



# E - NEWS LETTER

## Jay Jalaram Ayu Pariwar



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### Patron Message-

On occasion of National Doctors Day, I congratulate and appreciate all the effort of our consultants who are working in Smt. Damayantiben Patel Ayurved Hospital, Shivpuri. Our hospital is situated in rural area here medical facility is not established. Our hospital is serving Ayurved treatment with no profit and no loss policy to needy people of nearby village with indoor facility.

This is noble profession; continue your effort with great intensity towards society.

**Dr. Vijay Patel, M.D(Hom.)**

**President**

### From Editors Desk:

## Amlapitta

### Introduction :-

Ayurveda is science of life. Ayurveda mainly deals with physical, mental, social and spiritual wellbeing

by any of adopting preventive and promotive approach as well as to treat the diseases with its various curative approaches. A balanced diet and regular exercise are the keys to good digestive health. But today's era, faulty dietary habits, sedentary life and stress are main causative factors for diseases. People eat a lot of processed food with preservative and lack of exercise, etc., helps in vitiation of Annavaha strotas. Amlapitta is one of the Annavaha strotas disorder. Amlapitta is a classic example of the lifestyle disorders common in the present scenario. Around 25-30% of persons are suffering from gastritis in India. Kasyapa samhita is the first text which explained Amlapitta as a separate entity. In Madhavanidana, Nidana Panchaka of Amlapitta was described.

### Definition of Amlapitta

Amlapitta is a commonly encountered disease of Annavaha Srotasa (gastrointestinal system) described in various classical Ayurvedic texts. Madhukosa explained Amlapitta as "Amlam vidagdham cha tat pittam amlapittam" Amlapitta denotes the vitiated condition of pitta and it imparts Amlatvam and Vidagdathavam to the ingested food. Amlapitta is composed of two words Amla+ Pitta. Also it is said that Amla has been a natural property of pitta along with Katurasa . Susruta has enlisted Katu as its original ras and mentioned that when Pitta becomes

vidagdha changes into Amla. The augmented or increased Amla guna of pitta is known as Amlapitta . The pitta which attains amla guna and vidagdha is called as Amlapitta. Amlapitta shows its direct impact on Annavaha Strotas. Amlapitta is a psychosomatic disorder, where psychological factors play an equally important factor along with the dietary indiscretion. Amlapitta is most irritating disease due to faulty life style, dietetic indiscrimination and mental stress.

### Nidan of Amlapitta

Nidana of amlapitta can be divided into:

**Aharaj nidan** : Virudhasana, ajirna, ame purnat, pishtanna, ama apakva madya, goras atisevan, guru bhojan, abhishyandi bhojan, ushnatisevan, snigdhatisevan, rukshatisevan, amlatisevan, dravatisevan, fanit sevan, ikshu vikar, kultha sevan, bhrisht dhanya, pulak, prithuk sevan.

**Viharaj nidan:** Bhuktva bhuktva divaswapnat Ati snana Ati avgahanat,

**Mansik nidan-**Acharya charak mentioned that even the wholesome food also taken in proper quantity, does not get digested due to anxiety, grief, fear, anger, uncomfortable bed and vigil<sup>7</sup> . It produces ama and that cause Amlapitta.

Considering the samprapti of Amlapitta, it can be assessed that administration of "Tikta rasa" pradhana dravyas alleviates the disease. Ayurvedic Classics have indicated several single drugs in the treatment of Amlapitta.

### Samanya lakshan:

• Avipaka • Klama • Utklesh • Tikta udgar • Amlaudgar • Gaurav • Hrid dah • Kanth dah • Aruchi.

