

Practical No:

Date of Starting:

Practical Name : Vatsanabha Shodhana

Date of completion:

Reference : A.F.I.-1, Parishishta-2 Shodhana : 25

विषं तु खंडशः कृत्वा वस्त्रखंडेन बन्धयेत् ।

गोमूत्र मध्ये निक्षिप्य स्थापयेत् आतपे त्र्यहम् ॥

गोमूत्रं तु प्रदातव्यं नूतनं प्रत्यहं बुध्धैः ।

त्र्यहे अतीते तद् उद्धृत्य क्षालयित्वा विशोषयेत् । रसामृत, परिशिष्ट ८, पृष्ठ १४५

Principle : Shodhana

Equipments : Steel vessel, Cutter, Cloth, Weighing balance

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Vatsanabha	Aconitum ferox	Root	gm
2	Gomutra	Cow's Urine	Animal product	Quantity Sufficient (400 ml each time)

Method of Preparation:

- A.Vatsanabha moola was taken as above mentioned quantity.
- It was cut in to small pieces (Chanaka Pramana) by cutter.
- Pieces were put into cloth and knot it as become pottali.
- Gomutra was taken into steel vessel, pottali was kept in Gomutra and vessel was kept under the Sun light.
- Next day, pottali was taken out, gomutra was removed.
- Same procedure was repeated for three days.
- After that, Vatsanabha was washed by warm water, removed skin and it dried under the Sun light.
- Shudhdha Vatsanabha was obtained.

Observations:

- Vatsanabha moola was brownish in colored.
- Gomutra was more darker on first day but its color was not changed after next day.
- After three days, it was very soft form and skin removed easily.
- Shudhdha Vatsanabha was black in colored.

Confirmative Test (CDC): -- chief Desize character

Precautions:

- Fresh root should be use.
- Pottali should prepared.
- Gomutra should change daily and fresh gomutra should be used.
- It should be dry under the Sun light.

Results :

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Krishna Rasa : - Gandha : Gomutra	Total duration required : days Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight : due to gomutra
Rasa : Katu, Tikta, Kashaya Guna : Ushna, Vyavayi, Madakari Veerya : Ushna Vipaka : Katu Karma : Swedajanana, Shothaghna	Therapeutic dose : 1 Sarshapa to 7 Sarshapa (A.P.) Anupana / Sahapana : as per diseases

Therapeutic used : Internala R.T. 24/131

Gulma, Vatashula : Trikatu and Tamra Bhasma

Raktapita : Yashti, Kamalakanda, Laksha, Ushira, Tandulodaka

Purana Jwara : Sweta Vacha, Chandana, Lodhra, Macchi

Kushtha : Trayamana, Kakamachimoola, Khadira, Argvachaphala kashaya

Udara krimi : Vidanga

Pliha : Trikshara, Sarshapa, pipali mool

External :

Kacha : Nimburasa, Sharka – Anjana

Timira : 21 bhavana of Ardraka rasa with Shankha – Anjana

Karnashula : Ardrakarasa – Karnapurana

Naktandhya : Bhrungaraja rasa – Anjana

Aryabhishaka page 386

Sandgivata, Galaganda, Kanthamala : Nimbaras – lepa

Shotha : Shulthi, Punarnava, Gomutra – Lepa

Pharmaceutical Used :

Rasa : Tribhuvanakirti Rasa, Ananadabhaiarava Rasa

Taila : Mahavishagarbha Taila

Varti : Vishaprabha Varti

Discussion :

Toxicity : A. B. 386 कंठशोष, शिरःशूल, भ्रम, नाडीदौर्बल्य

Anti dote : कर्पूरजल – उष्णजन – उष्णदुग्ध – उष्ण अजादुग्ध – ऊदुम्बरत्वकरस एवं दुग्ध – प्रश्निपर्णिरस

एवं शर्करा – तंडुलीयपंचांगरस – हरीद्वारस – हिंगु एवं शर्करा

Practical No:

Date of Starting:

Practical Name : Samanya Sodhana of Parada

Date of completion :

Reference : Ayurveda Prakasha 1/165

१. एकेन लशुनेनापि शुद्धो भवति पारदः।
पिष्टो लवणसंयुक्तो मासान् (सप्ताहं) तप्त खल्वके ॥ आयुर्वेद प्रकाश १/१६५
- *२. रसोनं निस्तुषं तुल्यं तदर्धं लवणं हरेत् ।
तत् कल्के मर्दयेत् सूतं यावदायाति कृष्णताम् ॥
कृष्णं कल्कं परित्यज्य तथा प्रक्षाल्य युक्तितः ।
एवमेकेन वारेण रसेन्द्रः शुद्धिमाप्नुयात् ॥ रसतरंगिणी ५/२८-२९

Principle : Shodhana

Equipments : Electric Balance, Loha khalva, steel vessel, Spoon and cloth

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashudhdha Parada	Mercury - Hg	Metal	100 gm.
2	Nishtusha Lashuna (Peeled Garlic)	Allium cepa	Rhizome	100 gm.*
3	Lavana - Saindhava	Rock Salt	Mineral	50 gm.*
4	Kanjji	Sour gruel	--	Quantity Sufficient

Method of Preparation:

- Prescribed quantity of Ashudhdha Parada was taken in Loha Khalva Yantra.
- Garlic peeled and pasted by Mixer and Saindhava was powder by Udukhala Yantra & Mixer.
- Paste of Peeled Garlic & powder of Saindhava added in Ashudhdha Parada and mixed well by Mardana.
- Loha Khalva was arranged on the top of Hot plate and Mardana - trituration properly with required sufficient quantity of Kanjji. Hot Plate temperature maintained at 50 °C.
- When mixed paste was became a blackish in color it taken out in vessel and added warm Kanjji/ water, rubbed with hand, and removed water carefully.
- It was repeated 3 to 4 times, Garlic and Saindhava was removed from mixed paste, and Shuddha Parada was separated from it due to gravity.
- Then removed water and Parada was filtered by fine cloth or four-folded cloth.
- Parada was been obtained as a shuddha.

Observations:

- Ashuddha Parada was blackish lustered, Garlic paste was yellowish in color, and Sulphar smell, Saindhava powder was Pinkish white in color.
- Paste of mixer (Asuddha Parada, Garlic and Saindhav) was been became blackish in color slowly and spread odour of Garlic. Parada was became shiny lustrous.
- Kanjji was needed when triturating by Tapta Khalva.
- Parada became small particles when triturating was completed.
- Except Parada, paste was been removed by washed.
- Shudhdha Parada became shinier.

Confirmative Test (CDC):

Shudhdha Parada was silver like luster shiny.

Precautions:

- Garlic should be peeled and paste well.
- Tapta Khalva should be maintaining around 500 to 600 C.
- Triturating should be carefully and sufficient Kanji should be adding.
- Carefully wash by warm water and control Parada loss.

Results :

Organoleptic test : Shabda : - ---- Sparsha : Smooth and liquid form heavy Rupa : Silvery White & Shiny luster Rasa : - ----- Gandha : no smell	Total duration required : 7 days Initial weight: 100 gm. Final weight: 90 gm. Loss/Gain in weight: 10 gm. Reason for loss/gain in weight: Small particles of Parada was been removed by washing.
Rasa : Shadarasa Guna : Yogavahi, Sara, Guru Veerya : -- Vipaka : -- Karma:- Tridoshaghna, Vrishya, Balya, Rasayana, Shodhana, Ropana, Krimighna (Rasamrita 1/2)	Therapeutic dose : Not used as single Anupana / Sahapana : --

Therapeutic used:

External: Naradi lepa : Keshkrishnikarna, Paradadi malama – Kushtha

Pharmaceutical Used :

Kajjali	: Samaguna , Shadaguna
Parpati	: Rasa Parpati, Panchamrita Parpati
Pottali	: Rasagarbha Pottali
Kharaliya	: Arogyavardhini Rasa
Kupipakva	: Rasa Sindura, Rasa Karpoora
Taila	: Kushtha Rakshasa Taila
Guggalu	: Mahayogaraja Guggalu

Discussion :

अन्तस्सुनीलो बहिरुज्ज्वलो यो मध्यान्ह सूर्यप्रतिमः प्रकाशः । रसमंजरी

Toxicity :

Bhaishajya Ratnavali – Parada Vikara Chikitsa

Nasabhanga, Pinasa, Dantapata, Netraroga, Visarpa, Kotha, Kandu, Vaivarnya, Granthi, Pakshaghata, Chita Vikara, Bhagandara, Kushtha, Upadansha

Anti dote :

Anupana Tarangini : Shudhdha Gandhaka + Godugdha – one week

Nighantu Ratnakara : Kakarashtaka Dravya Seven

Rasarajasundara : 1 Tola Swarjika Kshara + Karvellakarasa + Sauvarchala

Todarananda : Sauvarchala + Gomutra

Rase.chi. : Sharapunkha, Suradali, Patolabeeja, Kakamachi– Swarasa/Kwath for one week

Aryabhishaka : Nagavali + Sharkara, Vanshapatrarasa + Sharkara, Agastyapatrarasa +

Bhringaraja + Suryakshara & Takra, Kasamardarasa, Karvellaka moola rasa prashana

Ext. - Nagavali, Tulasi, Bhringaraj – mardana & Snana

Practical No:

Date of Starting:

Practical Name : Gandhaka Shodhana

Date of completion :

Reference : A.F.I. 2 Parishishta - 2.9 Shodhana (Rasamrita 2, 3)

गव्ये पयसि गन्धं तु भृंगराज रसे अथवा ।

रसपर्पटिकाप्रोक्तविधानेन विशोधयेत् ॥ रसामृत, अध्याय २, ३

Principle : Dhalana

Equipments : Electric Balance, Ulukhala Yantra, steel vessel, Spoon, Pair of Tong, cloth

Ingredients :

Sr. No	Name of ingredients	Latin name English name	Part used	Quantity
1	Ashudhdha Gandhaka	Sulphur	Mineral	100 gm
2	Gavya Payasi- Godugdh	Cow's Milk	Animal Product	Q.S. (400 ml)

Method of Praparation:

- Ashudhdha Gandhaka 100 gm. was taken and it was prepared coarse powder by Udukhal Yantra.
- Godugdha was taken 400 ml in steel vessel and it covered by Cotton cloth, cloth was coated by cow's ghee.
- Gandhak powder was taken in steel vessel, given mild heat, yet it became liquid form.
- When Ashuddha Gandhaka was been melted completely, it poured in the Godugdha containing vessel carefully.
- Then cloth was removed, Gandhaka was kept out, broken it and washed by warm water.
- Gandhaka was been dried under sun light.
- Sudhdha Gandhaka was been obtained.

Observations:

- A. Shudhdha Gandhaka was yellowish in color and it easily break down by pounding.
- Gandhaka was yellow in color when it became melt.
- Some stone particles and Gandhaka particles settle on cloth.
- Shudhdha Gandhaka was yellow in color and slightly oily.

Confirmative Test (CDC): Yellow in color

Precautions:

- Gandhaka should be preparing coarse powder.
- Heat should apply slow and carefully.
- Melted Gandhaka should be pour carefully.

