



ISSN 2456-3110

Vol 1 · Issue 2

July-Aug 2016

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

Concept of *Shodhana* procedure with special reference to *Guggulu* Resin (*Commiphora Mukul* Linn.)

Basavaraj M.S., Pramod C. Baragi¹, Praveen Simpi², Bandeppa Sangolge³

Post Graduate Scholar, ¹Reader & Guide, ²Reader & Guide, ³Reader & Head, Dept. of P.G. Studies in Rasashastra & Bhaishajya Kalpana, N. K. Jabshetty Ayurved Medical College and P.G. Centre, Gumpa, Bidar, Karnataka, India.

ABSTRACT

Ayurveda, the science of life is being practiced by *Aryans* from *Vedic* period. In the *Vedic* period *Guggulu* was a well-known drug in Indigenous System of Medicine. In *Atharvaveda* it is mentioned to be used both externally and internally. By just consuming the odour of *Guggulu*, it reduces many diseases. Many properties of *Guggulu* are described in our classics. *Guggulu* is the oleoresin of *Commiphora Mukul* Linn., a plant that is native to India. Its extracts include compounds known for their hypolipidemic properties, the Z- and E- isomers of guggulsterone and its related guggulsterols. *Kalpana* is the process through which a substance can be transformed in to the form of medicine according to the need. During preparations of various formulations there are various *Samskaras* which are to be done for potentiating the drug or the formulation. Among all these pharmaceutical processes *Shodhana* is one of them. In our text, for a single drug many process of *Shodhana* in different ways have been mentioned. There are different medias explained in literature for *Shodhana* of *Guggulu*. According to the media of purification the quality and pharmacological properties of *Guggulu* will vary. Depending on the change in properties the therapeutic effect may also vary. The present study includes collection of different concepts regarding *Shodana* of *Guggulu* as per various classical references.

Key words: *Kalpana*, *Samskara*, *Shodhana*, *Guggulu*.

INTRODUCTION

Since the evolution of life, diseases are also evolved to destroy it. To protect life, *Ayurveda*, the science of life is being practiced by *Aryans* from *Vedic* period. In the

Address for correspondence:

Dr. Pramod C. Baragi
Reader, Dept. of P.G. Studies in Rasashastra & Bhaishajya Kalpana
N. K. Jabshetty Ayurved Medical College & P. G. Centre,
Gumpa, Bidar-585401, Karnataka, India.
E-mail: ayupramod@yahoo.co.in

Submission Date : 18/08/2016 Accepted Date: 29/08/2016

Access this article online



Website: www.jaims.in

DOI: 10.21760/jaims.v1i2.3667

Vedic period *Guggulu* was a well-known drug of Indigenous System of Medicine. In *Atharvaveda* it is mentioned to be used both externally and internally. By just consuming the odour of *Guggulu*, it reduces many diseases. Many properties of *Guggulu* are described in our classics. Our ancient *Acharyas* like *Sushruta* describes, the utility and usefulness of *Guggulu* in the treatment of various diseases.^[1] *Guggulu* is the oleoresin of *Commiphora Mukul* Linn., a plant that is native to India. Its extracts include compounds known for their hypolipidemic properties—the Z- and E- isomers of guggulsterone and its related guggulsterols.^[2] *Guggulu* is used as a binding agent and also as a main ingredient in various formulations.

Kalpana is the process through which a substance can be transformed in to the form of medicine according to the need. The *Aushadha Kalpana* is prepared by

different pharmaceutical processing techniques applied to the crude drugs to get the desired therapeutic effect. This processing results in transformation of good pharmacological action to that of substance. These pharmaceutical processes are known as “*Samskaras*”. Before the administration of a drug, it has to be subjected with various types of ‘*Samskaras*’ so as to get the desired therapeutic effect. Crude and without processed drugs are rarely administered in *Ayurveda*, there are many formulations have been described in *Ayurveda* from simple *Churna* of herbal drugs to complex *Sindoor* and *Bhasma*. They all are called as *Aushadhi Kalpana*.

Among all these pharmaceutical processes *Shodhana* is one of them. In our text, for a single drug many process of *Shodhana* in different ways have been mentioned. In view of the present trend of commercialization in the preparation and marketing of Ayurvedic medicine and to ensure the interests of the profession and public. It has become our prime duty to establish the standard pharmaceutical *Shodhana* process as well as to find out the physicochemical changes occurring during the process.

