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“UTILITY OF TRIPHALA KWATH FOR SHODHANA OF RASDRavyAS AS PER RASARATNA SAMUCHAYA”

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Abstract –

Shodhana (Purification) of Rasdravyas must be done before internal use to remove toxic doshas and enhance bioavailability.

Triphala Kwath, a decoction of Haritaki, Bibhitaki, and Amalaki, is a widely used herbal medium in Rasashastra. Rasaratna Samuchaya repeatedly mentions it as a Shodhana dravya for Rasdravyas such as Abhraka, Makshik, Lauha, etc. Its effectiveness lies in its Tridosha-balancing, Rasayana, detoxifying, antioxidant, and chelating properties. It is used in various procedures like Dhalana, Nirvapan, Swedana, etc. to remove physical and chemical impurities (Shodhana), reduce toxicity, enhance softness, and improve qualities of dravyas (Gunantaradhan).

Key Words – Shodhana, Rasdravyas, Triphala Kwath, Rasaratna samuchaya
Dhalana, Nirvapan, etc.

INTRODUCTION

Rasashastra is a pharmaceutical branch of the Indian system of medicine and a genre of literature which mainly deals with the metals, minerals, and products of animal origin, toxic herbs and their use in therapeutics. Rasaratna Samuccaya (RRS) a 13th century C.E. alchemical treatise, authored by Vaghbata, is one of the most significant textbooks of Rasashastra.

Shodhana (purification) is the process of removing the dosha (impurities) of dravya and preparing the medicine for further use.

In Ayurveda, Rasadravyas need to be purified before use, a process known as shodhana is mandatory pharmaceutical procedure which removes impurities and inherent toxicity from metals, minerals, and other dravyas, making them safe and therapeutically effective. Without proper purification, these substances can cause adverse effects due to residual toxicity.

Among the various classical treatises of Rasashastra, Resaratna Samuccaya is regarded as one of the most authoritative texts, providing systematic descriptions of Rasadravyas, their classification, properties, Shodhana, Marana, and therapeutic utility. The text highlights the importance of using specific media (Shodhana dravyas) tailored to the nature of the Rasadravya, emphasizing that improper purification may lead to adverse effects and reduced therapeutic benefits. Triphala, a classical Ayurvedic formulation composed of Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), and Amalaki (*Emblica officinalis*), is renowned for its tridosha-shamaka, rasayana, detoxifying, and antioxidant

properties. When prepared as Triphala Kwath (decoction), it is frequently mentioned in Rasashastra texts as a Shodhana medium for various Rasadravyas. Its Kashaya rasa, leghu and ruksha guna, and shodhana-ropana actions contribute to the removal of doshas, malas, and undesirable attributes from the substances subjected to purification.

Rasaratna Samuccaya specifically advocates the use of Triphala Kwath in the Shodhana of several Rasadravyas, indicating its utility in enhancing safety while preserving or potentiating therapeutic efficacy. Despite its repeated mention in classical literature, systematic documentation and evaluation of Triphala Kwath as a Shodhana medium remain limited in contemporary research. Therefore, the present study aims to explore and compile the utility of Triphala Kwath in the Shodhana of Rasadravyas as per Rasaratna Samuccaya, with an objective to highlight its classical rationale, method of application, and pharmaceutical significance.

MATERIALS AND METHODS:

MATERIALS:

1. Raw Drugs:

Haritaki (*Terminalia chebula* Retz.)

Bibhitaki (*Terminalia bellirica* Roxb.)

Amalaki (*Emblica officinalis* Gaertn.)

All raw drugs procured from an authenticated Ayurvedic pharmacy. The drugs are identified and authenticated by experts from the Department of Dravyaguna. The fruits need to be cleaned, shade-dried, and coarsely powdered.

2. Resadravyas

Selected Rasadravyas mentioned in Rasrаратna Samuccaya requiring Shodhana with Triphala kwath authenticated by Rasashastra experts.

3. Other Materials and Apparatus

Stainless steel vessels
Measuring jars
Heating source
Cotton cloth (for filtration)
Mortar and pestle
Distilled water

PREPARATION PROCEDURE OF TRIPHALA KWATH:

Take equal parts of coarse powder (Yavakuta) of the three fruits of Triphala i.e. Amalaki, Bibhitaki, and Haritaki. Soak the Triphala powder in water, using a ratio of 1 part powder to 16 parts water. Boil the mixture over a mild fire in an open, wide-mouthed vessel until the liquid is reduced to one-quarter of its original volume. Allow the decoction to cool and filter it through a muslin cloth. The freshly prepared decoction should be used within a few hours for the purification process.