### Classification of Amlapitta

1. Madhavkara classified Amlapitta in two ways

A) According to pravritti • Urdhavaga • Adhoga

B) According to Dosha • Vataja • Vata-kaphaja • Kaphaja

2. Kashyapa described this disease into three types according to prominent of Dosha [11]

- Vataja
- Pittaja
- Kaphaja

1. According to Gatibheda it is divided into two categories. 1. Urdhwaga 2. Adhoga

2. According to Doshas it is divided into three categories.

1. Saanila.
2. Sakapha.
3. Saanilakapha.

### Modern View

Signs and symptoms of Amlapitta mentioned in the Ayurvedic texts are very similar to hyper acidity. The stomach normally secretes acid that is essential in the digestive process. The acid helps in the breakdown of food during digestion. When there is excess production of the acid by gastric gland of the stomach, it results in the condition known as acidity. Definition Hyperacidity simply means an increased level of acid in the stomach. The stomach secretes Hydrochloric acid (Hcl), a digestive juice which breaks down food particles into their smallest form to acid digestion. When there is an excessive amount of hydrochloric acid in these factors the stomach, the condition is known as hyperacidity. Causes: In the present modern era, fast hectic lifestyle, mental stress, incompatible food habits, unhealthy regimens habits like smoking, alcohol etc., which are not suitable for the physiology of digestion and Willful medications like NSAIDS, steroids, some vitamin supplements, insufficient sleep at night, Irregular meal pattern, Eating too late at night, Spicy, salty and sour foods, suppression of urges are causing gastric irritation and hyper gastric secretions leading to the onset of Amlapitta.

### Symptoms

Heartburn is the main symptom of acidity. Heartburn is characterized by deeply placed burning pain in the chest behind the sternum. Sour belching with an after of the already eaten food, Stiffness in the stomach, a feeling of restlessness, Feeling of nausea and actual vomiting, Loss of appetite, Indigestion, Constipation, Bloating, Dark or black stools(from internal bleeding), Dysphagia, Burping or hiccups that won't stop.

### Complications of hyperacidity:

Long-standing hyperacidity may lead to formation of ulcers in the stomach which may again lead to complications like perforation. Management of hyperacidity Weight reduction, stopping cigarette smoking, Meals should be of small volume. Alcohol, fatty food and caffeine should be avoided. No snacks to be taken after evening meal to prevent nocturnal regurgitation. Heavy stooping or bending at the waist should be avoided especially after meals. Head in the bed should be elevated by 15 cm.

### Chikitsa of amlapitta:

Principle of Asta ahar vidhi visheshayatana and dashvidh ahar vidhi vidhan mentioned in charak samhita are most important aspect for preventive and curative aspect of health. Amla ras and Amla Vipaka plays important role in the pathogenesis of Amlapitta. Vitiation of pitta is necessary for the clinical

manifestation of Amlapitta. Vitiating of Vata and Kapha may be associated with this disease

According to Acharya Charak chikitsa of all disease can be divided in 3 parts. Nidan parivarjan 2. Samshodhana 3. Shamana Nidan parivarjan: Withdrawal of the aetiological factors of the disease is called nidana parivarjana. Acharya Shusruta mentioned nidana parivarjana as the first line of treatment of all the diseases. In amlapitta excessive nidana sevana leads to Mandagni and Pitta vridhhi. So nidana of amlapitta should be removed in its first treatment. Samshodhana chikitsa: Samshodhana karma eliminates the vitiated doshas from their root cause and thus cures the disease entirely so that there is least probability of recurrence of disease. Acharya Kashyap has mentioned Amlapitta is developed from Amashaya (stomach) and kapha and pitta dosha are having ashrayas. Vamana and virechana karma as the best treatment for Amlapitta, for an example as if we cut down the root of any tree, the stem of the tree dies automatically.

#### **Sanshamana chikitsa:**

Samshamana karma or chikitsa means prakruti vighata. According to Acharya Kashyap after vamana karma if some of the vitiated doshas remains in the body then they should be pacified through langhana,

laghu bhojana, satmya kala, desh and pachana karma with Shamana yoga.

