



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 8.031 (SJIF 2025)

Yashada Shodhana – A review

Dr. Ravish S. Patange

PhD Scholar, M.D. R.S. & B.K.,
PMT's Ayurved College and
Shri Eknath Ayurved Rugnalaya, Shevgaon,
Dist. Ahilya Nagar (Maharashtra, India)

Dr. S. K. Tapare

PhD Guide, M.D. R.S. & B.K.,
PMT's Ayurved College and
Shri Eknath Ayurved Rugnalaya, Shevgaon,
Dist. Ahilya Nagar (Maharashtra, India)

DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doilink/06.2025-37586441/IRJHIS2506002>

Abstract:

Dhatu Varga is a special group of drugs mentioned in Rasashastra. Its vivid use in Lohaveda and Dehaveda was practiced over the centuries. In present day Ayurveda practice the majority of drug used are of metal origin. The procedures by which these metals are processed to form the absorbable and easily assimilated drugs are the meticulous as well as part of research areas. In the classification of Dhatu Varga, ancient classics had mentioned Puti Loha in it. It includes Vanga, Naga and Yashada. Here Yashada Dahtu is been studied for its various Shodhana procedures mentioned in available Rasashastra classics. The Samanya Shodhana and Vishesha Shodhana mentioned in texts are been complied and briefed.

Keywords: Puti Loha, Yashada Dahtu, Samanya Shodhana, Vishesha Shodhana

Introduction:

The ancient history of metal processing in India is a fascinating subject. Ancient scientists were masters in the science of metallurgy and its vivid uses. Today the archeologically discovered artefacts were finish product of routine use in ancient period. These were the master piece of metallurgy unable to unwind its technological procedures even today. *Rasa shastra* was practiced and was well flourished in Tantric period (600 A.D.) and was at its highest point till 13th century. In present scenario the contemporary *Rasa sahastra* refers *Lohavada* as excellence in metallurgical science and *Dehavada* as metal utility in *Bhasma* form used as medicines. After 14th century, new metals were discovered owing to their therapeutics. *Yashada* or *Jasada* was one such metal discovered by *Acharya Adhamala* – in critic on *Sharangdhara Samhita*. Later it was included in *Loha varga* by *Madanpal Nighantu*. *Ayurved prakasha* had stated the utility of *Dhatu varga* as follows,

वलिपलितखलित्य काश्यबल्यजरामयान् ।

नवार्य दधते देहं नृणां तद्धातवो मताः ॥

- A.P.3/ 2

Dhatu Varga was classified as *Shuddha Loha*, *Mishra Loha* and *Puti Loha*.

Yashada, one among the *Putiloha*, it was mentioned as *Rasaka*, *Maharasa* which was widely used in *Prameha*, *netra roga* etc and for making alloy *Pittala*. All modifications and development in *Rasa Shastra* were for the purpose of making these foreign and free elements, body friendly and tamed to provide maximum benefits. The basic processes adopted for that are found in the texts are ***Shodhana* and *Marana***.

Here in the present context of review. The through literary search had been done on *Shodhana* procedures of *Yasadha*.

Vedic period:

In *Vedas* six metals are been mentioned along with use of some alloys. In *Rigveda* metals like Gold, silver, copper, tin etc. are mentioned. Along with it the use of Brass (An alloy of *Yashada*) is mentioned for making vessels, tools etc.^[1]

Samhita period:

In *Samhitas* the Acharya had not mentioned the clear use of *Yashada*. But the use in form of *Pittala* (An alloy of *Yashada*) for making vessels is been stated.^[2]

Acharya Charaka had mentioned the use of *Pushpanjana*, which is nothing but *Yashad Pushpa*.^[3]

Rasashastra period:

Rasaka/Kharpara is mentioned in *Maharasa* by *Rasaratnasamuccaya*. While the *Kharpara Satva* is said to resembles *Vanga* (Tin).^[4] The synonyms show that it should be *Yashada*.

Yashada as mentioned in *Rasashastra*, it should be subjected for *Shodhana* and *Marana* procedures in order to make it in medicine form. Or else *Ashodhit Yashada* causes adverse effect in human body which were mentioned by *Rasashastra* classics.

