

# PHARMACEUTICAL REVIEW OF KRIMIGHNA MASHI WITH SPECIAL REFERENCE TO JANPADHDHWANS AADHYAY IN JALSHUDHHIKARAN PROCESS.

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## **ABSTRACT** –

Today, seeing the excessive use of clean water, more and more brands are coming up in the market with several types of different products to provide clean water. Some of the common options are the bottled drinking water which includes distilled water, purified water, and spring water. Distilled water is a type of purified water that goes through fastidious filtration which involves condensing and boiling. But the overall process kills both contaminants and natural minerals at the same time. So you can have clean water but, with the lack of minerals. To enhance this drawback, we can use mashi for water purification. Mashi Kalpana is the form of medicine which can be prepared by heating herbal or animal content up to transfer into carbonized form. Mashi Kalpana is used externally as well as internally. Mashi Kalpana is cost effective, less time consuming preparation and having quick result.

**KEYWORDS** – Mashi, purification, carbonized form.

## **INTRODUCTION** -

Infectious diseases spread from infected person to another person through various routes. Water borne diseases spread through water contaminated with human or animal faeces (including food and utensils, which have been washed with the contaminated water and dirty hands). Clean drinking water is the majority remedy of all. Clean water is shown to have reduced water trachoma and eye infection. It was shown that improvement in drinking water quality through household treatment like chlorination could reduce diarrhea to an extent. A recently published study had shown that supply of clean drinking water reduced diarrhea, morbidity by 25%. In a study report from UNICEF (2005) showed that improvement in community water supply increased the primary school attendance. We are in need of a procedure, which can purify water at home to safeguard health and increase the contribution of all to the development of a nation. Some chemical impurities present in drinking water causing health problem was studied by few groups of workers. Ayurveda is the oldest continually practiced medical system in the world. Ayurveda is a Sanskrit word from India which is generally translated as the 'science of life' indicating that it is a mind/body or holistic health system. One of the primary concepts for good health in Ayurveda is preventative therapy through diet and lifestyle. According to this system what we do ourselves to prevent disease is the strongest medicine as it comes through our own effort and so has a more direct effect on our health than through a secondary person or medicine. A key to prevent disease is maintaining the purity of the body, or in other words, keeping the body free of accumulated waste materials.

Drinking water isn't just made of hydrogen and oxygen, there are also many other minerals, in addition to nasty chemicals and impurities, which make up the composition of water. While most water filters efficiently remove these impurities, either mechanically or chemically, they often remove a lot of the important

minerals and ions that are healthy for our bodies. Due to the chemical composition and structure of activated charcoal, these filters attract and absorb unhealthy organic compounds, while allowing the rest of the minerals to remain in the water. Unfortunately, it doesn't remove all pathogens or microorganisms, so charcoal is often used in conjunction with another filter. Not only do charcoal filters remove a lot of the nasty stuff from water, they can add things back into your water to make it healthier. Activated charcoal can add important minerals, such as calcium, magnesium and iron back into your water to improve the water quality. According to Ayurveda mashi kalpana is correlated with activated charcoal which contain carbonform. *Mashi* (Black ash) is obtained, when any natural product from vegetable or animal sources is heated slowly, at lower temperature (generally below 450°C). If heating is continued further at higher temperatures (above 450°C) it forms *Bhasma* (White ash). *Mashi* is an intermediate product of *Bhasma* in which unlike *Bhasma*, both organic and inorganic constituents are present. <sup>1,4</sup>

**AIM** – Pharmaceutical Preparation Of Krimighna Mashi And Review Of Mashi Kalpna.

**OBJECTIVES** -

1. Review of mashi kalpana
2. pharmaceutical preparation of krimighna mashi

### **LITERARY REVIEW OF MASHI KALPANA** –

There are two methods

#### **1. BAHIRDHOOM METHOD – (open method)**

In this method the raw material is taken in iron pan and heat will be given upto the material is transfer into black color carbonized form. In this method herbal drug is usually used.