A standard is a numerical value, which quantify the parameters and thus denotes quality and purity of material. The numeric value expressed in various metric units of measurements actually gives the quantitative value of the parameter, which is used for making the standard.

To make it fit for internal use also, it has to undergo the process of *Shodhana*. *Shodhana* is the process of removal of physical, chemical impurities and potentiating of the drugs.^{[3],[4]} There are different medias explained in literature for *Shodhana* of *Guggulu*.^{[5],[6]} According to the media of purification the quality and pharmacological properties of *Guggulu* may vary. Depending on the change in properties the therapeutic effect may also vary.

AIMS AND OBJECTIVES

The study aims at collection of different concepts regarding *Shodhana* of *Guggulu* as per various classical references.

Concept of Shodana

Science without concepts is dead and cannot progress. Concepts help to integrate apparently unrelated observations and phenomena into viable hypothesis and theories, the basic ingredients of science. Concept means a notion or statement of an idea, expressing how something might be done or accomplished, that may lead to an accepted procedure,^[7] a theoretical construct within some theory for perceiving some hypothesis by methodical and scientific background.

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.

Definition of Shodhana

The process which eliminates the blemishes from substances is called *Shodhana*. According to *Rasatarangini*^[8] 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.

Shodhana is a process of separation by which physical and chemical impurities get separated from the substances by treatment with various drugs.^[9]

It is a process by which blemishes are separated from the substance by various processing like grinding, etc. with specific drugs.^[10]

Shodhana is a process of removal of impurities from substances by means of pharmaceutical processing of *Swedana*, *Mardana* etc. with particular drugs.^[11]

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, a quittance. (*Wilson*)
- Expiation, retaliation, punishment. (*Monier Williams Dictionary*)

Objectives of Shodhana

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

Table 1: Different *Guggulu Shodhana* methods in various classics [8],[9],[10]

Sr. No.	Procedure	References	Method
1.	Dissolve in liquid and filtering	Ras Ratnakara, Rasakhanda, 10th, Upadesh /78 Rasendra Sara	After heating liquid media, <i>Guggulu</i> is dissolved in it, strain it and

		Sangraha-1/402 Harita Samhita, Kalpastana-5/9, Gada Nigraha, Rasayana, <i>Guggulu</i> Kalpa/253 Bruhat Nighantu Ratnakara, Gunadoshaprak arana /73 Brihata Rasa Raja Sundar, Madhya Khanda/Shilajit a Prakarana,	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)	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.

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* as indicated in table 2.

Table 2: Media used for *Guggulu Shodhana*

Sr. No.	Media	References
1.	<i>Guduchi Kwatha</i>	Rasendra Sar Sangraha 1/402 Ayurveda Sara Sangraha P. 237
2.	<i>Triphala Kwatha</i>	Rasendra Sar Sangraha 1/402 Ayurveda Sar Sangraha P. 237 A.F.I. 1st Edition P. 55
3.	<i>Godugdha</i>	Rasendra Sar Sangraha 1/402 Ras Tarangini – 24/579-580 A.F.I. 1st Edition
4.	<i>Pancha Tikta Kwatha</i>	Ananda Kanda Prathamollasa 322-323
5.	<i>Dasha Mula Kwatha</i>	Ras Ratnakar Upa 10 As. Hridaya Kosh P. 190
6.	<i>Nimba Patra Kwatha with Haridra Churna</i>	As. Hridaya Kosh P. 190
7.	<i>Gomutra</i>	Vaidya Yoga Ratnavali A.F.I. 1st Edition

		Brihat Rasaraj Sundara, Madhyam Khanda, Shilajatu Prakarana
8.	<i>Vasa Patra Swarasa</i>	A.F.I. 1st Edition
9.	<i>Vasa Patra Kwatha</i>	A.F.I. 1st Edition
10.	<i>Nirgundi Patra Swarasa with Haridra Churna</i>	A.F.I. 1st Edition
11.	Water	Bheshajya Samhita, Shodhana Prakarana
12.	<i>Goghrita</i>	Aanada Kanda, 153 Ullasa/305-312 Dipika Tika On Sharangadhara Samhita, Madhyama Khanda 7/70-81
13.	<i>Asthishrinkhala Swarasa</i>	Rasayogasadara, (645) Vranantaka <i>Guggulu</i> / 3115-3119
14.	<i>Vataraktahara Dravya Kwatha</i>	Gudharthadipika Tika On Sharangadhara Samhita, Madhyama Khanda 7/70-81

DISCUSSION

The process which eliminates the blemishes from substances is called *Shodhana*. According to *Rasatarangini* 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. *Shodhana* is a process of separation by which physical and chemical impurities get separated from the substances by treatment with various drugs.