Ashodhit Yashada sevan janya vyadhi –

Various *Rasashastra* texts had mentioned diseases caused by consumption of *Ashodhit Yashada*.

Showing *Ashodhit Yashada sevan janya vyadhi*.

<i>Vyadhi</i>	R.C. ^[5]	Br.R.S. [6]	R.T. [7]	A.P. [8]	R.Sa. [9]	R.J.N. ^[10]	R.Pu. [11]
<i>Prameha</i>	+	+	+	+	+	+	+
<i>Ajirna</i>	+	+	-	+	+	+	+

<i>Marutam</i>	+	+	-	+	+	+	+
<i>Vami</i>	+	+	-	+	+	+	+
<i>Bhrama/bhranti</i>	+	+	-	+	+	+	+
<i>Gulma</i>	-	-	+	-	-	-	-
<i>Kshaya</i>	-	-	+	-	-	-	-
<i>Kushtadi</i>	-	-	+	-	-	-	-

Ashodhit Yashada sevan janya vikara shanti^{[12][13][14]} –

To overcome the *Ashodhit Yashada sevan vikara* one should take *Bala* and *Haritaki* along with *Sita* for three days.

Haritaki along with *Sita* if administered for three days can also be used for this purpose.

Samanya Shodhana of Dhatus –

Samanya Shodhana of *Dhatu* in various liquid media is given in number of *Rasa shastra* texts.

Samanya Shodhana of Dhatus.

Sr.no.	Reference	Method	Media	Number of Dhalana
1.	<i>Rasaratna samuccaya</i>	<i>Dhalana</i>	<i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i>	7
2.	<i>Rasa ratnakar</i>	<i>Dhalana</i>	<i>Taila, Takra, Gomutra, Arnala, Arka dugdha, Kulith kwatha, Nimbura</i>	7
3.	<i>Shrangdhar samhita</i>	<i>Dhalana</i>	a) <i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i> b) <i>Ravi dugdha</i> (for <i>Naga</i> and <i>Vanga</i>)	a) 3 b) 3
4.	<i>Rasendra chintamani</i>	<i>Dhalana</i>	a) <i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i> b) <i>Ravi dugdha</i> (for <i>Naga</i> and <i>Vanga</i>) c) <i>Kadali moola swarasa</i>	a) 7 b) 7 c) 7
5.	<i>Rasa Manjiri</i>	<i>Dhalana</i>	<i>Taila, Takra, Gomutra, Kulith kwatha, Kanji</i>	7
6.	<i>Bhava Prakasha</i>	<i>Dhalana</i>	a) <i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i> b) <i>Ravi dugdha</i> (for <i>Naga</i> and <i>Vanga</i>)	a) 3 b) 3
7.	<i>Ayurved Prakasha</i>	<i>Dhalana</i>	a) <i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i> b) <i>Kadali moola swarasa</i>	a) 7 b) 7
8.	<i>Yoga ratnakara</i>	<i>Dhalana</i>	<i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i>	7

9.	<i>Bhaishajya ratnavali</i>	<i>Dhalana</i>	<i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i>	7
10.	<i>Rasa tarangini</i>	<i>Dhalana</i>	a) <i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i> b) <i>Kadali moola swarasa</i>	a) 3 b) 7
11.	<i>Rasa Jala Nidhi</i>	<i>Dhalana</i>	a) <i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i> b) <i>Kadali moola swarasa</i>	a) 7 b) 7
12.	<i>Rasa Kamdhenu</i>	<i>Dhalana</i>	<i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i>	7
13.	<i>Rasachandanshu</i>	<i>Dhalana</i>	<i>Taila, Takra, Gomutra, Arnala, Kulith kwatha</i>	7

Vishesha Shodhana of Yashada –

Vishesha Shodhana of Yashada according to various Acharya can be tabulated as follows,

Vishesha Shodhana of Yashada.