#### **2. ANTARDHOOM METHOD - (closed method)**

In this method the raw material is taken in powdered form and taken into Sharava and Puta heat will be given. After cooling the *Mashi* will be taken from Sharava In this method hard material such as animal horn, hair, bones are used for preparing *MashiKalpana*

Ex-Hastidant *Mashi*

Types of *Mashi* → 1. Herbal origin 2. Animal origin

#### **a) HERBAL ORIGIN-**

Ex-Triphala *Mashi*- In this Triphala (Haritaki, Bhibhitaki, Amalaki) powder is subjected to heat till its turn into black color carbonized form. This *Mashi* is used in Updamsha wound externally and also for Dhantadhawana This *Mashi* is prepared by Bahirdhoom method.

#### **b) ANIMAL ORIGIN –**

Ex-Hastidant *Mashi* In this *Mashi* is prepared with the help of elephant teeth. Elephant teeth powder is taken in sharaw and heat will be given by puta method. After cooling *Mashi* will be taken from sharaw. This hastidant *Mashi* is used in Indralooptha disease by applying locally. This *Mashi* is prepared by antardhoom method. <sup>2</sup>

**MATERIALS** – According to Sushrut Samhita Kalpasthan, 6<sup>th</sup> sootra, <sup>3</sup>

**Table no 1-**

No	Drug name	Praportion
1	DHAVADA	1 BHAG (10 gram)
2	RAL	1 BHAG (10 gram)
3	VIJAYSAR	1 BHAG (10 gram)
4	PARIBHADRA	1 BHAG (10 gram)
5	NIRGUNDI	1 BHAG (10 gram)
6	PALASH	1 BHAG (10 gram)
7	AARAGVADH	1 BHAG (10 gram)
8	KHADIR	1 BHAG (10 gram)
9	LOHPATRA	-
10	GAS STOVE	-
11	KHALVAYANTRA	-

**METHODOLOGY –****PREPARATION OF MASHI-****Step 1-**

1. Bharad churnas of All above mentioned ingredients in table no 1 are taken in same proportion each.
2. Then put it in loha sharav .
3. Madagni is given to sharava.
4. Stirring by spatula after fumes gets started .
5. After jet black coloured ash is form stop the heat.

**Step 2 -**

1. Then take this bolack coloured ash in khalvayantra m, make it churna by khalvayantra.
2. Then put this churna in airtight container.

**PREPARATION PHOTOS –**

This formulation is used for water purification as per reference in shushrut samhita kalpasthan in janpaddhawans aadhyay. <sup>3</sup>

**DISCUSSION –**

In sushrut Samhita janpaddhadhwans aadhyay according to above reference, mashi of all these ingredients can filter water better (jal shudhhikaran) , all ingredients can available easily and method of preparation is easy and cost effective. Prepared form contain carbon which has adsorption and absorption property which absorb toxins, bacteria from water without changing test of water , heat given to bharad of all these ingredients, reduce particle size and hence surface area is increased which is necessary for absorption and adsorption property . while heat is given fumes gets start firstly after that bharad gets black colour , when black colour is obtain stop the heat , because we want carbon form of bharad if we continue heating it gets converted in Kshar form which is not necessary for above reference .Hence carefully mandagi is given to bharad up to black colour is obtain. In now a days every filter have charcoal for water filtration if we use medicinal charcoal it surely gets better result , in water filtration. <sup>3,4,5</sup>

## **CONCLUSION-**

Medicinal Charcoal is prepared by carbonizing wood, Cellulose residues or coconut shells out of contact of air. Carbonizing dense wood produces the most effective gas absorbing charcoals in particular logwood and coconut shells. Charcoal made by burning wood, coconut shell in an atmosphere containing minimum oxygen acquires good adsorbent properties. Adsorbent are used in medicine to remove gases, toxins and poison. Adsorption is a physical phenomenon exhibited by colloidal particles where by substance are bound or made to adhere to the adsorbent. The large surface area of the colloidal particle is responsible to thus attract and hold the unwanted substance like toxins, bacteria, noxious fumes and gases.

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