

## THE ROLE OF SAMSKARA AND IT'S SIGNIFICANCE IN AUSHADHIKARANA

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### ABSTRACT

The procedure known as Samskara is what continuously transforms the Dravya for the better. It could be in the Dravya's physical and natural characteristics. Samskara is used to create the qualities of the perfect Aushada Nirmana. The creation of any Aushada involves a number of samskara. Samskaras only function when the Dravya sangrahana, Dravya samrakshana, and Aushada Nirmana are performed correctly and on schedule. If appropriately provided with the appropriate Anupana and Pathya, Samskara has a significant role in improving the therapeutic value of the drug by improving palatability, digestion, and absorption in the body.

**KEYWORDS:** Samskara, Dravya, Bhesaja, Aushadha Nirmana.

### INTRODUCTION

Samskara is a term with many meanings. It consists of religious practices like Garbha samskara and Bala samskara, among others. Depending on the situation, it is employed. Samskara is

Gunanthardhana, which denotes the transformation process, in the instance of aushadhikarana. Karana is another name for Samskara. Through the application of samskara, one can alter the Dravya's intrinsic qualities in order to produce the desired outcome in Aushadhikarana. It transforms a Dravya in a good way. The guna of Dravya will change

through the Samskara process, which will also have an effect on Aushada's form, palatability, and shelf life.

## MATERIALS AND METHODS

Different classical text book of Ayurveda like Charaka Samhitha, Sushrutha Samhitha, Sharangadhara Samhitha, Bhaishajya Rathnavali, Rasaratna Ramucchaya, Rasa Tarangini and other contemporary textbooks Rasa Shastra and Bhaishajya Kalpana were referred for making this article.

### Following are the factors that affects the samskara<sup>[1]</sup>

1. Toya Sannikarsha: Water Processing
2. Agni Sannikarsha: Processing with fire
3. Toyagni Sannikarsha: Water and Agni Processing
4. Shoucha Samskara: Cleaning Method
5. Manthana: Churning Process
6. Desha: Processing with Desha's assistance
7. Kala: Seasoning helps in processing
8. Vasana: Using odour to aid in processing
9. Bhavana: Trituration-assisted processing
10. Kala prakarsha: time-document-based processing
11. Bhajana: Processing using particular tools.

#### ❖ Toya sannikarsha

In this method, Dravya is processed with water for a shorter or longer duration. Through this process, there will be a change in the structure of the drug from hard to soft, and there will be a transfer of the active principle into the water.

Example: Dhanyaka Hima: Dhanyaka is kept in water overnight.<sup>[2]</sup>

Preparation of Arka Kalpana.<sup>[3]</sup>

#### ❖ Agni sannikarsha

Drugs that are processed with Agni attain lagu guna. Almost all pharmaceutical procedures adopt Agni samskara in manufacturing medicine.

Example: Tankana Shodana:<sup>[4]</sup> After processing with Agni, Tankana becomes light and brittle, like popcorn.

Koshti, puta, other heating equipment, furnaces, etc. are used for the purification of Dravya as well as the extraction of Sathva from rasa Dravyas, in which Agni acts as the main medium.<sup>[5]</sup>

#### ❖ Toyagni sannikarsha

This Samskara includes a combination of both the Toya and Agni samskaras.

Example: Preparation of Kwatha:<sup>[6]</sup> Here, the processing of Dravya with water and the heating process take place simultaneously.

#### ❖ Shoucha samskara

With the help of Shoucha Karma Physical impurities are removed, irrespective of the herbal or mineral drug. It can also be considered a Shodana process.

Example: Shodana of Kampillaka with Jala.<sup>[7]</sup>

Shodana of Shilajathu with Kshara, Amla Dravya, or Gomuthra.<sup>[8]</sup>

#### ❖ Manthana samskara

This Samskara employs the use of Manthana, which helps in the proper mixing of drugs. There will be changes in the guna and karma of the Dravya.

Example: Dadhi, by its nature is Guru, Kapha Karaka, and Abhishyandhi; when it is processed with water, it becomes Takra which is Laghu, Kaphahara and Anabhishyandhi.<sup>[9]</sup>

#### ❖ Desha samskara

Dravya has to be kept in a particular place to bring about some transformation for therapeutic efficacy. This indicates the effect of some season or place on the property of Aushada Dravya.

Example: Agneya dravyas, which are ushna dravyas, have to be collected from Vindya Mountain, and Soumya dravyas, which are Sheetha dravyas, have to be collected from the Himalayan Region. They are considered Shreshta.<sup>[10]</sup>

#### ❖ Kala samskara

Here kala refers to time; it includes when the drugs should be collected and medicine has to be made. This indicates a particular day of planetary influence on the property of Aushada Dravya.

Example: During the preparation of Pushyanuga Choorna; Dravyas has to be collected in Pushya Nakshatra.<sup>[11]</sup>

For the preparation of any Aushada, Dravya has to be collected in Pratha Kala.<sup>[12]</sup>

#### ❖ Vasana samskara

Vasana Samskara imparts flavors to the Aushada Dravya. Flavoring agents are additive substances that give an additional flavor and taste.

In Asava Arishta and Avaleha preparations, Prakshepaka Dravya is added for a good aroma. Example- Kushmanda Avaleha.<sup>[13]</sup>

#### ❖ Kala prakarsha

Kala Prakarsha refers to the time duration in which an Aushada Dravya has to be kept for a specific period of time for the manifestation of New Guna's in it.

Example: Asava and Arishta have to be kept for the sandhana process for specific period.<sup>[14]</sup> Changes in the Guna karma of Purana sarpi and Kumba sarpi as per the period of time.<sup>[15]</sup>

#### ❖ Bhavana samskara

Bhavana helps in making metallic and mineral preparations free from toxicity and aids in easy absorption into the system. Through this, natural properties are enhanced and newer properties are attained.

Example: Shodana of Tuttha with Nimbu Swarasa.<sup>[16]</sup>

To make Tribhuvana kirithi rasa, the fine powders of the medications are triturated seven times with Tulasi swarasa, Adraka swarasa, and Dattura swarasa.<sup>[17]</sup>

#### ❖ Bhajana samskara

The Dravyas are given certain Gunas when they are placed in a particular container.

Example: Sneha Kalpana's has to be prepared in Tamra, and Ayas have good therapeutic efficacy.<sup>[18]</sup>

In the preparation of the Triphala Rasayana, an iron vessel is used.<sup>[19]</sup>

## DISCUSSION

Ayurveda employs Samskara in Numerous ways which includes,

1. Samskara which can be both given to body and mind which bring positive differentiation in the growing baby for example: Garbhadana, Pumsavana etc.

2. In Ashta Ahara Vidhi Visheshayathana, Samskara is also described in order to comprehend the guna of the ahara dravya that is to be consumed, which explains the factor responsible for wholesome and unwholesome effect of the Ahara and methods of Ahara Sevana.
3. Samskara is also considered as one among Paradi Guna.
4. Samskara is employed in therapeutic procedures like Shodhana and Vamana Karma.
5. Ashta Vidha and Ashta Dasha Parada Samskara, Bhavana, Marana etc are employed in formulating a Rasoushadhi's.
6. It is widely used in pharmaceutical preparation.

## CONCLUSION

Thus, Any ayurvedic compositions are prepared with a significant contribution from Samskara. Starting with choosing the right container for the preparation, the right processing method, and the right storage conditions for Samskara are all crucial. One can receive the finest therapeutic results by using these methods. The medicinal value and palatability of Aushada will grow, and the sick condition will be quickly alleviated.

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