Pharmaceutical Preparation of Kanji using Combined Methodologies of Bhava Prakash’s Kanji and Sharandhar Samhita’s Shandaki

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Abstract
Kanji – A unique Ayurvedic fermentative preparation was prepared as per the textual reference Bhava Prakash which is mainly indicated for the Shodhana (purification) of Metals and also for various mercurial processing. In this article, we have prepared Kanji using mixed methodology of Bhava Prakash’s Kanjik and Sharangdhar Samhita’s Shandaki preparation methods. Mixed methodology is comparatively complicated as compared to either methods but Kanji prepared by mixed method is comparatively more acidic than that prepared by either method. Kanji prepared is of light yellowish color, sour in taste with pH of 1.9. There was no fungal growth seen at any stage of preparation.

Keywords
Kanji, Mixed methodology, fermentation, Shukta Kalpa, Shandaki

INTRODUCTION
The beauty of Ayurveda lies in the fact that it increases both the quality and the quantity of life. The main aim of Ayurveda is to...
maintain the health of a healthy person and to cure the diseased one. It has many tools to accomplish this aim with some being preventive like *Dinacharya* (Daily regime), *Rutucharya* (seasonal regime), etc and some being the curative tools in which medicines are included. *Kanji* is one such unique Ayurvedic medicine which comes under *Sandhana Kalpana* (Fermentative products). *Sandhana Kalpas* are mainly classified as *Madhya Kalpa* (Alcoholic preparations) and *Shukta Kalpa* (Acidic preparations). Preparations like *Asava* and *Arishtas* comes under *Madhya Kalpa* and *Kanji* comes under *Shukta Kalpa*. *Kanji* is usually prepared by fermenting incompletely boiled *Masha Dhanya* (*Phaseolus mungo Linn*) with gruel prepared out of *Rakta shali* (*Oryza sativum*) and is routinely used for various purposes. *Kanji* prepared by *Dhanya* is said to be *Jeevaniya* (nourishing), *Daha nashana* (relieve burning sensation), *Vata Kapha hara* (alleviate *Vata* and *Kapha*), *Trushna hara* (relieves thirst) etc when used internally. But the *Kanji* as explained in the *Paribhasha prakarana* of the text *Rasayanasara*, said to be specific for *dhatu shodhana* (purification of metals) and other Mercurial processings, is rarely prepared and used. Generally *Kanji* is prepared using *Bhava Prakash’s Kanjik* or *Sharangdhar Samhita’s Shandaki* Method, but here *Kanji* was prepared according to Mixed Methodology.

**MATERIALS AND METHODS**

**Materials**

*Table* showing the ingredients used in *Kanji* preparation

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dhanya</td>
<td>½ Kg</td>
</tr>
<tr>
<td>2</td>
<td>Sandhav Lavana</td>
<td>250 gm</td>
</tr>
<tr>
<td>3</td>
<td>Ginger</td>
<td>250 gm</td>
</tr>
<tr>
<td>4</td>
<td>Radish</td>
<td>250 gm</td>
</tr>
<tr>
<td>5</td>
<td>Raee</td>
<td>150 gm</td>
</tr>
<tr>
<td>6</td>
<td>Mustard oil</td>
<td>60 ml</td>
</tr>
<tr>
<td>7</td>
<td>Water</td>
<td>5 litres</td>
</tr>
</tbody>
</table>

**Method**

A wide-mouthed vessel was taken and *Dhanya* was cooked into it. Once cooked, *Mand* was taken out of it. Then, ginger, radish, *raee* and *sandhav* were mixed together to form a paste and this was further added to *Mand*. Then mustard oil was mixed to the *Mand* using spoon and stirred continuously for 10 minutes. This was then poured into a big flask up to 3/4th level and closed with the lid. This was then kept in a...
separate place having temperature between 25 °C to 35 °C for 20 days for fermentation. After 20 days, it is opened slowly and tested for completion of fermentation³.

**Process of fermentation: Kanji** preparation started at the room temperature of 28 °C. It was kept for fermentation for 20 days in a designated place in room. However, during this duration the season changed and the room temperature changed to 18 °C and we noticed no changes when opened. Then the Kanji was again kept for fermentation for 20 days. During this period, the season again changed and room temperature changed to 34 °C. On 21st day, after hearing on fermentation sound, we opened the vessel. Kanji was filtered in another vessel for additional 3-4 days.

**DISCUSSION**

**Observations:** Observations in the different stages of Kanji are as follows –

(A) Observations at the initial stage
1. In the beginning the Kanji was floating on the surface of the fermenting media.
2. It was thicker than water consistency.
3. The temperature of room, husk where the vessel is kept was around 34 °C.
4. The temperature of fermenting media was around 34 °C.

(B) Observations after the onset of fermentation
1. At this stage, Kanji was floating.
2. The color of the fermenting media changed.
3. Mild alcoholic odor appeared on close and constant observation.
4. Effervescence was visible.
5. A typical sound was heard, close of the vessel.
6. Burning candle was found extinguished, if taken inside the container.

(C) Observations after the completion of fermentation process
1. The Kanji sanked completely.
2. The fermented material possessed alcoholic odor.
3. No sound heard and no effervescence was present.
4. The temperature of prepared Kanji was reduced to nearer about 32 °C.
5. The burning candle continued to burn when brought near the fermenting media.
6. Completion of fermentation process also was elicited by doing organoleptic and
other tests.

**Rationale behind using the Mixed Methodology:** Generally *Kanji* is prepared using *Bhava Prakash’s Kanjik* or *Sharangdhar Samhita’s Shandak* Method. Here we have prepared *Kanji* using mixed methodology of *Bhava Prakash’s Kanji* and *Sharangdhar Samhita’s Shandaki* preparation methods. Mixed methodology is comparatively complicated as compared to either methods but *Kanji* prepared by mixed method is comparatively more acidic than that prepared by either method.

**CONCLUSION**

*Kanji* is finally prepared using the Mixed methodology which is very useful for practical preparation of *Kanji*. *Kanji* prepared is of light yellowish color, sour in taste with pH of 1.9. There was no fungal growth seen at any stage of preparation.

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**Conflict of Interest:** None declared

**Source of Support:** Nil
REFERENCES


