



CONCEPT OF SHODHANA - A REVIEW

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ARTICLE INFO

Article History:

Received 5th March, 2017

Received in revised form 10th

April, 2017

Accepted 4th May, 2017

Published online 28th June, 2017

Key words:

Shodhana, putrifacion

ABSTRACT

Ayurveda, the science of life is being practiced by *Aryans* from *Vedic* period. *Kalpana* is the process through which a substance can be transformed in to the form of medicine according to the need. *Samskaras* are to be done for potentiating the drug or the formulation. Among all these pharmaceutical processes *Shodhana* is one of them. For a single drug many process of *Shodhana* have been mentioned. *Shodhana* is a process of purification and detoxification by which physical and chemical blemishes and toxic materials are eliminated and substances are subjected for further processing. *Shodhana process* is very important in conversion of raw materials to the form of effective drug. After the *Shodhana* process the drugs - physical, chemical and biological changes take place, which are required for proper therapeutic action of the end product.

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INTRODUCTION

Definition of Shodhana

The process which eliminates the blemishes from substances is called *Shodhana*. According to *Rasatarangini*¹ it is the process intended for elimination of impurities from substances by various procedures like *Mardana*, *Swedana*, *Nirvapa* etc. This makes the substance nontoxic, easily absorbable, assumable and more effective therapeutically.

Concept of Shodhana

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 main objective of *Shodhana* process is to increase the biological efficacy of the drug.

Classical Definition

Shodhana is a process of separation by which physical and chemical impurities get separated from the substances by treatment with various drugs²

It is a process by which blemishes are separated from the substance by various processing like grinding, etc. with specific drugs³

Shodhana is a process of removal of impurities from substances by means of pharmaceutical processing of *Swedana*, *Mardana* etc. with particular drugs⁴

Different Meanings of Shodhana

- The act of cleaning, purifying, refining, purgative. (*Manu's Lawbook, Mahabharata, Sushruta*)
- The act of correcting, improving. (*Katyayana Srautasutra*)
- Clearing up, sifting, investigation, examination, correction. (*Yadnyavalkya, Kamandakiya Neetisara*)
- Justifying, Exculpating (*Ramayana*)
- Refining (as of metals for chemical or medicinal purposes) or payment, aittance. (*Wilson*)
- Expiation, retaliation, punishment. (*Monier Williams Dictionary*)

Modified Definition

Shodhana is a process of purification and detoxification by which physical and chemical blemishes and toxic materials are eliminated and substances are subjected for further processing.

Some kind of changes may also take place apart from these, which may be beneficial for therapeutic purposes.

Objectives

1. Elimination of physical and chemical impurities, which are not desired.
2. Eradication or minimization of toxicity of the material.

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3. Transformation of the hard and non-homogeneous material to soft, brittle, ductile and homogeneous material.
4. Induction of desired qualities.
5. Potentiation of therapeutic efficacy of the drug material.
6. Conversion of the material in suitable form for further processing.
7. Leads to unique and suitable physico-chemical changes.
8. For direct therapeutic uses in some cases.

In the context of *Guggulu Shodhana*, different methods and *Shodhana* media are given in classical text.

Table 1 Different *Guggulu Shodhana* methods in various classics^{1,2,3}

Sr. No.	Procedure	References	Method
1.	Dissolve in liquid and filtering	<ul style="list-style-type: none"> • Ras Ratnakara, Rasakhanda, 10th, Upadesh /78 • Rasendra Sara Sangraha-1/402 • Harita Samhita, Kalpastana-5/9, • Gada Nigraha, Rasayana, <i>Guggulu</i> • Kalpa/253, • Bruhat Nighantu Ratnakara, Gunadoshaprakarana /73 • Brihata Rasa Raja Sundar, Madhya Khanda/Shilajita Prakarana, • Ras Tarangini 24/579-580 • Brihata Rasa Raj Sundar, Madhyam Khanda / Shilajita Prakarana 	After heating liquid media, <i>Guggulu</i> is dissolved in it, strain it and after filtering, dried it in hot sun. (<i>Chanda Aatapa</i>). After that mixed it with Ghrita and make mass.
2.	<i>Swedana</i> (boiling in liquid)	<ul style="list-style-type: none"> • Ras Tarangini 24/579-580 • Brihata Rasa Raj Sundar, Madhyam Khanda / Shilajita Prakarana 	<i>Guggulu</i> tied in a cloth, made Pottali form and swing in the prescribed liquid and boiled until the maximum part of <i>Guggulu</i> come in liquid media. After cooling of liquid media, separate the sediment part on bottom of vessel and dried it.
3.	<i>Swedana</i> and frying in <i>Grita</i>	Anandakanda, 15 th Ullasa,307	<i>Guggulu</i> is cut in small pieces, fried in <i>Goghrita</i> and kept in Dolayantra in the prescribed liquid; <i>Guggulu</i> is taken out and dried.
4.	Dipping in <i>Grita</i>	Dipika Tika on Sharangadhara Samhita, Madyama Khanda 7/70-81	<i>Guggulu</i> dipped in Ghrita for 7 nights.

