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**“METHODS OF SHODHAN SANSKAR OF BHALLATAK SEEDS
MENTIONED IN AYURVEDA: A REVIEW”**

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ABSTRACT:

Ayurveda focused on the need for *Shodhana* (purification / processing) of poisonous herbal drugs. *Bhallataka* (*Semecarpus anacardium* Linn.) is one of the 11 *upvisha* describe in *rasatragini* which is the wonderful drug used to cure many diseases like inflammation (*shoth*), piles (*Arsha*), cancer (*Karka*) etc in Indian system of medicine. *Shodhana Samakara* (purification procedures) of the *bhallatak* seeds is must before administering internally and externally in the patient. The oily fraction in the pericarp of the seeds is responsible for the toxic nature of the *bhallataka*. In India, to purify *Bhallataka* seeds, there are many methods of *Shodhana Samakara* (purification procedure).

Keywords: *Ayurveda, Shodhana, Bhallataka, Rasatragini, Rasayansar, Rasamruta, Asthangahriday, Bhaishajya ratnavali, By Fring Method Use in South India*

INTRODUCTION:

Shodhana sanskara

1. Definition:-

When a substance is subjected to trituration etc. with required plant or animal products, so as to remove unwanted properties it is known as *shodhana sanskara*.¹ Before therapeutic utilization, the *Visha dravyas* they should be subjected to the process of “*Shodhana*”. This process reduces the toxicity of the poisonous plant product considerably and keeps it to required optimum level.²

2. Importance of *shodhana sanskara* of poisonous plants^{3,4}

Before poisonous plants are therapeutically used they are to be subjected to a process called as *shodhana sanskara*. This process reduces the toxicity of poisonous plant product considerably and keeps it to required optimum level. When such *shodhana sanskara* are carried out, the poisonous plants are attributed with certain properties like *rasayana*, *yogawahi*, *tridoshaghnata*, *brihana*, *viryavardhaka* and *pranadayi*. Hence, *shodhana sanskara* of poisonous plants is necessary.

There are 9 *Visha* and 11 *upvisha* which describe in *Rasatrangini* among all of them *Bhallataka* seeds (*Semecarpus anacardium* Linn.; *Anacardiaceae*) is one

of the best drug used to treat various diseases in *Ayurvedic* system of medicine⁵ Many poisonous drugs are used as single drug or a compound formulation in *Ayurveda*⁶. The formulations *Amrita Bhallataka leha*, *Sanjivani vati*, *Bhallataka rasayana*, *Bhallatakadi modaka*,⁷ *Brihatbhallataka avaleha*⁸, *Bhallatakadi choorna*⁹, *Bhallataka kshara*¹⁰ contains *Semecarpus*. like this Many formulations of *Ayurveda* contain *Bhallataka* as an ingredient¹¹. *Acharya Charaka* mentioned ten formulations especially for *Rasayan*¹². Though the *Bhallataka* seed is having many therapeutic values, pharmacies are scared to use this drug because of its irritant vesicating nature.

However, the vesicant nature of the tarry oil and the manufacturing difficulties of *Bhallataka* prevent its usage¹³. If this vesicant nature is abolished, the drug could be a good source for pharmaceutical industry. It is stated that, *Bhallataka* must be purified (*shodhana*) before administering internally and externally to the patients¹⁴. *Shodhana* is the purification/processing method adopted in *Ayurveda* to purify the poisonous medicinal plants, metals and minerals etc. *Shodhana* is a process by which unwanted impurities are removed.

Detoxified *Bhallataka* Seeds (SA) are used for treating toxic conditions, obstinate skin

diseases, hemorrhides, tumors, malignant growths, fevers, haemoptysis, excessive menstruation, vaginal discharge, deficient lactation, constipation, intestinal parasites .¹⁵

Different *shodhana* methods are mentioned in *Ayurvedic* classics for the drug *Bhallataka* ¹Which are describe in *Rasatrangini*, *Rasayansar*, *Rasamruta* , *Asthangahriday*, *Bhaishajya ratnavali*, By Frying Method Use in South India .Which method is cost effective , time saving and used in large scale. There is no comparative research regarding those *shodhana* methods.

AIM :-

To Study the *Ayurvedic* Method Of *Shodhan Sanskar* of *Bhallatak*

OBJECTIVE :-

To collect the literature review of *Bhallatak Shodhan*.

PRAYOJANA OF BHALLATAKA SHODHANA¹⁶

If juice of *Bhallataka* (even in traces) comes in contact with body, produces severe burning sensation (*daha*) and ulcer (*vrana*).So it is necessary to undertake *shodhana sanskara* of *Bhallataka* before using it in medicine to avoid harmful effects of *ashuddha Bhallataka*.

CRITERIA OF SELECTION OF BHALLATAKA SEEDS FOR SHODHANA¹⁷

Ripened *Bhallataka* seeds are taken and dropped in water. The seeds which submerged in the water are considered fit for *shodhana* and the seeds which floats on water are to be discarded.

