

**CONCEPT OF SHODHAN [PURIFICATION PROCESS]****Morbale Mangal Sunil<sup>1</sup>, Herwade Ajitkumar Shantinath<sup>2</sup>**<sup>1</sup>MD Ayurved, Rasashastra, PG Director & Reader; <sup>2</sup>MD Ayurved Drvyaguna, Reader; Late Kedari Redekar Ayurved Mahavidyalaya and Postgraduation Research Centre, Gadhinglaj, Gadhinglaj, Kolhapur, Maharashtra, India**ABSTRACT**

**Introduction:** Before preparation of Herbo-mineral combination purification of metallic substances is necessary to reduce the concentration of chemicals. It is essential because higher concentrated chemical may cause adverse effect on human body. So these chemicals should be neutralized to its normal pharmacological actions. So this *shodhan* concept very important, **Aims and Objective:** To understand various *shodhan* process and its pharmaceutical actions. **Types of Shodhan:** *Samanya shodhan* and *vishesh shodhan*. **Conclusion:** Without *shodhan* we cannot use any drug in medicine. That's why *shodhan* is very essential in *Ayurvedic* Herb-omineral preparation. For efficacy & safety of drug proper *shodhan* is very important.

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

**INTRODUCTION**

In *Rasashastra* & *B.K.* while preparing medicines *Shodhana* and *Maran* has much more importance. Both processes which are considered highly necessary for converting the metals, sub-metals & minerals into the suitable form which they could be administered internally for achieving their therapeutic values<sup>1</sup>. Without subjecting to the *shodhana* processes the drugs of mineral & plant origin could not be used internally<sup>2</sup>. And if at all used they are likely to produce various harmful or toxic effects in the body<sup>3</sup> Hence in *Rasashastra* & *Bhaishajyakalpana shodhana* process plays very important role while preparing medicine.

**NIRUKTI:** Means 1) Cleaning 2) Purifying *Nama* - Cleaning, Purifying

**DEFINITION OF SHODHAN**

To remove the impurities of drug for that *Peshanadi* means *Mardana*, *Kshalana*, *Nirvapanadi karma's* are done that are

called *Shodhana*. To remove the *dosha* (impurities) of *dravya* (medicinal substances) is called *Shodhana*

It is type of *chikitsa* (*treatment*). Removal of *Doshas* from Body

**According to Ayurved Aushudikaran**

*Shodhana* means only separation of additional drugs. It depends upon structure of *dravya*, ingredients, impurities, properties & some kind of chemical change also. *Shodhana* is combinations of processes which removes unwanted material from the drug & controls toxic effect then enhance the properties of drug. While considering the *shodhana* process the substance which has to be purified is called as *Shudhidravya/shodhya dravya*. And the substance with which it is treated for purification called *Shodhana dravya*.

**NEED OF SHODHAN:** By *Shodhana* process which changes are taking place are not mentioned in our *Rasagran-*

thas but without *Shodhana* toxic effects are commonly seen.

The undesired properties are as follows-

1. Presence of visible & invisible impurities
2. Hardness
3. Presence of heterogeneous substances

Drug	Procedure	Purpose
<i>Tankan</i>	Frying	To reduce Intensity of astringent test
<i>Kampillak</i>	<i>Prakshalan (washing)</i>	To remove dust & make free from insect
<i>Rason</i>	<i>Nimmajjun (dipping)</i>	To reduce <i>Tikshantva (sharpness)</i>

### Objectives

1. To enhance the efficacy of drug.
2. Removal of impurities.
3. Making qualitative availability of drug for *Maran* process

### TYPES OF SHODHAN

Mainly two types i.e. *Samanya* & *Vishesh shodhan*.

1. ***Samanya (General)***: It is generally applied for the drugs which are come into one category like *Maharasa, Uparasa, Ratna, Dhatu*. The drugs of

### Diff Procedures & its Pharmaceutical action

Table: 2

Sr. No.	Procedures	Meaning	Pharmaceutical Action	Example
1	<i>Svedana</i>	Vaporizations of raw drugs in certain liquid materials.	Brittleness occurs by removing external impurities.	Hartal in <i>Kushmand swaras</i> .
2	<i>Mardana</i>	Trachuration with <i>Swarasa, Kashay, Godugdha, Gomutra</i>	Particle size of drug becomes senergic additives which causes an agonistic effect	<i>Jambir Swaras</i> used to triturate <i>tamra patra</i> .
3	<i>Murchana</i>	Trachuration up to fine disintegration	Particle size reduces.	<i>Parad</i> by <i>Adrak swaras</i> .
4	<i>Patan (To Distil)</i>	By giving heat to substances so that it vaporizes & the extract is collected	Separation of adulterants causes purified medicine.	Extraction of <i>Parad</i> from <i>Hingu</i>

4. Presence of toxic substances

### AIMS AND OBJECTIVES

**Aim:** There are different aims of *Shodhana* & it varies from drug to drug. Some of them are as follows

Table: 1

one group having some similar types of impurities. So that with the help of *Samanya shodhana* general impurities can be removed. E.g. *Dhatu- Samanya Shodhan*.