Results :

Organoleptic test : Shabda : ---- Sparsha : Solid mass Rupa : Yellow Rasa : ---- Gandha : -----	Total duration required : Initial weight: 100 gm Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight : Due to filtered by cloth and stone particles
Rasa : Katu, Tikta, Kashaya (R.R.S. Madhura) Guna : Sara Veerya : Ushna Vipaka : Madhura (A.P.- Katu) Karma : Dipana, Pachana, Krumighna, Kushthaghna – R.Chu.	Therapeutic dose : 1 to 8 Rati (R.T. 8/39) Anupana / Sahapana : Godugdha

Therapeutic used:

Internal (R.T. 8/40)

Kshaya	: Vasa Kashaya
Swasa, Kasa	: Kantakari Kashaya
Kushtha	: Pakva Kadaliphala + Madhu
Virayavrudhdhi (A.B.)	: Semala Musali
Urdhvajatruroga	: Triphala Kashaya
Pama	: Takra + Ghee
Prameha	: Guda + Kshira

Therapeutic used:

External (R.T. 8/40)

Amavata, Gadhrasi, Sotha	: with water
Pama (A.B.)	: Mrudarashriga, Tankana, Karpoora + Narikela Taila
Kushtha	: Maricha-1, Triphala – 6 with Aragvadha moola

Pharmaceutical Used :

Kajjali	: Samaguna
Parpati	: Rasa Parpati
Kupipakva	: Rasasindura
Kharaliya	: Gandhaka Rasayana
Druti	: Gandhaka Druti
Potali	: Rasagarbha Pottali
Churna	: Swadishta Virechana Churna
Guggalu	: Sinhanada Guggalu
Malahara	: Gandhakadya Malahara
Taila	: Kushtharakshasha

Discussion :

शुकपिच्छसमच्छायो नवनीतसमप्रभः ।
मसृणः कठिनः स्निग्धः श्रेष्ठो गन्धक उच्यते ॥ आ.प्र. २/२०

Toxicity :

Rasajalanidhi : Shila Churna (Stone particals) + Visha (Somala)
Ayurveda Prakasha : Kushtha, Tapa, Bhrama, Pitaruja, Rupa Sukha Bala Viryanasha
2/18

Anti dote :

Bruhata Rasaraja Sundara : Goghrita with Gokshira

Pathya : Ayurveda Prakasha 2/49-50 Jangama Mansa – Ajamansa

Apathya : Lavana, Amla, Shaka, Vidahi, Dvidala, Strisevana & Yanasevana

Therapeutic used:

Internal (R.T. 8/40)

Kshaya	: Vasa Kashaya
Swasa, Kasa	: Kantakari Kashaya
Kushtha	: Pakva Kadaliphala + Madhu
Virayavrudhdhi (A.B.)	: Semala Musali
Urdhvajatruroga	: Triphala Kashaya
Pama	: Takra + Ghee
Prameha	: Guda + Kshira

Therapeutic used:

External (R.T. 8/40)

Amavata, Gadhrasi, Sotha	: with water
Pama (A.B.)	: Mrudarashriga, Tankana, Karpoora + Narikela Taila
Kushtha	: Maricha-1, Triphala – 6 with Aragvadha moola

Pharmaceutical Used :

Kajjali	: Samaguna
Parpati	: Rasa Parpati
Kupipakva	: Rasasindura
Kharaliya	: Gandhaka Rasayana
Druti	: Gandhaka Druti
Potali	: Rasagarbha Pottali
Churna	: Swadishta Virechana Churna
Guggalu	: Sinhanada Guggalu
Malahara	: Gandhakadya Malahara
Taila	: Kushtharakshasha

Discussion :

शुकपिच्छसमच्छायो नवनीतसमप्रभः ।
मसृणः कठिनः स्निग्धः श्रेष्ठो गन्धक उच्यते ॥ आ.प्र. २/२०

Toxicity :

Rasajalanidhi : Shila Churna (Stone particals) + Visha (Somala)
Ayurveda Prakasha : Kushtha, Tapa, Bhrama, Pitaruja, Rupa Sukha Bala Viryanasha
2/18

Anti dote :

Bruhata Rasaraja Sundara : Goghrita with Gokshira

Pathya : Ayurveda Prakasha 2/49-50 Jangama Mansa – Ajamansa

Apathya : Lavana, Amla, Shaka, Vidahi, Dvidala, Strisevana & Yanasevana

Practical No: 3

Date of Starting:

Practical Name : Kajjali (Samaguna)

Date of completion :

Reference : A.F.I. - I Parishishta-I, Paribhasha 21 (Rasatarangini 2/27)

निर्द्रवैर्धातुभिश्चाय गन्धादिभिः पेषितः पारदः श्लक्ष्णतां प्रापितः ।

कज्जलाभो यदा जायते असौ तदा नामतः कोविदैः कज्जलीत्युच्यते ॥ रसतरंगिणी, तरंग २;२७

Principle : Mardana – Kharliya Rasayana

Equipments : Electric Balance, Loha khalva, Spoon, sieve

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Shudhdha Parada	Hydrargirum / Mercury	Metal	Gm
2	Shudhdha Gandhaka	Sulphur	Mineral	Gm

Method of Preparation:

- S. Parada and S. Gandhaka were taken as above mentioned weight.
- Both were put in Loha Khalva Yantra and Mardana (trituration) carefully.
- When mixer became black in color and lusters less – shiny less Mardana was stopped.
- Kajjali was been obtained.

Observations:

- S.Parada was shiny white and S. Gandhaka was yellow in color.
- After some trituration both were mix-up and powder was became blackish in color.
- Some particles were outcome in air.
- After six days trituration mixer was became black in color and lustare less.

Confirmative Test (CDC): Black in color and shiny less and ultra fine form.

Precautions:

- Loha Khalva should use for trituration.
- S. Gandhaka should be used in powder form.
- Trituration should powerfully pressurize and carefully
- Person should not wearing gold ornaments during preparation of Kajjali as the mercury particle can damage it.

Results :

Organoleptic test : Shabda : ---- Sparsha : Shlkshana Rupa : Blackish Rasa : ----- Gandha : -----	Total duration required : days Initial weight: gm. Final weight: gm. Loss/Gain in weight: gm. Reason for loss/gain in weight : due to loss by dusting
Rasa : ----- Guna : Sara Veerya : ----- Vipaka : ----- Karma : Brihana & Vrushya	Therapeutic dose : 1 to 3 Rati (Rasamrita) Anupana / Sahapana : Godugdha

Therapeutic used: Internal Used : R.T. 6/113

Vamana : Ela, Maricha, Karpura, Musta, Lavanga, Badara Phala Majja + Madhu

Vidradhi : Varunadi Kashaya

Ajirna : Nimbukamla, Shunthi, Pippali

Swapna Meha : Elabeeja, Ahiphena, Karpura, Jatiphala, Lavanga- 4 Rati

Vata Roga : Triphala, Shudhdha Guggalu & Eranda Taila

External Used:

Charmadala : Sisam Taila or Navanita

Kandu, Pama : Dhaturapatra, Chitrakaraa and Navanita

Gandamala : Saindhava and Arka Kshira

Pharmaceutical Used :

Kharaliya : Arogyavardhini Rasa, Swasakuthara Rasa

Parpati : Rasa Parpati, Tamra Parpati

Pottali : Hemagarbha Pottali

Kupipakva : Rasa Sindura

Churna : Kutaja Kajjali

Vati : Mahayogaraja Guggalu

Taila : Kushtharakshasa Taila

Malhara : Kajjalikadya Malhara

Guggalu : Rasabhra Guggalu

Discussion :

निर्द्रवैः धातुभिश्चाथ गन्धकादिभिः पेपितः पारदः श्लक्ष्णतां प्रापितः ।

कज्जलाभो यदा जायते असौ तदा नामतः कोविदैः कज्जली इति उच्यते ॥

र.त.२/२७

Toxicity : May be Parada and Gandhaka

Anti dote : As per Parada and Gandhaka

Pathya : Wheat and Ghee

Apathya : Karvellaka and Lavana

Results :

Organoleptic test : Shabda : ---- Sparsha : Shlkshana Rupa : Blackish Rasa : ----- Gandha : -----	Total duration required : days Initial weight: gm. Final weight: gm. Loss/Gain in weight: gm. Reason for loss/gain in weight : due to loss by dusting
Rasa : ----- Guna : Sara Veerya : ----- Vipaka : ----- Karma : Brihana & Vrushya	Therapeutic dose : 1 to 3 Rati (Rasamrita) Anupana / Sahapana : Godugdha

Therapeutic used: Internal Used : R.T. 6/113

Vamana : Ela, Maricha, Karpura, Musta, Lavanga, Badara Phala Majja + Madhu

Vidradhi : Varunadi Kashaya

Ajirna : Nimbukamla, Shunthi, Pippali

Swapna Meha : Elabeeja, Ahiphena, Karpura, Jatiphala, Lavanga- 4 Rati

Vata Roga : Triphala, Shudhdha Guggalu & Eranda Taila

External Used:

Charmadala : Sisam Taila or Navanita

Kandu, Pama : Dhaturapatra, Chitrakaraa and Navanita

Gandamala : Saindhava and Arka Kshira

Pharmaceutical Used :

Kharaliya : Arogyavardhini Rasa, Swasakuthara Rasa

Parpati : Rasa Parpati, Tamra Parpati

Pottali : Hemagarbha Pottali

Kupipakva : Rasa Sindura

Churna : Kutaja Kajjali

Vati : Mahayogaraja Guggalu

Taila : Kushtharakshasa Taila

Malhara : Kajjalikadya Malhara

Guggalu : Rasabhra Guggalu

Discussion :

निर्द्रवैः धातुभिश्चाथ गन्धकादिभिः पेषितः पारदः श्लक्ष्णतां प्रापितः ।

कज्जलाभो यदा जायते असौ तदा नामतः कोविदैः कज्जली इति उच्यते ॥

र.त.२/२७

Toxicity : May be Parada and Gandhaka

Anti dote : As per Parada and Gandhaka

Pathya : Wheat and Ghee

Apathya : Karvellaka and Lavana

Practical No:

Date of Starting:

Practical Name : Mugdharasa

Date of completion:

Reference : र. त. ६/९ - ११

युगतालकप्रमाणं विमलीकृतं रसेशम् ।
द्विगुणां खटिशच शुद्धां निदधोत खल्वमध्ये ॥
परिपेषयेत्तु तावत् विधिनेतदीयचूर्णम् ।
अवलोक्यते न यावत्खलु चन्द्रिकाविहिनम् ॥
हतचन्द्रिकं तु चूर्णं हयवबुध्यः योजयेद्वै ।
विबुधैः स्मृतो रसोऽयं खलु मुग्धेनामधेयः ॥

Principle: Mardana

Equipments: Electric Balance, Porcelain khalva, Spoon and cloth

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Shudhdha Parada	Mercury - Hg	Metal	gm
2	Shudhdha Khatika	Chalk - CaCO ₃	Mineral	gm

Method of Preparation:

- S. Parada and S. Khatika were taken as above mentioned weight.
- Both were triturating in Porcelain Khalva Yantra carefully.
- After triturating mixer was became powdered form and lusterless gray in color.
- Mugdha rasa was been obtained.

Observations:

- S. Parada was silvery white and S. Khatika was whitish in color.
- After some triturating, it became powdered form and color was changed.
- S. Parada was mix-up with Khatika and became powdered form.
- It became gray in color.

Confirmative Test (CDC): Powder form and gray color.

Precautions:

- Khatika should be used Shudhdha form as per classic.
- Trituration should be done powerfully pressured and carefully.
- Person should not wearing gold ornaments during preparation of any mercury containing formulation.

