



Litrature Review Of Sanskara In Bhaishajya Kalpana

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Abstract: The word Samskara in bhaishajya kalpana is denoted as the various kind of procedures done to introduce new quality in drug or to enhance the present quality in drug. Samskara' is one of the important concepts of Ayurveda. The Sanskara in Ras shastra is related to shodhan and maran and in case of parad there are 16 types of Sanskara are there to remove impurities and toxicology from parad. In kaumaryabhritya 16 types of Sanskara are explained regarding from birth of child to death as an adult. In bhaishajya process or tool by which Dravya is modified as required is termed as

'Samskara'. In Ayurveda word Samskara has been used in various aspects with different meaning as per the context.

Samskara is included Paradi Gunas. It is also enumerated under the 'Ashta Vidhi Vishesh Ayatanas'. Charak has defined Samskaras as 'Karan'. The word "Karan" has been used for "Bheshjya" mainly in

Charak Samhita. Samskara is an important concept of pharmaceuticals. It has vast application which are enlisted in three subtitles as collection of drugs, preservation of drugs and production of medicines.

KEYWORDS - Samskara Dravya Ayurveda, processing PHARMACEUTICAL, BHESHAJA

- **INTRODUCTION** - THE SAMSKARA CAUSES TRANSFORMATION IN SWABHAVIKA GUNAS (NATURAL ATTRIBUTES). SAMSKARA REFERS TO THE PROCESS OF TRANSFORMATION IN THE NATURAL QUALITIES OF A DRUG SUBSTANCE BY THE TREATMENT THROUGH WATER, APPLICATION OF HEAT AND OTHER FACTORS

like washing/cleaning, churning, place of storage, time factor, flavoring, form of recipes or Levigation and the utensils used (with modifications like coating the inner surface by various medicinal herbs).

Ayurveda is ancient medical system which means science of life. All living beings depends upon the

food for their life. 'Samskara' is a specific word used in Ayurvedic text. Method of preparation are the gradual development which have taken place with the invention of fire and along with the time newer methods have been included. The similar methods are practiced in pharmaceutical preparation also with slight modified as required is termed as samskara. Ayurvedic classics quote number of kalpana obviously gives rise to the inevitability of numerous Samskaras. Various Samskaras enumerated by Acharyas and their aims with their role in the pharmaceutical and food preparation are reviewed and compared with the present day processing methods in detailed in the article.

The difference between transformation and Samskara is that transformation can takes place in any manner forming any dravya. But Samsakara is making transformation in a proper way, by providing required conditions, to get the expected resultants.

Types of Samskaras:

1. Toya Sannikarsha-Processing with water.
2. Agni Sannikarsha-Processing with fire.
3. Toyagni sannikarsha-Processing with water and agni
4. Saucha-Cleaning
5. Manthana-Churning
6. Desha-Processing with help of Desha.
7. Kala-Processing by time
8. Vasana-Processing with proximity
9. Bhavna-Trituration
10. Kalaprakarsha-Processing with specific time exposure
11. Bhajana-Processing with specific utensils

Thus various gunas are incorporated in the dravyas by virtue of processing them with any of these samskaras.

1) TOYA SANNIKARSH

Kathina, khara guna Pradhan dravyawhen processed with Samskara of mridu

and snigdha guna (water); adhana of these gunas takes place.

Example- Soaking of hard dravya in water, such as rice soaked in water becomes soft.

2)AGNI SANNIKARSHA

Guru , Kathina and khara gunas of Sanskari dravya are changed in to a laghu ushna gunas because of similar gunas present in Example- Vrihi which possesses guru, kathina gunas: on roasting becomes laghu and mridu (laja).

3)TOYAGNI SANNIKARSHA

This samskara includes combination of both no 1 and 2 samskara. Where water and heating applied at the same time.

Example-Kwath

4) SAUCHA

By cleaning the dravya ; impurities in them are removed and here gunadhana is to be understood as removal of dosha.

Example- While describing the Gunas of Guda, Dhauta guda and Sharkara; Acharya Charaka states that increase in Vimalata increases sheeta guna. this is expression of sheeta guna by saucha samskara.

