ABSTRACT
During medieval period Rasa Shastra as a branch of Pharmaco therapeutics bloomed with the use of metals in the medicine. It brought a great ease to the patients as the drugs were more potent, fast acting with markedly reduced doses. Various specialized processing techniques like Shodhana Samskara, Marana, Jarana etc are carried out for manufacturing Rasa Aushadhis which are tedious yet essential. Shodhana is done to remove the toxicity of metals and make it adaptable for body. It includes processes like swedana, nirvapa, mardrna, bhavana etc. Rasa Dravyas are highly potent and have wide range of therapeutic action. The procedure adopted and the herbs used in shodhana are selected accordingly. The present study is an attempt to throw light upon various shodhana procedures of Rasa Dravyas.

Keywords: Shodhana, Toxicity, Therapeutic action, Rasa shastra, Rasa dravyas.

INTRODUCTION
Ayurveda the science of life uses drugs obtained from plants, animals and minerals (Rasa Dravyas). Out of these mainly Rasa Dravyas need to undergo shodhana process. Shodhana means making dravya free from impurities, such that it loses its toxic nature and hence making it adaptable to body. In Rasa Sastra the Shodhana is not merely removal of impurities but also addition of certain qualities through various herbs and procedures adopted. Selection of a particular herb for a particular Rasa Dravya is based on the qualities possessed by it. Through Shodhana various Physical, Chemical and Biological changes take place in the Dravya further enhancing its potency. The shodhana procedure to be adopted for a particular material depends on its composition, impurities present and qualities possessed by the metal. Shodhana removes...
unwanted visible and invisible impurities. It makes metal fragile and suitable for further procedures. Shodhana enhances the therapeutic qualities of metals along with removing the toxicity.

METHODS OF SHODhana

Shodhana of Rasa Dravyas can be carried out by various methods. One dravya that is to undergo Shodhana procedure can be purified by any of the methods explained in Rasa classics. Out of them few important methods are shown in the following table-

**TABLE 1: LIST OF VARIOUS SHODHANA PROCESS**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Method of Shodhana</th>
<th>Name of material</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>MARDANA (Triturating with or Without heating)</td>
<td>Parada</td>
</tr>
<tr>
<td>2.</td>
<td>DHALANA (Melting Rasa Dravyas &amp; pouring in liquids)</td>
<td>Gandhaka, Naga</td>
</tr>
<tr>
<td>3.</td>
<td>SWEDANA (Swooning)</td>
<td>Hartala, Gauripashana</td>
</tr>
<tr>
<td>4.</td>
<td>NIRJALIKARANA (Evaporating water of crystallization)</td>
<td>Sphatika</td>
</tr>
<tr>
<td>5.</td>
<td>BHARJANA (Frying)</td>
<td>Hingu, Gairika</td>
</tr>
<tr>
<td>6.</td>
<td>NIRVAPA (Heating &amp; Quenching)</td>
<td>Swarna, Rajata</td>
</tr>
<tr>
<td>7.</td>
<td>BHAVANA (Addition of liquids &amp; Triturating till drying)</td>
<td>Manahshila, Hingula</td>
</tr>
<tr>
<td>8.</td>
<td>PRAKSHALANA (Washing)</td>
<td>Guggulu, Kampillaka</td>
</tr>
<tr>
<td>9.</td>
<td>PRITHAKIKARAN (Separation)</td>
<td>Guggulu</td>
</tr>
<tr>
<td>10.</td>
<td>ATAPA SHOSHAN (Drying in Sun)</td>
<td>Loha, Guggulu</td>
</tr>
</tbody>
</table>

EFFECTS OF SHODHANA

There are various physical, chemical and biological changes that take place in any rasa dravya after it is subjected to any of the shodhana process that are mentioned above. They can be summarized as shown in table 2.
TABLE 2: SHOWING COMMON EFFECTS OF SHODHANA PROCESS

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Physical changes</th>
<th>Chemical changes</th>
<th>Biological changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.</td>
<td>Elimination of physical impurities.</td>
<td>Elimination of chemical impurities.</td>
<td>The said physio-chemical changes increase the bioavailability.</td>
</tr>
<tr>
<td>B.</td>
<td>Hardness is reduced by repeated procedures like heating, quenching etc.</td>
<td>Formation of chemical compounds.</td>
<td>Absorption of drug is enhanced by reduction in particle size.</td>
</tr>
<tr>
<td>C.</td>
<td>Dravya becomes brittle.</td>
<td></td>
<td>Carrying out of various procedures makes dravya assimiable to body.</td>
</tr>
</tbody>
</table>

Impact of shodhak dravya

In order to support the view that selection of herbs for Shodhana procedure is based on the qualities possessed by it, there are few important examples –

TABLE 3: SPECIFIC EFFECT OF SHODHAK DRAVYA ON SHODHYA DRAVYA

<table>
<thead>
<tr>
<th>S.No</th>
<th>Rasa Dravya</th>
<th>Shodhana Procedure</th>
<th>Shodhana Dravya</th>
<th>Effects Produced</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>LOHA (R.T.20/15)</td>
<td>Nirvapa</td>
<td>Triphala kwath</td>
<td>It becomes brittle. Constipation the said effect of Loha is reduced due to Triphala kwath.</td>
</tr>
</tbody>
</table>
2. **KASISA**  
   (R.T.19/230)  
   Swedana  
   Bhringraj swarasa  
   Enhancement in the said actions i.e Kesha ranjana and Netrya.

3. **MANAHSHILA**  
   (R.T.11/114)  
   Bhawana  
   Ardaraka swarasa  
   Enhancement in Lekhana property and action on Kasa and Shwasa.

4. **GANDHAKA**  
   (R.R.S.3/23)  
   Dhalana  
   Bhringraj swarasa  
   Enhancement in properties of Gandhaka i.e. action on Kasa, Shwasa, Kushtha etc.

5. **SASYAKA**  
   (R.R.S.2/129)  
   Bhawana  
   Rakta Chandana & Manjistha Kwath  
   Enhancement of Twachya property of Sasyaka.

6. **KAMKUSTA**  
   (R.R.S 3/114)  
   Bhawana  
   Shunthi Kwatha  
   Reduces its teevra rechana property.

7. **SHANKHA**  
   (R.T. 12/6)  
   Swedana  
   Nimbu Swarasa  
   Reduces its ksharatwa, enhances its deepana, pachana property.

**CONCLUSION**

1. Shodhana is the basic step which makes Rasa Dravyas suitable for our body. No Herbo mineral preparation can be made without carrying out Shodhana process.

2. Shodhana is not merely chemical purification but, is Bio-transformation of inorganic Rasa Dravyas.
3. Shodhana causes impregnation of organic properties to inorganic Dravyas further enhancing its Bio-availability and therapeutic qualities.

4. Pharmaceutically Shodhana procedure helps in converting Rasa Dravyas to such a state which is suitable for further proceedings. (like Marana etc.)

REFERENCES


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