

A REVIEW ON ROLE OF TOYA-AGNI SANNIKARSHA SAMSKARA IN AYURVEDA PHARMACEUTICS

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ABSTRACT

Samskara is one of the important concepts of Ayurveda. Samskara is defined as a process of bringing about a desired changes in the properties of the drug. In the process of Aushadha Nirmana, various Samskaras are adopted to obtain desired dosage form and efficacy of the medicine. Among all samskaras, Toya-Agni Sannikarsha plays a vital role in Ayurvedic pharmaceuticals. This samskara includes combination of both Toya and Agni Samskara and it helps to convert Guru, Khara and Kathina Guna of Dravya's into Laghu and Mridu Guna. In this study, an attempt has been made to unravel the role of Toya-Agni Sannikarsha Samskara in Ayurvedic Pharmaceuticals.

KEYWORDS: Ayurveda, Samskara, Toya-Agni Sannikarsha, Aushadha Nirmana.

INTRODUCTION

Ayurveda believes that there is no such drug which cannot be considered as a medicine. Every drug's potential can be made acceptable to the body with the help of appropriate Samskara. The concept of Samskara according to Acharya Charaka is-

Samskaro hi Gunantaradhanam uchyate (Ch.Vi.1/22)^[1]

Acharya Charaka defines Samskara as transformation of the inherent attributes of a substance and imbibing useful gunas to bring about desired changes in the properties of the drug.

Samskara brings about both physical as well as chemical changes. These gunas are the manifestation of Panchabhautika composition. Usually Guna-Karma of any Dravya depends on conjugation and configuration of Mahabhutas present in it. This pharmacology can be modified with Samskara due to alteration in Panchabhautika composition.

Types Of Samskara

1. Toya Samskara – Processing with water
2. Agni Samskara – Processing with fire
3. Toya-Agni Sannikarsha Samskara – Processing with both water and fire
4. Saucha Samskara - Cleaning
5. Manthana Samskara - Churning
6. Desha Samskara – Processing influenced by geographical or environmental factors.
7. Kala Samskara – Processing based on time
8. Vasana Samskara - Flavouring
9. Bhavana Samskara – Trituration with specific liquids
10. Kalaprakarsha Samskara - – Processing with prolonged exposure to specific time frames
11. Bhajana Samskara – Processing using specific utensils

MATERIALS AND METHODS

Classical Ayurvedic Texts, Journals and Internet sources were referred for making this article.

Toya-Agni Sannikarsha Samskara

This samskara includes a combination of both Toya and Agni Samskaras. By this Samskara potency and efficacy of the drug is enhanced and toxicity is nullified. The drug becomes Bhaishajya from Bhashaja through the process of Samskara.

Role of Toya-Agni Sannikarsha Samskara in Bhaishajya Kalpana

According to Ashtanga Hridaya, there is nothing in the universe, which cannot be considered as a medicine. But each and every substance cannot be used as medicine as such and it needs to be transformed into a definite form to render it fit to be used as medicine. This act of transformation of a crude drug into a suitable form can be achieved with the help of Toya-Agni Sannikarsha Samskara.

1. Kwatha Kalpana^[2]: Kwatha is the process of boiling drug with water over fire.

Significance: Heat stable and water soluble principles are extracted.

2. Phanta Kalpana^[3]: Phanta is a process of infusion where coarsely powdered drug is soaked in hot water for a definite period of time.

Significance: The Phanta Kashaya will have only limited active principles as the contact between powdered drug and hot water is for a short period of time.

3. Arka Kalpana^[4]: Arka is the distilled essence of the drug.

Significance: Arka Kalpana is adopted for the drugs which contain Volatile constituents which if boiled may get vaporized.

4. Avaleha Kalpana^[5]: Avaleha is a semisolid preparation prepared by boiling any liquid preparation along with sweetening substances.

Significance

- A) Avaleha's are formulated to increase the shelf life as it contains sugar/jaggery which acts as natural preservative.
- B) Its semi-solid form allows for slow digestion and better absorption of active herbal compounds.
- C) Easy to consume as bitter taste of drugs are masked by sweetness of sugar/jaggery.

5. Ksheera paka Kalpana^[6]: It is one of the unique preparation of ayurvedic pharmaceuticals, where milk is used as a media for formulation.

Significance: It brings down Tikshnata and Ushnata of the drug and masks the kashayata of the drugs with the help of Madhura rasa and Madhura vipaka of Kshira which makes it more palatable and acceptable.

6. Sneha Kalpana^[7]: It is the preparation prepared by boiling 1 part of kalka Dravya, 4 parts of Sneha Dravya and 16 parts of drava dravya until Sneha siddhi lakshana's are attained.