#### **Oral medication**

1. Avipattikara churna 2. Sutsekhar ras 3. Kamadugha ras 4. Prawal panchamrit 5. Laghusutshekar ras 6. Churnas like Shatavari, Yastimadhu, Sariva, Vasa, Bhvinga, Dhamaasa, Amla, Chandan, Guduchi satwa, Musta, Parpatak to be considered. 7. Chandanasav, Ushirasav, Bhunimbakikada, Abhayarishtha, Amlapitta kadha. 8. Patoladi kashayam 9. Maha Dhanvantari Gutika

#### **Pathya & apathya for amlapitta**

Pathya ahar and vihar also plays an important role of management of Amlapitta.

Pathya ahar • Puranshali, mudga, masur, harenuK • Goghrit, Godugdha, jangal mansa • Kalay shak, pautik, vasa pushp, vastuk • Rason, Haritaki, pippali, puran madira

Pathya vihar • Vamana, Virechana, Basti, shital jalpan  
Apathya Ahar • Til, Urad, kulthi • Avi dugdha, Dhanyamla • Lavana, Amla, Katu Rasa dravya • Guru anna, Dadhi, Madya Apathya Vihar • Veg dharan • Atap sevan • Diwaswap.

- **Dr. Dattatraya Kharosekar M.D(Ayu.)**

**Principal, JJAMC**

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### **ARTICLE**

**BY FACULTY**

## **CONCEPT OF SHODHANA IN RASASHASTRA**

**Author-** Dr Vaishali S. Patil, M.D., Ph. D (Sch.)

Asst. Professor, Dept. of RSBK,.

Rasashastra is a science which deals with the usage of Metals, Minerals, Gem stones in health

And diseases. Probably this science came into existence during 7 th cen A.D. as it is well

Documented by ancient scholars of Alchemy about the impurities of these drugs. If at all these Drugs are to be used as medicinal agents, initially they need to undergo a mandatory process known as Shodhana. Though Alchemy is not a branch of Ayurveda, Rasashastra has gained significant importance in the field of Ayurveda because of its less dosage, easy palatability & quick action. Ayurvedic physicians are using these medicines extensively in their day-to-day clinical practice. Now, here the question arises, whether these medicines are toxic. Answer would be no, because these drugs initially undergo a special & unique process known as Shodhana. It is a matter of fact that our ancient scholars of Alchemy were much aware of impurities & their adverse effects on their administration. In fact, while explaining the metals & minerals in classic literature, they have given a lot of importance on unpurified drugs & their side effects. Hence, the science of Alchemy strictly recommends that these drugs should be administered in purified form.

### **Definition**

It is a process in which Kshalana (Washing), Mardana (Pounding), Bhavana (Levigation), Swedana (Boiling), Bharjana (Frying), Nirvapa (Heat ing & dipping in specified liquids), etc are carried out on mineral drugs with a view to eliminate impurities.

### **History**

Indian Alchemy can be traced even from pre-vedic period. While explaining Samskara in the

Context of Ashtaaharavidhivisheshayatana (Rules & Regulations regarding intake of food)

In Charakasamhita Vimanasthana 1st chapter, we could see only a brief description on Shodhana. Eventually the scholars of Rasashastra gave immense contribution to Indian Pharmaceutics, in the form of various processes, use of different drugs, use of different Equipments, duration of each processes etc. This clearly shows that the scholars have heavily emphasized on the process of Shodhana.

Shodhana – Not mere purification

The literal meaning of Shodhana may signify purification. But when we analyze from the point of alchemy it carries some scientific meaning. The term Purification indicates the state of purity. May be the drug is free from spurious substance, but as far as Alchemy is concerned, it cannot be used as a therapeutic agent. Because the concept of Purification & the concept of Shodhana are entirely different and there is a huge difference which is being mentioned in Indian alchemy.

### **Objectives of Shodhana**

When we analyze various methods of Shodhana described in different texts of Rasashastra, we can easily understand that they are advised with a specific intention.

They are:

1. Elimination of Physical & Chemical impurities.
2. Neutralization of toxins.
3. To Induce & Enhance therapeutic

qualities.

