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CONCEPT OF SHODHAN IN RASASHASTRA

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Abstract : The perception of Lohavada which in turn proved to be worthwhile to mankind by the practice of Dehavada. The Herbo-mineral drugs used in the process contain Physical, Chemical & Biological etc impurities which need to be subjected to Shodhan before medicinal use. The Nireendriya gunas in the drug needs to be transformed into Sendriya gunas to suit human beings. So concept of shodhan is very important
Aims and Objective: To conceptually throw light on pharmaceutical actions of various Shodhan processes.
Types of Shodhan: Samanya shodhan and vishesh shodhan.

Keywords: Herbo-mineral, shodhan, Samanya shodhan, vishesh shodhan

I. INTRODUCTION

As we are aware, in Ayurveda we depend on naturally available drugs for medicinal use which may be intoxicated with various Physical, Chemical & Biological properties which in turn varies from place to place. In Rasashatra & Bhaishajya Kalpana, while preparing medicines Shodhana and Maran are the procedures to adopt mandatorily to convert metals, metalloids and minerals into acceptable form without altering the designated medicinal properties. If Shodhan & Marana procedures are not carried out for drugs of mineral & plant origin, they are liable to produce toxic or harmful effects.

Definition: उद्दिष्टैरोषधैः सार्द्धं क्रियते पेषणादिकम् ।
मलविच्छित्तये यत्तु शोधनं तदिहोच्यते॥ र.त.२/५२ [1]

To prepare a good medicine, drugs used shall be free from toxic substances carried out through various procedures of Peshanaadikam viz Bhavana, Dhalana, Nirvap etc….

Purpose of Shodhan:

1. To convert Nireendriya dravya into Sendriya
2. To make the drug fit for therapeutic use
3. To remove or neutralize the Physical, Chemical & Biological etc impurities
4. To modify physical & Chemical nature of the drug that suits as vibrant medicine
5. To make the drug fit for further process
6. To reduce the size of the particle for better absorption
7. To enrich the therapeutic potentials
8. To make the drug more bioavailable

Types of Shodhan: SHODHIT DRAVYA

1. Saamanya Shodhan (General procedures)
2. Vishesh Shodhan (Specific procedures)

Saamanya Shodhan: The drugs categorised for having similar properties are usually subjected to this procedure like Dhatu Saamanya Shodhan.

Vishesh Shodhan: This procedure is specifically applied for the drugs which need to be used in particular condition and the properties can also be fortified by the use of specific drug. This is intended to be administered on particular srotas also. [2]

Different procedures & their pharmaceutical action

1. **Swedana** [3]**:** Loosening impurities & draining from raw drugs in specified drava dravya like Swarasa, Kashaya, Godugdha, Gomutra, Kaanji etc.
   Principle: It helps to soften the drug and removes external impurities.
   Eg: Hartal in Kushmand swarasa
2. **Mardana** [4]: Trichuration with or without specified drava dravya
   Principle: Mardanam Guna Vardhanam Size of the particle becomes so fine to get readily absorbed. Synergistic action can be expected
   Eg: Kajjali
3. **Aavap/Dhalan** [5]: Melting solid raw drug usually with low melting point and dipping in specified drava dravya.
   Principle: Separation of adulterants & increases brittleness
   Eg: Gandhak shodhan in Godugdha
4. **Nirvap** [6] : Heating solid drug with usually high melting point & immersing in specified drava dravya
   Principle: Makes the drug more brittle and convenient for next process.
   Eg: Abhrak in Triphala quath
5. **Prakshalan**[7]: Proper washing or to clean
   Principle: Removes dust particles & insects
   Eg : Washing Vegetables & fruits, Satavari roots washing with water, Parad Shodhan
6. **Galan**[8]: Filtration mostly with cloth or sieve
   Principle: Separation of adulterants & heterogeneous particles.
   Eg: Khatika Shodhan
7. **Nirjaleekaran**[9]**:** To fry / to dehydrate
   Principle: To dry something or remove Water of crystallization (Exsiccation)
   Eg: Kankshi, Tankan
8. **Nimajjan**[10]: Immersing the raw drug in specified drava dravya for certain time.
   Principle: Makes the drug soft as well as chemical changes are expected to happen from higher to lower concentration.
   Eg: Vastnabha in godugdha - Gomutra
9. **Bharjana**[11]**:** Roast/ To fry
   Principle: Frying the drug with or without adding other medium
   Eg: Gairika bharjana with Ghrit
10. **Pachan**[12] : Dravya need to immerse in specific drava dravya and treated with Agni.
    Principle: Dravya becomes soft and helps to minimize physical impurities
    Eg: Guggulu in Godugdha , Triphala Kwath etc
11. **Samyog** : Combination of 02 or more drugs for desired effect
    Principle: Minimize toxicity or works as antidote
    Eg: Use of Shodhit Tankan with Vastanabha
12. **Vibhag** : Separation of unwanted / superfluous content
    Principle: It minimizes Ushnatwa & Teekshanata of the drug
    Eg: Rasankur in Rasun reduces teekshnataa
13. **Atapa Shoshan** [13]: Drying drugs in sunlight / moonlight
    Principle: Absorption takes place at tissue level.
    Eg: Apamarg beeja.
14. **Paatana** [14]**:** Separation of adulterated things
    Eg: Parada Shodhan (Urdha, Adhoga & Tiryag Patana)
15. **Sinchan/Abhishek**[15] **:** Sprinkling liquid on red hot drugs to make the drug brittle **Eg:** Tamra shodhan
16. **Achushana (Absorption):** Oily content of certain toxic materials is minimized through different absorption means
    Principle: Absorption of toxic oily content
    Eg : Bhallataka

