

Basic Concept of Ayurvedic Purification Process Sodhana

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ABSTRACT

In Ayurveda, the construct of shodhana for the potential herbs, minerals and metals was got references obtainable since the time of Ayurvedic classics however the small print regarding procedure can be copied solely once the event of Rasashastra/ Rasachikitsa (Mineral therapy). It additionally mentioned that shodhana accountable for the alteration or addition of the properties of the medication whereas subjected to numerous pharmaceutical operations and treatments. it's processes of detoxification by that not only physical and chemical blemishes and cytotoxic materials are eliminated but to convert them to the pharmaceutically suitable forms in that these is also absorbed into the system if used internally or may be treated further. The substance which has got to be pure is termed as Shudhidravya/ shodhyadravya and therefore the substance with which it's treated for purification called Shodhanadravya. Shodhana are the tools to bring toxic healthful plants into the thought and to create them a lot of accountable. The shodhana in trendy language is purification. The purification which means removal of unwanted material or impurity from the drug. The shodhana in Ayurveda is removal of unwanted material along side treatment of medication with different substance (Media) which ends up into accumulation of those substances within the shodhit drugs, these are accountable for creating the drug a lot of effective.

I. INTRODUCTION

Meaning of Shodhana The procedure that gets rid of the spots from compounds is known as Shodhana. Based on Rasatarangini It's the procedure suitable for elimination of harmful particles from compounds by different methods as MardanaNirvapa and so on. This will make the chemical nontoxic, easily absorbable, assumable and much more powerful therapeutically.

Idea of ShodhanaTheShodhana procedure discussed in timeless classics of not simply a procedure for splitting up, detoxification or purification. Instead it boosts the healing potency

on the medication too. The primary goal of Shodhana improve the natural effectiveness of all of the medication.

Classical Definition

Shodhana is a procedure of splitting up by what physical andchemical based harmful particles become divided as a result of the things bytherapy with a variety of drugs².It's a procedure by what spots are divided from compound by a variety of processing just like milling, etc. withcertain drugs³. Shodhana is a procedure of removing of harmful particles coming from compounds by ways of pharmaceutical processing of Swedana, Mardana etc. with specific drugs⁴.

Various Meanings of Shodhana

- The action of cleansing, refining, purifying, purgative.(Manu's Lawbook, Mahabharata, Sushruta)
- The action of fixing, enhancing.(KatyayanaSrautasutra)
- Clearing upwards, investigation, sifting, modification.(Yadnyavalkya, KamandakiyaNeetisara)
- Justifying, Exculpating(Ramayana)
- Refining (as of metals for medicinal purposes) or chemical or perhaps transaction, a quittance.(Wilson)
- Expiation, retaliation, punishment.(Monier Williams Dictionary)

Altered Definition

Shodhana is a procedure of detoxification and purification by that physical and toxic materials and chemical blemish are removed as well as materials are subjected for additional processing things by ways of pharmaceutical processing of Swedana, Mardana etc. with specific drugs⁴

Objectives

1. Elimination of chemical and physical harmful particles, that happen to be not ideal.
2. Eradication or even minimization of toxicity of all of the content.

3. Transformation of non-homogeneous and hard content to smooth, weak, homogeneous and ductile materials.
 4. Induction on the preferred attributes.
 5. Enhancement of healing effectiveness on the medication materials.
 6. Transformation on the content in appropriate type for additional processing.
 7. Leads to exclusive as well as appropriate physico chemical improvements.
- Within several instances,
8. For immediate healing purposes.

II. DISCUSSION

The Shodhana is a splitting up procedure via that chemical and physical harmful particle are divided as a result of the things via therapy with a variety of drugs². It's a procedure by what spots are separated from compound by way of a variety of processing such as *RB_IN* milling with precise drugs³.

Shodhana is a procedure for getting rid of harmful particles from compounds via the pharmaceutical processing of Swedana, Mardana, etc. with certain prescriptions.

Table 1:

Sr. No.	Procedure	References	Method
1.	Dissolve in liquid and filtering Prakarana,.	<ul style="list-style-type: none"> • Ras Ratnakara, Rasakhanda, 10th, Upadesh /78 •Rasendra Sara Sangraha-1/402 •Harita Samhita, Kalpastana-5/9, •GadaNigraha, Rasayana, Guggulu •Kalpa/253, •Bruhat Nighantu Ratnakara, Gunadoshaprakarana /73 •Brihata Rasa Raja Sundar, Madhya Khanda/Shilajita 	Guggulu is dissolved wearing fluid press following heating, pushing it as well as drying out it within the scorching sunlight right after air filtering. (Chanda Aatapa). After that combine it with Ghrita and create a mass serotonin.
2.	Swedana (boiling in liquid)	<ul style="list-style-type: none"> • Ras Tarangini 24/579-580 •Brihata Rasa Raj Sundar, Madhyam Khanda / Shilajita 	PrakaranaGuggulu, bind inside a cloth, produced Pottali type and also swing within the recommended fluid as well as boiled till the optimum portion of Guggulu are available in fluid press. Adopting the cooling of fluid press, sort the sediment level over the bottom part on the boat and also dry out it all.
3.	Swedana and frying in Grita	<ul style="list-style-type: none"> • Anandakanda, 15th Ullasa,307 	Guggulu is cut in small pieces, fried in Goghrita and kept in Dolayantra in the prescribed liquid; Guggulu is taken out and dried.
4.	Dipping in Grita Dipika	<ul style="list-style-type: none"> • Tika on Sharangadhara Samhita, Madyama Khanda 7/70-81 	Guggulu dipped in Ghrita for 7 nights.

III. CONCLUSION

Shodhana is the first samskara and it is necessary correctly understand the concept of shodhana. it is Cleaning not by physical means, but also by chemical means.

Published literature and clinical evidence for Shodit Dravyas claims there is a strong rationality between them Method, duration, instruments and

drugs available used in the process of shodhana. the old Ayurvedic science recommends using these drugs be administered in a purified form. Shodhana is a Prerequisite for all Rasa dravyas. Shodhana helps in sanghatabheda of a drug, removing dravyagata and aushadhagata doshas and makes it more maranaupayogi and also helps in achieving gunavridhhi of the drug. Apart from removing the

impurities shodhana treatments of Rasa Shastra also impregnate organic materials and their properties in the inorganic drugs/ products to facilitate their utilization by the body tissue and organs. Hence, the concept of Shodhana (processing or purification) in Rasashastra is not merely a process of purification/detoxification but also a process resorted to enhance the potency and efficacy of the drug. That's why the shodhana plays an important role in Rasashastra.

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