

Review article

Concept of shodhana process in rasashastra

Deepak R. Patil¹, Shrikant S. Bagul^{2,*}

Professor & HOD¹, Associate Professor²

Department of Rasashastra & Bhaishajya Kalpana^{1,2}

¹Dadasaheb Surupsing Naik Ayurved College, Dhule, Maharashtra, India-424004

²Smt. KC Ajmera Ayurved Mahavidyalay, Deopur, Dhule, Maharashtra, India-424002

* **Corresponding Author:** Dr. Shrikant S. Bagul, **E-mail:** drshreekant.bagul@gmail.com

Article Received on: 16/02/2025 Accepted on: 01/06/2025 Published on: 30/06/2025

ABSTRACT:

The food or any drug which normal person can easily digest or assimilates, is not possible for the patients. According to the principles, all disease occurs due to Mandagni, it clearly shows the digestive power of Rugna is very much disturbed so the Rugna cannot digest the routine food substances also. Naturally this lowered digestive power lowers resistance power also. That is why while preparing drug, we must prepare a drug which will be easy for administration, easy for digestion, easy and quicker for absorption and drug action will be up to our expectation. So that it will be more beneficial to the patients. And all the processes which will make the drug ready with above properties comes under Shodhana and Marana, in which Shodhana is the first step to do.

KEY WORDS: food, rugna, digestive, shodhan, marana, drug etc.

INTRODUCTION:

In Ayurveda Shodhana has great importance. Some people consider pancadha Shodhana with Pancakarma but this is not correct. Shodhana includes Vamana, Virecana, Niruhabasti, Sirovirecana and Nasya. While portraying the importance of Suddhikarana. Acarya Caraka has told that 'Just as a cloth cannot be painted well unless it is thoroughly washed - similarly body must be internally purified in diseased condition before medication is given.

The raw drugs utilized for manufacturing of medicament must also be

subjected to purification. In Rasashastra where the raw material are utilized, they are mainly from ores, minerals and animal origin, Shodhana is unavoidable. The raw materials contain many undesired qualities which are deleterious to the body and which should be removed through Shodhana.

Aim & Objectives-

Aim – Concept of shodhan process in Rasashastra.

Objectives- Study the shodhan process as per Ayurveda books & collection of data on Ayurveda Review shodhan process.

MATERIALS & METHODS-

Materials-

Source of Data-

- Yoga Ratnakar

- Ayurveda Prakasha
- Sharangadhara Samhita
- Rasa Tarangini
- Dhallan Commentary

Methods:

- To compile available literature on shodhan process.
- To compile the importance of shodhan process in appearance of literary research study. In this articles all the references from Ayurveda Samhita and respective commentaries regarding shodhan process.

Ayurveda Literature Review -

The undesired qualities are as follows¹:

- Presence of toxic substance.
- Presence of visible or invisible impurities.
- Hardness of the substance.
- Presence of heterogenic qualities.
- Presence of adulterants.
- Presence of unwanted substance.

Types of impurities:

In modern chemistry, three types of impurities are described:

1. Physical impurity
2. Chemical impurity
3. Natural impurity

Definition -

Most of the raw material used in Rasasastra are obtained from the earth. So there is every chance of impurities, toxicity and unwanted qualities to large extent.

So, Shodhana is a combination of processes which removes unwanted part from the drug, which control the unwanted effect or toxic effect (if any in the drug) or

remove those effects and enhances the properties of drug which make the drug

suitable for desired action. It is not possible to describe Ayurvedic meaning of

Shodhana in single word because it converse so many meanings.

The meaning of Shodhana word as follows²-

- To cleanse
- To Distil
- To sort
- To peel
- To clarify
- To Dehydrate
- To stream
- To purify
- To filter
- To wash

Aim of Shodhana:

There are so many aims of Shodhana and is different from substance to

Substance, some of them are given below:

Drugs Aim of Shodhana³ -**Drug - Aim of Shodhan**

Bhallataka	- To make it 'Nirmala'
Kanksi	- To make it 'Nirjala'
Bhanga	- To make it 'Nirmada'
Gunja	- To make it 'Nirvisa'
Lasuna	- To reduce 'Ugrata'
Guggulu	- To reduce 'Stickiness'

Importance of Shodhana⁴ -

Without Shodhana Samskara, Rasasastra is handicapped as no medicament can be prepared without the prior removal of impurities. That is why Shodhana of every substance utilized in Rasasastra is described at the very beginning. Even common substance like alum when administered in impure form give rise to several disease and upon the administration of the same in purified form, they produce marvelous therapeutic results.

Poisons when used incautiously, readily spread throughout body and cause deleterious effect which may cause even death. This is due to the qualities of Visas like 'Vyavayi', 'Tiksna', 'Asu', etc. The cautious utilization of Visa in small quantity after proper purification acts as "Amrta" that is, it has very good clinical efficacy. Rasa Vagbhatta and Rasa Madhava have clearly mentioned the detrimental effects of impurities of Swarnadi Lohas. (R. R. S. and A. P.).

However, in Rasendra Cudamani and Rasa Prakasa Sudhakar it has been

mentioned that pure gold does not require to undergo Shodhana process. (R.C. and R.P.S.).

As told earlier Shodhana of Ayurveda does not literally means purification of modern chemistry. It means something more than mere purification. 'Sendriyatva' is brought about after Shodhana and this quality is of utmost importance for it is to be utilized internally as medicine. And that is why though now a days we are having 99.9% pure metals from the market, still they cannot be utilized without Shodhana. Shodhana is an essential process as far as ayurvedic pharmaceutical preparation is concerned.