2. ***Vishesh (Specific)***: It is specifically applied for the drugs which contain high concentrated chemicals. Each drug of the group may have different types of impurities. Which are vary from substances to substances & are removed by *Vishesh Shodhana*.

5	<i>Aavap/Dhalan</i>	Melting solid raw drug and dipping in cold liquid.	Separation of adulterants & reducing brittleness	<i>Gandhak</i> in <i>Godugdha</i>
6	<i>Nirvap</i>	Heating solid drug & dipping into cold liquid	Reduces brittleness.	<i>Abhrak</i> in <i>Triphala quath</i>
7	<i>Galan</i>	Filtration	Separation of adulterants & heterogeneous particles.	Any filtrate after filtration.
8	<i>Prakshalan</i>	To clean or proper washing	Removes dust particles & insects	<i>Satavari</i> roots washing with water.
9	<i>Nimjjan</i> (dipping)	Keeping raw drug in certain liquid for certain time.	Chemical Changes from higher concentration to lower concentration takes place.	<i>Vastnabha</i> in <i>godugdha</i> - <i>Gomutra</i>
10	<i>Bharjan</i>	To fry / to dehydrate	Unwanted part evaporates	<i>Kankshi</i>
11	<i>Sanyog</i>	Addition of drug into another drug	Mininises toxicity or works as antidote.	<i>Tankan</i> in <i>Vastanabha</i>
12	<i>Vibhag</i>	Separation of unwanted part	Minimizes the <i>Tikshanata</i>	<i>Rasankur</i> in <i>Rasun</i>
13	<i>Pachan</i>	<i>Shodhya Dravya</i> Immersed in <i>Shodhana Dravya</i> and keep- ing on fire.	Softness occurs and Stickiness reduces due to this process.	<i>Guggulu</i> in <i>Gudugdha</i> / <i>Triphala Kwath</i>
14	<i>Shoshan</i>	Drying in sun- light/moonlights	Absorption takes place at tissue level.	<i>Apamary bija.</i>
15	<i>Sinchan</i>	Sprinkling liquid on hot rat drugs	Brittleness reduces.	<i>Tamra shodhan</i>
16	<i>Sthapan</i>	Keeping <i>dravya</i> in stable condition	<i>Kalgunvradhi</i> (in- creases quality of drug)	<i>Puran gruth</i> , <i>Puran guda</i> , <i>Puran Guggulu</i>
17	To Peel	To remove Skin	Separates unwanted Part	<i>Ginger</i>
18	To dehusk	Remove husk from from grains	Separates unwanted Part	<i>Shali dhanya</i>

### IMPORTANCE:

In *Rasashastra* & *B.K. shodhana* process has much more importance. It means physical & chemical purification to make the *dravya satmya shodhana* (ac-

ceptable purified drug) process plays very important role. Every substance composed of 5 elements, difference is in their propo- tion.

**Table: 3**

Basic elements	Properties	Example
<i>Akash</i>	<i>Vivardhan</i> - Increase in volume	<i>Kankshi</i>
<i>Vayu</i>	<i>Ruksha</i> - Increase roughness	<i>Shankha</i>
<i>Agni</i>	<i>Teja</i> -luster	<i>Kapardika</i>
<i>Aap</i>	<i>Ksara</i> -Ksariyata	<i>Rason</i>
<i>Prithvi</i>	<i>Gandha</i> - change in intensity of smell	<i>Hingu</i>

**NEED AND SCOPE:** In *Rasagranthas* variety of *Shodhan* methods for a substance are described. There are variations in medicinal substances, instruments, time. It is due to time period, in availability of medicinal drugs. Research methodology can help to establish exact indications to select particular procedure & role of particular medicinal drug. Research also help to establish effect of advanced instruments used changes in a substance before & after *shodhan* can be assessed by physical & chemical test.

### DISCUSSION

As we seen description about *Shodhan* process and its types, purification of metallic substances is necessary to reduce Intensity of concentrated chemical constituents. Here is description of pharmaceutical actions according types of purification; its new thing has been discussed in this article. Also need and scope of *Shodhan* is discussed is very important. As per Aims and Objectives we seen the purposes of *shodhan* process in Table no.1. For each drug *shodhan* process changes which is depending upon its source, procurement process, storage process as well as its self-natural appearance. According to Table no.2 we are discussing about pharmaceutical Actions could be improved by respective *shodhan* process.

According to Table no. 3 Importance of purification is discussed, Ayurvedic drug action is depending upon its 5 basic elements and by *shodhan* process qualities of these 5 elements goes on increasing.

### CONCLUSION

Without *Shodhan* we cannot use any drug in Ayurvedic formulations. That's why *Shodhana* is very essential in Ayurvedic Herbo-mineral preparation. For efficacy & safety of drug proper *Shodhana* is very important. As we discussed above how *shodhan* process is important, according to nature of collection, its structure, its chemical constituents to enhance pharmaceutical actions. Also by *shodhan* process we can improve qualities of basic elements of drug to exert its good effect.

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*Source of support: Nil*

*Conflict of interest: None Declared*