Sr.no.	Reference	Method	Media	No.of <i>Dhalana</i>
1.	<i>Bhava prakasha</i>	<i>Dhalana</i>	<i>Ravi dugdha (Vangavat)</i>	3
2.	<i>Ayurved prakasha</i>	<i>Dhalana</i>	<i>Ravi dugdha (Vangavat)</i>	7
3.	<i>Rasa tarangini</i>	<i>Dhalana</i>	a) <i>Godugdha</i> b) <i>Churnodaka</i> c) <i>Sudhaksheera</i> d) <i>Sindhuvava</i>	a) 21 b) 7 c) 7 d) 7
4.	<i>Rasa jala nidhi</i>	<i>Dhalana</i>	<i>Godugdha</i>	21
5.	<i>Rasamrita</i>	<i>Dhalana</i>	<i>Godugdha</i>	21
6.	<i>Rasendra purana</i>	<i>Dhalana</i>	<i>Godugdha</i>	21
7.	<i>Rasa chandanshu</i>	<i>Dhalana</i>	<i>Godugdha</i>	21
8.	<i>Brihat rasa raj sundar</i>	<i>Dhalana</i>	<i>Godugdha</i>	21
9.	<i>Ayurvediya aushadhi gunadharma shastra</i>	<i>Dhalana</i>	<i>Godugdha</i>	21

Inference:

Here the purification process - *Shodhana of Yashada* can be studied in brief. A collective effort is done for finding the references of *Yashada Dhatu* processing for the further scope of the study.

Reference:

1. P.C.Ray, History of chemistry in ancient & medieval India, Reprint 2004, Chaukhamba Krishnadas Academy Varanasi, Pg. 34-5
2. Acharya Charaka, Charaka Samhita, edited by Dr. Brahmanand Tripathi, reprint 2005, Chaukhamba Subharati Prakashan Varanasi, Siddhisthana 3/7, Pg.1191
3. Acharya Charaka, Charaka Samhita, edited by Dr. Brahmanand Tripathi, reprint 2007, Chaukhamba Subharati Prakashan Varanasi, Chikitsa Sthana 26/250, Pg. 913
4. Rasa Vagbhatacharya, Rasaratnasamucchaya, edited by Prof. D.A. Kulkarni, 2006, Meherchan Lachmandas Publications, chapter 2/161, Pg. 41
5. Sharma Sadananda, Rasatarangini, edited by Kashinath Shastri, 11th edition, Motilal Banarasidas Publication Delhi, Reprint 2009, Taranga 19/95, Pg. 474
6. Shankara, Rasa Chandamshu, edited by Prof.S.S.Savrikar, CCRAS Publication 2011, Purvakhand, Version 644, Pg. 101
7. Sharma Sadananda, Rasatarangini, edited by Kasinatha Shastri, 11th edition, Motilal Banarasidas Publications Delhi, Reprint 2009, Taranga 19/97, Pg. 474
8. Acharya Sri Madhava, Ayurveda Prakasha, edited by Gulraj Sharma Mishra, Chaukamba Brihat Academy, Varanasi, 2nd edition, 1999, 3/182, Pg. 381
9. Pandit Shyamsundaracharya Vaishya, Rasayanasara, Chowkhamba Krishnadas Academy, Varanasi, 1st Volume, Verse 218, Pg. 266
10. Bhudeb Mookerjee, Rasa Jala Nidhi or Ocean of Indian Chemistry, Medicine and Alchemy, 3rd edition, Chaukhambha Publishers Varanasi, 1998, Volume 3, 2nd chapter, Pg. 101
11. Pandit Ramprasad Vaidopadheya, Rasendra Purana, Reprint 2005, Khemraj Shrikrishnadas press Mumbai, 15/18, Pg. 287
12. Dattaram Choube, Brahat Rasa Raja Sundara, Choukhamba Orientalia, Varanasi, 3rd edition, 2000, Pg. 79-80
13. Acharya Sri Madhava, Ayurveda Prakasha, edited by Gulraj Sharma Mishra, Chaukamba Brihat Academy, Varanasi, 2nd edition, 1999, 3/182, Pg. 381
14. Bhudeb Mookerjee, Rasa Jala Nidhi or Ocean of Indian Chemistry, Medicine and Alchemy, 3rd edition, Chaukhambha Publishers Varanasi, 1998, Volume 3, 2nd chapter, Pg. 101.