Similar example is seen in case of guda and dhauta guda. In this case there is no induction of guna but the impurities are having ushna guna which after removal help in expression of innate shita guna of sharkara. The shodhan samskara is also a type of such samskara, which is done with the help of many substances as per the type of the drug eg.milk, ghrita, plant, juices etc.It is used for cleansing of raw, purification of poisoning drugs, reducing ill effect of certain drugs, filtration decolouration.

5) MANTHANA

The transformation of attributes by churning. Manthan also generated the Guna like swaduta and sugandha .Dadhi is Amla in rasa where as Takra is having Swadu Anurasa. Curd by nature aggravates shopha; when churned, even with the fat content of it remaining in fact, it alleviates shopha.

6) DESHA

Desha as samskara dravya can be understood as if desha has a major role in deciding gunas of a dravya. Placing a dravya in particular desha imparts specific gunas in it.

Example- While explaining preparation of Brahma rasayan it has been stated that this medicine after preparation is to be stored below the heap of ash.This storage increases certain gunas in it.Certain Dravyas when collected from specific deshas have more potent gunas as compared to other deshas. Example-Ushna dravya from Jangal desha and Sheeta Virya dravya from Anupa desha are

considered as Shreshtha.

7) Kala

Kala samskara is the gunadhan of newer properties in a dravya where kala itself brings changes in dravyas. Kala has its effect on all sthavara and jangama dravyas, in a fruit; changes in its state from un-ripened to half ripened and ripened is brought by kala. Not only external but internal change is also carried out by kala samskara. Sthavara dravyas and jangama dravyas both invariably experience this change and is unavoidable. Vasana Samskara imparts gunas of Samskaraka in to samskari by its direct association for certain duration.

For Vasana Samskara, Samskarka must and should very prominently possess gunas to be imparted such as gandha, gunas of rose flowers can be imparted in water. If rose flowers are kept in water, after some time even if the flowers are removed, water will continue to have fragrance of rose.

9) BHAVANA

Bhavna is mixing of drava with a dravyas in order to impart its gunas in it. In this process samskari is solid and samskaraka is liquid. Triturating with liquids impart their gunas in it.

Examples-In preparation of Amalaka rasayana, Charak has advocated Bhavna of amalaka with Amalaka swaras.

Shodhan of various dravya.

Preparation of various Gutika.

10) KALA PRAKARSHA

Kala Prakarsha is a samskara in a specific period of time is required for manifestation of newer gunas in samskari dravya. here, kala required for this action itself is the reason for this gunadhan and hence it is called as Kala Prakarsha Samskara.

Example-Asava and Arishta. If ghee is placed in a Bronze vessels for ten days it changes its gunas and acquires poisonous properties. word marakta used to denote the deadly disease..

11) BHAJANA -

Placing the Drug in a specific container imparts new gunas in it, here the container itself is called as samskara and the samskara is called as Bhajana.

Example- while explaining preparation of

apara triphala rasayana it is explained that triphala lepa is to be done on a iron vessel and kept for one day. After one day the lepa should be removed and consumed for rasayana effect. this lepana on iron vessels imparts new gunas in it.

3.2 Data and Sources of Data

For data collection we referred various kind of books on Bhaishajya kalpana & various Ayurveda books like Sharangdhara samhita Charak samhita And Ras tarangini book of Sadanad Sharma

IV. RESULTS AND DISCUSSION

In Ayurveda the word samskar has been used in different Ways Important ones among them are –

- 1) As a ritual on Sharira such as Pusanvna.
- 2) As a therapeutic procedure such as Shodhana, Vaman etc karma.
- 3) In paradi guna as Samskaras on physician, Pharmacist, drug and patient.
- 4) As a procedure in pharmaceuticals

CONCLUSION –

Thus, Samskara play a important role in Ayurveda pharmaceuticals. Without Samskara it will not be possible to deliever the results which are being provided since ages. Starting from Panchvidha kashay kalpanas to all the complicated procedure such as ashta or ashtadasha samskaras ofparad are adopted for adhan of desiredgunas in the drug. Samskaras are most important Ayurvediya Aushadhikaran.

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