



# The concept of shodhan in Ras shastra

Dr Asif Momin, Dr Nishigandha Shinde

Associate professor

Dr. K D Shendge Ayurveda medical College & Hospital Omerga Maharashtra

The concept of Shodhana treatment was highly accepted by the pioneer of Rasashastra (8th Century A.D.) especially for the purification of Herbo mineral and Poisonous drugs. The purification treatments were basically meant to reduce the toxicity level to a body-sustainable limit. 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 Shodhana treatments include medium of acidic nature:

e.g. Lemon, Butter

-milk, Kanji)

alkaline nature :

e.g. Curnodaka

neutral nature : e.g water

These treatments are performed with

or without the help of heat given for a specified time. Before subjecting any Rasadravyas for its next stage Marana, the first and the foremost important step to be performed is Shodhana. Processing the substance along with the specific indicated Shodhana dravyas through the procedure like Peshana (trituration) etc. so as to remove the Malas from the substances, is called shodhan. Shodhana means removing of doshas and increased its potency .

## Types of Shodhana

Two types of Shodhana are described in our Rasagranthas

1. Samanya Shodhana
2. Vishesha Shodhana

**1. Samanya Shodhana:** It is used as general procedure for Shodhana of all drugs of a particular group, in other words these drugs should be purified individually through the same Shodhana procedure. With the help of Samanya Shodhana general impurities can be removed.

e.g., Samanya Shodhana of Dhatu varga.

**2. Vishesha Shodhana:** It is used as specific procedure for particular drug material individually, not for a group. After performing Samanya Shodhana, Vishesha Shodhana has to be applied for deriving some special Gunas i.e. qualities. Each drug of the Rasa varga may have different types of impurities. Which can differ from one to another and it may be removed by Vishesh Shodhana Other type of Shodhana is also mention

**Saagni Shodhana:** In this type of method we use fire or Agni for shodhana eg. Nirvapa, Dhalana, Bharjana, Puta, Swedana, Patana.

**Niraagni Shodhan:** In this type of method we do not use fire or Agni for shodhana eg. Bhavana, Prakshalana, Shoshana, Sinchana, Nimajjana, Gharshana.

**media used for Shodhana:**

The use of specific media for particular drugs has its own importance. There are so many different medias are mention in Rasa-shastra text books. Media has play a specific role in Shodhana, due to this we remove toxic impurities and make physical transformation. Importance of Shodhan Elimination of physical and chemical impurities, which are not desired

Fully eradication or minimization of toxicity of the material Transformation/Changing of the hard material in to soft and brittle material Induction/addition of desired qualities i.e. Gunavardhana Potentiating of therapeutic efficacy of the drug material to fit for internal use Conversion of the material in suitable form for further processing like Marana Leads to unique and suitable physio-chemical changes

For direct therapeutic uses in some cases after Shodhana to make heterogeneous material in to homogeneous material

**Changes During/After Shodhana Process**

Elimination of physical impurities: Some drugs are separated from insoluble physical impurities. Reduction in hardness: By repeated heating and quenching and other process hardness of the metals and minerals because less. Increase brittleness: By repeated heating and quenching in liquid media, cracks are seen on the surface of metals and minerals and these become brittle.

Reduction in particle sizes of materials

Elimination/reduction of chemical impurities

Formation of chemical compounds: Makshika when fried, sulphur is eliminated and iron and copper part convert into oxide form. So, after Shodhana formation of some chemical compounds take place.

Change into desired compound: During Shodhana of Tankana and Kankshi, water portion is evaporated and desired chemical compound is formed like crystalline to amorphous form. Increase its biological availability Potentiate its biological efficacy. helps in absorption, smoothness leads to nonirritability and all changes make the drugs body friendly.

Minerals basically are impure i.e., not fit for internal administration in crude form. They contain many impurities, toxins which may cause many untoward side effects in the body. In order to neutralize these toxins, the minerals are subjected to many purification measures in which physical & chemical impurities are removed and the drug is made safe for further processing to make it therapeutically fit.

rpud.com Nov-Dec 2017 Vol II, Issue 5

described. There are variations in medicinal substances, instruments and also duration. The process of shodhana to be adopted depends upon the material for which shodhana to be done. This depends upon the source of material, its chemical composition, impurities and its physical properties. By shodhana process many material changes are elicited both physically and chemically.

