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

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


**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 into 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

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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 into 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. There are different medias explained in literature for Shodhana of Guggulu. 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 Shodana 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, 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, 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.

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

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

**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 Neehisara)*

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]

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Procedure</th>
<th>References</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Dissolve in liquid and filtering</td>
<td>Ras Ratnakara, Rasakhanda, 10th, Upadesh /78 Rasendra Sara</td>
<td>After heating liquid media, <em>Guggulu</em> is dissolved in it, strain it and</td>
</tr>
<tr>
<td>2.</td>
<td>Swedana (boiling in liquid)</td>
<td>Ras Tarangini 24/579-580 Brihata Rasa Raj Sundar, Madhyam Khanda/Shilajita Prakarana</td>
<td><em>Guggulu</em> tied in a cloth, made Pottali form and swing in the prescribed liquid and boiled until the maximum part of <em>Guggulu</em> come in liquid media. After cooling of liquid media, separate the sediment part on bottom of vessel and dried it.</td>
</tr>
<tr>
<td>3.</td>
<td>Swedana and frying in Grita</td>
<td>Anandakanda, 15th Ullasa,307</td>
<td><em>Guggulu</em> is cut in small pieces, fried in <em>Goghrita</em> and kept in Dolayantara in the prescribed liquid;</td>
</tr>
</tbody>
</table>
Guggulu is taken out and dried.

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

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Media</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Guduchi Kwatha</td>
<td>Rasendra Sar Sangraha 1/402 Ayurveda Sara Sangraha P. 237</td>
</tr>
<tr>
<td>4</td>
<td>Pancha Tikta Kwatha</td>
<td>Ananda Kanda Prathamollasa 322-323</td>
</tr>
<tr>
<td>5</td>
<td>Dasha Mula Kwatha</td>
<td>Ras Ratnakar Upa 10 As. Hridaya Kosh P. 190</td>
</tr>
<tr>
<td>6</td>
<td>Nimba Patra Kwatha with Haridra Churna</td>
<td>As. Hridaya Kosh P. 190</td>
</tr>
<tr>
<td>7</td>
<td>Gomutra</td>
<td>Vaidya Yoga Ratnavali A.F.I. 1st Edition</td>
</tr>
<tr>
<td>8</td>
<td>Vasa Patra Swarasa</td>
<td>A.F.I. 1st Edition</td>
</tr>
<tr>
<td>9</td>
<td>Vasa Patra Kwatha</td>
<td>A.F.I. 1st Edition</td>
</tr>
<tr>
<td>10</td>
<td>Nirgundi Patra Swarasa with Haridra Churna</td>
<td>A.F.I. 1st Edition</td>
</tr>
<tr>
<td>11</td>
<td>Water</td>
<td>Bheshajiya Samhita, Shodhana Prakarana</td>
</tr>
<tr>
<td>12</td>
<td>Goghrita</td>
<td>Aanada Kanda,153 Ullasa/305-312 Dipika Tika On Sharangadhara Samhita, Madhya Kanda 7/70-81</td>
</tr>
<tr>
<td>13</td>
<td>Asthishrinkhala Swarasa</td>
<td>Rasayogasadara, (645) Vranantaka Guggulu/ 3115-3119</td>
</tr>
<tr>
<td>14</td>
<td>Vataraktahara Dravya Kwatha</td>
<td>Gudharthadipika Tika On Sharangadhara Samhita, Madhya Kanda 7/70-81</td>
</tr>
</tbody>
</table>

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 hypolidemic 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 Goduguda. The properties of liquid media embedded into the Guggulu during the process of Shodhana, which augments the effect of Guggulu.

REFERENCES


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