

A REVIEW ON NEED OF JAYPAL (CROTON TIGLIUM) AND VATSANABH (ACONITUM FERROX) SHODHAN

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ABSTRACT

Ayurveda is an ancient science dominantly focuses on healthy living and mindful life in contrary to other medical sciences. Ayurveda specifically uses herbs and herbo-mineral combinations for the treatment. The herbs described in classics also include some *vishadravya* (poisonous plants) as potent medicine. Anything that results in '*vishammatva*' (stress), or '*vishada*' (sadness) in the body is '*visha*' (poisonous material). Depending on the intensity of toxicity, Ayurvedic classics have classified all poisons in two categories: *Mahavisha* and *Upavisha*. *Jaypal* is classified under *Upavisha* and *Vatsanabh* under *Mahavisha*. All *visha Dravya* should be used after some specific *shodhan*. While administrating *Jaypal* and *Vatsanabh* in the form of Ayurvedic medicines, *shodhan* (purification) is an effective technique for minimising its hazardous effects. Thus, the present

review is designed to understand the toxic effects, methods of purification of *Jaypal* and *Vatsanabh shodhan*.

KEYWORDS: Ayurveda, *Jaypal*, *Vatsanabh*, *Mahavisha*, *Upavisha*, *vishadravya*.

INTRODUCTION

Visha or *Upavisha* are toxic to human body in their natural form. These substances cannot be used directly for medicinal purposes. They are used as a part of a treatment in human being after undergoing various procedures which are known as *shodhan* (Purification). *Shodhan* is an ayurvedic procedure of detoxification. These methods are authentic since long time.

Thus *shodhan* is a process where toxic or unwanted properties of a drug are removed and additional properties or alteration in the properties is seen along with changes in physical, chemical or biological properties.

Visha are classified as

Rasarnava appears to be the first text to mention *visha-upavisha* classification. After *Rasarnava Rasa Ratnakar*, *Rasendra Choodamani* and *Rasaratna Samucchayam* have mentioned about five *visha* while other text like *Rasendra Chintamani*, *Sharangdhar Samhita*, *Bhava Prakash*, *Ayurved Prakash* have enumerated nine *dravyas* as *vishas upavishas* per different acharyas.

Vatsanabh and *Jaypal* are poisonous drugs which has been carried out in Ayurveda remedy. Accordingly unexpected unfavourable reaction can arise because of accidental use of a toxic herb/remedy/decoction through the patient, misidentification of herbs in order that a poisonous herb is fallacious to be an innocent variety, incorrect purification of toxic ingredients, overdose, self remedy and drug interaction with allopathic drugs. A few factors which decided *visha* as medicine-

- i. Dosage
- ii. Time of administration
- iii. Duration of treatment
- iv. Type of formulation
- v. Skill of individual physician

Description of Jaypal and Vatsanabh

Sr no.	Features	Jaypal	Vatsanabh
1	Latin name	<i>Croton tiglium</i>	<i>Aconitum ferox</i>
2	Family	Euphorbiaceae	Ranunculaceae
3	Useful part	Seeds, seed oil	Root
4	Ras panchak	Rasa: Madhura Virya: Sheeta Vipaka: Madhura Guna: Guru, Snigdha Karma: Pittahara, kaphahara, rechana	Rasa: Madhura Virya: Ushna Vipaka: Madhura Guna: Ruksha, Tikshna, laghu, vikasi, sukshma, vyavayi
5	Fatal dose	4-5 seeds or 20 drops of oil	1gm:root 250 mg:extract 4 mg:alkaloid
6	Fatal period	6 hrs to 3 days	20 minutes to 24 hrs
7	Chemical	Crotonic acid, crotonoleic acid,	The constituents of aconite in the

	constituents	glyceryl crotonate, crotonic resin, phorbol ester	fresh plant is between 0.3% and 2% in tubers 0.2% and 1.2% in the leaves. The major alkaloids are aconitin, pseudoaconitine, diacetyl pseudoaconitine, aconine
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Jaypal



Vatsanabh

Aim

To study the concept need of *shodhan* karma in ayurved.

