that of *Ashuddha Bhallataka*.

Key words: *Shuddha Bhallataka*, *Ashuddha Bhallatak*, Brick powder, *Shodhana*.

INTRODUCTION

Bhallataka is one of the best, versatile, most commonly used herbs as a household remedy. It has been freely used all over India since centuries.^[1] *Bhallataka* grows throughout India in hot weather and in Himalaya's upto 1000 meters height. The plant is found in abundance in Bihar, Bengal and Orissa. It is a

medium sized tree growing upto 6-12 meters in height. The bark is grey in colour and exudes an irritant secretion on incising. The leaves are 30-75 cm long and 12-30 cm broad. The flowers are greenish yellow. Fruits are 2-3 cm broad. The flowering occurs in June and then onwards the plant bears fruits.

Bhallataka is reported under *Upavisha Dravya* in classical ayurvedic pharmacopeias. It is observed that *Shodhana* (purification procedures) of the fruits should be carried out before its internal administration. There are different *Shodhana* methods are mentioned in Ayurveda. In this study brick powder was used as media. The present study was planned to evaluate the impact of *Shodhana* on *Ashuddha Bhallataka* and to compare the physico analytical parameters of *Ashuddha Bhallataka* and *Shuddha Bhallataka*.

Latine Name: *Semecarpus anacardium* Linn.

Family: Anacardiaceae

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Synonyms^{[2],[3]}

- **Sanskrit** : Arushkara, Bhallataka, Agnika, Agnimukha.
- **English** : Marking Nut
- **Hindi** : Bhilawa
- **Marathi** : Bibba

Properties^[4]

- **Rasa** - Katu, Tikta, Kashaya.
- **Guna** - Tikshna, Laghu, Snigdha
- **Virya** - Ushna.
- **Vipaka** - Madhur.
- **Doshagnata** - Kapha, Vata.

**Figure 1: Ashuddha Bhallataka Fruits**

Bhallataka is sweet and astringent in taste, sweet in the post digestive effect and has hot potency. It elevates *Kapha* and *Vata Doshas* and possesses light, unctuous sharp (*Tikshna*) and hot (*Ushna*) attributes. It is extremely heat generating, appetizer, digestant, rejuvenative, aphrodisiac herb and elevates the skin and rheumatic disorders. (*Bhavaprakasha Nighantu*)

Chemical composition^[5]

Anacardic acid, cardol, catechol, anacardol and fixed oil, semicarpol, bhilawanol.

Ashuddha Bhallataka shows toxic effect like dyspnoea, cyanosis and coma, so *Shodhana* of it is important before using in preparation of medicine.

Reference for Bhallataka Shodhana^{[6],[7]}

Ishtikachrunam Samyuanktam Bhallatakodbham | Pottaleemadhyaniheetam Gharshyennaativegatha | Tataha Prataptatoyen Kshalyedtiyatnataha | Itha Tailatwachahen Bhallatakam Shudhimpnuyat | | (Rasa Tarangini 24/477-478)

AIM AND OBJECTIVE

To evaluate the impact of *Shodhana* on *Ashuddha Bhallataka* and to compare the physico analytical parameters of *Ashuddha Bhallataka* and *Shuddha Bhallataka*.

MATERIALS AND METHODS**Equipments**

1. Weighing machine
2. Stainless steel vessel
3. Cloth

Table 1: Drugs Used For Bhallataka Shodhana

No.	Name	Quantity
1.	Ashuddha Bhallataka phala	200 gm
2.	Ishtika Churna	2.5 kg
3.	Warm Water	As per required
4.	Cloth	1 m

METHODOLOGY^[8]

1. Fruit cap was removed.
2. Brick powder was taken in white clean cloth.
3. *Bhallataka Phala* was put into brick powder.
4. Then *Bhallataka* and brick powder containing pottali was rubbed rigorously with both hands.
5. *Bhallataka* and brick powder was then kept under weight over night
6. Next day brick powder was again changed. This was repeated for 5 days and *Bhallataka* was collected on 6th day.
7. *Bhallataka* was washed with warm water.

8. *Bhallataka Phala* then kept for drying.

OBSERVATIONS

1. *Ashuddha Bhallataka* was *Snigdha*, heavy in wt and easily sank in water, which became dry and light in wt after *shodhana*.
2. After removing the fruit cap, oily content came out.
3. When *Bhallataka* put out from the brick powder, brick powder became oily and sticky. So, it was changed four times.

Table 2: Weight loss during *Bhallataka Shodhana*

1.	Wt of <i>Ashuddha Bhallataka</i>	250 gm
2.	Wt of wet <i>Shuddha Bhallataka</i>	196 gm
3.	Wt of dry <i>Shuddha Bhallataka</i>	181.4 gm

Table 3: Organoleptic observations of *Bhallataka*

No.	Parameter	Before <i>Shodhana</i>	After <i>Shodhana</i>
1.	<i>Sparsha</i>	<i>Snigdha</i> , Heavy in weight	Dry, Light in weight
2.	<i>Rupa</i>	Easily sink in water	Floated on water

Brick powder became oily and sticky when *Bhallataka* is separated from it.

Table 4: Analytical result of *Ashuddha* and *Shuddha Bhallataka Phala*.

No.	Parameter	<i>Ashuddha Bhallataka</i>	<i>Shuddha Bhallataka</i>
1.	Loss on drying	6.41	4.04
2.	Total ash	3.01	3.59
3.	Acid insoluble ash	0.35	0.41
4.	Water soluble	2.73	4.54

	extract		
5.	Foreign matter	1.15	0.41

DISCUSSION

The *Bhallataka* contains oil which reduced in *Shodhana* process. Volatile material contribute to the weight loss when moisture is released so that *Shuddha Bhallataka* shows more loss on drying than *Ashuddha Bhallataka*.

The oil contents get removed due to rubbing into brick powder. And some amount of brick powder remains in *Bhallataka* though washed with warm water. So that, ash value of *Shuddha Bhallataka* is more than that of *Ashuddha Bhallataka*.

The Acid-insoluble ash in drugs indicates contamination with earthy material. *Bhallataka* which *Shodhana* was done in brick powder may add to the ash values.

The Oil contents in *Bhallataka* reduced so that water soluble extractive value increased in *Shuddha Bhallataka*.

The value of foreign matter is less and negligible in *Shuddha Bhallataka*.

CONCLUSION

The present study shows that *Shodhana* process leads to the reduction in the toxic constituents of the *Bhallataka*, and this method of purification can be adopted before using the drug in therapeutics. The analytical results clearly proves the chemical changes during *Shodhana* process.

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