Practical No:

Practical Name : Mugdharasa

Date of Starting:

Date of completion:

Reference : र. त. ६/९ - ११

युगतालकप्रमाणं विमलीकृतं रसेशम् ।
द्विगुणां खटिशच शुद्धां निदधोत खल्वमध्ये ॥
परिपेषयेत्तु तावत् विधिनेतदीयचूर्णम् ।
अवलोक्यते न यावत्खलु चन्द्रिकाविहिनम् ॥
हतचन्द्रिकं तु चूर्णं हयवबुध्यः योजयेद्वै ।
विबुधैः स्मृतो रसोऽयं खलु मुग्धेनामधेयः ॥

Principle: Mardana

Equipments: Electric Balance, Porcelain khalva, Spoon and cloth

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Shudhdha Parada	Mercury - Hg	Metal	gm
2	Shudhdha Khatika	Chalk - CaCO ₃	Mineral	gm

Method of Preparation:

- S. Parada and S. Khatika were taken as above mentioned weight.
- Both were triturating in Porcelain Khalva Yantra carefully.
- After triturating mixer was became powdered form and lusterless gray in color.
- Mugdha rasa was been obtained.

Observations:

- S. Parada was silvery white and S. Khatika was whitish in color.
- After some triturating, it became powdered form and color was changed.
- S. Parada was mix-up with Khatika and became powdered form.
- It became gray in color.

Confirmative Test (CDC): Powder form and gray color.

Precautions:

- Khatika should be used Shudhdha form as per classic.
- Trituration should be done powerfully pressured and carefully.
- Person should not wearing gold ornaments during preparation of any mercury containing formulation.

Results :

Organoleptic test Shabda : ----- Sparsha : Powder Rupa : Gray color Rasa : ----- Gandha : -----	Total duration required : days Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight : Due to Mardana
Rasa : ----- Guna : ----- Veerya : ----- Vipaka : ----- Karma : -----	Therapeutic dose : ½ to 2.5 Rati - For 1 year – 1/8 to ¼ Rati Anupana / Sahapana : Jala

Therapeutic used: Internal

- Garbhini Firanga** : 1 Rati with water for 1 to 2 month
Bala Sahaja Firanga : ¼ Rati with water
Balatisara : ¼ Rati with water.

External Used:

- Parada Gutika** : for food (Wheat) preservation

Discussion : Grey powder**Toxicity : Parada Vikara****Anti dote : Parada Vikara Chikitsa**

Practical No : 5

Date of Starting :

Practical Name : Abhraka Shodhana

Date of completion :

Reference : A.F.I.-1,18:1 (Rasatarangini 10/20)

अध्रकं वह्निं सन्तप्तं सप्तवारं निषेचितम् ।

गोदुग्धे वा वराकाये शुद्धिमायात्यनुत्तमाम् ॥ रसतरंगिणी, तरंग १०,२०

Principle :

Equipments :

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashudhdha Abhraka	Mica	Mineral	100 gm
2	Godughda	Cow's Milk	Animal Product	Q.S. 400 ml each time

Method of Preparation:

- A.Abhraka was taken as mentioned, separated layer properly.
- Godughda was taken in steel vessel.
- Abhraka was taken in loha darvi and it given high heat by big gas stove.
- Then, it was dipped in Godughd care fully.
- Same procedure was done for total seven times.
- After that, Abhraka was washed by warm water.
- Shudhdha Abhraka was obtained.

Observations :

- Ashudhdha Abhraka was black in colour, thin layer form.
- After dipped, it was became some coarse form.
- Milk colour not changed after dipped.

Confirmateve Test (CDC) : --

Precautions :

- Black Mica should take for shodhana.
- Heat should give properly.
- Milk quantity should take sufficient.

Results :

Organoleptic test : Shabda : -- Sparsha : Snigdha	Total duration required : 2 days Initial weight : 100 gm Final weight :
---	---

Rupa : Krishna Rasa : - Gandha : no smell	Loss/Gain in weight : Reason for loss/gain in weight : Due to procedure
Rasa : Madhura Guna : Snigdha Veerya : Shita Vipaka : -- Karma : Vajikara, Rasayana (R.R.S.2/2)	Therapeutic dose : Not used Anupana / Sahapana :

Therapeutic used : Not Used

Discussion : A.F.I.-1,18:1

वज्रं तु वज्रवत् तिष्ठेन चाग्री विकृतिं व्रजेत् ।
सर्वाक्षेपु वरं वज्रं व्याधिबार्धक्यमृत्युजित् ॥
यदभजननिभं क्षिप्तं न बहनी विकृतिं व्रजेत् ।
वज्रसंज्ञं हि तद् योन्यमभं सर्वत्र नेतरत् ॥ आयुर्वेदप्रकाश , अध्याय २, ९७-९८

Toxicity :

पीडा विधत्ते विविधां नराणां कुष्ठं क्षयं पांडुगदं च शोथम् ।
हृत्पार्श्वपेडां च करोत्य अशुद्धसं हि तद्गद् गुरुबहिनहृत्स्यात् ॥ आ.प्र.२/१०३

Antidote :

उमाफलं जले पिष्ट्वा सेवते यो दिनत्रयम् । र.ज.नि.

Practical No: 6

Date of Starting:

Practical Name : Makshika Shodhana

Date of completion :

Reference : A.F.I.-1,18:21 (Rasatarangini 21/7-11)

सुवर्णमाक्षिकं लौहखल्वे तु खलु कुट्टयेत् ।
सुकुट्टितं ततो ज्ञात्वा चालन्या पारिचालयेत् ॥
ततो माक्षिकचूर्णन्तु चालनीपरिगालितम् ।
समादाय कटाहे तु स्थापयेत् भिषग्वरः ॥
निम्बूकस्वरसं दत्त्वा पचेत् चुल्लीगतं ततः ।
दर्व्या संचालयेत् तावद् यावत् स्यात् उत्पलप्रभम् ॥
ताप्यं तु यावत् लौहित्यं नैति तावत् प्रयत्नतः ।
पुनः निम्बुरसं दत्त्वां पचेत् तीव्राग्नियोगतः ॥
भृशं दिनत्रयं यापि दिवदिनं वा विधानतः ।
पाचितं माक्षिकं नूनं शुद्धिमायात्यनुत्तमाम् ॥ रसतरंगिणी, तरंग २१, २-११

Principle : Shodhana

Equipments : Weighting balance, Udukhal Yantra, Loha Kadai, Loha Darvi, Gas Stove

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashudhdha Makshika	Copper pyrite	Mineral	gm
2	Nimbu Rasa	Citrus medica	Leamon Juice	Q.S.

Method of Preparation :

- Ashudhdha Makshika was taken as mentioned quantity; it was broken into pieces to prepare its coarse powder by Udukhal Yantra.
- Makshika was taken in loha Kadai and it given heat, added Nimbu rasa and rubbed by loha darvi.
- Same procedure was done yet Makshika powder was became red in colour.
- Then after, it was given high heat for some time.
- Shuddha Makshika was obtained.

Observations:

- Makshika was yellowish in color, crystal like and easy breakable.
- Its powder was prepared easily by pounding.
- After heating, it became black in color, after some time it became red in color.
- Shuddha Makshika was red in color.

Confirmative Test (CDC): Red color

Precautions:

- Makshika should taken by observing its proper characteristics.
- Powder should do before shodhana.

➤ Heat should be given as require.

Results :

Organoleptic test : Shabda : -- Sparsha : Khara Rupa : Rakta Rasa : -- Gandha : Typical smell	Total duration required : day Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight :
Rasa : Tikta, Madhura Guna : Laghu, Ruksha, Ushana Veerya : ----- Vipaka : Madhura Karma : rasayana , Chakshushya	Therapeutic dose : Not Used Anupana / Sahapana :

Therapeutic used: Not Used

Discussion : A.F.I.-1,18:21

स्निग्धं गुरु श्यामलकान्ति किञ्चित् कषे सुवर्णद्युतिसुप्रकाशम् ।

कोणोज्जितं स्वर्णसमानवर्णं सुवर्णमाक्षिकमिह प्रशस्तम् ॥ रसतरंगिणी, तरंग २१,४

Toxicity :

मन्दानलत्वं बलहानिमुग्रां विष्टम्भितां नेत्रदान् सकुष्ठान् ।

मालां विधते अपि च गंडपूर्वा शुध्यादिहीनं खलु माक्षिकं तु ॥

आ.प्र. ४/११

Anti dote : कुल्लत्थ कषायेण माक्षिकविकृतिं जयेत् ।

वृ.र.रा.सं.

Practical No: 7

Date of Starting:

Practical Name : Gairika Shodhana

Date of completion :

Reference : A.F.I. 2, Parishishta 2, 11 (Rasa Ratna Samuchchaya 3;49)

गैरिकं तु गवां दुग्धैर् भावितं शुद्धिमृच्छति ॥ रसरत्नसमुच्चय, अध्याय ३;४९ (३ भावना)

Principle : Shodhana

Equipments : Electric Balance, Mixer, Sieve, Porcelain Khalva

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashudhdha Gairika	Ochre – Fe ₂ O ₃	Mineral	gm
2	Godugdha	Cow's milk	Animal product	Q.S.

Method of Preparation:

- Ashudhdha Garika was taken as mentioned above.
- It was powdered by mixer and sieved carefully.
- Gairika was taken in porcelain khalva, required Godugdha was added and triturated properly yet it became dried.
- Same procedure was done for another two times.
- Shudhdha Gairika was been taken.

Observations:

- Gairika was been easily powdered and some stony particles were not sieved.
- After bhavana of Godughda, no physically major changed in gairik.
- S.Gairika was red in colour and felted milk smell.

Confirmative Test (CDC) : --

Precautions:

- Suvarna Garika should be use and should be used powdered form.
- Require milk should add at the time of Bhavana.
- After completion of three Bhavana, it should dry under sunlight.

