

## 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*



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### 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<sup>1</sup>. 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<sup>2</sup>, is rarely prepared and used. Generally *Kanji* is prepared using

*Bhava Prakash's Kanjik*<sup>4</sup> or *Sharangdhar Samhita's Shandaki*<sup>3</sup> Method, but here *Kanji* was prepared according to Mixed Methodology<sup>3,4</sup>.

## MATERIALS AND METHODS

### Materials

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

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

### Method

A wide-mouthed vessel was taken and *Dhanya* was cooked into it. Once cooked, *Mand* was taken out of it<sup>4</sup>. 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 upto 3/4<sup>th</sup> 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 fermentation<sup>3</sup>.

**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 21<sup>st</sup> 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* sank 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*<sup>4</sup> or *Sharangdhar Samhita's Shandak*<sup>3</sup> 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.

**Conflict of Interest:** None declared

**Source of Support:** Nil

## 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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