Objective of Shodhana⁵ -

- To make metallic substance suitable for Marana (Incineration).
- To remove physical and chemical impurities.
- To make metals, minerals free from toxicity.
- Transformation of attributes.
- Regulation of physico-chemical attributes.

Type of Shodhana -

Shodhana can be classified into two types.

- Samanya Shodhana.
- Visista Shodhana.

1. Samanya Shodhana⁶ -

Samanya Shodhana is meant for the purification of common impurities found in a group (Varga). i.e. Maharasa, Uparas, Sadharanarasa or Sudha Varga etc. of substances. The common impurities are found in all the elements of that group and the removal of which is through Samanya Shodhana.

2. Visista Shodhana

In any group of substances, there are common impurities which are present in all the substances of the group. These are removed by Samanya Shodhana. However each substance of the group may have different types of impurities. These are the uncommon impurities which varies from substance to substance. Such uncommon impurities are peculiar to the substance, therefore special procedure and techniques are used for the removal of these impurities. This is called Visesa Shodhana. Thus after Samanya Shodhana, Visesa Shodhana is performed, This is called Visesa

Shodhana. Thus after Samanya Shodhana, Visesa Shodhana is performed, to remove the impurities peculiar to the substance which cannot be removed by Samanya Shodhana.

The various chemical and physical properties of the substance should have been understood by ancient Acaryas before selecting the Dravyas which would cause Visesa Shodhana. After Visesa Shodhana, there is considerable physical changes in the chemical structure of the substance under Shodhana such that it is rendered soft, fragile and suitable for incineration. Thus, both Samanya and Visesa Shodhana are essential for any pharmaceutical preparation and can not be avoided.

Method of Shodhana⁷:

Dhavana	- Washing
Nirmajjana	- To dip into liquids
Nirvapana	- Heating a metal and dip into liquids
Pacana	- Digestion by giving heat
Patana	- Distillation
Bhavana	- Trituration with liquids

Swedana - Heating by vapours or directly by liquids

Shodhana procedure⁸ -

According to procedure, Shodhana can be divided into following types:

1. Swedana
2. Patana
3. Nirvapa
4. Suryatapasthapana
5. Mardana
6. Dhatapa
7. Pralepa
8. Sosana
9. Murcchana
10. Avapa
11. Bharjana
12. Praksalan

Drugs used for Shodhana:

Sneha Varga	- Tail & Ghrita
Amla Varga	- Takra, Kanji, Nimbu & Amalaki
Kashaya Varga	- Goutra, Kulath, Kadalikanda & Saikshar
Katu Varga	- Nirgundi, Bhrungaraj & Haritaki
Tikta Varga	- Vasa Swarnakshira
Ksaya Varga	- Kanchanar & Bhibhitaki

In Rasarnava it is given that during purification of metal, Ksara dravyas are used for eliminating external impurities. Amla Rasa Dravyas are used to introduce "Prabodhana" in the metal, to irradiate inertia in the metal. Visa Dravyas and Sneha Dravyas are used to produce softness in the metal.

RESULTS & DISCUSSION:

Shodhana was that much important since ages that, a complete detail of the characteristics of the impure substance is given. How the impurities are removed is

also described fully. The effect on body of the pure form of the substance is also described to the fullest extent. So in this way a Rasasastris can never fail in his endeavor of Shodhana.

CONCLUSION:

In the conceptual part of Shodhana, detail description of Shodhana including definition, undesired qualities, types of impurities, importance of Shodhana, Aims of Shodhana, Types of Shodhana, various procedures of Shodhana, different Shodhana dravyas, Shodhana yantras and finally Sudhasudha pariksa have been described.

REFERENCES:

- [1] Ayurveda Prakasa, Acarya sri Madhava edited with the Arthavidyotani and Arthaprakasini comm. by Shri Gulraj Sharma Mishra, Edi. 4th 1994, Chaukhambha Bharati Academy, Varanasi.
- [2] Ayurvediya Rasasastra by Dr. Siddhinandana Mishra, Edi. 8th 1998, Chaukhambha Orientalia, Varanasi.
- [3] Bhaisaja Samhita.
- [4] Bharat Bhaisajya Ratnakara Vol. I to II compiled by Vaidya Nagin Das Chhagan Lal Shah with Bhavaprakasika commentary in Hindi by Vaidya Gopinath Bhisha gratna and others. Edi. 1995, Pub. B. Jain publishers (p) Ltd., Delhi.
- [5] Bharatiya Rasasastra by Bapalala Vaidya Edi. 3rd 1972, Sarasvati Pustaka Bhandara.
- [6] Bhava Prakasa I & II of Bhava Misra with Vidyotini Hindi comm. by Sri Ruplalaji Vaisna Edi. 7th 1990, Pub. Chaukhambha Sanskrit Sansthan, Varanasi.
- [7] Chakradatta edit with Vaidyaprabha by Dr. Indradeva Tripathi, Edi. 3rd 1997, Pub. Chaukhambha Sanskrit Sansthan, Varanasi.
- [8] Caraka Samhita Vidyotini Hindi comm. by Pandit Kasinatha Sastri and Dr. Gorakanata Chaturvedi, Edi. 21st 1995, pub. Chaukhambha Bharati Academy, Varanasi.
- [9] E- Journals

Cite this article as:

Deepak R. Patil, Shrikant S. Bagul, Concept of shodhana process in rasashatra, ADJIM 2024; 9(2), p. 17-19.