



Int J Ayu Pharm Chem
www.ijapc.com
e ISSN - 2350-0204
Volume 8 Issue 3
5/10/2018

Greentree Group Publishers





Concept of Shodhana of Gairik in Godugdha

Suman Lata^{1*}, Lokesh Gupta², Swati Vardhan³, Piyush Kapil⁴ and Satakshi Sharma⁵

^{1,5}Rasa Shastra Dept., Ch. Devi Lal College of Ayurveda and Hospital, Jagadhri, Haryana, India

²Shalya Tantra Dept., Ch. Devi Lal College of Ayurveda and Hospital, Jagadhri, Haryana, India

³Rachana Saharir Dept., Ch. Devi Lal College of Ayurveda and Hospital, Jagadhri, Haryana, India

⁴Kaya Sharir Dept., Ch. Devi Lal College of Ayurveda and Hospital, Jagadhri, Haryana, India

ABSTRACT

Gairika (Red Ochre) a silicate of Alumina and oxide of Iron. It is known as *Geru* in *Ayurveda*. It is sweet, astringent, anti-phlegmatic, anti-bilious and cooling. It is only purified and not required to undergo incineration process. It is used in skin diseases, piles, bleeding disorders, ulcers, boils, urticaria, vomiting, hiccups etc. It is not used as single drug but as an ingredient of some compound preparations containing a large number of mineral drugs. *Gairika* occurs as an alteration product of other iron minerals or by degradation of highly ferruginous rocks in the form of weathered residual concentrations. It is generally found mixed with clay and other impurities. The toxic effects and unwanted properties may be neutralized by *bhawana dravya*, *Godugdha*. In this study, we will understand the physical and chemical the effects of *bhawana dravya*, *Godugdha* on *Gairik*.

KEYWORDS

Gairik, *Astringent*, *Anti-phlegmatic*, *Bhawana*, *Urticaria*



Greentree Group

Received 12/03/18 Accepted 01/04/18 Published 10/05/18



INTRODUCTION

Gairika (Red Ochre) a silicate of Alumina and oxide of Iron. It is known as *Geru* in *Ayurveda*.¹ Chemically it contains 70% iron and 30% Oxygen. *Gairik* occurs in compact, granular, or earthy masses, sometimes in crystal form also. The earthy varieties are apparently soft but crystalline hematite is hard. Red ochre is red earthy hematite. It is very soft and possesses a dull luster. It contains considerable amount of clay, sand and other impurities. The word hematite means bloodlike. It is a ferric oxide and in its pure form, hematite consists of 70% iron. The mineral occur in variety of forms, including shiny crystals, grainy rock and earthy material. Hematite is brownish red or dark red, but a fresh scratch on hematite rock is blood- red. But it is not used as single drug but as an ingredient of some compound preparations containing a large number of mineral drugs.

VERNACULAR NAMES²

- Sanskrit: *Svarna gairika*
- English: Ochre
- Hindi: *Geru, Gerumitti*
- Chemical formula : Fe_2O_3

SYNONYMS³

- *Gaireya, Girimrittika*
- *Raktadhatu, Lohadhatu*
- *Girimridbhava etc.*

OCCURRENCE⁴

In India, *Gairika* (Red ochre) are chiefly found in Singbhoom(Bihar), Mayurbhanja and Sundergarh (Orissa), Bettari and Chikmanglore, Shimoga in Karnataka, Gwalior, Jabalpur, Satna, Kailashpur, Madhogarh and Mandla in Madhya Pradesh and Udaipur, Alwar, Bikaner, Chittorgarh and Sawai Madhopur in Rajasthan. Other known occurrences are in Andhra Pradesh and West Bengal.

VARIETIES⁵

Two main varieties of *Gairik* are mentioned in *Ayurveda* :

1. *Pasana gairik*
2. *Svarna gairik*

The *Pasana gairik* is hard variety of hematite, while the *Svarna gairik* is soft, smooth and deep red.

Third variety

SAMANAYA GAIKIK⁶

It may contain less clay and sand. The percentage of Iron is very high in *Pasana gairik* and modern times Iron is generally extracted from this variety of hematite.

ACCEPTABLE VARIETY⁷

Swarna gairik is supposed to be the best variety, which is used for medicinal purpose. It is only purified and not required to undergo incineration process.

PHARMACOLOGICAL

PROPERTIES⁸

Rasa: *Madhura, Ksaya*



Guna: *Snigdha, Sita*

Virya: *Sita*

Karma: *Caksusya, Raktastambhaka*

THERAPEUTIC USES OF SHUDDHA GAIRIK⁹

Shuddha Gairika, is used in treatment of *Netra roga* (diseases of eyes), *Raktapitta* (bleeding disorder), *hikka* (hiccup), *vamana* (vomiting), *vata vikara* (disorders due to poison), *Rakta pradara* (Menorrhagia or Metrorrhagia or both), *kandū* (itching), *Jvara* (fever), *daha* (burning sensation) and *Udara roga* (diseases of abdomen).

AIM

Suvarna-gairik was taken and triturated with cow's milk. In this study, we will understand the physical and chemical the effects of bhawana dravya, Godugdha on Gairik .

MATERIALS AND METHODS

Collection of raw materials

Good quality *Swarna Gairik* was purchased from local market of Yamuna nagar, Haryana. All the procedures were done in pharmacy of Choudhary Devi Lal College of Ayurveda and Hospital, Jagadhri, Haryana. Sufficient quantity of *Godugdha* and a *khalwa yantra* were also taken. (Fig no-1 and Fig no-2).



Fig 1 Raw Swarna Gairikf



Fig 2 Godugdha

Shodhan of Gairik

First of all, *Swarna gairik* was taken in a *khalwa yantra* and converted into fine powdered. After that it is triturated with sufficient quantity of *Godugdha*. This process was repeated for three times. It became purified. No incineration of *Gairik* was required.

OBSERVATION AND RESULT

Shodhit Swarna Gairik was Reddish brown in colour, Massive clayey and smooth in touch. Its lustre was earthy. It is opaque. But it has to be used immediately,



as it becomes rancid after few hours.(Fig no-3, Fig no-4).



Fig 3 Godugdha Bhawana



Fig 4 Shodhit Swarna Gairik

DISCUSSION

Shodhana is combinations of processes which removes unwanted material from the drug & controls toxic effect then enhance the properties of drug. Also by *shodhan* process we can improve qualities of basic elements of drug to exert its good effect. In Raw *Swarna Gairik* the presence of water and oxygen molecules increase the chances to have free ferrous ions. The body must be protect itself from free ions which is highly toxic and participates in

chemical reactions that free radicals. During *Godugdha bhawana* free Fe (II) converted into Fe (III) ions. Fe (III) ions are absorbed easily. So *shodhan* process may increase the absorption rate of *Gairik* in body.

CONCLUSION

Without *Shodhan* we cannot use any drug in Ayurvedic formulations. For efficacy & safety of drug proper *Shodhana* is very important. As we discussed above, how *shodhan* process is important and *bhawana of godugdha in gairik* enhance its pharmaceutical actions.



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