Significance

- A) To extract lipid soluble active principles from the drugs.
- B) To enhance the shelf life of preparation.
- C) To make use of therapeutic benefits of ghrita/taila.
- D) To enhance drug absorption.
- E) To make the preparation more palatable.

7. Sandhana Kalpana^[8]: It is the process of fermentation.

Significance

- A) Increases the palatability.

- B) Faster absorption and assimilation of the medicine because of Tikshnadi gunas of madya.
- C) Longer shelf-life because of self generated alcohol.
- D) High nutritive value as this preparation contains sweetening agents like jaggery, sugar, grapes, honey, etc...

Role of Toya-Agni Sannikarsha Samskara in Rasa Shastra

Rasaushadhi nirmana is mainly dependent on Toya-Agni Sannikarsha Samskara. As a preliminary step, all Rasa dravya's undergo the process of shodhana, where Toya-Agni Sannikarsha Samskara is adopted.

1) Role of Toya-Agni Sannikarsha Samskara in shodhana of Rasa dravyas

A) **Nirvapa**^[9]: The procedure of heating the selected metals to red hot and dipping them in specified liquid medium is called as Nirvapa.

Eg: Abhraka Shodhana – Abhraka patra is heated red hot and dipped for 7 times in Triphala kwatha / Godugdha / Gomutra / Kanji

B) **Dhalana**^[10]: The procedure of pouring molten metal into a vessel containing specified liquid medium is called as Dhalana.

Eg: Naga Shodhana – Molten Naga is poured into Churnodaka for 7 times.

C) **Swedana**^[11]: The process where drug is tied in a pottali, hung in dolayantra having specified drava dravya and subjected for swedana for stipulated time.

Eg: Haratala Shodhana – Swedana in Kushmanda swarasa for 3 hours.

Significance

- a) Removes physical and chemical impurities.
- b) Reduces hardness of the metal.
- c) Enhances bioavailability.
- d) Enhances therapeutic efficacy.

2) Role of Toya-Agni Sannikarsha Samskara in Satvapatana

Satvapatana is the process of extraction of metal from the ore after processing with kshara, amla and dravaka gana dravya's and subjected to heat in kosti yantra.^[12]

Eg: Abhraka satva – Aluminium

Haratala satva – Arsenic

Significance: Helps to extract the therapeutically active principles from the ore.

3) Role of Toya-Agni Sannikarsha Samskara in Amruthikarana

Amruthikarana is a special samskara carried out to eliminate the remaining dosha's of any dhatu Bhasma.^[13]

sEg: Abhraka Bhasma Amrutikarana

Tamra Bhasma Amrutikarana

Significance

- a) Helps in guna vardana of bhasma's
- b) Helps to remove shesha doshas from the bhasma's
- c) Reduces Tikshna gunas of the bhasma's because of the use of ghrita, panchamrit in the Amrutikarana Samskara.

4) Role of Toya-Agni Sannikarsha Samskara in Marana

Marana is a process by which purified metals and minerals are subjected to mardana with specified drava dravya and when dried subjected to intense heat to obtain them in the form of Bhasma.^[14]

Eg: Dhanyaabraka is given bhavana with kasamarda swarasa and subjected to 10 gajaputa.

Significance

- a) It brings about lightness, softness and smoothness of bhasma's.
- b) More assimilable form.
- c) More potent.
- d) Lesser dose.
- e) Rapid action and rapid relief.

DISCUSSION

Aushadha Nirmana mainly depends on Toya-Agni Sannikarsha Samskara directly or indirectly. This samskara play crucial roles in drug purification, potency enhancement and toxicity removal. Toya samskara ensures proper extraction, purification and bioavailability of drug whereas agni samskara modifies drug properties, removes toxins and enhances therapeutic efficacy. The combination of both is essential for formulating ayurvedic formulations. Quantity of water and quantum of heat and the duration of heating are of prime concern for aushadha nirmana. The Pharmacodynamics and Pharmacokinetics of a dravya depends on it's Panchabhautika composition. This pharmacology can be modified with the help of samskara.

CONCLUSION

A pharmaceutical preparation is the result of more than one samskara collectively. Each and every samskara has its own importance. Among them Toya-Agni Sannikarsha Samskara is indispensable in preparing ayurvedic formulations. Without samskara it will not be possible to deliver the results which are being provided since ages. Starting from Panchavidha Kashaya Kalpana to all the complicated procedures such as Asta Samskaras of Parada, the concept of samskara is adopted to get desired gunas in the drug. The samskara may prove successful only if the other factors like collection of genuine drugs at appropriate time with proper storing and manufacturing conditions are fulfilled along with proper time and way of administration. The synergetic application of Toya and Agni samskara ensures the preparation of safe, bioavailable and therapeutically effective medicines.

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