Shodhana is intended for elimination of physical and chemical impurities, which are not desired. Eradication or minimization of toxicity of the material. Transformation of the hard and non-homogeneous

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

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

CONCLUSION

Guggulu is a well-known drug from the *Vedic* period and described in many legend *Ayurvedic* classics. Literature of all the process of *Shodhana* of *Guggulu* suggests that all methods of *Shodhana* mainly meant for removal of liquid media insoluble part and foreign matter present in *Ashuddha Guggulu*. It is supported by modern process of extraction of *guggulipid* from *Guggulu*. Gum resin *Guggulu* has two fractions. One, an insoluble gum fraction which is toxic and the other soluble with hypolipidemic and anti-inflammatory properties. The hypolipidemic portion is neutral while anti-inflammatory portion is acidic. It shows the importance of process of *Shodhana*, which is probably responsible for safe therapeutic uses of *Guggulu*. If *Guggulu* is intended to be used for *Rasayana*, *Vayasthapana* and treating *Prameha*, *Jwara*, *Kshaya* etc. *Guggulu Shodhana* should be done in *Guduchi Kwatha*. If intended in *Medoroga*, *Prameha*, *Kustha* then conducted in *Triphala Kwatha*. If *Guggulu* is used for *Rasayana*, *Balya* purpose *Shodhana* should be carried out in *Godugdha*. The properties of liquid media embedded into the *Guggulu* during the process of *Shodhana*, which augments the effect of *Guggulu*.

REFERENCES

1. Sharma P.V. Susruta Samhita. 1st ed. Varanasi: chaukhambha Visvabharati; Vol I 2010, 170pp.
2. Singh B B, Mishra L C, Vinjamury S P, Aquilina N, Singh V J, Shepard N. The effectiveness of *Commiphora*

mukul for osteoarthritis of the knee: an outcomes study. *Altern Ther Health Med*.Vol 9(3), 2003, 74pp.

3. Sri Vagbhatacharya, *Rasa Ratna Samucchaya*, Hindi Vyakhya By Pandit Dharmananda Sharma, Motilal Banarasidas, Varanasi, Second Edition,1999, 3/75, 49pp.
4. *Ayurvedic Formulary of India*, Part 1, Part B, Published by G. O. I., Ministry of Health and Family Welfare, 2003, 19pp.
5. *Ayurvedic Pharmacopeia of India*, Part 1, Second Edition, Published by G. O. I., Ministry of Health and Family Welfare, 2003, 203pp.
6. *Ayurvedic Formulary of India*, Part 1, Part B, Published by G. O. I., Ministry of Health and Family Welfare, 2003, 40-41pp.
7. *Dictionary Of Military And Associated Terms*. US Department Of Defence 2005.
8. Acharya Sadanada Sharma, *Rasa Tarangini*, Translated By Shri Kashinath Shastri, 11th Edition, Reprint 2004, Motilala Banarsidas, New Delhi,, 2nd Taranga/52, Pg 22
9. Acharya Govindas Sen, *Bhaishajya Ratnavali*, Ambikadatta Shastri, Vidyotini Vyakhya, 2nd Edition, Chaukhamba Sanskrit Sansthan, Varanasi, 2002, Jwaradhikara/117
10. Acharya Sadanada Sharma, *Rasa Tarangini*, Translated By Shri Kashinath Shastri, 11th Edition, Reprint 2004, Motilala Banarsidas, New Delhi, 2nd Taranga/52
11. Acharya Y T, *Dravya Guna Vigyanam*, Shree Baidyanath Ayurved Bhawan Limited, Calcutta, 1956.

How to cite this article: Basavaraj M.S., Pramod C. Baragi, Praveen Simpi, Bandeppa Sangolge. Concept of *Shodhana* procedure with special reference to *Guggulu* Resin (*Commiphora Mukul* Linn.). *J Ayurveda Integr Med Sci* 2016;2:59-63.

<http://dx.doi.org/10.21760/jaims.v1i2.3667>

Source of Support: Nil, **Conflict of Interest:** None declared.
