



REVIEW ARTICLE OF GANDHAKA SHODHANA

Dubey Swati^{1*}, Jain Shubham², Kumar Anil³, Ekka Deepak⁴ and Parhate Saroj⁵

^{1,2,3}M. D. Scholar Dpt. of Rasashastra and Bhaishajya Kalpana.

⁴M. D. Scholar Dpt. of Kayachikitsa.

⁵Proff. and H.O.D. Dpt of Rasashastra and Bhaishajya Kalpana Govt. Ayurveda College, Raipur (C.G.).

***Corresponding Author: Dubey Swati**

M. D. Scholar Dpt. of Rasashastra and Bhaishajya Kalpana

Article Received on 15/09/2017

Article Revised on 05/10/2017

Article Accepted on 25/10/2017

ABSTRACT

Rasashastra treatise describes Shodhana procedures for minerals, metals & other poisonous substance. Gandhaka is the first mineral drug in Uparasa varga described in many classical texts. Different conventional methods illustrated for Gandhaka Shodhana. Gandhaka is one of the drugs used in many pharmaceutical procedures in Ayurveda. Raw Gandhaka has physical & chemical impurities which need to be eliminated before using in further processes. This article is fetch to knowledge of literary review of different methods of Gandhaka Shodhana in classical text of Rasashastra.

KEYWORDS: *Shodhana, Gandhaka, Uparasa, Pharmaceutical procedure.*

INTRODUCTION

Gandhaka is the first mineral drug in Uparasa varga. Due to its pungent odour it is known as Gandhaka or it exhibit severe smell. Gandhaka stand next to the Parada (Mercury). It is essential substance for many important procedures. In Rasashastra with the presence of Gandhaka, Parada becomes therapeutically safe and more potent and it is used to reduce the toxicity of Parada. Ashuddha Gandhaka possesses two types of mala i.e. Shila churna (Stony particles or Apadravyas) & Visha (Haratala, Manahshila etc).^[1] If Ashodhita Gandhaka is taken internally, it produces many undesirable effects and disorders in the body. It causes skin disease, increasing body temperature, giddiness, pittaja vikara. It adversely affects the body radiance overall health and virility.^[2] Therefore apposite purification of Gandhaka becomes most essential before using it for therapeutic purposes. In present paper Shodhana process were discussed in relation to Gandhaka(Sulphur) which is used in different pharmaceutical procedure.

CONCEPT OF SHODHANA

In Ayurveda, various pharmaceutical processes which converts any drug therapeutically very effective is termed as Shodhana. According to Acharya Charaka (1000-1500 years BC) 'Saucha'(Shuddhi Karana)^[3] is described as one of the fundamentals considered necessary for 'Gunataradhana' (alteration/ addition of properties). This concept was further developed at the

time of development in Rasashastra (i.e. from 8th cent. AD & onwards).

In the case of Shodhana process drugs from different origin are subjected to various pharmaceutical procedure i.e. Swedana^[4] (Boiling under liquid media), Dalana^[5] (Melting & quenching), Prakshalana (Washing), Bharjana (Frying), Shoshana (Drying) etc. This process which turn to remove physical, chemical, soluble, evaporable, washable & any other impurities or minimise the toxic effects of the drug. For this procedure drugs are treated with acidic/ alkaline/ vegetable extractive or juice/ oil etc. In pharmaceutical point shodhana processes facilitate purified material for further process i.e. Marna/ Satvapataana etc.

Table No 1: Gandhaka Shodhana by Dhalana Method.