METHODS OF SHODHANA SANSKARA OF BHALLATAKA

In Rasatarangini:-

i) With brick powder (*Ishtika churna*)¹⁸

Bhallataka seeds and brick powder (*ishtika chuma*) are filled up in a *pottali* made up of 3-4 folds of cotton cloth. This *pottali* is rubbed by hand by applying moderate pressure. When brick powder become wet with oil and the skin of *Bhallataka* fruit is peeled of, it is washed with hot water. In this process *Bhallataka* becomes *shuddha*.

ii)With coconut water(*Narikela jala*)¹⁹

Bhallataka seeds are cut in two pieces and are placed in a *pottali*. This *pottali* is placed in *dolayantra* filled up with coconut water. *Dolayantra* is heated for about 1-2 hrs. In this process *Bhallataka* becomes *shuddha*.

In *Rasayansar* Vol I²⁰

i)*Bhallataka* seeds (whole with cap) are kept in buffalo dung for 7 days,

i) After that it is boiled in *gomutra* on low flame for 1 *Pahar*,

ii) On 2 day it was boiled with coconut water for complete for 1 *Pahar*.

iii) Then removes the cap of *bhallataka* seeds and boiled in *godugdha* till it becomes half.

iv) After that it was placed in oily pot and add curd in it then kept it as it is for 8 days till curd gets spoiled,

v) Removed *bhallataka* from curd and washed it, in this way *Bhallataka* seeds becomes purified

In *Bhaishajya ratnavali*²¹

Bhaishajya ratnavali described the same procedure as mentioned in *Rasatarangini* i.e. *swedana* of *Bhallataka* seeds in coconut water (*Narikela ambu*) in *dolayantra*.

In *Agadatantra* (Part II) *Upavisha*²²

i) Seeds of *Bhallataka* are cut vertically. Kernel of the seeds is removed. These seeds are wrapped up with two blotting paper one above another and are pressed. Thus the expressed oil soaked by the blotting papers. Now the *Bhallataka* seeds are washed with cold water and dried.

ii) *Bhallataka* seeds are cut in two pieces and mixed with brick powder (*ishtika churna*). The *pottali* containing this mixture is rubbed. The brick powder should be changed for 2-3 times. After completion of rubbing the *Bhallataka* seeds are sorted out and washed with cold or hot water and dried. In this process the expressed oil

is partially absorbed by brick powder and partially washed out with water while washing.

iii) The *pottali* containing vertically cut *Bhallataka* seeds is placed in a *dolayantra* containing green coconut water. This *dolayantra* is heated to get *shuddha Bhallataka* fruits.

iv) *Bhallataka* seeds are boiled in a *dolayantra* containing buffalo dung or *gomutra* for 3 hours (one *prahara*). Then it is washed with hot water and cut in two pieces vertically. Kernel of fruit is removed and seeds are powdered for therapeutic use. In this process *Bhallataka* become *shuddha*.

In *Rasamrutam*²³:-

I) *Bhallatak* Seeds are taken after that cap of seeds (*thalamus*) removed

II) after removing the *thalamus* of seeds cuts in 4 pieces each

III) after that they were kept in plastic vessels containing *gomutra* for seven days

IV) after seven days *bhallatak* seeds were kept in plastic vessels with *godugdha* for another seven days

V) on the 15th day *bhallatak* seeds were kept in plastic bag containing bricks powder for 3 Days after that seeds were wash with hot water

VI) Every day seeds were taken out from

the media and fresh media taken.

By Fring Method Use in South India ²⁴

The randomly selected fruits are taken in an iron pan and heat was given from below by charcoal. Smoke started coming from the nuts after 5 minutes of heating. Then burning charcoal was put on the pan containing *Bhallataka* Seeds. Immediately the hot seeds caught fire. After 2 minutes the fire was extinguished by removing the burning seeds from the pan to the floor and spreading it immediately with a long ladle to extinguish the fire. The same procedure was repeated thrice.

DISCUSSION:

The *Bhallataka* contains tarry oil which reduced in *Shodhana* process. Volatile material contribute to the weight loss when moisture is released so that *Shuddha Bhallataka* shows more loss on drying than *Ashuddha Bhallataka*. There are different *Shodhana* methods mentioned in *Ayurveda*. *Rasamrutam* mentions soaking the fruits in cow's urine, cow's milk and rubbing it in brick powder. *Rasatarangini* mentions is rubbing it. The oil contents get removed due to rubbing into brick powder. And some amount of brick powder remains in *Bhallataka* though washed with warm water. *Rasatarangini* also mentions *bhallatak shodhan* in cocount water. this process also mention in *Bhaishajya ratnavali* and in *rasayan sar*

mentions that *bhallatak* seeds poured in Baffelo stool after that *swedan* in *gomutra* after that *swedan* in *narikel jal* after that *swedan* with *godugdha* till its half after that *gocurd* mixed with before *composition*. This study also describe frying method which is widely used in southern part of India. But API (Ayurvedic Pharmacopeia of India) adopted the *shodhana* method mentioned in the text *Rasamrutam*. Detoxified *Bhallataka* Seeds (SA) are used for treating toxic conditions, obstinate skin diseases, hemorrhides, tumors, malignant growths, fevers, haemoptysis, excessive menstruation, vaginal discharge, deficient lactation, constipation, intestinal parasites.

CONCLUSION:

The present study shows that *Shodhana* process leads to the reduction in the toxic constituents of the *Bhallataka*, and this methods of purification can be adopted before using the drug in therapeutics. The analytical results clearly proves the chemical changes during *Shodhana* process. the *shodhana* method mentioned in the text *Rasamrutam* was adopted and quoted in API (Ayurvedic Pharmacopeia of India).

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