



A review article on *Samskara* in *Bhaishajya Kalpana*

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ABSTRACT - '*Samskara*' is one of the important concepts of *Ayurveda*. The 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 "*Bheshja*" mainly in *Charak Samhita*. *Samskara* is an important concept of pharmaceutics. It has vast application which are enlisted in three subtitles as collection of drugs , preservation of drugs and production of medicines.

KEYWORDS - *Samskara* , *Ayurveda*, Pharmaceutical, *Bheshaja*, *Dravya*

INTRODUCTION - *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 *kalpanas* 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 SANNIKARSHA-

Kathina, khara guna Pradhan dravyas when processed with *Samskara* of *mridu* and *snigdha guna* (water); *adhana* of these *gunas* takes place.

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

2)AGNI SANNIKARSHA-

Guru, Kathina and *khara gunas* of *samskari dravyas* are changed in to a *laghu*, *ushna gunas* because of similar *gunas* present in *samskara*.

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 *dravyas*; 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. *Manthana* also generates *gunas* such as *swaduta, sugandha* etc. Example-

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.

8) **VASANA -**

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 *marakata* here is used in a sense of agent having potential to create

deadly disease. This change is not seen if kept in bronze vessels for small duration of time, so there a specific time is required to change the *gunas of dravya*, which is called as *kalaprakarsha samskara*.

11) BHAJANA -

Placing the *samskari* 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.

DISCUSSION –

In *Ayurveda* the word *samskar* has been used in different ways-

Important ones among them are –

- 1) *Ashta Ahar Vidhi Vishesha Ayatana* for understanding *gunas* of *ahara dravyas* to be consumed.
- 2) As a ritual on *Sharira* such as *Pusamvana*.
- 3) As a therapeutic procedure such as *Shodhana, Vaman* etc *karma*.
- 4) In *paradi guna* as *Samskaras* on physician, Pharmacist, drug and patient.

- 5) As a procedure in pharmaceuticals.

CONCLUSION –

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

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