Results :

<p>Organoleptic test : Shabda : Sparsha : Powder Rupa : Rakta Rasa : Kashya Gandha : Ghrita and lohagandhi</p>	<p>Total duration required : Initial weight : 50 gm Final weight : 52 gm Loss/Gain in weight : 2 gm Reason for loss/gain in weight : Ghrita was added</p>
<p>Rasa : Madhura, Kashaya Guna : Snigdha Veerya : Sheeta Vipaka : Karma : Netrya, Raktapitahara, Kandughna R.R.S. 3/47</p>	<p>Therapeutic dose : 2 to 4 Rati (R.T. 23/119) Anupana / Sahapana : Godugdha</p>

Therapeutic used: Internal R.T. 23/120

Shitapita	: 2 Rati with Madhu
Raktapita	: Chandana, Ushira, Dhanyaka Kashaya and Sharkara + Ela Beeja
Jirna Jwara	: Rasasindura

External used: R.T. 23/120

Yonikandu	: Haridra, Amrasthi, Vidanga, Khadirasara, Rasavanti - Lepa
Shitapita	: Haridra
Visarpa	: Kasisa with Ghee
Agnidagdha	: Narikela Taila

Pharmaceutical Used :

Shodhanarthe	: Suvarna Shodhana - Panchamrutika
Churna	: Pushyanuga Churna
Loha	: Vishamajwarantaka Loha
Kharaliya	: Kamadudharasa
Pralepa	: Gairikadya Pralepa
Taila	: Irimedadi Taila
Agada	: Dushivishari Agada

Discussion :

पाषाणगैरिकं प्रोक्तं कठिनं ताम्रवर्णकम् ॥

अत्यन्त शोणितं स्निग्धं मसृणं स्वर्णगैरिकम् । र.र.स. ३/४६

Toxicity : Not mentioned

Therapeutic used: Internal R.T. 23/120

Shitapita : 2 Rati with Madhu

Raktapita : Chandana, Ushira, Dhanyaka Kashaya and Sharkara + Ela Beeja

Jirna Jwara : Rasasindura

External used: R.T. 23/120

Yonikandu : Haridra, Amrasthi, Vidanga, Khadirasara, Rasavanti - Lepa

Shitapita : Haridra

Visarpa : Kasisa with Ghee

Agnidagdha : Narikela Taila

Pharmaceutical Used :

Shodhanarthe : Suvarna Shodhana - Panchamrutika

Churna : Pushyanuga Churna

Loha : Vishamajwarantaka Loha

Kharaliya : Kamadudharasa

Pralepa : Gairikadya Pralepa

Taila : Irimedadi Taila

Agada : Dushivishari Agada

Discussion :

पाषाणगैरिकं प्रोक्तं कठिनं ताम्रवर्णकम् ॥

अत्यन्त शोणितं स्निग्धं मसृणं स्वर्णगैरिकम् । र.र.स. ३/४६

Toxicity : Not mentioned

Practical No: 8

Date of Starting:

Practical Name : Kankshi Shodhana

Date of completion :

Reference : A.F.I.2, 14/3 (Ayurveda Prakasha 2/257-258) Sphatika Bhasma

स्फटिका तु कषायोष्णा वातपित्तकफव्रणान् ।

निहन्ति श्वित्र विसर्पान् योनिसंकोचकारिणी ॥

स्फटिका निर्मला श्वेता श्रेष्ठा स्यात् शोधनं क्वचित् ।

न द्रुष्टं शास्त्रतो लोका वह्नावुत्फुल्लयन्ति हि ॥ आयुर्वेद प्रकाश अध्याय २/२५८

Principle : Shodhana

Equipments : Electric Balance, Gas stove, Udukhal yantra, Earthen sarav-plate

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashudhdha Sphatika	Alum – $K_2SO_4 \cdot Al_2(SO_4)_3 \cdot 24 H_2O$	Mineral	gm

Method of Preparation :

- Ashudhdha Sphatika was taken as above mentioned weight.
- It prepared coarse powder by Udukhal yantra.
- Earthen Sharava was taken and it put on gas stove.
- Sphatika Churna was put in Sharava and it was been spread center of Sharava.
- Gas was started and given slow heat.
- When water bubbles were disappearing, heat was stopped.
- After self-cooling of Sharava, Sphatika was removed.
- Sudhdha Sphatika was prepared.

Observations:

- Coarse powder of A. Sphatika was made easily by Udukhala yantra.
- After some heating water bubbles was appear and broken.
- Lastly, bubbles were totally disappeared.
- S. Sphatika was became rounded mass form and easily breakdown.

Confirmative Test (CDC):

Shiny white and waterless.

Precautions:

- Sphatika should be taken in crystal form without any impurities.
- It should be prepared coarse powder.
- Heat should be given slowly and do not disturbed at the time of heating.
- Earthen Sharava must be use.

Results :	Total duration required : day
Organoleptic test :	Initial weight : gm
Shabda : -----	Final weight : gm
Sparsha : Churna	Loss/Gain in weight : gm
Rupa : Sweta	Reason for loss/gain in weight : Due to water evaporated.
Rasa : Kashaya	
Gandha : -----	
Rasa : Kashya, Katu, Amla	Therapeutic dose :
Guna : Guru, Snigdha	2 to 4 Rati (R.T. 11/119)
Veerya : Ushna (R.T.11/181)	125-250 mg (A.F.I.2)
Vipaka :	Anupana / Sahapana : Water
Karma : Keshya, Netrya, Kushthaghna,	
Vishaghna (R.R.S. 3/63)	

Therapeutic used: Internal वातपित्तकफ व्रण, श्वित्र, विसर्प, योनिसंकोच

R.T.11/184

Nasa Rakta Strava : Godugdha Nasya
Raktapita : Rasasindura or Sharkara
Naga Visha Udārashula : 2 Rati with Sharkara
Atisara : Indrayava

A.Bhi. Page 691

Sarpavisha : ½ tola jala
Kshaya, Swasa, Kasa : Madhu
Prameha : Dugdha + Sharkara

External Used:

R.T.11/184

Vrana : Mudarshringa – Avachurnana
Vicharchika : Tankana Jala Prakshalana
Chakshuroga : 4 Rati + 5 Tola Gulaba jala – 2 Drops
Dantaroga : Babula Beeja - Pratisarana

A.Bhi. Page 691

Karnapuya : Jala Prakshalana
Vrushchikadansha : Ushna Sphatika Lepa

Pharmaceutical Used :

Parpati : Sweta Parpati
Churna : Sudarshana Churna

Discussion :

इषत्पीता गुरुः स्निग्धा पीतिका विषनाशिनी ।
निर्भारा शुभ्रवर्णा च स्निग्धा साम्ला अपरा मता ॥
सा फुल्लतुवरी प्रोक्ता लेपात्ताम्रं चरेदियम् । र.र.स. ३/६१

Toxicity : Pita Prakopa

Anti dote : Shitala Jala

Practical No:

Date of Starting:

Practical Name: Haratala Shodhana

Date of completion :

Reference: A.F.I. 1, 18: 22(Rasa Ratna Samuchchaya 3,70(

स्विकृतकुम्भादतोये वा तिलधारजलेद्विष वा ।
तोये वा चूर्णसंयुक्तं दोलायंत्रेण शुध्यति ॥

र.र.स. ३/७०

:Principle Shodhana

Equipments: Electric Balance, Gas stove, Udukhal yantra, Steel vessel, Iron rod, Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashuddha Haratala	Orpiment - As_2S_3	Mineral	gm
2	Churnodaka	Lime Water	Mineral	Q. S.

Method of Preparation:

- Ashuddha Hartala was taken 50 gm. and it made coarse powder form by Udukhal yantra.
- A.Hartala was put in cloth piece, and it prepared a Pottali.
- Churnodaka was taken in vessel and it put on gas stove.
- Potali was hanged by iron rod in Churnodaka.
- Heat was given slowly for 3 hours.
- After self-cooling, potali was taken out and Haratal was taken and washed by water.
- Shuddha Haratal was obtained.

Observations:

- A.Haratal was solid mass form and easily broken by Udukhal yantra
- It became small crystal form by soft pounding.
- Lime particles were been settled down, after completion of heating.
- After completion of shodhana, No physical changed in Hartala.

Confirmative Test (CDC): --

Precautions:

- Classic mentioned Hartala should be use.
- It should be used coarse form.

Practical No:

Date of Starting:

Practical Name: Haratala Shodhana

Date of completion :

Reference: A.F.I. 1, 18: 22(Rasa Ratna Samuchchaya 3,70(

स्विकृतकुम्भांडतोये वा तिलधारजलेडिप वा ।
तोये वा चूर्णसंयुक्तं दोलायंत्रेण शुद्धयति ॥

र.र.स.३/७०

:Principle Shodhana

Equipments: Electric Balance, Gas stove, Udukhal yantra, Steel vessel, Iron rod, Cloth

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashuddha Haratala	Orpiment - As_2S_3	Mineral	gm
2	Churnodaka	Lime Water	Mineral	Q. S.

Method of Preparation:

- Ashuddha Hartala was taken 50 gm. and it made coarse powder form by Udukhal yantra.
- A.Hartala was put in cloth piece, and it prepared a Pottali.
- Churnodaka was taken in vessel and it put on gas stove.
- Potali was hanged by iron rod in Churnodaka.
- Heat was given slowly for 3 hours.
- After self-cooling, potali was taken out and Haratal was taken and washed by water.
- Shuddha Haratal was obtained.

Observations:

- A.Haratal was solid mass form and easily broken by Udukhal yantra
- It became small crystal form by soft pounding.
- Lime particles were been settled down, after completion of heating.
- After completion of shodhana, No physical changed in Hartala.

Confirmative Test (CDC): --

Precautions:

- Classic mentioned Hartala should be use.
- It should be used coarse form.

- Pottali should be prepared properly and hanging under Churnodka.
- Heat should be given proper time.

Results:

<p>Organoleptic test</p> <p>Shabda : -----</p> <p>Sparsha : Small particles</p> <p>Rupa : Pita</p> <p>Rasa : -----</p> <p>Gandha : ----</p>	<p>Total duration required ; 2 days</p> <p>Initial weight: gm</p> <p>Final weight ; gm</p> <p>Loss/Gain in weight : gm</p> <p>Reason for loss/gain in weight ; Due to wash</p>
<p>Rasa : Katu, Tikta, Kashaya</p> <p>Guna : Guru, Snigdha</p> <p>Veerya : Ushna</p> <p>Vipaka :</p> <p>Karma : Raktavikara, Bhutabadha, Kushtha</p> <p>(R.Ka.Dhe.)</p>	<p>Therapeutic dose : --</p> <p>Anupana / Sahapana : --</p>

Therapeutic used: Internal R.T.11/60

Swasa	: Vasarasa + Kantakarirasa
Kushtha	: Panchatikta Kashaya
Prameha	: Tulasi rasa
Vatanadishula	: Trikatu + Tamra Bhasma
Raktavikara	: Amraharedrarasa
Vatarakta	: Devadalirasa
Arsha	: Haritaki Churna

External Used: R.T.11/60

Vrushchika Dansha	: Navasadara with water lepa. A.Bhi. Page 713
Nirlomikarana	: Haratala-1, Shankha-5, Palasha Bhasma-1 –Lepa
Darunaka	: Sudha – Lepa

Practical No: 11

Date of Starting:

Practical Name : Hingula Shodhana

Date of completion :

Reference : A.F.I. 2 Parishishta - 2 Shodhana (Rasamruta 1/54)

मेषी क्षीरेण दरदं निम्बुनीरेण भावितम् ।

सप्तवारं प्रयत्नेन शुद्धिमायाति निश्चितम् ॥

रसामृत , अध्याय १,५४

Principle : Shodhana

Equipments : Electric Balance, Porcelain Khalva, Spoon

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashuddha Hingula	Cinnabar, HgS	Mineral	gm
2	Meshi Kshira - Sheep milk	Sheep milk	Animal Product	Q. S.
3	Nimbu Swarasa	Lemon Juice	Fruit juice	Q. S.

Method of Preparation:

- Ashuddha Hingula was taken and it prepared powdered form by Khalva Yantra.
- Sheep milk was taken in measuring glass. It was added in Hingula with trituration yet it became a paste form.
- After dried, it was washed by warm water and it dried properly.
- Similarly, repeated process of Nimbu rasa bhavana for seven times.
- Shuddha Hingula was been taken.

Observations:

- Hingula was powdered by Khalva Yantra.
- Sheep milk was whitish yellow colour and thick. After milk Bhavana and washed, no any change in Hingula.
- Nimbu smell was felt during triturating.
- No color changed after seven of Nimburasa Bhavana.
- Shuddha Hingula was powdered form red in colored.

