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## A Literary Review -Pharmaceutical Bhasma Preparation According to Ayurveda

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**ABSTRACT:** Ayurveda formulations have standard popularity depends on their unique method of preparation of medicine. Rasashashtra gives valuable knowledge about authentic drug identification, collection of raw drug, preparation of pharmaceutical procedures, final product & their potency. In pharmaceutical Preparation, Shodhana, Marana, Bhavana, Pishti are important & essential steps for quality assurance. Bhasma preparation is process which involves shodhan in this common or specific procedure requires purification from unwanted parts, toxic contents removal. Maran leads to bhasma formation to combine with high temperature & gets increase in therapeutic value of rasadravyas. Bhavana devide with herbal liquids giving more alkaline nature increasing, gradually penetration with body fluids with effective folds formation with every coating. Pishti results grinding with fine powder, popular in Ratna pishti according to Rasatarangini. Bhasm preparation done to calcination of metals, minerals, hard Rasadravya at regulated, high temperature. This process done after purification of Rasadravyas after that merge with herbal extracts, juice, decoction for easily absorption in body. Main purpose of Bhasma is to remove toxic properties and enhance bioavailability. It is commonly done mixing with one or combinations of herbal trituration process & then subject to high temperature in various pots. Process done to occurs Physico chemical changes their combinations, divide particles, becoming porous in nature at every puta. Merge with liquid media gives softness increased pattern. At final stage it must become with fine, smooth texture like talcum powder, holding between thumb and index finger, it should fills in lines of fingers. Bhasma should float on surface of water, results low density. Bhasma enhances bioavailability with their microscopic particle size. Some procedures are also needed in renovation with lengthy procedures but should remain their therapeutic effects same. After long period of formation there is also need a procedure repetition to increase therapeutic values of bhasma, low down its unwanted effects like changes in its tastelessness. Shodhana means Purification, Marana means incineration, bhavana means titration with liquid media, Pishti means grinding in form of smallest particle size. During Bhasma formation every procedure have seriously performed for assure Quality standards.

**KEYWORDS:** Shodhan, Maran, Bhavana, pishti, Standardization

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**INTRODUCTION:**

In pharmaceutical Preparation, Shodhana Marana, Bhavana, Pishti are important & essential steps for quality assurance. Shodhana means Purification, Marana means incineration, bhavana means tituration with liquid media, Pishti means grinding in form of smallest particle size. During Bhasma formation every procedure have seriously performed for assure Quality standards. Proper Pharmaceutical action may achieve when Shodhana, Marana should completed as its own referenced way up to its sidhhilakshana determine prescribed in Rasagranthas. [1] Bhavana give aspect of Herbal extracts merged with Rasadravyas to transfer absorbable form to real effect turns to capture in body [2,7]. Pishti performed mostly with diamond & hard drugs transfer to finest particle size to smooth, edible form & easily absorb in human body & gives Useful therapeutic results in various diseases. Detail examples of some pishti are given in Ayurvedic formulary if India part 1, in group 7 with their Adhikara & references. Standardization of bhasma is indeed according to Standard Norms Some Protocols are developed by CCRAS for acquire Quality Control drugs & standardization of

Ayurveda Drugs at every step of Preparation from Raw Material Standardization, In Process Standardization & Final product standardization.[3]

**Aim** - To elaborate Pharmaceutical standardization of Bhasma

**Objective** - To describe pharmaceutical standardization properties of bhasma as Rasagranthas & modern texts

**Material & method-** Pharmaceutical Standardization according to Rasagrantha & Modern texts

Shodhan- Uddishter aushadhesaardh kriyate peshanadikam|

Malvichhittaye yattu shodhanam taduchyate|| R.T 2/52

Removal of impurities by grinding, rubbing, steaming, removing additional water, heating, refining, reduce toxicity.

Types of purification - Common method of purification of Rasadravyas e.g. Avap, Nirvap, Dhalan, bhavana, Bharjan

Vishesh- purification done by special, particular method [4] Aatap, Swedan, Nikshep, galan, Patan, Maran, Nirjalikaran prakshalan According to Rasagranthas, Textbook of Rasashastra there are so many procedures are instructed to purify Raw drug to further processing. [5]

Sr. No.	Reference	Common/ Special Method of Purification	Process name
1)	R.R.S	Vanga Jaran process	Aavap
2)	R.R.S	Purification of Gandhak	Dhalan
3)	R.R.S	Kasis, gairik, Hingul	Bhavana
4)	R.R.S	Gairik, tankan	Bharjan
5)	R.R.S	Vatsnabh	Aatap
6)	R.R.S	Purification of khatika, Tuttha	Galan
7)	R.R.S	Tankan, Sphatika	Nirjalikaran
8)	R.R.S	Purification of Ratna/Diamonds	Swedan
9)	R.R.S	Parad	Prakshalan, Patan
10)	R.R.S	Common Method of Metal Purification	Nirvap



