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# Shodhana of *Bhallataka Phala* by *Classical Ishtika Churna* Method

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## ABSTRACT

*Bhallataka* is one among the wonderful drugs used to cure many diseases like inflammation, piles, cancer etc in Indian system of medicine. *Shodhana* is must before administering the drug to the patients. The oily fraction in the pericarp of the fruit is responsible for the toxic nature of the drug. To purify *Bhallataka* fruit *ishtika churna* method is followed.

**Key Words** *Ayurveda, Shodhana, Bhallataka, Ishtikachurna, Piles*

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## INTRODUCTION

### **Bhallatak**

**Latin name:** *Semicarpus anacardium*. Linn

**Family:** *Amrakula* [Anacardiaceae].

**Synonyms:** *Arunshkar, Agnika, Shophakrit, Agimukha,*

*Anala, Mahateekshna, Sphotabeejaka,*etc.

### **Regional names:**

**Marathi:** *Bibba*.

**Hindi:** *Bhilava*.

**Eng:** Marking nut.

*Bhallataka phala* is used to treat various diseases in Ayurvedic system of medicine<sup>1</sup>. Many formulations of Ayurveda contain *Bhallataka* as an ingredient<sup>2</sup>. Acharya Charaka mentioned different formulations especially for rejuvenation<sup>3</sup>. It is stated that, *Bhallataka* must be *shodhit* before administering to the patients

[4]. *Bhallataka* is mentioned under the list of

poisonous substances in the Ayurvedic classics and Siddha system of medicine<sup>5</sup>. *Shodhana* is the purification/processing method adopted in Ayurveda to purify the poisonous medicinal plants, metals and minerals etc. *shodhan* is the process in which the toxicity of the substance is eliminated<sup>1</sup>. Researches have proved the impact of *shodhana* (purification/ processing) of various poisonous herbal drugs like *Vatsnabha, kupilu, dhattura, Bhallataka* etc<sup>6</sup>.

### **Description of *Bhallataka* tree:**

It is a medium sized tree with grey bark exfoliating in small irregular flakes, 15 to 25 mt in height and related to cashew. Leaves are simple, alternate, oblong, rounded at apex. Flowers appears in panicles greenish white in colour. Fruits of this tree are also used for dye.

### **Chemical Composition:**

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The fruit contain 32% oil which turns dark on exposure to air and, dissolves in ether. Fruit pulp contains a small percentage of sweet oil. The oil and the seed contain bhilavanol and semicarpol. Anacardic acid (90%), flavonoids, cardol (10%)

**Upayukt anga - Phala, Beej, Beej tail.**

**Pharmacodynamics:**

**Rasa :** *Katu, kashaya, madhura*

**Virya :** *Ushna.*

**Vipaka :** *Katu.*

**Prabhaava :** *Doshagnata- Vataghna being ushna; Kaphaghna*

*being ushna, teekshna, laghu and katu; but*

*Pittakara*

**Guna :**

- *Laghu,*
- *Snigdha*
- *Teekshna.*

**Rogadikar :**

- *Shwas, Kasa,*
- *Kushtha, Shotha,*
- *Agnideepana, Pachana, Grahani, Arsha*
- *Khedana,*
- *Rasayana*
- *Gulma, Adhman, Shool, Krumi,*
- *Hridayaroga,*
- *Kamala, Pliha, Yakruta<sup>4</sup>*

**Action: -**

Being *ushna*, it stimulates functions of the heart, removes obstruction to the passage of *rasadhatu* and thereby improves nourishment of the *hridaya*. Hence, it should be used in *hridayadaurabalya*, *shotha* and *shavsa* arising

out of it. It stimulates functions of *rasagranthis* (lymph glands) and removes stasis in them. However, beings *ushna Bhallatak* excites *Pitta* and vitiates *rakta* and *sweda* if used indiscriminately. *Bhallatakasiddha dugdha* is useful in *gridhrasi*, *ardita*, *pakshaghata*, *urustambha* etc. *Haritaki*, *bhallataka* and sesame powder should be used with jaggery in *amavata*. *Bhallataka* is useful in *jeerna* (chronic) *amavata* as it digests *ama*. Different shodhana methods are mentioned in Ayurvedic classics for the drug *Bhallataka*<sup>4</sup>. Traditional purificatory method using *Ishtika churna* is cost effective.

**Local** – Contact of *Ashud bhallatak* oil with the skin produces allergic rash in some individuals. It being *vishagna*, its oil should be applied to the site of the sting of a poisonous insect. Its fumigation dries up *kaphaja* and *Vataja arshas*.

**Sample selection**

The dried fruits were mixed thoroughly and sample was selected randomly.

**Equipment's for shodhana**

*Bhallatak*, *Ishtika*, *churna*, Thick Cotton Cloth, Vessels, Water is used for *Shodhana*

**SHODHAN OF BHALLATAK**

*Bhallatak* 300 gram was taken and weighed properly, immersed in water. After 15 minutes some of it settled down at the bottom of the vessel while some floated on it. The floated ones were discarded and taken only the settled *Bhallatak* was taken and dried properly in shadow.

After that the Proximal end of the *Bhallatak* was removed and to that 1 kg of *ishtika churna* was  
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added. andIt was then tied in a *pottali* (sac). *Mardan* (massage with pressure) of *pottali* was done and then the nuts were kept for a week embedded in brick powder, *mardan* was done after every 2 days, and after a week *Bhallatak* was removed from the *pottali* and washed with hot water.

The *Bhallatak* obtained was *shodit Bhallatak*<sup>4</sup>



Picture no:1 Cutting proximal end



Picture no:2 Pottali of Bhallatak



Picture no:3 Mardana done with ishtika churna



Picture no:4 Prakshalana of Bhallatak

Table 1 Raw Drug *Bhallatak*

S.no	Parameter	Unit	Value
1.	Moisture	%	6.02
2.	Total ash	%	2.47
3.	Oil content	%	32.47

Table 2 *Shuddh Bhallatak*

S.no	Parameter	Unit	Value
1.	Moisture	%	4.80
2.	Total ash	%	2.95
3.	Oil content	%	16.08

CONCLUSION

Difference in the values of raw sample mentioned in table no 1 and the processed sample mentioned in table no 2 reveals that the chemical changes are taking place during the *shodhana* process. The data reveals that *ishtikachuran* method of

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*shodhana* of *Bhallataka* phala definitely reduces  
the irritation.

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