4. To Impart Organic qualities.
  5. To make Metals & Minerals suitable for administration.
  6. To facilitate further process like Marana, Satwapatana, Lohitakarana, etc.
1. Eliminates Physical & Chemical impurities

As most of the drugs mentioned in Rasashastra are naturally available, they may contain many adulterants like stone, sand, mud, etc. Such foreign matter should be removed by the process of Shodhana.

Example

1. Shilajatu shodhana: As per classics, to separate physical matter, Shilajatu has to be washed from alkaline liquid medium, sour liquid medium, cow's urine, etc.
2. Parada shodhana: It is a known fact that mercury contains Naga & Vanga which are obviously used as nil adulterants, they are chemical impurities can be removed by a special process known as Distillation.

2. Neutralizes the Toxins

Though the drug is free from Physical & Chemical impurities, most of the drugs of Rasashastra are toxic in nature. The unpurified drugs like Gandhaka, Tamra, Haratala, Manashila, Gouripashana, etc have got immense toxic symptoms on administration. Certainly these drugs produce some toxic symptoms on administration even when they are physically & chemically pure. Probably the drugs what we use as a purifying agent for the process of

Shodhana, have such unique qualities which will neutralizes the toxicity of these drugs.

Hence, these drugs it is mandatory to undergo for Shodhana process.

3. Enhances the therapeutic qualities of the drugs  
Whatever the drugs are being used in the process of Shodhana, may it be herbs or animal products, and they themselves act as catalytic agent. These herbs and animal products can bring some desired changes in the drugs. Ayurvedically speaking these changes can be identified as gunantaradhana.

Example: GandhakaShodhana

In GandhakaShodhana, Gandhaka is melted with appropriate quantity of cow's ghee & poured into cow's milk through a clean cloth. Here, this particular method has been focused on physico-chemical impurities & also on toxins. Same time cow's milk & cow's ghee enhances the pharmacological properties of the Sulphur.

4. Makes the Metals & Minerals suitable for further process  
Most of the Metals & Minerals are basically hard in nature. They are to be administered insuitable form. These hard Metals & Minerals have to be converted into bhasma form by the process of Marana (Incineration), So, here the Shodhana plays a very important role by imparting brittleness & softness. Obviously, by this process which easily facilitates & fasten the process of Bhasmikiranana. Hence Shodhana is highly beneficial in further process like Marana, Satvapatana, etc.



## 5. Brings Organic qualities

The aim of Rasashastra is to convert diseased body into healthy body, iedehavada. Most of the drugs in this science are Inorganic in nature. It is a known fact that the living beings are organic in nature. So, it clearly indicates that it is highly impossible to administer in their natural form. Hence, during purification process herbal drugs not only nullify the toxicity &

modifies the active principles, but also brings organic qualities, which is highly necessary for administration.

### I Classification

#### Shodhana

1. SamanyaShodhana

2. VisheshaShodhana

eg: DhatuShodhana (Specific method)

(Common method - Purification of Metals)

### II Classification:

#### Shodhana

Shodhana	
Saagni (With fire)	Niragni (Without fire)
Nirvapa	Bhavana
Dhalana	Prakshalana
Bharjana	Shoshana
Putra	Sinchana
Swedana	Nimajjana
Patana	Gharshana