**DIFFERENT SHODHANA METHODS OF RASA SHASTRA**

**1)Abhisheka**

e.g Not in Common Practice

Effect: Removal of external impurities

**2)Bharjana**

e.g Gairika Shodhana

Effect: Removal of Moisture content

**3) Bhavana**

Sasyaka Shodhana

Reduction of particle size and also transfer of impurities from material to liquid media

**4) Dhalana**

e.g Gandhaka Shodhana

Effect: Separation of fat soluble impurities

**5) Galan**

e.g Gandhaka Shodhana

Effect: Separation of adulterants and heterogeneous substances

**6) Gharshana**

e.g Bhallataka Shodhana

Effect: Brings down the toxicity and also separation of outer covering

**7) Mardana**

e.g Kaseesa Shodhana

Effect: Reduction in particle size

**8) Murcchana**

e.g Parada Shodhana

Effect: Reduction in particle size

**9) Nimajjana / Stapanana**

e.g Vatsanabha Shodhana

Effect: Brings down the toxicity and Removal of outer covering

**10) Nirjalikarana**

e.g Kankshi Shodhana

Effect: Evaporation of water molecules

**11) Nirvapa / Nisheka /**

e.g Abhraka Shodhana

Effect: To brittleness & softness

**12) Pachana**

e.g Guggulu Shodhana

Effect: Reduction of stickiness & Softening the material

**13) Patana**

e.g Parada Shodhana

Effect: Removal of Lead & Tin



#### 14)Prakshalana

e.g Shilajith Shodhana

Effect:Removal of dust & Spurious material

#### 15)Pruthakikarana

e.g Guggulu Shodhana

Effect:Removal of adulterants and external impurities

#### 16)Putra

e.g Swarna Shodhana

Effect: To bring brittleness & softness

#### 17)Shoshana

e.g Karpasa Beeja Shodhana

Effect:Removal of Moisture content

#### 18)Sinchana

e.g Tamra Shodhana

Effect:To make the substance brittle

#### 19)Swedana

e.g Haratala Shodhana

Effect:Reduction of Toxicity, Removal of impurities and to soften

#### 20)Vilayana

e.g Shilajeet Shodhan

Effect: Removal of impurities

#### Discussion

Shodhana is the first samskara and it is necessary to understand the concept of shodhana properly. The literal meaning of Shodhana may signify purification. But when we analyze from the point of alchemy it carries some scientific meaning. The term Purification indicates the state of purity. May be the drug is free from spurious substance, but as far as Alchemy is concerned, it cannot be used as a therapeutic agent. Because the concept of Purification and the concept of Shodhana are entirely different .

#### Conclusion

Shodhana is a prerequisite for all Rasa dravyas. It is not only to remove the Physical or chemical impurities but also to

imbibe the properties of herbal drugs used in the process thereby increasing the potency of the drug. It also helps in the further processing of the drug i.e. marana. The shodhana process plays an important vital role in Ayurveda Rasa Shastra. It is not only a simple physical / chemical purification. It is a process of both addition and separation. Shodhana Apart

from removing the impurities shodhana

treatments of Rasa Shastra also impregnate organic materials and their properties in the inorganic drugs/ products to facilitate their utilization by the body tissue and organs. Hence, the concept of Shodhana (processing or purification) in Rasashastra is not merely a process of purification/detoxification but also a process resorted to enhance the

potency and efficacy of the drug. That's why the shodhana plays an important role in ras shastra

## Refrence

- 1) Satpute, Rasa Ratna Samucchaya  
English Translation, New Delhi,  
Chaukhambha Sanskrit Pratishthan, Reprint  
Edition, 2014.
- 2) Gulraj Sharma Mishra, Ayurveda  
Prakasha Hindi Commentary, Varanasi,  
Chaukhambha Bharati Academy, Reprint  
Edition, 2012.
- 3) Pandit Kashinath Shastry, Rasa  
Tarangini, New Delhi, Motilal Banarsidas,  
Reprint Edition 2014.
- 4) Sharma, R.K & Bhagawan Das, Charaka Samhita, Varanasi, Chaukhambha Sanskrit Series office, Edition 2001.
- 5) Pandit Kashinath Shastri, Rasa  
Tarangini, New Delhi, Motilal  
Banarsidas, Reprint Edition, 2014.  
Rasendra Chinamani Hindi Commentary, Varanasi, Chaukhambha  
Orientalia, Reprint  
Edition, 2011.
- 6) Dr. Vilas Dole and Dr. Prakash  
Paranjape, Text Book of Rasashastra,  
New Delhi, Chaukhamba Sanskrit  
Pratishthan, 2nd Edition, 2010.
7. P.C. Ray, Rasarnava, English Translation, New Bharateeya Book Corporation, 1  
st  
Edition, 2007
- 7) Acharya Somadeva, Rasendra  
Chudamani with Siddhi Priya Hindi  
Commentary, Varanasi, Chaukhambha  
Orientalia, 3rd  
Edition, 2004.
- 8) P.C. Ray, Rasarnava, English  
Translation,  
New Bharatiya Book  
Corporation, 1  
st Edition, 2007.
- 9) A.D. Satpute, Rasa Ratna Samucchaya  
English Translation, New Delhi,  
Chaukhambha Sanskrit Pratishthan, Reprint  
Edition, 2014.
- 10) Gulraj Sharma Mishra, Ayurveda  
Prakasha Hindi Commentary, Varanasi,  
Chaukhambha Bharati Academy, Reprint  
Edition, 2012.

11) Pandit Kashinath Shastry, Rasa  
Tarangini, New Delhi, Motilal Banarsidas,  
Reprint Edition 2014.

