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## Review of *Shodhana* in *Rasashastra*

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### ABSTRACT

*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.

**Key words:** *Shodhana*, *Rasashastra*, *Drug Purification*.

### INTRODUCTION

Most of the raw materials used in *Rasashastra* are obtained from earth and hence there is every chance of impurities, toxicities, heterogeneous qualities due to mixing with different substances is a common factor. 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. It is processes of detoxification by which physical and chemical blemishes and toxic materials

are eliminated thus making the material suitable for further processing.<sup>[1]</sup> 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 Bio-logical properties.

The concept of *Shodhana* treatment was in practice since the times of *Vedic* period and it also included the measures claimed to be responsible for the alteration or addition of the properties of the drugs while subjected to various pharmaceutical operations and treatments. Though references regarding the *Shodhana* treatment are available since the time of *Ayurvedic* classics but the details about procedure could be traced only after the development of *Rasashastra* / *Rasachikitsa* (Mineral therapy) in *Ayurvedic* medicine during medieval period in which mineral / poisonous and sub poisonous drugs acquired prominence over other types of drugs in the therapy.

### Definition

*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 8<sup>th</sup> century A.D., onwards for drugs of herbal,

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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.<sup>[3,4]</sup>

In *Ayurvedic* formulary of India, *Shodhana* is defined as the process of removal of impurities and potentiating of drugs. *Shodhana* also fulfils the following objectives like removal of impurities, elimination of harmful materials, modification of undesired properties, reduce the toxicity, potentiate therapeutic efficacy and render the drug fit for further subsequent processing.

### Types

*Shodhana* process can be of two types-

- 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.
- Vishesha Shodhana:** When *Shodhana* process is done for a particular *Dravya* then it is known as *Vishesha Shodhana*.<sup>[5]</sup>

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

- Saagni:** *Nirvapa, Dhalana, Bharjana, Puta, Swedana, Patana*
- Niragni:** *Bhavana, Prakshalana, Shoshana, Sinchana, Nimajjana, Gharshana*

### Source

- Plant Origin:** *Swarasa, Kashaya, Kshira, Taila, Sukta, Kanji, Arka, Madya.*
- Animal Origin:** *Ksheera, Madhu, Mutra, Rakta, Artava, Dadhi, Takra, Dadhimastu, Mamsa Rasa, Kukkutanda Taila, Hastidanta Kwatha.*
- Mineral Origin:** *Jala, Drava, Churnodaka, Nimbu Swarasa.*<sup>[6]</sup>

### Types of Media used in Shodhana

**Table 1: Different media used in the procedure of Shodhana**

SN	Media used in Shodhana	Example	Utility
1.	<i>Sneha Varga</i>	<i>Taila, Ghrita, Dugdha</i>	Softening of Hard material

2.	<i>Amla Varga</i>	<i>Takra, Kanji, Nimbu, Amalaki</i>	Mass breaking and dis-integration
3.	<i>Kshara Varga</i>	<i>Mutra, Kulattha Kwatha, Kadali Kanda</i>	Makes the material soft and brittle
4.	<i>Katu Varga</i>	<i>Nirgundi, Hariraki, Bhringaraja</i>	Disintegration and breaking the cohesion
5.	<i>Tikta Varga</i>	<i>Vasa, Swarna Ksheeri, Shireesha</i>	Absorption of Moisture
6.	<i>Kashaya Varga</i>	<i>Kanchanara, Haritaki, Vibhitaki</i>	Eliminates external impurities
7.	<i>Visha Varga</i>	<i>Shringataka, Kalakuta, Vtsanabha, Saktuka, Peeta Visha</i>	Removes inertia in the substance
8.	<i>Vitgana / Varga</i>	<i>Paravata, Chasha, Kapota, Kalapina, Gridhra, Kukkuta</i>	<i>Sarva Loha Shodhana</i>
9.	<i>Mridukara Varga</i>	<i>Mahishasringi, Indrayava</i>	Softening of hard metals
10.	<i>Dravaka Varga</i>	<i>Guda, Guggulu, Gunja, Ghrita, Madhu, Tankana,</i>	Soften and liquefies metals
11.	<i>Lavana Varga</i>	<i>Samudra, Saindhava, Kacha, Bida, Sauvarchala, Romaka, Chullika, Audbhida Lavana</i>	<i>Sarvaloha Dravana Shodhana</i>

### Method of Shodhana<sup>[7]</sup>

**Table 2: Different media used in the procedure of Shodhana**

SN	Method of Shodhana	Example
1.	<i>Avapa</i>	<i>Vanga Jarana</i>
2.	<i>Nirvapa</i>	<i>Abhraka Shodhana</i>
3.	<i>Dhalana</i>	<i>Gandhaka Shodhana</i>
4.	<i>Bhavana</i>	<i>Kasisa, Gaireeka etc.</i>
5.	<i>Bharjana</i>	<i>Gaireeka Shodhana</i>

6.	<i>Aatap Shoshana</i>	<i>Vatsnabha Shodhana</i>
7.	<i>Swedana</i>	<i>Shodhana of Parada</i>
8.	<i>Mardana</i>	<i>Shodhana of Parada</i>
9.	<i>Galana</i>	<i>Khatika Shodhana</i>
10.	<i>Patana</i>	<i>Parada shodhana</i>
11.	<i>Nirjalikarana</i>	<i>Tankana, Sphatika Shodhana</i>

## 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* etc. with particular drugs.

## CONCLUSION

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 main objective of *Shodhana* process is to increase the biological efficacy of the drug. To provide its finer particles so that the drug may be made suitable for further procedures of other special techniques viz *Jarana*, *Marana* and *Satwapatana* etc. to obtain product suitable for internal use.

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