METHOD OF SHODHANA OF RASADRAVYAS:

The selected Rasadravyas were subjected to Shodhana using Triphala Kwath according to the references available in Rasaratna Samuccaya. The procedure Involved:

1. Immersion or bolling of Rasadravya in freshly prepared Triphala Kwath
2. Maintenance of mild to moderate heat as specified
3. Completion of Shodhana for the prescribed duration

4. Removal of Rasadravya and washing with warm water
5. Drying under shade

The procedure was repeated for the specified number of cycles wherever mentioned.

METALS PURIFIED USING TRIPHALA KWATH (AS PER RASARATNA SAMUCCHAYA):

A) Samanya Shodhan:

The samanya shodhan method of all dhatus is similar : Suvarna (gold) ,Raupya (Silver), Tamra (Copper) and Loha(Iron) are purified by Nirvapa in Triphala Kwath for seven times whereas Naag (Lead), Vang(Tin) and Yashad(Zinc)are purified by process of Dhalana in triphala kwath.

B) Vishesh shodhan:

- 1) Abhraka (Mica):
a .Nirvapa in Triphala Kwath for seven times.
b.Increases layer separation and brittleness.

2) Makshik (Pyrite):

Makshik is purified by Nirvapa in Triphala Kwath for seven times.

3) Shilajit:

Shilajit is purified by dissolving it in Triphala kwath. The mixture is filtered and then heated on low flame (mandagni) resulting in Agnitapi Shilajit if sun heat is used instead of mandagni for drying then it is called suryatapi shilajit.

4) Lauha (Iron):

- a. Heating metal pieces and quenching (Nirvapa) in Triphala Kwath.
- b. Reduces hardness and prepares for Marana (calcination).

5) Vaidurya (Cat's eye):
Swedan in Triphala kwath for 3 hours using Dolayantra.

6) Rasayana imparts rejuvenative quality to processed metals

DISCUSSION:

BENEFITS ACHIEVED (AS NOTED IN RASARATNA SAMUCCHAYA)

- 1) Removal of Physical Doshas:
eg. Dirt, sand, clay, ash, organic impurities,etc.
- 2) Removal of Chemical Doshas:
eg. Toxic gases, unstable compounds,etc.
- 3) Enhancement of Qualities:
Increased softness, ductility (Mriduta)
- 4) Improved therapeutic potential of final Bhasma

PHARMACOLOGICAL BASIS (MODERN VIEW) :

Triphala contains tannins, Gallic acid, Ascorbic acid, etc.

- 1) Tannins in Triphala bind heavy metals.
- 2) Ascorbic acid (Vitamin C) enhances chelation.
- 3) Gallic and ellagic acid have strong antioxidant effects.
- 4) Mild acidity helps in detoxifying and breaking metal oxides.
- 5) Thus, Triphala Kwath acts as a natural chelating as well as detoxifying agent.

REASONS TO PREFER TRIPHALA KWATH:

- 1) Tridosahara (balances vata, pitta and kapha doshas)
- 2) Safe, non-toxic, easily available.
- 3) Amla Rasa mildly acidic hence helps in chelation and Tikta-Kashaya Rasa scrapes off impurities.
- 4) Lowers side effects of final Bhasma.
- 5) Enhances Yogavahi property of Parada (catalyst effect).

Triphala Kwath is mentioned in Rasaratna Samuchaya for shodhan process as a primary choice for many dravyas.

Triphala is a well-known Tridoshaghna drug and detoxifying agent that can chelate and cleanse impurities. Its active compounds interact with the hot, red-hot mineral, helping to extract or neutralize its toxic constituents.

Triphala kwath has prominent astringent properties (kashaya rasa) which is known to aid in binding and flushing out impurities.

The purification process is not just for removing toxicity but also for enhancing the potency and targeted action of the final medicine. The properties of triphala are transferred to the Rasa Dravya, improving its overall medicinal effect.

CONCLUSION:

As per Rasaratna Samuchaya, Triphala Kwath is one of the most important herbal decoctions for the Sodhana of metals and minerals. It removes Doshas, enhances purification, improves processing qualities, and adds Rasayana effect to the final formulations.

Therefore, Triphala Kwath is not merely a medicinal decoction, but a fundamental Sodhana Dravya essential in Rasashastra for safe and effective drug preparation.

As mentioned in Rasaratnasamuchaya, Triphala kwath is useful for shodhan of Abhraka, Makshik, Shilajit, Vaidurya, All seven Dhatus (metals) i.e. Suvarna, Raupya, Tamra, Loha, Naag, Vang and Yashad.

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