| S.N. | Reference | Types of media For liqification | Types of media For dhalana | Duration |
|------|---|--|---|------------------|
| 1. | Rasarnava Tantra (7/68) | Karanj Taila & Aranda Taila | Dhalana in Ajudugdha & Dhatura swarasa | 3 times |
| 2. | Rasarnava Tantra (7/68) | Ghrita & Agni with Badara kashtha | Dhalana in Bhringaraja swarasa | - |
| 3. | R.Chu.(11/8-10) | Ghrita | Dhalana in Godugdha | Ghatika (3hours) |
| 4. | R.Chu.(11/11) | Ghrita | Dhalana in Bhringaraja swarasa | - |
| 5. | R.R.S.(3/20) | Ghrita | Dhalana in Godugdha | Ghatika (3hours) |
| 6. | R.R.(3/69) | Ghrita Melted in Louha patra | Dhalana in Ajudugdha | 7 times |
| 7. | R.R.(3/676) | Ghrita Melted in Louha patra | Dhalana in Bhringaraja swarasa | - |
| 8. | R.Chi.(5/4-5) | Ghrita Melted in Louha patra | Dhalana in Godugdha | - |
| 9. | R.Mjr(3/11-12) | Ghrita | Dhalana in Godugdha | - |
| 10. | RasayanaSara (Parada prakarana 71-73) | Ghrita | Dhalana in Takra (3/5/7 times) | 3/5/7 times |
| 11. | RasayanaSara (Parada prakarana 97) | Ghrita (1/4 th quantity) | Dhalana in Palandu Swarasa (50times) | 50times |
| 12. | R.S.S.(1/127-128) | | | |
| 13. | A.P.(2/21-24) | Ghrita (Equal quantity) | Dhalana in Godugdha | 3times |
| 14. | A.P.(2/30-31) | - | Dhalana in Bhringaraja Swarasa | 7times |
| 15. | B.R.R.S. | Ghrita | Dhalana in Godugdha | Ghatika (3hours) |
| 16. | B.R.R.S. | Ghrita Melted in Louha patra | Dhalana in Bhringaraja Swarasa or Kanji | 7times |
| 17. | R.T.(8/7-12) | Ghrita (Equal quantity) | Dhalana in Godugdha | 3times |
| 18. | R.T.(8/18-20) | Sarshapa Taila Kusumbha Tiala | Dhalana in Godugdha | |
| 19. | R.T.(8/21-22) | Media is not mentioned Melted in Louha patra | Dhalana in Bhringaraja Swarasa | 7times |
| 20. | R.J.N. vol. II(2 nd chapter) | Ghrita | Dhalana in Godugdha | Ghatika (3hours) |
| 21. | R.J.N. vol. II(2 nd chapter) | - | Dhalana in Bhringaraja Swarasa | - |
| 22. | Rasamritam (Rasvigyanaya Adhyay) | Ghrita Melted in Louha patra | Dhalana in Bhringaraja Swarasa | - |
| 23. | A.K.(13/19) | Ghrita Melted in Kanta patra | Dhalana in Ajudugdha | - |
| 24. | A.K.(13/24) | Ghrita Melted in Kanta patra | Dhalana in Bhringaraja Swarasa | - |

Table No 2: Gandhaka Shodhana by Bhavana Method.

| S.N. | Reference | Media for bhavana | Duration |
|------|---|--|----------------------|
| 1. | RasarnavaTantra (7/68) | Powder of Jvalini seed and matasya pitta | - |
| 2. | RasarnavaTantra (7/69-71) | Bhringaraja swarasa | 7days |
| 3. | RasarnavaTantra (7/72-73) | Godugdha, Adraka, Bhringaraja, Nimbuswarasa | 7times |
| 4. | R.R.(3/68) | Nimba & Ajgandha Swarasa and Shringi, Dhatura, Tilparni, Mashparni, Kodrava Kwatha | 1 yama |
| 5. | R.R.(3/74-75) | Matsya pitta & Bhringaraja swarasa (Added Koshataki bija churna in Powder of Gandhaka) | 7times |
| 6. | R.Chi.(5/6) | Gandhaka & ¼ Tankana, Matulunga-swarasa & Eranda taila in sunrays. | - |
| 7. | R.Sar (1/69) | Bhringaraja swarasa | 7days |
| 8. | R.J.N. vol. II(2 nd chapter) | 1/4Tankana, Matulunga-swarasa&Eranda taila in sunrays. | - |
| 9. | Rasamritam (Rasvigyanaya Adhyay) | Bhringaraja swarasa | 3 OR 7 Days |
| 10. | A.K.(13/17-18) | Vrihati,Ajmoda-kwatha,Bhringaraja swarasa, Dhatura patraswarasa & Tilparni swarasa | 1day (For each drug) |
| 11. | A.K.(13/22-24) | Matsyapitta/ Jalini bija churna/ Bhringaraja Swarasa | 7days |

Table No 3: Gandhaka Shodhana by Swedana Method.

| S.N. | Reference | Media for swedana | Duration |
|------|---------------|-------------------------|-----------|
| 1. | R.R.S.(3/20) | Godugdha | 1 Ghatika |
| 2. | R.R.S.(3/23) | Bhringaraja swarasa | 7 times |
| 3. | R.Chu.(11/11) | Bhringaraja swarasa | 7 times |
| 4. | R.Mjr.(3/10) | Godugdha in Dola yantra | - |

Table No 4: Gandhaka Shodhana by Liquefaction Method.

| S.N. | Reference | Media | Quantity of gandhaka | Time duration |
|------|-------------------------------|---|----------------------|---------------|
| 1. | R.Sar.(Parada prakarana)82-84 | Bhllataka taila, Triphala kwatha, Guduchi swarasa | 5 times | - |

Table No 5: Gandhaka Shodhana by Kurmaputa Method.