### DIFFERENT PURIFICATION PHOTOS CARRIED IN AYURVEDIC PHARMACY





Samanya  
Shodhita Tamra



Pottali in Dola  
Yantra



Swedana in  
Gomutra



Taila



Takra



Gomutra



Arjala



Kulattha  
Kwatha



7 times in each

List of different process of Shodhana				
Sr no	Different Shodhana	Meaning	Examples	Changes after Shodhana
1	Nirvapa	Heating the drug & dipping in specified liquid.	Abhraka	shodhana Brings brittleness & softness.
2	Dhalana	Melting the drug & pouring into the specified liquid.	Gandhaka	shodhana Separation of fat soluble impurities.
3	Bharjana	To fry	Kankshi shodhana	Water molecules will be evaporated.
4	Putra	Exposing the drug for fire	Brings brittleness & softness.	Swarna shodhana
5	Swedana	Boiling the drug in specified liquid for a stipulated time,	Haratala shodhana	Toxicity will be reduced.
6	Patana	Subjecting the drug to distillation	Parada shodhana	Lead & Tin will be eliminated.
7	Bhavana	Grinding the drug with specified liquid medium for a stipulated time	Sasyaka shodhana	Particle size will be reduced.
8	Prakshalana	Process of washing	Shilajatu shodhana	It removes Spurious substance
9	Nimajjana	Soaking in specified liquid medium for a prescribed time	Vatsanabha shodhana	Brings down the amount of Toxicity.
10	Gharshana	Rubbing	Bhallataka shodhana	Brings down the amount of Toxicity.

#### DISCUSSION

By nature the drugs of Alchemy do contain lot of impurities and toxic. So, these are extremely toxic and fatal, if administered in their crude form. Hence, Shodhana is a preliminary step towards therapeutic administration. Shodhana is a process in which Physical & Chemical impurities & toxins will be removed. Historically the detailed description of shodhana can be traced in Rasashastra texts and got developed immensely during medieval period. i.e 8th century onwards. Also we can see their types, duration, the drugs are being used, instruments, utensils during the process. This shows that the seers of Alchemy had immense knowledge about the purification and their

mode of administration. Perhaps, very few drugs can be administered immediately after Shodhana. eg: Gandhaka, Gairika, Kankshi, etc. The process of Shodhana makes the drug suitable for further processes like Marana, Satwapatana, Lohitakarana, etc. Certainly, we can understand that there is a strong rationality between the method, duration, instruments and the drugs which are being used in the process of Shodhana.

#### CONCLUSION

Shodhana may remove Physical and Chemical impurities. It brings organic qualities. The drugs which are being used in the process of Shodhana may modify the active principles & enhance therapeutic action.



## STUDENT ARTICAL

### **Nirgundi**

Bhoi Jigar Shanabhai (S.Y. BAMS)  
Guided By : Dr. Deepa Mehta, Dr. Pradeep Tidake

**Latin Name :** Vitex negundo

**Family :** Verbenaceae

#### **Synonyms :**

1. सुगन्धिका:-Leaves and other parts of Nirgundi has Aromatic odour.

2. इन्द्रसुरसा:-The juice extracted from leaves of Nirgundi is an efficacious medicine

3. शीतसह:-The plant is having Usna virya, hence it can alleviate Sitaiva.

**Morphology :** Habit→ shrub grows upto 12 ft.in height.

Leaves→ leaf is 3 to 5 foliate, Leaflets are shortly petiolate.

Inflorescence → Dichasial cyme

Fruit →Small, globose, drupe, seeds are ovate oblong shaped with a straight embryo

Stem →Pinnately compound, digitately 3 to 5 foliate, leaflets are oblanceolate, grey-pubescent

below

Useful part→ Mula (Root),Patra(Leaf)

**Rasapanchak :** Rasa – Tikta,Katu ,Kaṣaya

Guna – Laghu, Rūkṣa

Virya – Usna

Vipaka – katu

**Dosa karma :** vata kapha samaka

**Karma :** kesya,netrya,sulahara,sotha Hara, krimighna,Kusthaghna,medhya.

**Rogagnata :** - Sula, Sotha, Krimi,

Vātavyadhi, Kuṣṭha, Kandu, Kasa,

Kesavikāra, Sopha, Pradara, Adhmana,

Sandhivāta, Guda vāta , Gulma.

**Formulations :** 1.Nirgundi taila 2.Nirgundi

Kasaya

**Reference :** Bhavprakash Nighantu,

Dravyaguna Vijnana by Dr.Prakash .L .

Hegde.