17. **Prithakkarana (Separation) :** Physical impurities are removed
    Principle: Impurities which need to be separated manually
    Eg: Abhraka

➢ **Media used for Shodhan** [16], [17]

1. Sneha Dravya
2. Amla Dravya
3. Kshar Dravya
4. Visha Dravya

Role of Sneha Dravya:

Different Tailas, Go ghrut, Go dugdha etc are used in the process. The rationality behind, is they bring Snigdhatva in shodhaniya dravya & make it soft which will be ready for further process.

Role of Amla Dravya:

Various amla vargeeya dravyas like Chincha, Amlaki, Kaanji etc used in the process. The rationality behind, is they bring brittleness by virtue of the organic acids present like ascorbic acid, tartaric acid, oxalic acid, citric acid, etc present in them which enable shodhaniya dravya fit for process of Maarana. Acids also possess antibacterial, antifungal, antioxidant and many other properties.

Role of Kshar Dravya:

Different Kshar Dravyas are used in the process. The rationality behind, is they bring more brittle ness and because of alkalinity help in corrosion of unwanted material from the desired product.

Role of Visha Dravya :

Various visha dravyas like Bhallataka, Vatsnabha having Teekshna, Sukshma, Ashu, Vyavayi, Vikasi Vishada gunas will be transformed into positive once purified, could serve as therapeutic remedies known as Rasaushadhi.

General contemplation of Shodhan

1. **Removing Impurities and Toxicity**:
   Raw materials, especially those derived from earth, often contain impurities and toxic substances. Shodhana eliminates these, making the substance fit for internal administration. This is principally important for metals and minerals, which may contain harmful compounds.
2. **Augmenting Healing Potency**:
   Shodhana not only purifies but also alters the drug's properties, potentially increasing its effectiveness and can make the drug more readily absorbed and utilized by the body. This may involve structural changes at a molecular level in pharmaceutical procedures leading to increased bioavailability.
3. **Preparing for Further Processing:**
   Shodhana is a preliminary step for processes like Jarana and Marana which are used to create complex medicinal forms of drugs like Bhasmas. By removing impurities and modifying the substance's properties both physically & chemically, Shodhana makes it suitable for these subsequent steps.
4. **Making the Substance Body-Friendly:**

   Many metals and minerals are inherently incompatible with the human body in their raw form. Shodhana aims to convert these substances into a form that is easily assimilated and utilized by the body's tissues and organs. The Nireendriya gunas in the drug needs to be transformed into Sendriya gunas to suit human beings.

5. **Addressing Doshic Imbalances**:

   Ayurveda observe disease as a result of dosha imbalance (both Shareerika & Manasik) Shodhana can help to correct these imbalances by modifying the drug's properties to align with the body's natural state.

   In essence, Shodhana in Rasashastra is a multi-faceted process that transforms raw materials into potent, safe and body-friendly medicinal substances through purification, property alteration, and preparation for further processing.

Discussion:

Rasa-Shastra is a branch of Ayurveda which deals with knowledge of alchemical and pharmaceutical processes and Shodhana, Marana, Jarana etc. The role of shodhan can be attributed as to neutralize the toxic properties and to make fit for further process. Without this key process, the desired effect in end product can't be expected.

Conclusion:

There are many groups of medicines like Maharasa, Uparasa, Lauhadi varga, Ratna varga, Visha varga etc in Rasa-shastra which possess different types of impurities in their crude form (Ashodhit form) which are harmful if administered without subjecting to Shodhan.

In fact along with Shodhana process, **Samskar** will also takes place which modifies the drug therapeutically a better version. The drug which has undergone the process of Shodhan has to be characterized as **Shodhit Dravya** because some dravyas if 100% pure, can't be administered.

It's injudicious to use drugs without suitable Shodhan karma. It's quintessential to understand the rationality behind the shodhan procedures adopted for different drugs to ensure efficacy & safety profile of Herbo - mineral drugs.

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