| S.N. | Reference | Vidhi | Media | Duration |
|------|---|------------------|--------------------------------|-----------|
| 1. | R.Chu.(11/12-3) | Kurma Puta Vidhi | Godugdha OR Ghrita yukta Kanji | - |
| 2. | R.P.S.(6/14-14) | Kurma Puta Vidhi | Godugdha | - |
| 3. | R.R.S.(3/24-25) | Kurma Puta Vidhi | Godugdha | 100 times |
| 4. | R.Chi.(5/2) | Kurma Puta Vidhi | Godugdha | - |
| 5. | R.Mjr.(3/8-9) | Kurma Puta Vidhi | Ghrita yukta Godugdha | - |
| 6. | R.T.(8/13-17) | Kurma Puta Vidhi | Godugdha (½ Ghata) | 1time |
| 7. | R.J.N. vol. II(2 nd chapter) | Kurma Puta Vidhi | Godugdha OR Ghrita yukta Kanji | - |
| 8. | A.P.(2/19) | Kurma Puta Vidhi | Godugdha OR Ghrita yukta Kanji | - |
| 9. | A.P.(2/26-29) | Kurma Puta Vidhi | Godugdha | - |
| 10. | Basavarajiyam(25) | Kurma Puta Vidhi | Ghrita yukta Godugdha | - |
| 11. | A.K.(13/19-21) | Kurma Puta Vidhi | Godugdha Ghrita yukta | - |

Table No 6: Gandhaka Shodhana by Patna Method.

| S.N. | Reference | Vidhi | Quantity of gandhaka | Time duration |
|------|---------------|---------------------|----------------------|-----------------|
| 1. | R.T.(8/23-25) | Patna(Damru Yantra) | 4 Pala(192gm) | 4Yama (12hours) |

Table No. 7: Gandhaka Shodhana by Prakshalana Method.

| S.N. | Reference | Media |
|------|---|----------------------|
| 1. | R.Chi.(5/1) | Jambir Nimbu Swarasa |
| 2. | R.J.N. vol. II(2 nd chapter) | Jambir Nimbu Swarasa |

RESULT AND DISSCUSSION

In Ayurvedic Rasagrantha different reference, procedure, media, equipments are found for the purpose of Gandhaka shodhana, But their exact role in Shodhana processes are not clearly mentioned.

In above mentioned different procedure of Gandhaka Shodhana, maximum Acharyas have mentioned Dhalana process. Pharmaceutical action of this process to increase brittleness & separation of adulterants. For example Godugdha was taken for utmost dhalana process, because it act as a Prativisha (antidote) for Gandhaka vikara and also the guna and rasa of Godugdha are Mridu, Shita, Madhura respectively which hind the Ushna, Tikshna guna of Gandhaka and helps to remove lipid solule impurities.

In Bhavana method different media (i.e. Bhringaraja swarasa, Dhatura patra swarasa) from different sources were used and posses different physical, chemical and therapeutic properties and thus may influence the nature of final product. It acts as detoxifying agent and organic component of liquid media are transferred to the material to make organo- mineral compound, which are

favourable to the body. This process also reduces & scatters the particle of material and thus revealing maximum of the material to the purified media.

In some case heat treatment is given with or without liquid media in specific equipment so as to remove their volatile or thermostable impurities. In the presence of liquid media (Swedana process) pharmaceutical action is to occur brittleness by removing external impurities.

CONCLUSION

Gandhaka Shodhana is an important pharmaceutical procedure in Indian Alchemy and therapeutic purpose both. The subject matter of the article is resolute on practical applicability, easiness in performance and substitute technique for experimentation. Author had considered failure, complexities in experiments and accessibility of drug importance of the subject stuff in view of its practical utility. The article if elaborate appropriately had possible to change many concept of science in present practice.

ABBREVIATIONS

| | |
|--------|-------------------------|
| A.K. | - Ananda Kanda |
| A.P. | - AyurvedaPrakasha |
| R.H.T. | - Rasa HridayaTantra |
| R.T. | - Rasa Tarangini |
| R.R.S. | - Rasa RatnaSamucchaya |
| R.J.N. | - RasJalNidhi |
| R.Chi. | - RasChintamani |
| R.S.S. | - Rasendra Sar Sangraha |
| R.Chu. | - RasendraChudamani |
| R.P.S. | - Rasa PrakashaSudhakar |
| R.Chi. | - RasendraChintamani |
| R.Mjr. | - Rasa Manjiri |
| R.K. | - RasaKaumudi |
| R.Sar | - Rasayan Sar |

REFERENCE

1. Mookerjee Bhudeb, Rasa Jala Nidhi, Chaukhambha Publishers, 2nd chapter, Page no -131-132.
2. Sharma G, Ayurveda Prakasha of Shree Madhava Upadhyay, Chaukhambha Bharati Academy Varanasi, Reprint 2014, 2nd Chapter, Ver-20, Page no-261.
3. Shastri K, Charaka Samhita, Purvardha, Chaukhambha Bharati academy Varanasi, Reprint 2013, Viman sthana, 1st chapter, ver.2, Page no- 680.
4. Kulkarni D, Ratna Rasa Samucchya of Vagbhatta Acharya, Meharchand Publication, New Delhi, Reprint-2010, 8th chapter, Ver-59, Page no- 155.
5. Kulkarni D, Ratna Rasa Samucchya of Vagbhatta Acharya, Meharchand Publication, New Delhi, Reprint-2010, 8th chapter, Ver-40, Page no- 152.