# STUDENT ARTICAL

## SWETA JIRAKA

Azeem Shaikh (S.Y BAMS)  
Guided By : Dr. Deepa Mehta, Dr. Pradeep Tidake

**Latin Name : Cuminum cyminum**

**Family : Apiaceae**

**Synonyms :**

औत्तरापथम्-Cultivated in North India.

दीर्घकम्-Fruit of Jiraka is long.

पीताभम्-Fruit is yellow in colour.

दीपकः-Jiraka stimulates appetite.

अजाजी-Jiraka improves appetite.

जरण-Jiraka is very good digestant.

रुच्यम्-Jiraka improves the taste.

मेध्यम्-Jiraka improves memory.

**Morphology :**

**Habit** - A slender annual plant.

**Leaves** - Thrice or thrice 3-partite, ultimate segments are filiform.

**Inflorescence** - Compound umbel, rays are few, has several bracts and bracteoles.

Bracts are linear and rigid. Petals are white in colour, often unequal.

**Fruit** - Cylindrical with narrow tip. Primary ridges are filiform, distinct and secondary ridges, usually hispidulous. Vittae is large. Solitary under each secondary ridge.

Carpophore is 2-partite or bifid.

Seed - Convex-concave,  
d



ly compressed.

Useful part - Phala (Fruit)

**Rasadi Panchaka :**

Rasa – Katu (Madhura-Dh.Ni.)

Guna – Ruksa, Laghu

Virya – Usna

Vipaka – Katu

**Dosa Karma (Action on Dosa) :** Vātakapha samaka, Vatasamaka due to its Usna virya and Kapha samaka owing to its Usna virya, Katu vipaka and Katu rasa.

**Karma (Action) :** Dipana, Sangrahi, Medhya, Garbhasaya sodhaka, Jwaraghna, Pacana, Vrsya, Balya, Rucya, Caksusya, Chardini-grahana, Hradya, Krimighna, Viṣaghna, Vṛṇahara

**Rogagnata (Therapeutic indications) :** Agnimāndya, Ajīrna, Atisara, Viṣamajwara, chardi, Amlapitta, Aruci, Krimi, Netra roga, Adhmana, Gulma, Hrdroga, Garbhasaya vikara and Udara sula.

**Amayika prayoga (Therapeutic administration):** Jwara (Fever), Amlapitta (Hyper acidity), Chardi (Vomitting)

**Matra (Dosage) -** Curna (Powder) 3 to 6 g.

**Yoga (Formulations):** Jiraka ghrta, Jirakadi modaka, Jirakadya curna, Jirakadya taila, Jirakadyarista, Jirakadi leha



# STUDENT ARTICAL

## IKSHU

Vishal Parmar ( S.Y BAMS )

Guided By : Dr. Deepa Mehta, Dr. Pradeep Tidake

**Latin Name** : Saccharum officinarum

**Regional Name** : Sanskrit – Ikshu

Gujarati – Sherdi

English – Sugarcane

**Family** : Gramineae

**Synonyms** : Trunaraja, Dirghachada, Madhu trina,

Guda taru, Maharasa, Mrutyupushpa,

Bhoorirasa

**Habitat** : Cultivated in hot regions in India

**Morphology**

- Habit :- Shrub
- Stem :- 5-12 height
- Leaves – Narrow and Long  
( 2-4 foot long )
- Useful part – Root , Stem

**Rasapanchak**

Rasa – Madhura

Guna – Snigdha , Guru

Virya – Shita

Vipaka – Madhura

**Dosa karma** : Vatapitta samak , Kapha vardhak

**Karma** : krumikara , balya , bruhan, vrushya ,stanyajanana, mrutal , hrdaya

**Rogagnata** : kamala , raktapitta, hrdroga, kasa, swasa, sukraurbalya, stanyavardhanatha, krushata , mutrakrichha , vrikkaroga

**Dose** : Mula kwath :- 50-100 ml

Swarasa :- 20-40 ml

**Formulations** : Trushnapanchamula kwath

**Reference**: Acharya Priyavat Sharma ( Dravya guna vijnana )

Bhavprakash Nighantu

