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## Mashi Kalpana - A Review

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### ABSTRACT

Rasashastra and Bhaishajya Kalpana branch deals with the preparation of medicine by using herbal, animal and metal origin. Metals and minerals are in frequent use in Indian system of medicine since long back without any untoward effect. *Mashi Kalpana* is the form of medicine which can be prepared by heating herbal or animal content upto transfer into carbonized form. *Mashi Kalpana* is used externally as well as internally. *Mashi Kalpana* is cost effective, less time consuming preparation and having quick result.

**Key words:** *Mashi Kalpana*, Carbon form.

### INTRODUCTION

*Mashi Kalpana* is the product which is similar to Carbon and is used to treat many disease and can be used both externally and internally. *Mashi Kalpana* is prepared from both animal and plant origin. For preparing *Mashi* herbal drug powder are used where as animal origin skin, hair, horn, bones are used. Reference of *Mashi Kalpana* is described in *Charaka Samhita*, *Sushruta Samhita*, *Kashyapa Samhita* and *Ashtanga Sangraha* also.<sup>[1,2,3]</sup>

*Mashi Kalpana* is prepared by two methods Incineration method (*Antardhoom*) and by *Putra* method (*Bahirdhoom*). This carbonised form of drug is used as externally as well as internally in many disease condition.

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### Method of Preparation

- Bahirdhoom method** - In this method the raw material is taken in iron pan and heat will be given upto the material is transfer into black color carbonized form. In this method herbal drug is usually used. Ex- *Triphala Mashi*.
- Antardhoom method** - In this method the raw material is taken in powdered form and taken into *Sharava* and *Putra* heat will be given. After cooling the *Mashi* will be taken from *Sharava*. In this method hard material such as animal horn, hair, bones are used for preparing *Mashi Kalpana*. Ex- *Hastidant Mashi*.

### Types of Mashi

#### Herbal origin

- Triphala Mashi** - In this *Triphala* (*Haritaki*, *Bhibhitaki*, *Amalaki*) powder is subjected to heat till its turn into black color carbonized form. This *Mashi* is used in *Updamsha* wound externally and also for *Dhantadhawana*. This *Mashi* is prepared by *Bahirdhoom* method.<sup>[1]</sup>
- Ashwagandha Mashi** - In this *Mashi* *Aswagandha* roots are burnt and transformed into *Mashi* form. This *Mashi* was used internally and used in *Shwasa Roga*. This *Mashi* is also prepared by *Bahirdhoom* method.<sup>[4]</sup>

**Animal Origin**

- a) **Hastidant Mashi** - In this *Mashi* is prepared with the help of elephant teeth. Elephant teeth powder is taken in sharaw and heat will be given by puta method. After cooling *Mashi* will be taken from sharaw. This hastidant *Mashi* is used in Indralooptha disease by applying locally. This *Mashi* is prepared by antardhoom method.<sup>[2]</sup>
- b) **Mayurpiccha Mashi** - In this peacock feather is get burnt and *Mashi* will be prepared. This *Mashi* is used for Hiccups and Morning Sickness.
- c) **Sarpa Mashi** - In this black cobra snake (except its head, tail, intestine) is burnt for preparation of *Mashi*. This *Mashi* is prepared by *Antardhoom* method. This *Mashi* is used in lecoderma disease. This *Mashi* is used externally with *Bhibhitak Taila*.<sup>[5]</sup>

**Pharmacological Aspect**

Medicinal Charcoal is prepared by carbonizing wood, Cellulose residues or coconut shells out of contact of air. Carbonizing dense wood produces the most effective gas absorbing charcoals in particular log wood and coconut shells. Charcoal made by burning wood, coconut shell in an atmosphere containing minimum oxygen acquires good adsorbent properties. Adsorbent are used in medicine to remove gases, toxins and poison. Adsorption is a physical phenomenon exhibited by colloidal particles where by substance are bound or made to adhere to the adsorbent. The large surface area of the colloidal particle is responsible to thus attract and hold the unwanted substance like toxins, bacteria, noxious fumes and gases.<sup>[6]</sup>

**CONCLUSION**

*Mashi Kalpana* is the key medicine used externally as well as internally. Medicine prepared by using *Mashi Kalpana* is used in many more disease condition. *Mashi Kalpana* is less time consuming preparation and having quick result. Hence we can say that *Mashi Kalpana* is the good pharmaceutical product mentioned in *Ayurveda Granthas*.

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