Objective

- 1) Elimination of physical and chemical impurities
- 2) Neutralization of toxins
- 3) To induce and enhance therapeutic qualities
- 4) To impart organic qualities
- 5) To make metals and minerals suitable for administration
- 6) To facilitate further process like *marana*, *satvapatan*, *lohitikaran* etc.

1) Elimination of Physical and Chemical impurities

As most of the drugs mentioned in Rasashastra are naturally available, they may contain many adulterants like stone, sand, mud etc. such foreign matter should be removed by the process of *shodhan*.

2) Neutralizes the toxins

Most of the drugs of Rasashastra are toxic in nature. The drugs what we use as a purifying agent for the process of *shodhan*, have such unique qualities which will neutralizes the toxicity of these drugs.

3) Enhances the therapeutic qualities of the drugs

Whatever the drugs are being used in the process of *shodhan*, may it be herbs or animal

products, and they themselves act as catalytic agent. These herbs and animal products can bring some desired changes in the drugs.

4) Make the Metals and Minerals suitable for further process

Most of the metals and minerals are basically hard in nature. These hard metals and minerals have to be converted into *Bhasma* form by the process of *marana* (Incineration). So *shodhan* plays a very important role by imparting brittleness and softness.

5) Brings organic qualities

During purification process herbal drugs not only nullify the toxicity and modifies the active principles but also brings organic qualities which is highly necessary for administration.

Classification

a) *Samanya shodhan*

It is common procedure used for drugs of particular group. With the help of *samanyashodhan*, general impurities can be removed.

b) *Vishesh shodhan*

It is specialized technique or procedure employed for a single particular drug individually and not for a group.

Both the above procedures are further classified into *Saagni* and *Niragni*

1) *Saagni*: *Nirvapana*, *Bharjana*, *Putra*, *swedan*, *dhalana*

2) *Niragni*: *Bhavana*, *shoshana*, *prakshalana*, *nimajjana*, *sinchana*, *gharshana*

MATERIAL AND METHODS

Collection and Selection of drugs

Fully matured *Vatsanabh* roots and *Jaypal* seeds were collected from local market.

Shodhana process of *jaypal* (As per *Rasatarangini*)

Material

1. Jaypal seeds
2. Godugdha
3. Piece of cotton cloth
4. Dolayantra
5. Knife

6. Gas stove
7. Hot water

Procedure

- 1) Take required quantity of *Ashuddha Jaypal* seeds and removed the testa
- 2) A piece of cotton cloth is taken and *Ashuddha Jaypal* seeds is kept in it and *pottali* is prepared.
- 3) Hang the *pottali* in *dola yantra*. Sufficient amount of *Godugdha* is added to immerse the *pottali* completely.
- 4) The *Dola Yantra* is kept on gas burner and *madhayamagni* is given for 3 hrs and then *pottali* is taken out and washed with hot water.
- 5) Then the embryo (jivha) of the seeds are removed with the help of knife.
- 6) Repeat this procedure for 3 days to obtain *Shuddha jaypal*