Confirmative Test (CDC): --

Precautions:

- Triturating carefully and substance should be became dried for one Bhavana.
- Person should be avoided gold ornaments.

Results :

Organoleptic test Shabda : -- Sparsha : Churna Rupa : Rakta Rasa : -- Gandha : --	Total duration required : Initial weight: gm Final weight: gm Loss/Gain in weight : gm loss Reason for loss/gain in weight: Due to Bhavana sticking in Kharala
---	---

Rasa : Tikta, Katu, Kashaya Guna : Ushna Veerya : Ushna Vipaka : -- Karma : Dipana, Rasayana, Vrushya (A.P.2/72)	Therapeutic dose : ½ to 1 Rati (C.B.Zha) Anupana / Sahapana : Maricha, Guda, Pipali, Guduchirasa, Madhu
---	--

Therapeutic used: Internal R.T. 9/20

- Shukragatavata** : Gandhaka, Ahiphena, Pipali, Shunthi
Vata Jwara : Pipali, Vatsanabha, Madhu & Ardraka Swarasa
Atisara : Jatiphala, Ahiphena, Indrayava, Musta, Karpura
Amatisara : Jatiphala, Lavanga, Indrayava, Tankana, Karpura

External: A.Bhi. Page 506

- Upadansha** : Arkamoola - Dhupana

Pharmaceutical Used :

- Hingullotha Parada**
Darada Vati
Ananada Bhairava Rasa
Hinguladya Malama
Tribhuvanakirti Rasa

Discussion :

जपाकुसुमवर्णाभिः पेषणे सुमनोहरः ।

महोज्वलो भारपूर्णो हिंगुलः श्रेष्ठ उच्यते ॥ र.त. ९/३

Toxicity : A.P. 2/73

Andhya, Bhrama, Kshinya, Klama, Meha, Moha

Anti dote : A.Bhi. Page 506 - Chinchaphalamajja Swarasa

Practical No:

Date of Starting:

Practical Name : Shankha Shodhana

Date of completion :

Reference : A.F.I.-1,18:18(Rasatarangini 12/10)

कांजिकेन पचेत् शंखं दोलायंत्रे भिषग्वरः ।

क्षालयेत् उष्णतोयेन शंखः शुद्धिमवाप्नुयात् ॥ रसत्रंगिणी, तरंग १२, १०

Principle : Shodhana

Equipments : Electric Balance, Gas Stove, Steel vessel, Iron rod, Cloth

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashuddha Shankha	Impure Conch	Marine	gm
2	Kanji	Sour gruel	--	Q.S.

Method of Preparation:

- Ashuddha Shankhanabhi was taken as per mentioned weight.
- put in a cotton cloth and prepared a Pottali.
- Kanji was taken and it filled in steel vessel and put on gas stove.
- Pottali was hanged in Kanji.
- Heat was given for three hours continuously.
- After self-cooling of Kanji, Pottali was taken out and Shankha was washed by warm water with brush and dried it under sunlight.
- Shuddha Shankha was prepared.

Observations:

- Shanka was coated by clay and it's Nabhi as like screw.
- Kanji was whitish in color and felt acidic smell.
- During heating kanji smell was felt.
- Outer layer was removed by brushed.
- Shudhdha Shankha was taken white in color.

Confirmative Test (CDC) : White in color

Precautions :

- Shankhanabhi should be taken.
- Kanji should be taken in adequate quantity.
- Heat should be given continuously.
- Wash by luke warm water.

Results :

Organoleptic test Shabda : -- Sparsha : Solid Rupa : White Rasa : No taste Gandha : No smell	Total duration required : days Initial weight: gm Final weight: gm Loss/Gain in weight : gm Reason for loss/gain in weight : Due to removed mud part of outer cover of Shankhanabhi
Rasa : Kashaya, Katu, Kshariya Guna : Laghu, Shita Veerya : Shita Vipaka : -- Karma : Grahi, Balya, Lekhan, Agnidipana	Therapeutic dose : Not used Anupana / Sahapana :

Therapeutic used:

External : R.T.12/12

Chakshuroga Timira : Trirekha Vartika, Arjunahara Shankha churna, Shankha Varti

Pharmaceutical Used :

Rasa : Lokanatha Rasa

Varti : Chandrodaya Varti

Shankhadrava :

Discussion :

वृत्तः स्निग्धः सूक्ष्ममुखो निर्मलश्चेन्दुसुन्दरः ।

दीर्घकायो गुरुश्चापि शंखः श्रेष्ठः प्रकीर्तितः ॥

प्रथमो दक्षिणावतो वामावर्तो अपरा मतः ।

र.त.१२/२

र.त.१२/३

Toxicity : Not mentioned, Shodhana should be do for Gunotkarsha – inhance property also.

Practical No:

Date of Starting:

Practical Name : Godanti Shodhana

Date of completion :

Reference : A.F.I.-1,18:4 (Rasatarangini 11/239)

गोदन्तं निम्बुनीरेण द्रोणपुष्पीरसेन् वा ।

यामाद्रधेनैव सुस्विन्नं विशुध्यति निसंशयः ॥

रसतरंगिणी, तरंग ११/२३९

Principle : Shodhana

Equipments: Electric Balance, Udukhala yantra, Dola Yantra, Cloth, Iron rod, Steel vessels

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashuddha Godanti	Gypsum - CaCO ₃	Mineral	gm
2	Nimbu Nira	Citrus medica	Fruit Juice	Q. S.

Method of Preparation:

- Ashuddha Godanti was taken as above-mentioned weight.
- It was prepared small pieces by Udukhal yantra.
- A.Godanti was put in cloth, made a pottali.
- Nimburasa was taken in steel vessel and pottali was hanged in it.
- Mild heat was given for Yama (3 hrs) continuously.
- After self cooling, Godanti was kept out, washed by warm water and it was dried under the Sun light.
- Shudhdha Godanti was obtained.

Observations:

- Godanti was glass like layer crystal.
- After swedana, nimburasa was changed milky white to dark brown in colored, Clay was removed by washed.
- S. Godanti was been seen crystal clear.

Confirmative Test (CDC): Glass like crystal clear.

Precautions:

- Godanti should take as per classic.
- It should break before wash.
- It should wash still clay part removed.

Practical No:

Date of Starting:

Practical Name : Godanti Shodhana

Date of completion :

Reference : A.F.I.-1, 18:4 (Rasatarangini 11/239)

गोदन्तं निम्बुनीरेण द्रोणपुष्पीरसेन् वा ।

यामाद्रधेनैव सुस्विन्नं विशुध्यति निसंशयः ॥

रसतरंगिणी, तरंग ११ / २३९

Principle : Shodhana

Equipments: Electric Balance, Udukhal yantra, Dola Yantra, Cloth, Iron rod, Steel vessels

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashuddha Godanti	Gypsum - CaCO ₃	Mineral	gm
2	Nimbu Nira	Citrus medica	Fruit Juice	Q. S.

Method of Preparation:

- Ashuddha Godanti was taken as above-mentioned weight.
- It was prepared small pieces by Udukhal yantra.
- A. Godanti was put in cloth, made a pottali.
- Nimburasa was taken in steel vessel and pottali was hanged in it.
- Mild heat was given for Yama (3 hrs) continuously.
- After self cooling, Godanti was kept out, washed by warm water and it was dried under the Sun light.
- Shudhdha Godanti was obtained.

Observations:

- Godanti was glass like layer crystal.
- After swedana, nimburasa was changed milky white to dark brown in colored, Clay was removed by washed.
- S. Godanti was been seen crystal clear.

Confirmative Test (CDC): Glass like crystal clear.

Precautions:

- Godanti should take as per classic.
- It should break before wash.
- It should wash still clay part removed.

Results :

Organoleptic test : Shabda : ----- Sparsha : Solid Rupa : Crystal like Rasa : No taste Gandha : No smell	Total duration required : day Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight : Due to removed clay part
Rasa : ----- Guna : Shita Veerya : ----- Vipaka : ----- Karma: Jirna & Pitta Jwarahara, Balya, Dipan, Swasa-Kasaghna	Therapeutic dose : -- Anupana / Sahapana : --

Therapeutic used: Not used

Pharmaceutical Used : Godanti Bhasma, Kasisa Godanti Bhasma

Discussion :

ग्राह्य लक्षण - पत्राचितं सुमसृणं शरदिन्दुसुनिर्मलम् ।

दीप्तप्रभं तु गोदन्तं ग्राह्यमत्र प्रकीर्तितम् ॥ र.त.११/२३८

Toxicity : Not mentioned in classics.

Results :

Organoleptic test : Shabda : ----- Sparsha : Solid Rupa : Crystal like Rasa : No taste Gandha : No smell	Total duration required : day Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight : Due to removed clay part
Rasa : ----- Guna : Shita Veerya : ----- Vipaka : ----- Karma: Jirna & Pitta Jwarahara, Balya, Dipan, Swasa-Kasaghna	Therapeutic dose : -- Anupana / Sahapana : --

Therapeutic used: Not used

Pharmaceutical Used : Godanti Bhasma, Kasisa Godanti Bhasma

Discussion :

ग्राह्य लक्षण - पत्राचितं सुमसृणं शरदिन्दुसुनिर्मलम् ।

दीप्तप्रभं तु गोदन्तं ग्राह्यमत्र प्रकीर्तितम् ॥ र.त.११/२३८

Toxicity : Not mentioned in classics.

Practical No:

Date of Starting:

Practical Name : Pravalmoola Shodhan

Date of completion :

Reference :

स्वर्जिकाक्षारसंयुक्ते सलिले परिपाचितम् ।

यामैकेन प्रवालं तु शुद्धिमात्यनुत्तमाम् ॥ Rasa Tarangini 23/132

Principle : Shodhana

Equipments : Udukhala Yantra, Dola Yantra, Cloth, Iron rod

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	A.Pravalmoola	Coral root	Marine	gm
2	Swarjidakshara Jala		--	Q.S.

Method of Preparation :

- A. Pravalmoola was taken above-mentioned and it was made small pieces by Udukhala Yantra.
- It was put in cloth, made pottali and it hanged in Swarjidakshara Jala filled earthen pot.
- Swedana was done by given mild heat for one Yama- 3 hrs continuously.
- After self cooling, it was kept out, washed by warm water and dried under the Sun light.
- Shudhdha Pravalmoola was obtained.

Observations:

- Outer layer of Pravalmoola was dirty, dark pink colored.
- During swedana, typical smell of Swarjidakshara was felt.
- Swarjidakshara Jala color was changed into dark to more darker.
- After washed, Pravalmoola pieces were pinkish in colored.

Confirmative Test (CDC):

Precautions:

- Pravalmoola should make in pieces form and should prepare loose pottali.
- Mild heat should give during swedana continuously.
- After swedana, was should do and dried properly.