Table 2 Media used for *Guggulu Shodhana*

Sr. No.	Media	References
1.	Guduchi Kwatha	<ul style="list-style-type: none"> • Rasendra Sar Sangraha 1/402 • Ayurveda Sara Sangraha P. 237
2.	Triphala Kwatha	<ul style="list-style-type: none"> • Rasendra Sar Sangraha 1/402 • Ayurveda Sar Sangraha P. 237 • A.F.I. 1st Edition P. 55
3.	Godugdha	<ul style="list-style-type: none"> • Rasendra Sar Sangraha 1/402 • Ras Tarangini – 24/579-580 • A.F.I. 1st Edition
4.	Pancha Tikta Kwatha	<ul style="list-style-type: none"> • Ananda Kanda Prathamollasa 322-323
5.	Dasha Mula Kwatha	<ul style="list-style-type: none"> • Ras Ratnakar Upa 10
6.	Nimba Patra Kwatha with Haridra Churna	<ul style="list-style-type: none"> • As. Hridaya Kosh P. 190 • As. Hridaya Kosh P. 190
7.	Gomutra	<ul style="list-style-type: none"> • Vaidya Yoga Ratnavali • A.F.I. 1st Edition • Brihat Rasaraj Sundara, Madhyam Khanda, Shilajatu Prakarana
8.	Vasa Patra Swarasa	<ul style="list-style-type: none"> • A.F.I. 1st Edition
9.	Vasa Patra Kwatha	<ul style="list-style-type: none"> • A.F.I. 1st Edition
10.	Nirgundi Patra Swarasa with Haridra Churna	<ul style="list-style-type: none"> • A.F.I. 1st Edition
11.	Water	<ul style="list-style-type: none"> • Bheshajya Samhita, Shodhana Prakarana • Aanada Kanda,153 Ullasa/305-312
12.	Goghrita	<ul style="list-style-type: none"> • Dipika Tika On Sharangadhara Samhita, Madhyama Khanda 7/70-81
13.	Asthishrinkhala Swarasa	<ul style="list-style-type: none"> • Bhayogasadara, (645) Vranantaka <i>Guggulu</i>/ 3115-3119
14.	Vataraktahara Dravya Kwatha	<ul style="list-style-type: none"> • Gudharthadipika Tika On Sharangadhara Samhita, Madhyama Khanda 7/70-81

Different Liquid Media Prescribed For Shodhana

As the different techniques are described for the *Shodhana* of *Guggulu*, likewise various liquid media are also prescribed for the purification of *Guggulu*.

DISCUSSION

Shodhana is a process of separation by which physical and chemical impurities get separated from the substances by treatment with various drugs²

It is a process by which blemishes are separated from the substance by various processing like grinding, etc. with specific drugs³

Shodhana is a process of removal of impurities from substances by means of pharmaceutical processing of *Swedana*, *Mardana* etc. with particular drugs⁴

CONCLUSION

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 main objective of *Shodhana* process is to increase the biological efficacy of the drug.

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How to cite this article:

Bandeppa Sangolgi *et al* (2017) ' Concept Of Shodhana - A Review', *International Journal of Current Advanced Research*, 06(06), pp. 4037-4039.DOI: <http://dx.doi.org/10.24327/ijcar.2017.4039.0424>
