



ORIGINAL RESEARCH PAPER

Ayurveda

"REVIEW OF SHODHANA OF VATSANABHA METHODS MENTIONED IN VARIOUS AYURVEDIC CLASSICS"

KEY WORDS: Visha Dravya, Shodhana, Vatsanabha, Shuddha Vatsanabha

Dr. Meenu Bharti Sharma

MD, PhD, Associate Professor, Post Graduate Dept. Of RSBK, J.S.Ayurved Mahavidyalaya, Nadiad.

ABSTRACT

Context: Vatsanabha is the Visha Dravya which need to go through Shodhana procedures before using in any formulation or therapeutic purposes. So, it has become our prime duty to establish the proper Shodhana method in the scientific way in regards to get specific therapeutic effect and get maximum yield as well fulfilling all necessary parameters to make that substance best therapeutic. So, in present study Shodhana of Vatsanabha different methods mentioned in Ayurveda classics are explained in detail. Different Acharya have mentioned different Shodhana media because different media plays a different role during procedures.

Visha Dravya (poisonous drug) may be defined as a substance which is life threatening or produces many other complications classics and brings about sadness. In Ayurvedic classics, after proper processing, many Visha Dravyas are used as Aushadha Dravya (medicine) because, dose differentiates a drug from poison, a medicine at one dose, can serve as Visha or poison at the other. According to Aacharya Charaka even an acute poison can become an excellent drug if it is properly administered, and similarly even a drug, if not properly administered, becomes an acute poison.¹

These poisonous or toxic plants are categorized as Vi ha (poison) and Upavi ha (toxic but not lethal for human health) in Ayurvedic texts and also listed in the schedule-E of Drugs and Cosmetics Act 1940. Hence to promote and introduce their use for medicine, such plant drugs must be detoxified or purified before their use. The detoxification or purification process of any toxic material used for medicinal purposes is termed as "Shodhana".

However, the Shodhana process requires treatment of such products with cow dung, cow urine, and cow milk, requires sunlight and special containers like Dolayantra. Vatsanabha is a poisonous plant drug used as medicine in Ayurveda. It is used after proper Shodhana process by various media like cow's urine, cow's milk, goat's milk, Triphalakwatha, etc. Vatsanabha is an herb used as an ingredient in many Ayurvedic medicines. It is a poisonous herb, but after purification when used in smaller quantities acts as medicine and it has many health benefits.²

Vatsanabha contain Aconite which if used impurified cause the cardiac arrest and if given in purified form act as a cardiac tonic. For removal of toxicity, there are several procedures are mentioned for the Shodhana of Vatsanabha in classics. Detail review on different Shodhana methods and media for Vatsanabha have been done.

Rasatarangini

Method 1 (Taranga 24/19-22, Pg-651-652) :- Ashuddha Vatsanabha is taken and it is cut into small pieces similar to Chanaka (chick pea) size. These pieces of Vatsanabha are taken in a soil or black soil pot. Fresh cow urine is filled in that pot and pot is placed in sun rays. Every day in the morning old cow urine is replaced by fresh cow urine and pot is placed in sun rays. After three days Vatsanabha pieces are removed from the pot, their skin is peeled off and they are dried in sun. Thus, Vatsanabha becomes Shuddha (pure).

Method 2 (Taranga 24/23-24, Pg-652) :- Ashuddha Vatsanabha is cut into chickpea size small pieces and tied in a pottali (cloth bag). This pottali is placed in a Dolayantra (Swing apparatus) filled up with cow milk. Dolayantra is heated for about 3 or 6 hours. Thus, Vatsanabha become Shuddha.

Method 3 (Taranga 24/25, Pg-652):- Pottali with small pieces of Ashuddha Vatsanabha is tied in a Dolayantra filled up with Goat milk. This Dolayantra is heated for 3 hours and Vatsanabha become Shuddha.

Rastantrasaar & Siddhaprayog Sangraha

Method 1 (Part-1,50(1), Pg-37) :- Ashuddha Vatsanabha is purified by suspending it in a Cloth bundle in Dolayantra containing Goat milk and then boiling it. This boiling is done for a yama period (3hrs). In this process Goat's milk is required in the quantity of 4times to that of the Vatsanabha taken for boiling. The boiling is done for 3 hours after which, the Vatsanabha is taken out washed with warm water and dried in shade & stored.

Method 2 (Part-1,50(2), Pg-37):- Ashuddha Vatsanabha cut into small pieces. Then preparation of pottali with use of clean cotton cloth. Filling of cow urine in Dolayantra. Hanging of Pottali in Dolayantra. Then continuous heat for 3 hours. Wash it with warm water and removal of outer layer. Shade dry and collection of Shuddha Vatsanabha.

Rasaratna Samuchaya

Method 1 (chapter 10, Pg 198): Vatsanabha becomes purified after boiling into Godugdha and Gomutra media for 3 hrs.

Method 2 (chapter 10, Pg 390): Vatsanabha taken into mud pot by putting the media Gomutra into it for 3 days and dry it into sunrays. Gomutra should be changed everyday. By using the Gomutra as a media, it makes the Visha property into more Brihankaraka. It is mentioned that every Visha Dravya should be purify into firstly from the Gomutra and then should apply the specific method for it.

Rasanketh Kalika

Method 1 (Trityaullas, 1st Shloka, Pg 26): Vatsanabha should be purified by using Godugdha as a media.