Results :

Organoleptic test :	Total duration required :	days
Shabda : --	Initial weight :	gm
Sparsha : Rough	Final weight :	gm
Rupa : Pink color	Loss/Gain in weight :	gm
Rasa : --	Reason for loss/gain in weight:	due to removed outer layer.
Gandha : no smell		

Rasa : Kashaya Guna : Laghu, Snigdha Veerya : Shita Vipaka : Madhura Karma : Tridoshashaman	Therapeutic dose : Not used Anupana / Sahapana : --
--	--

Therapeutic used: Not used

Discussion :

- ग्राह्य प्रवाल- आरक्तमञ्जुलच्छायं स्निग्धं वृत्तञ्च निर्वणम् ।
दीर्घस्थूलं गुरु द्रव्यं ग्राह्यं विद्रुममुच्यते ॥ Rasa Tarangini 23/132
- It is classified under Maharatna Varga
- It's of two types classically...
 1. Pravalmoola
 2. Praval Shakha

Practical No:

Date of Starting:

Practical Name : Shukti Shodhan

Date of completion :

Reference : A.F.I. - 1, 18:11

शोधनं शंखवत् तस्य ॥ आयुर्वेदप्रकाश अध्याय २, ३३० (कांजी स्वेदन)

Principle : Shodhana

Equipments : Udukhal Yantra, Dola Yantra, Clotha, Iron rod

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	A.Mukta Shukti	Oyster/Shell	Mineral	gm
2	Kanji	Sour gruel	--	Q.S.

Method of Praparation :

- A. Shukti was taken above-mentioned and it was made small pieces by Udukhal Yantra.
- It was put in cloth, made pottali and it hanged in Kanji for swedana.
- Swedana was done by given mild heat for one Yama- 3 hrs continuously.
- After self cooling, it was kept out, washed by warm water and dried under the Sun light.
- Shudhdha Shukti was obtained.

Observations:

- Outer layer of Shukti was dirty, dark brown colored and hard.
- During swedana, typical sour smell of Kanji was felt.
- Kanji color was changed in to white to dark yellow.
- After washed, Shukti pieces were whitish in colored.

Confirmative Test (CDC):

Removed outer layer durty part

Precautions:

- Shukti should make in pieces form and should prepare loose pottali.
- Mild heat should give during swedana continuously.
- After swedana, was should do and dried properly.

Results :

Organoleptic test :	Total duration required :	days
Shabda : --	Initial weight :	gm
Sparsha : Snigdha	Final weight :	gm
Rupa : Shweta	Loss/Gain in weight :	gm
Rasa : --	Reason for loss/gain in weight:	due to removed outer layer.
Gandha : no smell		

Rasa : Katu	Therapeutic dose : Not used
Guna : Snigdha	
Veerya : --	Anupana / Sahapana : --
Vipaka : Madhura	
Karma : Udararoga	

Therapeutic used: Not used

Discussion : 1. Jala Shukti 2. Mukta Shukti

जलशुक्ति :

जलशुक्ति: कटु: स्निग्धा दीपनी गुल्मशूलनुत् ।

विषदोषहरा रुच्या पाचनी बलदायिनी ॥ आ.प्र. २/३२९

मुक्ताशुक्ति :

मुक्ताशुक्ति: कटु: स्निग्धा श्वासहृद्रोगविनाशिनी ।

शूलप्रशमनी रुच्या मधुरा दीपनी परा ॥ आ.प्र. ३/ ३२७

Toxicity : Not mentioned

Rasa : Katu	Therapeutic dose : Not used
Guna : Snigdha	
Veerya : --	Anupana / Sahapana : --
Vipaka : Madhura	
Karma : Udararoga	

Therapeutic used: Not used

Discussion : 1. Jala Shukti 2. Mukta Shukti

जलशुक्ति :

जलशुक्ति: कटु: श्लिग्घा दीपनी गुल्मशूलनुत् ।

विषदोषहरा रुच्या पाचनी बलदायिनी ॥ आ.प्र. २/३२९

मुक्ताशुक्ति :

मुक्ताशुक्ति: कटु: श्लिग्घा श्वासहृद्भोगविनाशिनी ।

शूलप्रशमनी रुच्या मधुरा दीपनी परा ॥ आ.प्र. ३/ ३२७

Toxicity : Not mentioned

Practical No:

Date of Starting:

Practical Name : Vanga Shodhan

Date of completion :

Reference : A.F.I.-1, 18:15

निषिञ्चेत् तप्ततप्तानि तैले तत्रे च काञ्जिके ॥

गोमूत्रे च कुल्लत्थानां कषाये च त्रिधा त्रिधा । शारंगधरसंहिता, मध्यमखंड अध्याय ११, २-२

Principle : Shodhana

Equipments : Electric Balance, Loha Darvi, Gas stove, Pithara Yantra, Steel vessels

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashudhdha Vanga	Tin/Stannum	Metal	gm
2	Taila	Sesamom indicum	Seed oil	Q.S. (4 time)
3	Takra	Butter milk	Animal Product	Q.S. (4 time)
4	Kanji	Sour gruel	--	Q.S. (4 time)
5	Gomutra	Cow's urine	Animal Product	Q.S. (4 time)
6	Kulattha Kwatha	Dolichos biflorus	Seed	Q.S. (4 time)

Method of Preparation:

- Ashudhdha Vanga was taken as mentioned above quantity.
- Taila was taken in Pithara Yantra as mentioned quantity.
- Ashudhdha Vanga was taken in to loha darvi and given heat yet it became melt.
- Melted Vanga was poured in to pithar yantra carefully.
- Same procedure repeated for total 3 times and in every media
- Shudhdha Vanga was obtained.

Observations:

- Vanga was white in color and after poured it became granular solid form.
- Vanga was melted by given small gas stove heat.
- Sound was felt at the time of pouring.
- After dhalana, did not change in any media but slag part was seen.
- Shudhdha Vanga was became granular lump form and slag was black in color.

Confirmative Test (CDC) : --

Precautions:

- Vanga should not be taken commercially but in pure form.
- Vanga should melt properly and pour carefully.
- Each media should take four times.

Results :

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Sweta Rasa : -- Gandha : --	Total duration required : one day Initial weight: 100 gm. Final weight: 85 gm. Loss/Gain in weight: 15 gm. Reason for loss/gain in weight: due to slag and process.
Rasa : Tikta, Amla, Katu, Kashaya Kinchita Lavana Guna : Ruksha, Shita, Laghu, Sara, Ushna, Tikshana Veerya : -- Vipaka : -- Karma : Chakshushya, Balya, Dipana, Pachana.. R.Chu. 14/134	Therapeutic dose : -- Anupana / Sahapana : --

Therapeutic used: --

Pharmaceutical Used : for Vanga Bhasma , Suvarna Vanga etc. preparation

Discussion :

मृदुलं निर्मलञ्चैव चन्द्रलोहसमप्रभम् ।
द्वुतद्रावञ्च निःशब्दं खुरकं समुदीरितम् ॥ र.त. १८,३
धवलं मृदुलं त्रिगुणं द्वुतद्रावं सगौरवम् ।
निःशब्दं खुरवंगं स्यान् मिश्रकं श्यामशुभ्रकम् ॥ र.र.स. ५/१५३

रक्तिद्वयोमितं चूर्णं पञ्चतोलकसंमिते ।
जले विनिक्षिपेत्प्राज्ञस्त्रियामं स्थापयेद् बुधः ॥
ततः सारकपत्रेण सारयेत्काचपात्रके ।
चूर्णोदकमिति ख्यातं तथैव च सुधोदकम् ॥ र.त.११/२१६

Toxicity :

अशुद्धममृतं बंगं प्रेमेहादिगणप्रदम् ।
गुल्महृद्रोगशूलार्शः कासश्वासवमिप्रदम् ॥ आ.प्र. ३/१५४

Antidote : Meshashrunji + Sharkara for 3 days. Rasaraj Sundar

Practical No:

Date of Starting:

Practical Name : Naga Shodhan

Date of completion :

Reference : Rasa Tarangini 21/10

सीसकं द्राव्येल्लोहदर्वीगतं स्वच्छचूर्णोदके चाथ निर्वापयेत ।

पूर्वमार्गेण वै शेषकर्माचरेत् सीसकं सत्वरं याति शुद्धिं परां ॥

Principle : Dhalana

Equipments : Electric Balance, Loha Darvi, Gas stove, Pithara Yantra, Steel vesels

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Ashudhdha Naga	Lead/Pb	Metal	gm
2	Churnodaka	Lime water	Mineral part	Q.S. (4 times for each Dhalana)

Method of Preparation:

- Ashudhdha Naga was taken as mentioned above quantity.
- Churnodaka was taken in Pithara Yantra as mentioned quantity.
- Ashudhdha Naga was taken in to loha darvi and given heat yet it became melt.
- Melted Naga was poured in to pithar yantra carefully.
- Same procedure repeated for total 7 times, each time liquid media changed.
- Shudhdha Naga was obtained.

Observations:

- Naga was shiny silvery white in color and after poured it became granular solid form.
- Naga was melted by given gas stove heat.
- Sound was felt at the time of pouring.
- After Dhalana, did not change in media but slag part was seen.
- Shudhdha Naga was became granular lump form and slag was black in color.

Confirmative Test (CDC): --

Precautions:

- Naga should not be taken commercially but in pure form.
- Naga should melt properly and pour carefully.
- Each time the liquid media should be changed.

Results:

Organoleptic test : Shabda : -- Sparsha : Snigdha Rupa : Sweta Rasa : -- Gandha : --	Total duration required : day Initial weight: gm Final weight: gm Loss/Gain in weight: gm Reason for loss/gain in weight: due to slag and process.
Rasa : Madhur, Tikta Guna : Snigdha, Sara, Guru, Lekhan, Ushna Veerya : -- Vipaka : -- Karma : Vahnivivrdhana, Balya R.Chu. 14/134	Therapeutic dose : -- Anupana / Sahapana : --

Therapeutic used: --

Pharmaceutical Used : for Naga Bhasma etc preparation

Discussion :

ग्राह्य स्वरूप- सुगौरवं मृदु स्निग्ध छेदने मलिनोज्ज्वलं ।
बहिःश्यामं द्रुतद्रावं सिसकं जात्यमादिशेत ॥ र.त. २१/२
पादांशतो रक्तिकाया रक्तिकैकमितं शुभम् ।
मृतं सीसं प्रयुञ्जीत बलकालाध्यपेक्षया ॥ र.त. २१/४६

चूर्णोदक निर्माण -

रक्तिद्वयोमितं चूर्णं पञ्चतोलकसंमिते ।
जले विनिक्षिपेत्प्राज्ञस्त्रियामं स्थापयेद् बुधः ॥
ततः सारकपत्रेण सारयेत्काचपात्रके ।
चूर्णोदकमिति ख्यातं तथैव च सुधोदकम् ॥ र.त. ११/२१६

Practical No: 18

Date of Starting:

Practical Name: Tamra Shodhana

Date of completion :

Reference : A.F.L.-1, 18:5

स्वर्णतारारताग्रयः पत्राण्यग्नी प्रतापयेत् ।

निषिञ्चेत् तप्ततप्तानि तैले तत्रे च काञ्जिके ॥

गोमूत्रे च कुल्लत्थानां कषाये च त्रिधा त्रिधा । शारंगधरसंहिता, मध्यमखंड अध्याय ११, २-२

Principle : Shodhana

Equipments : Big Gas stove, Tong, Loha darvi, Steel vessels

Ingredients :

Sr. No	Name of Ingredients	Latin name English name	Part used	Quantity
1	Tamra	Copper	Metal	gm
2	Taila	Sesamom indicum	Seed oil	Q.S. 3 times each
3	Takra	Butter milk	Animal Product	Q.S. 3 times each
4	Kanji	Sour gruel	--	Q.S. 3 times each
5	Gomutra	Cow's urine	Animal Product	Q.S. 3 times each
6	Kulattha Kwatha	Dolichos biflorus	Seed	Q.S. 3 times each

Method of Preparation:

- Ashudhdha Tamra wire was taken as mentioned above quantity.
- Taila was taken in steel vessel as quantity sufficient to dip Tamra wire.
- Ashudhdha Tamra was peak by tong and given heat yet it became red hot.
- It was dipped in to Taila carefully.
- Same procedure repeated for total 3 times and also in every media
- Shudhdha Tamra was obtained.