Ashuddha Jaypal



Day 1



Day 2



Day 3



Shuddha Jaypal

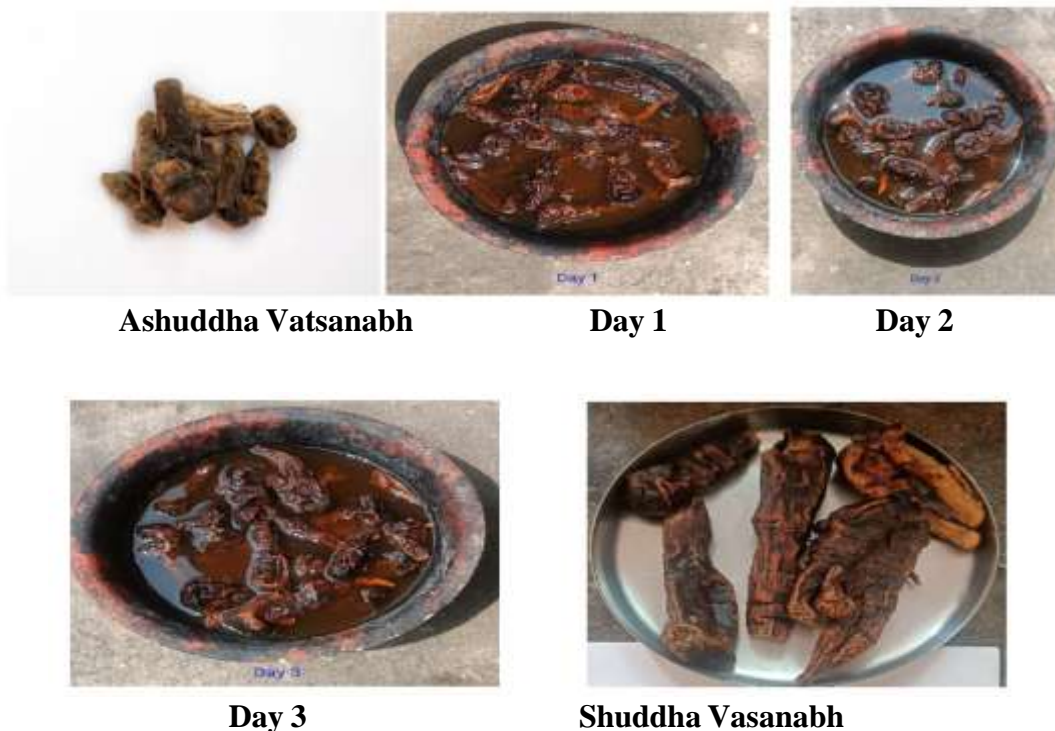
Shodhan process of *vatsanabh* (As per *rasatarangini*)

Materials

1. *Vatsanabh* roots
2. Gomutra
3. Vessel

Procedure

- 1) Required quantity of *Ashuddha Vatsanabh* are cut into small pieces and put into vessel filled with *Gomutra*
- 2) This vessel is kept in hot sun
- 3) Fresh *Gomutra* is used every morning and process is repeated for 3 days.
- 4) Later tubers are removed, deskined, and dried.



OBSERVATION

In *jaypal*

Before *swedana*, the colour of *Jaypal* seeds is Blackish red. After *swedana* it is changed to brownish red.

In *vatsanabh*

Features	Before shodhan	After shodhan
colour	Brown	Light Brown
odour	Typical	Odourless
touch	Hard	Slightly soft
taste	Bitter	Salty bitter
Appearance	Smooth	Dull

DISCUSSION

Shodhan is a process of separation by which physical and chemical impurities gets separated

from the substances by treatment with various drugs. It is a process by which blemishes are separated from the substance by various processing like grinding etc with specific drugs. *Shodhan* is a process of removal of impurities from substances by means of pharmaceutical processing of *swedana*, *mardana* with particular drugs.

CONCLUSION

In Ayurvedic classical references there are many medicinal herbs indicated in different diseases. *Upavisha* like *Jaypal* is the one used with medicinal combinations to prepare formulation. Natural products identified from traditional medicinal plant have always paved the way for development of new types of therapeutics. As per the concept of Ayurveda, "even a strong poison can be converted to an excellent medicine if processed and administered properly. On the other hand, even the most useful medicine may become a poison if handled incorrectly."

Shodhan process has immense effect in reducing toxicity. Some of the drugs like *Jaypal* and *Vatsanabh* do contain lot of impurities and toxic. So these are extremely toxic and fatal, if administer in their crude form. Hence *shodhan* is a preliminary step towards therapeutic administration. Hence the concept of *shodhan* in *Rasashastra* is not merely a process of purification but also a process resorted to enhance potency and efficacy of the drug. That's why *shodhan* plays an important role in *Rasashastra*.

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