Rasa-amritam

Method 1 (Parishishtam 8, Shodhana Vidhi): Vatsanabha cut into small pieces and prepare a Pottali and hang it into the vessel containing the Gomutra. Pottali should be properly dipped into that media, then after that it should be dried into sunrays. Then next day Gomutra should be changed and again dry it into sunrays. The process should be done for 3 days, on 4th day Pottali should be opened and washed with water and then again dry it into sunrays. Or Visha cut into small pieces and prepare a Pottali and hang into Dola Yantra by using the Ajadugdha or Godugdha. Boiling of Vatsanabha for 3 hours and after that wash it with warm water and dry it into sunrays. If we use both media Gomutra and Godugdha for purifying the Vatsanabha, then it will become even more purified.

Rasendra Chintamani

Method 1 (chapter 7, shloka no. 21 & 22, Pg 89) : Visha should be cut into small pieces (pea sized), and put it into mud pot and after that it should be dipped into Gomutra. And then Gomutra should be changed everyday. On 4th day, it should be dried into sunrays. Then, we can use it therapeutically.

Rasachikitsa

Method 1: First outer covering should be removed of Visha Dravya, after that cut it into small pieces and dipped into Gomutra for 24 hours. After dried it into sunrays, it becomes purified. Dried Visha converted into powder form and filter it through cotton cloth and then it can be used for medicinal purposes.

Method 2 (Pg 97): we can also purify the Visha Dravya by using the Dola Yantra and boiling it continuously for 24 hours.

Rasamanjari

Method 1 (Pg 48, shloka no. 12 & 13): The Visha should be cut into small pieces and put it into mud pot. Mud pot should be filled by Gomutra and put it under intense sun's heat. And then discard the Gomutra and fresh Gomutra should be put into the pot. Then again put it into sun rays. On 3rd day, after putting the fresh Gomutra, boil it on mild heat for 2-3 hours. After that dry it into sun rays and convert it into powder form. Store it into air tight container and use according to its dose in different formulations.

Rasendra Sara Sangraha

Method 1 (Pg 94, shloka no. 380) : The Visha should be cut into small pea sized pieces and dipped into Gomutra for 3 days and dry it into sun rays. After taking it out, again dry it and equally part of Tankana mix into it. By this procedure, Visha gets nullified.

Method 2 (Pg 94, shloka no. 381): Cut pieces of Visha can be purified by boiling it into Triphala Kwatha and Ajadugdha.

Method 3 (Pg 94, shloka no. 382): 10 tola (500g) of Vatsanabha should be dipped into Gomutra by using Dola Yantra and boil it for whole day-night. After that Visha becomes purified.

Method 4 (Pg 94, shloka no. 383-384): Cut the Visha into small pieces approx pea sized and put into a vessel and use fresh Gomutra everyday for 3 days and dry it into sun rays. After taking it out, use it properly in right amount.

Ayurved Prakash

Method 1 (Pg 492, shloka no. 50, 52, 53) : Cut the Visha into small pieces and put the sufficient amount of Gomutra such that Visha can be dipped fully. Everyday, fresh Gomutra should be used and discard the first one. Follow this steps continuously for 3 days and dry it into sun rays. And according to its dose, use it into different kind of formulations. Shodhana procedure should be done in summer season (Grishama) so that intense heat can be provided by sun rays.

Note: If the intense heat of sun rays is not there, we can use the piece of Visha into the media Godugdha and boil it for 15 hours (5 prahar). After that Visha becomes Shuddha. When there is no media or Shodhana procedure mentioned for any Visha/Upavisha, we can purify it into Godugdha by using Swedana method.

Bhavprakash-purvakhanda

Method 1 (shloka 251-252) : Visha Vatsanabha should be kept soaked in cows urine for three days and then kept wrapped in cloth, dipped in the oil of Rakta Sarsapa. By this, Visha becomes purified. After purification the poisonous effects become reduced or lost, so before using Visha in medicines it should be purified and then used.

Ayurvedic Formulary of India (AFI)

Method 1 (Rasamritam, Parishishta 8, page 145): Small pieces of Vatsanabha are bundled in thin muslin cloth and soaked in Gomutra for three days, replacing the later every day. Then, they are washed and dried.

DISCUSSION-

Acharaya Charaka and Acharya Sushruta also told about the Visha Dravya in details and their medicinal uses. Acharaya Charaka have also mentioned that if a Visha Dravya after proper Shodhana with proper media, in proper dosage and in proper stage of the diseases it can cure quickly. Godugdha, Gomutra, Narikela Jala and Aja-dugdha so many media are mentioned for this purification methods. But commonly used are Gomutra and Godugdha. Like in Yogaratnakar, they have mentioned only Gomutra for all Visha Varga. All this media plays a different role in Shodhana.

CONCLUSION-

Total 11 references for Shodhana of Vatsanabha are explained in classical texts which all are based on Immersion and Boiling with different liquids like Godugdha, Gomutra, Ajadugdha and Narikela Jala. So, Shodhana is that pre-operative procedure which is must for all the Visha Dravya or which are having physical, chemical impurities in it. Because Shodhana not only does the purification but also increases the therapeutic value.

Note- All the Ayurvedic texts mentioned with detailed description having chapter no. page no. in the article as a reference.

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