Observations:

- Tamra was red in colored and after dipped it became black in colored.
- Tamra was became red hot by given high heat.
- Sound was felt at the time of dipping.
- After Nirvapa did not change in any media but slag part was seen.
- Shuddha Tamra was become black in color and easy to break.

Confirmative Test (CDC): --

Precautions:

- Tamra should not take commercial but pure form.
- Heat should given yet it became red hot.
- Each media should take four times and fresh.

स्वर्णतारारताम्रयः पत्राण्यग्नौ प्रतापयेत् ।

निषिञ्चेत् तप्ततप्तानि तैले तत्रे च काञ्जिके ॥

गोमूत्रे च कुल्लत्थानां कषाये च त्रिधा त्रिधा । शारंगधरसंहिता, मध्यमखंड अध्याय ११, २-२

Principle : Shodhana

Equipments : Big Gas stove, Tong, Loha darvi, Steel vessels

Ingredients :

Sr. No	Name of ingredients	Latin name English name	Part used	Quantity
1	Tamra	Copper	Metal	gm
2	Taila	Sesamom indicum	Seed oil	Q.S. 3 times each
3	Takra	Butter milk	Animal Product	Q.S. 3 times each
4	Kanji	Sour gruel	--	Q.S. 3 times each
5	Gomutra	Cow's urine	Animal Product	Q.S. 3 times each
6	Kulattha Kwatha	Dolichos biflorus	Seed	Q.S. 3 times each

Method of Preparation:

- Ashudhda Tamra wire was taken as mentioned above quantity.
- Taila was taken in steel vessel as quantity sufficient to dip Tamra wire.
- Ashudhda Tamra was peak by tong and given heat yet it became red hot.
- It was dipped in to Taila carefully.
- Same procedure repeated for total 3 times and also in every media
- Shudhda Tamra was obtained.

Observations:

- Tamra was red in colored and after dipped it became black in colored.
- Tamra was became red hot by given high heat.
- Sound was felt at the time of dipping.
- After Nirvapa did not change in any media but slag part was seen.
- Shuddha Tamra was become black in color and easy to break.

Confirmative Test (CDC): --

Precautions:

- Tamra should not take commercial but pure form.
- Heat should given yet it became red hot.
- Each media should take four times and fresh.

Results :

Organoleptic test :	Total duration required :	Days
Shabda : --	Initial weight :	gm
Sparsha : Snigdha	Final weight :	gm
Rupa : Krishna/Rakta	Loss/Gain in weight :	gm
Rasa : --	Reason for loss/gain in weight:	Due to process.
Gandha : no		
Rasa : Tikta, Kashaya, Katu & Madhura	Therapeutic dose : Not Used	
Guna : Sara, Laghu		
Veerya : Ushna	Anupana / Sahapana :	
Vipaka : Madhura		
Karma : Lekhana, Ropana		

Therapeutic used; Not used

Discussion :

सुखिभ्यं मृदुलं शीघ्रं मनावातक्रमं मृदु ।

निर्विकारं गुणश्रेष्ठं ताम्रं मेपालमुच्यते ॥ अ.प्र. २/२५/१६

Toxicity :

न विषं विषमित्याहृस्ताम्रं तु विषमुच्यते ।

एको दोषो विषे ताम्रे त्वष्टी दोषाः प्रकीर्तिताः ॥

अमो मूर्च्छा विदाहश्च स्वेदकलेदवान्तराः ।

अरुचिश्च चित्तसंताप एते दोषाः विषीयमाः ॥ अ.प्र. ३/११५-१६

Anti dote : धान्यक सह शर्करा - दृ.प्र. २/२५/१६

Practical No: 19

Date of Starting :

Practical Name: Tankana Shodhana

Date of completion :

Reference : A.F.I. 2 Parishishta -2,15 Shodhana (Ayurveda Prakasha 2/244)

अतस्तं शोधयेदेव वह्नावुत्फुल्लितः शुचि ॥ आयुर्वेद प्रकाश २ ; २४४

Principle : Shodhana

Equipments : Electric Balance, Udukhal Yantra, Mixer, Steel vessel, Spetula, Gas stove

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	A. Tankana	Borax – $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$ or $\text{Na}_2[\text{B}_4\text{O}_5(\text{OH})_4] \cdot 8\text{H}_2\text{O}$	Mineral	gm

Method of Preparation:

- A. Tankana was taken as prescribed quantity, powdered by Udukhal Yantra and Mixer.
- A. Tankana powder was taken in Steel vessels and it was been put on gas stove.
- Fire was given and continuously stirred by spatula.
- When Tankana particles were became big size and sound was been stopped, heat was stopped.
- S. Tankana was taken and it powdered.
- S. Tankana was obtained.

Observations:

- Tankana was whitish watery in color and it broken easily.
- When heat was given, sound was produced and particles became bigger size.
- Volume of S. Tankana was seen increased.
- S. Tankana was done easily powdered and weight was been decreased.

Confirmateve Test (CDC):

- Water less fine white powder

Precautions :

- Tankana should take pure as per classic.
- Powder should prepare before heating.
- At the time of heating, it should stirrer by spatula.
- Heat should give still water evaporated.
- Steel vessel should take big size because S. Tankana volume became increase.

Results :

Organoleptic test : Shabda : ----- Sparsha : Powder Rupa : Sweta Rasa : Kshariya Gandha : No smell	Total duration required : day Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight: Due to water evaporate.
Rasa : Katu Guna : Ushna, Tikshna, Ruksha, Sara Veerya : Vipaka : Karma : Kapha vishleshaka (R.T. 13/79)	Therapeutic dose : 2 to 8 Rati Anupana / Sahapana : Jala

Therapeutic used: Internal R.T. 13/82-95

Kapha vishleshaka	: Kataphala, Trikatu, Yavakshara
Udaradyamana	: Trikatu and Madhu
Guru Anna Pachanarthe	: Lavanga, Shunthi, Maricha and Apamarga Kshara
Swaravarodha	: Tankana piece put in mouth
Tivra Vamana	: Kakamachi Swarasa
Netra roga	: Prakshalana by Tankanamla
Sweta Pradara	: Tankanamla drava (1:480) – Utara Basti for 7 days

External Used :

Dantakshta, Shotha and Puya	: Pratisarana – Bola churna
Vrana Raktastrava	: Avachurnana
Mukhapaka	: Lepa with Madhu
Yoni kshata and Vrana	: Tankana Jala – Basti and Prakshalana
Vrana Ropana	: Purana Guda
Sidhma	: Lepa with Sweta Chandana

For Prativisha :

Parada visha – lalastrava	: with 24 times water for Kavala
Vatsanabha visha	: Ghee and Dugdha

Pharmaceutical Used :

Malahara	: Tankanamruta malahara, Gandhakadya malahara
Rasayana	: Tribhuvanakirti Rasa
Tankanamla drava	: 2 Rati S.Tankana + 5 Tola Distilled water

Discussion : टंकणः कटुरुष्णश्च रुक्शस्तीक्ष्णश्च सारकः ।
कफविश्लेषणो हृद्यो वातामयनिषूदनः ॥
कासश्वासहरः कामं स्थावरादिविषापहः ।
अग्निदीप्तिकरश्चापि भृशमाद्यमाननाशनः ॥
स्त्रीपुष्पजननो बल्यो विवधत्रणनाशनः ।
पित्तकृच्च समाख्यातो मूढगर्भप्रवर्तकः ॥ र.त. १३/७९-८१

Toxicity : Pita vikruti**Anti dote : Jala**

Results :

Organoleptic test : Shabda : ----- Sparsha : Powder Rupa : Sweta Rasa : Kshariya Gandha : No smell	Total duration required : day Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight: Due to water evaporate.
Rasa : Katu Guna : Ushna, Tikshna, Ruksha, Sara Veerya : Vipaka : Karma : Kapha vishleshaka (R.T. 13/79)	Therapeutic dose : 2 to 8 Rati Anupana / Sahapana : Jala

Therapeutic used: Internal R.T. 13/82-95

Kapha vishleshaka	: Kataphala, Trikatu, Yavakshara
Udaradyamana	: Trikatu and Madhu
Guru Anna Pachanarthe	: Lavanga, Shunthi, Maricha and Apamarga Kshara
Swaravarodha	: Tankana piece put in mouth
Tivra Vamana	: Kakamachi Swarasa
Netra roga	: Prakshalana by Tankanamla
Sweta Pradara	: Tankanamla drava (1:480) – Utara Basti for 7 days

External Used :

Dantakshta, Shotha and Puya	: Pratisarana – Bola churna
Vrana Raktastrava	: Avachurnana
Mukhapaka	: Lepa with Madhu
Yoni kshata and Vrana	: Tankana Jala – Basti and Prakshalana
Vrana Ropana	: Purana Guda
Sidhma	: Lepa with Sweta Chandana

For Prativisha :

Parada visha – lalastrava	: with 24 times water for Kavala
Vatsanabha visha	: Ghee and Dugdha

Pharmaceutical Used :

Malahara	: Tankanamruta malahara, Gandhakadya malahara
Rasayana	: Tribhuvanakirti Rasa
Tankanamla drava	: 2 Rati S.Tankana + 5 Tola Distilled water

Discussion : टंकणः कटुरुष्णश्च रुक्शस्तीक्ष्णश्च सारकः ।

कफविक्षेपणो हृद्यो वातामयनिषूदनः ॥

कासश्वासहरः कामं स्थावरादिविषापहः ।

अग्निदीप्तिकरश्चापि भृशमाद्यमाननाशनः ॥

स्त्रीपुष्पजननो बल्यो विवधत्रणनाशनः ।

पित्तकृच्च समाख्यातो मूढगर्भप्रवर्तकः ॥ र.त. १३/७९-८१

Toxicity : Pita vikruti**Anti dote :** Jala

Practical No:

Date of Starting:

Practical Name : Godanti Bhasma

Date of completion :

Reference : A.F.I.-1,18:4 (Rasatarangini 11/240)

शरावसम्पुटान्तः स्थं गोदन्तं सुविशोधितम् ।

घ्नियते पुटितं भस्म जायते शशिसुन्दरम् ॥ रसतरंगिणी ११/२४०, A.F.I.-1, 18:4

Principle : Bhasmikarana

Equipments : Electric Balance, Sharava, Clay, Cloth, Porcelain Khalva, Mesh

Ingredients:

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Shudhdha Godanti	Gypsum CaCO ₃	Mineral	Gm
	Bhavana Dravya :			
2	Kumari Swarasa	Aloe vera	Leaf pulp	Q.S.
3	Putra : 2 Gajaputa			

Method of Preparation :

- S. Godanti was taken as above mentioned quantity.
- Then it put in sarava and closed by another sarava and subject to kapadmitti.
- Sharava samput was dried under the Sun light.
- Samput was given Gajaputa and after self cooling opened it and taken out Godanti.
- Godanti was taken in porcelain khalva yantra and mardan yet it became fine powder form.
- Kumari Swarasa was added upto whole Godanti mass became Pank-vata and mardan was done.
- Chakrika was made average 1 tola and dried under the Sun light for one day.
- Chakrikas were put in sarava, closed it, sarava samputa and subject to same gajaputa.
- Next day, opened it and taken out Godanti and done mardana properly and passout from 200 mesh sieve.
- Godanti Bhasma was obtained.