Maran means incineration

In RasaTarngini, 7<sup>th</sup> Tarang, Maran concept elaborate with or without Gandhak or oxygen rasadravya & metals are converted into bhasm preparation.[6] After purification Loha metal & Other Triturated with herbal Juice& by giving Heat at continuous temp, changed in powder form called as bhasma i.e. called Maran Bhavana of shodhit dravya, Chakrika Preparation, Drying of Chakrika, Sharav samput, Agnisanskara, Gajaputa, Swangsheets powdering of Chakrika There are some types of Maran

Agnipak method –Drug kept over fire in vessel. Putapak Method- with the help of Cow dung Kupipakva method- with help of Glass bottle Bhanupak Method-Loh dipped in triphala kwath then dried in Sunrays for drying Process of selfcooling after agnipak is called as Swangsheets. In this Musha with Bhasma is not taken out from Agni before cooling[7] Bhasma Pariksha should be done according to ancient Rasagrantha, Textual books of Rasashatra Rekhapurnatva, Varitaratva, Sukshmatva, Dantagrakachakacha abhav, Testless, Nishchandratva are important criteria for Final product in Incineration process.

Importance of Maran

Bhasma preparation of Rasadi Dravyas, Metals & Ratna can made capable to kill disease, with the help of herbal extracts trituration, by heating in specific media, with or without contact of Gandhaka, Oxygen, Heat. Rasadravya & Metals are converted into Bhasma

Abhraka bhasma - In vitro anticancer activity of shatputi Abhrak Bhasm on lung, leukemia & prostate cancer celllines. Activity increases with increases number of Puta. Research activity shows as no. of puta increases, its efficacy of the drug also increases. [9,10]

Shatputi Abhrak bhasma has been stimulant activity of leucocytes, turns highly significant phagocytic activity (9,10)

Immunomodulatory Activity

Shatputi Abhrak bhasma has been stimulant activity of leucocytes, turns highly significant phagocytic activity, Histamine release, cytokine secretion modulation, Lymphocyte expression, class switching, Immunoglobulin Secretion, Cellular co receptor expression (10,11)

Mauktik Bhasma

Combination of herbomineral compound sarpagandha, shankhpushpi, jatamansi, jaharmohara pishti, moti pishti, Rassindoor- given in 98 patients were selected between age group 28-76 yrs of hypertension without any comorbid illness. For this Study 500mg given twice a day for 8days for 8weeks, Raktachaphar effect was seen after treatment [12,13]

Tankan Bhasma- Significant membrane stabilizing activity of 72.22 percentage, Protein inhibition activity Comparing standard Diclofenac Sodium showing its anti-inflammatory activity[14,17]

Tankan Bhasma used as a kaval, & it is effective relief in Tonsillitis. [15,17]

Tankan Bhasma Pratisaran with madhu in management of Tundikeri had significant effect. Study done for 13 days for 15 patients, compared with Sphatika, Result shows that Tankan was effective than Sphatika. [16,17]

Some Protocols are developed by CCRAS for acquire Quality Control drugs & standardization of Ayurveda Drugs at every step of Preparation from Raw Material Standardization, In Process Standardization & Final product standardization. In Bhasma preparation organoleptic Characters description, inspection, prediction of Colour, Odour, taste, Touch should be properly checked out. In physic chemical Parameters ash value, Acid insoluble Ash, Loss on drying these analytical standardization is important. There is Also Quantitative Estimations are also important for Magnesium, iron, Al,

Sodium, Calcium, Phosphate, Cu, Chloride, K, Sulphates, silica, Carbonates.[18]

#### DISCUSSION:

Bhasma is not only purification, incineration process; it's a big concept having transformation upon finest particle size, newly formation of many therapeutic properties in formulation. After Maran process, form of Rasadravya changed in palatable, absorbable form which can easily effective as Rasayan, Immunomodulatory activity. Bhasma are complex structured, treated with herbal juice, biologically produced nanoparticle, It gives assumable without giving ill effect if proper method performed. Bhasma's sukshmatva, Varitaratva, Rekhapurnatva, Nishchandrata, Nisvadu, should be done after formation of final product. Analytical test should be performed & data should be save for further references. Standardization of raw material, preparation & final product is indeed, necessary according to Standard Protocol.

#### CONCLUSION:

To avoid complications of impure Rasadravyas Shodhan, maran, Bhavana are essential steps during Bhasma preparation. Bhasma neutralizing acids & Alkaline level increased by thus Protects body from free radicals. Maran or Bhasma Preparation is doing by ancient methods from Shodhan to Maran every step should cautiously make sure of standard protocols. Bhasma treats body from diseases & acts as Rasayan, Immunomodulatory activity of Rasadravyas after proper purification, incineration process.

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