

IMPORTANCE OF SAMSKARA IN AYURVEDA PRACTICES W.S.R. TO ROLE IN BHAISHJYA KALPANA

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ABSTRACT

Samskara is processes used in *Bhaishajya Kalpana* which develop new properties in formulation and enhances inherent characteristics. It is basic concepts of *Rasa Shastra* which mainly involves *Shodhana* and *Marana* processes along with others. *Samskaras* are mainly performed to remove impurities and to improve quality of drugs. *Samskara* with reference to *Bhaishajya* resembles processes which are used to alter *Dravya* according to their therapeutic requirements. *Samskara* is an important concept with regards to Ayurvedic pharmaceuticals since this practice boost qualities of drugs being processed. The concept of *Samskara* plays vital role in the collection, preservation and preparation of medicines especially herbo-metallic formulations. This concept is significant since it improves quality of medicinal substances to meet therapeutic requirements. This article explores importance of *Samskara* in Ayurveda practices W.S.R. to its role in *Bhaishjya Kalpana*.

KEYWORDS: *Ayurveda, Samskara, Bhaishjya Kalpana, Rasa Shastra, Shodhana.*

INTRODUCTION

Samskara collectively involve recollection and the development of specific qualities through some predefined procedures. *Samskara* refers to transformation of inherent attributes in a substance or improvement in qualities. *Samskara* play vital role in the development of *Aushadhi* which is one the important principles of Ayurveda along with *Hetu* and *Linga*. *Aushadhi* should be safe and effective; it must relieves diseases quickly, acts gently without harming body and should eliminates morbid *Doshas*. These all qualities of drugs can be achieved during the formulation stage and

Samskara is one such process which helps to achieve desired qualities of pharmaceutical products.^[1-4]

Samskara causes change in the *Swabhavika Gunas* since it alters inherent properties of a drug. In *Samskara* drug substances mainly treated with water, heat and other substances to perform function like washing, churning and cleaning, etc. Specific procedures and storage conditions are used in this practice in which time and particular utensils also play significant role. The various types of *Samskara* are depicted in **Table 1**.^[4-6]

Table 1: Various types of *Samskara*.

Type of <i>Samskara</i>	Description
<i>Toya Sannikarsha</i>	Processing with water.
<i>Agni Sannikarsha</i>	Processing with fire.
<i>Toya-Agni Sannikarsha</i>	Processing with both water and fire.
<i>Saucha</i>	Cleaning.
<i>Manthana</i>	Churning.
<i>Desha</i>	Processing influenced by geographical or environmental factors.
<i>Kala</i>	Processing based on time.
<i>Vasana</i>	Processing through infusion of proximity or association.
<i>Bhavana</i>	Trituration with specific liquids.

<i>Kalaprakarsha</i>	Processing with prolonged exposure to specific time frames.
<i>Bhajana</i>	Processing using specific utensils.

✚ *Toya Sannikarsha*

This process softened *Kathina* and *Khara Gunas* of substances, additionally developed moist property.

✚ *Agni Sannikarsha*

This involves processing with fire, the application of fire convert hard and heavy substances into *Laghu* and *Ushna Gunas*.

✚ *Toya-Agni Sannikarsha*

This involves combined application of water and fire processing, here simultaneous use of water and fire are performed.

✚ *Saucha*

It is cleaning process, impurities with undesirable attributes, are removed during cleaning. This improves inherent qualities of substances.

✚ *Manthana*

This process enhances *Swaduta* and *Sugandha*. For example churning of *Dadhi* gives *Takra*.

✚ *Desha*

Processing by region, according to geographic settings. It makes difference in qualities depending upon the habitant sources of substances.

✚ *Kala*

Time changes the characteristics of substances, which brings both internal as well as external changes.

✚ *Vasana*

It is a proximity processing, the properties of one substance get transferred to another one due to their characteristics association.

✚ *Bhavana*

This involves dissolving solid substances in liquids to transfers the properties of the liquid to the solid materials.

✚ *Kala Prakarsha*

It is the process of prolonged time exposure, subjecting to specific time duration inculcates new characteristics in substances being treated.

✚ *Bhajana*

It is the process of specific ware, the treatment with certain container imparts particular characteristic properties to the drug substances.

Role of *Samskara* in Drug Formulation

Drugs become compatible if they have proceeds by various means to acquire different *Rasas* and *Gunas*. Process of *Samskara* gives synergistic effect when different approaches are used for improving quality of materials. Permutations through *Samskara* reinforce therapeutic actions of drug. *Samskara* can create even a small dose to render great therapeutic effects. These processes play important roles in pharmaceutical as well as food preparations.^[6-8] The major advantages are that *Samskara* implies controlled transformation in an arranged way to acquire desired outcome. The various applied aspects and examples of *Samskara* are depicted in **Table 2.**^[8-10]

Table 2: Examples of *Samskara*.

Process	Example
<i>Toya Sannikarsha</i>	Soaking hard rice in water softens it.
<i>Agni Sannikarsha</i>	Roasting rice transforms it into light and soft <i>Laja</i> .
<i>Toya-Agni Sannikarsha</i>	Decoction preparation involves both water and fire.
<i>Saucha</i>	Washing raw <i>Guda</i> yields pure <i>Sharkara</i> , enhancing its <i>Sheeta</i> quality.
<i>Manthana</i>	<i>Dadhi</i> produces <i>Takra</i> with swelling-relieving properties.
<i>Desha</i>	<i>Ushna Dravyas</i> of <i>Jangala</i> and <i>Sheeta Virya Dravyas</i> of <i>Anupa</i> regions.
<i>Kala</i>	Ripening of fruits changes their properties.
<i>Vasana</i>	Rose fragrance infuses into water when petals are placed in it.
<i>Bhavana</i>	<i>Amalaka</i> triturated with <i>Amalaka</i> juice enhances its properties.
<i>Kala Prakarsha</i>	Time-specific preparation methods (e.g., maturation of Ayurvedic formulations).
<i>Bhajana</i>	<i>Triphala Rasayana</i> prepared in an iron vessel acquires additional qualities.

CONCLUSION

Samskara means gradual developmental processes which adapted to improve qualities of pharmaceutical preparations. Ayurveda describe many *Kalpanas* which require application of various *Samskaras*. It plays a

crucial role in Ayurvedic pharmaceuticals since these practices helps to attain desired therapeutic results. In this practice various transformative processes are used to infuse drugs with the desired *Gunas*. *Samskara* is basic in the formulation of drugs, because they ensure

development of the proper attributes such as taste, color, aroma and texture, etc. *Samskara* improve efficacy by imparting qualities in the drug formulation. *Samskara* encompass a series of phenomena which brings positive transformation in ancient medicinal products.

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