Observations :

- S. Godanti was hard pieces and whitish in color.
- In Gajaputa 200 upalas was used.
- After first put, it became soft and easy to convert into powder form.
- Kumari Swarasa was sticky and light watery in color.
- After second Putra, it became white in color and easy passed into 200 mesh sieve.
- Godanti Bhasma was white in color and very fine powder form.

Confirmative Test (CDC):

1. Color -White (Shashisundaram)
2. Sukshmatva - Very fine powder
3. Rekhapurnatva – filled line of fingertips

Precautions :

- Sarava samput should prepare carefully.
- Gajaputa should give as per classic guideline.
- Bhasma should pass by 200-mesh sieve.

Results :

Organoleptic test :	Total duration required : days
Shabda : -----	Initial weight : gm
Sparsha : Smooth	Final weight : gm
Rupa : White	Loss/Gain in weight : gm
Rasa : Taste less	Reason for loss/gain in weight: Due to mardana and put.
Gandha : no smell	
Rasa : --	Therapeutic dose : 500 mg
Guna : --	Anupana / Sahapana: Madhu, Tulasi
Veerya : --	Swarasa, Ghee and Sharkara
Vipaka :--	
Karma : --	

Therapeutic used: Internal:

Agnimandya, Shirahshula, Pita Jwara, Jirna Jwara, Kasa and Swasa

Pharmaceutical Used: Godanti Mishrana (Chikitsa Pradipa)

Discussion :-

- In Rasamrita, bhavana of Nimba swarasa
- In Rasatarangini, bhavana of Kumari swarasa was mentioned
- Rasamrita mentioned put – Gajaputa and indicated for Shula, Pandu, Balashosha and sweta pradara

Confirmative Test (CDC):

1. Color -White (Shashisundaram)
2. Sukshmatva - Very fine powder
3. Rekhapurnatva – filled line of fingertips

Precautions :

- Sarava samput should prepare carefully.
- Gajaputa should give as per classic guideline.
- Bhasma should pass by 200-mesh sieve.

Results :

Organoleptic test : Shabda : ----- Sparsha : Smooth Rupa : White Rasa : Taste less Gandha : no smell	Total duration required : days Initial weight : gm Final weight : gm Loss/Gain in weight : gm Reason for loss/gain in weight: Due to mardana and put.
Rasa : -- Guna : -- Veerya : -- Vipaka :-- Karma : --	Therapeutic dose : 500 mg Anupana / Sahapana: Madhu, Tulasi Swarasa, Ghee and Sharkara

Therapeutic used: Internal:

Agnimandya, Shirahshula, Pita Jwara, Jirna Jwara, Kasa and Swasa

Pharmaceutical Used: Godanti Mishrana (Chikitsa Pradipa)

Discussion :-

- In Rasamrita, bhavana of Nimba swarasa
- In Rasatarangini, bhavana of Kumari swarasa was mentioned
- Rasamrita mentioned put – Gajaputa and indicated for Shula, Pandu, Balashosha and sweta pradara

Practical No: GP – 6/31

Date of Starting:

Practical Name : Praval Pishti

Date of completion :

Reference : A.F.I.-1 ,17:4 (Ayurveda Sara Samgraha Shodhana Marana 145)

Principle : Pishtikarana

Equipments : Udukhal Yantra, Granite khalva, Cloth, Measure glass

Ingredients :

Sr. No	Name of ingredients	Latin name/English name	Part used	Quantity
1	Shudhdha Praval	Oyster	Mineral	100 gm
2	Gulaba arka	Rosa centifolia	Lemon Juice	100 ml

Method of Preparation:

- Shudhdha Praval was taken as prescribed.
- It was powdered by Udukhal yantra and sieved.
- It was taken into granite khalva , added Gulaba Arka as required.
- It was dried under the Sunlight.
- Same procedure was done for seven days.
- It was passed in to 200 mesh sieve.
- Pravala Pishti was obtained.

Observations:

- Shuddha Pravala powder was pinkish in colored, easily powdered.
- During Bhavana of Gulaba arka, gulaba smell was felt.
- Pishti was light pink in colored and smell was felt of Gulaba.

Confirmative Test (CDC):

Precautions:

- Powder should be done before bhavana.
- It should dry under the Sunlight.
- Gulaba arka should add as require.
- Pishti should pass in to 200 mesh.

Results :

Organoleptic test :	Total duration required :	days
Shabda : --	Initial weight :	gm
Sparsha : Snighda	Final weight :	gm
Rupa : light Pinkish	Loss/Gain in weight :	gm
Rasa : No Taste	Reason for loss/gain in weight :	Due to
Gandha : No smell		mardana

Rasa : Katu	Therapeutic dose : 65 - 125 mg
Guna : Snigdha	
Veerya :	Anupana / Sahapana : Madhu, Navanita,
Vipaka : Madhura	Kshira
Karma : Raktapita, Amlapita	

Therapeutic used: रक्तलिसार, रक्तपित्त, मनोदोष

Discussion :

Rasa : Katu	Therapeutic dose : 65 - 125 mg
Guna : Snigdha	
Veerya :	Anupana / Sahapana : Madhu, Navanita,
Vipaka : Madhura	Kshira
Karma : Raktapita, Amlapita	

Therapeutic used: रक्तातिसार, रक्तपित्त, मनोदोष

Discussion :

2016-17
~~Harsh~~ batch
 Ayushi batch

Batch-A

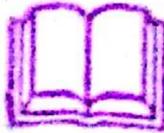


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Bhaishya Kalpana ~~Practical~~

1	Adrak Swaras	125/75	12-16
2	Tulasi Patra Swaras	22/15	6-12-16
3	Kumari Swaras	80/24	8-12-16
4	Nimb Kark	100/90	8-12-16
5	Dhanyak hima (20+120)	140/100	5-1-17
6	Kharyabi Mantha	500x7	5/1/17
7	Shadong Paniya (5gm each)	3.5/14/14	23/1/17
8	Yastimadhu tail	30+1920/960	28/2/17
9	Tandukodak (50 gm)	500:2:8 Tait Taiti (Udydh + 4Amalki)	6/3/17
10	Mungayush (50 gm)	450/360	20/3/17
11	Mungayush (50 gm)	750/250	20/3/17
12	Punkhastak (10 gm x 8)	1360/170	1/4/17
13	Pasha Saptak (10 gm)	1120/150	11/4/17
14	Hing Shodhan (2.5 gm)		12/4/17
15	Hingvastak churna (20 gm each content)	Hing 2.5 142.5/135	12/4/17
16	Sitopabardi churna (50+25+12.5+6.25+3.12)	97/12	12/4/17
17	Tribala masi (10+10+10)	10/10	13/6/17
18	Narikel lavan	100 gm saidhar	15/6/17
19	Guggul Shodhan		16/6/17
20	Triphala Guggul		17/6/17
21	Mustadi Pramathya (15/15)		30/6/17



2016-17

Batch-B

Hemant

Bhaishjya Kalpana ~~Practicals~~

~~Practicals~~

- 1 Adrak Swaras $125/75$ ~~7-12-16~~ ~~7-12-16~~ 7-12-16
- 2 Tulsi patra swaras $22/15$ ~~9-12-16~~ ~~9-12-16~~ 9-12-16
- 3 Kumari Swaras $80/24$ 9-12-16
- 4 Nimba kalka $100/90$ ~~11/17~~
- 5 Dhanyak hima $120+120/100$ 4-1-16
- 6 Kharjura di mantha 500×7
 $3.5 \text{ kg} + 14 \text{ l} / 14 \text{ l}$ 23/2/17
- 7 Shadanga Paniya (50 gm each)
 $30 + 1920 / 960 \text{ ml}$ 28/2/17
- 8 Yastimadhu tail 6/3/17
- 9 Mudagyush (50 gm) $750/250$ (50×14) 300 ml 20/3/17
- 10 Tandulodhak $450/360$ $(50 \text{ gm} \times 8)$ 21/3/17
- 11 Pinkuraasta stak Kwath $1360/170$ 11/4/17
- 12 Rasnasaptak Kwath $1120/150$ 11/4/17
- 13 Hing shodhan (2.5 gm) 12/4/17
- 14 Hingvatak Churna $(20 \text{ gm each content})$
 $\text{Hing } 2.5 \text{ gm}$ $142.5/135$ 12/4/17
- 15 Sitopaladi Churna $(50+25+12.5+6.25+3.12)$ 12/4/17
- 16 Trifala masi $(10+10+10) / 10$ $97/92$ 13-6
- 17 Nasikel Lavan 100 gm Saidh 15-6
- 18 Guggli Shodhan 16-6
- 19 Trifala guggli 17-6
- 20 Mustadi Pramathya $(15+15)$ 30-6-17

2016-17
A

Batch-A

Parashastra Pragatya

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1	Kapardika Shodhan	99/96	22-12-16
2	Shankh Shodhan	23/21	22-12-16
3	Azard Shodhan	62/55	21/1/17
4	Abrak Shodhan	14/12	22/2/17
5	Kaidik Shodhan	46/44	22/2/17
6	Hartal Shodhan	16/14	1/3/17
7	Manushil Shodhan	15/13	1/3/17
8	Tutth Shodhan	40/38	3/3/17
9	Hingul Shodhan	15/13	3/3/17
10	Bang Shodhan	27/3 32/30	27/3/17
11	Nag Shodhan	117/114	-
12	Sphatika Shodhan	100/50	7/4/17
13	Tarakan Shodhan	25/11	7/4/17
14	Gundhak Shodhan	50/45	10/4/17
15	Godanti Shodhan	84/81	13/4/17
16	Sukti Shodhan	114/110	13/4/17
17	Varatika Bhasm	100/70	15/6/17
18	Godanti Bhasm	100/70	15/6/17
19	Praval mool Shodhan	20/19	27/6/17
20	Tamru Shodhan	20/19	29/6/17
21	Pimpisti		30/6/17
22	Rakt Gunja Shodhan	22/	15/7/17

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1	Kapurdika Shodhan	99/96	19-12-16
2	Shankh Shodhan	23/21	21-12-16
3	Parad Shodhan	62/55	21/1/17
4	Abraj Shodhan	14/12	22/2/17
5	Gairik Shodhan	46/44	22/2/17
6	Hartal Shodhan	16/14	1/3/17
7	Manhshil Shodhan	15/13	1/3/17
8	Tilth Shodhan	40/38	3/3/17
9	Hingul Shodhan	15/13	3/3/17
10	Bang Shodhan	32/30	27/3/17
11	Nag Shodhan	117/114	—/—/—
12	Sphatika Shodhan	100/50	7/4/17
13	Tamban Shodhan	25/11	7/4/17
14	Gandhaka Shodhan	50/45	10/4/17
15	Godanti Shodhan	84/81	13/4/17
16	Sukti Shodhan	114/110	13/4/17
17	Varatika Bhasm	100/70	15/6/17
18	Godanti Bhasm	100/70	15/6/17
19	Pravalool Shodhan	20/19	29/6/17
20	Tamra Shodhan	20/19	29/6/17
21	Praval Pisti		30/6/17