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# Review of *Gandhaka Shodana* using *Damaru Yantra* as described in *Rasatarangini*

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## ABSTRACT

The use of *Gandhaka* is widely brought out in the field of *Rasashastra*. There are many procedures mentioned for its *Shodana* which is practised abundantly in Ayurveda. *Rasa Tarangini* mentions one such unique method of purification which hasn't been adopted till date. This method can be used in the preparation of *Swarna Vanga*, *Makaradwaja* etc. The method of *Shodana* involves the use of *Damaru Yantra* for its process and by following this procedure it prevents the presence of *Pashanadi Doshas*, avoids adherence of Milk/ Ghee as mentioned in other procedures of *Shodana*. This article mainly deals with the review of *Shodana* of *Gandhaka* as per *Rasa Tarangini*.

**Key words:** *Gandhaka*, *Shodana*, *Damaru Yantra*, *Rasatarangini*.

## INTRODUCTION

*Shodana*<sup>[1]</sup> plays an important role in *Rasashastra* as it is the base for using a metal/mineral as a medicine. It helps in removing the impurities as well as the toxic aspect of a drug and helps in potentiating its action there by increasing its bio-availability. *Gandhaka*<sup>[2]</sup> is one of the most commonly used *Rasaushadis* and falls under the category of *Uparasas*. Its basic *Shodana* involves the use of Milk and *Ghrita*, there by leading to the adherence of the product over the drug and also bringing out a solid end product. In the reference of *Rasa Tarangini* he mentions the use of *Damaru Yantra* for the process of *Shodana* and states that by this procedure it tends to remove the

*Pashanadi Doshas*, there by making *Gandhaka* more efficacious. This article mainly deals with the purification of *Gandhaka* done by using *Damaru Yantra*<sup>[3]</sup> being there by devoid of Milk/Ghee.

## MATERIALS AND METHODS

**Equipments:** Mud pots, Gas stove, Lighter, Gas cylinder etc.

**Raw material:** *Ashuddha Gandhaka*

### Procedure

*Ashodita Gandhaka* of 4 *Palas* ( 192g.) is taken and powdered vigorously in a *Khalva Yantra*. It is then placed in a mud pot which is then covered with another mud pot over its mouth and *Sandhi Bandana* is done. The pot after being sealed tightly is placed over the stove. The stove is lighted and *Mandagni* has to be maintained throughout the procedure. The procedure has to be continued for 4 *Yaamas* (12 hours). After 12 hours, Fire is extinguished. The pot is allowed to self-cool.<sup>[4]</sup>

## OBSERVATION

After half an hour of heating, smell of Sulphur was noticed. Slight fumes could be seen oozing out from the upper pot. Smell of Sulphur increased gradually and lasted for 5 hours. After opening the pot, the

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lower pot had no *Gandhaka*. The upper pot had a thin layer of greenish coloured *Gandhaka* adhered to its surface. *Gandhaka* could be scrapped off easily using a brush. *Gandhaka* obtained was very fine and smooth. *Gandhaka* was greenish yellow in colour.

## RESULT

*Ashodita Gandhaka* taken : 192 gms

*Shodita Gandhaka* obtained : 90 gms

### Advantages of this procedure

1. *Gandhaka* obtained is very fine and smooth.
2. Devoid of *Pashanadi Doshas*

### Disadvantages of this procedure

1. Long duration of the procedure (12 hours).
2. *Mandagni* has to be maintained throughout.
3. Constant presence of a person required.
4. Care has to be taken throughout the procedure.
5. Less yield obtained.

## DISCUSSION

The procedure is long when compared to other methods of *Shodana*. 12 hours of continuous monitoring has to be done. *Mandagni* has to be maintained all throughout. *Gandhaka* acquired after the procedure was greenish yellow in colour which completely differed from the other *Shodita Gandhaka* prepared by other methods. The benefit of this method is that *Gandhaka* obtained will be very fine. Although smooth the yield seemed to be less when compared to other methods of *Shodana*. Care has to

be taken throughout the procedure, as Sulphur is dangerous to handle and its confined within a pot and heated there by leading to an explosion due to increased pressure if not monitored properly.

## CONCLUSION

This method of *Shodana* can be adopted. *Shoditha Gandhaka* prepared using this process can be used in making *Vividha Kalpanas*. Further on Research studies can be carried out on the analysis of *Gandhaka* adopting this method of purification.

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