

## Mashi Kalpana - A Review Study

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### Abstract:-

Ayurveda is an ancient science of Indian medicine, which contains many branches, among which Rasashastra and Bhaishajya Kalpana is the branch which deals with study of mercury, metals, minerals and herbal preparations and few animal products as medicine. Even though modern medicine considers metals minerals preparation as toxic one, Rasashastra has given us alchemies which detoxifies the metals, minerals and also increases their medicinal qualities, which ultimately convert them beneficial to human being for various chronic and stubborn diseases. Many animal origin drugs are used in Ayurveda, instead of using them raw rasashastra has given term called Mashi Kalpana. Mashi kalpana can be prepared by heating herbal or animal content upto transfer into carbonized form.

**Key Words:** Mashi Kalpana, Carbon form.

### Introduction. :-

While using any herb, metal or animal product as a medicine we have to convert it into safe, efficacious and finest form so as to get absorbed easily. Mashi Kalpana is the product which is converted into carbonised form, which is easily assimilated into body systems and shows medicinal effect. Mashi Kalpana is used for both herbal and animal origin drugs for preparing mashi from herbal churna is used, while in case of animal content, their skin, horn, bones, hair are used. One can find description of mashi kalpana in charak samhita, sushrut samhita, kashyap samita etc. Mashi kalpana is basically an incineration method in which the raw drug is heated upto carbonized form.

### Aim and objectives :-

**Aim** – Study of Mashi kalpana and its types and uses in Ayurveda.

**Objectives** – Pharmacological and review study of Mashi Kalpana, its types and role in ancient science.

### Method of Preparation :-

Antardhoom method:-

The word Antardhoom literally means ‘fumes inside. In this method the raw drug is powdered and kept into Sharaw samput, where the material does not come into contact with external air.

The sharaw samput is heated in put . After some time the sharawa samput is taken out. It's allowed for self cooling. After cooling the mashi is taken out from sharawa. This type of mashi preparation is applied for harder materials like animal bones, horns etc.

### Bahirdhoom method :-

In this method the pot used for mashi preparation is kept open. The fumes can get into direct open air contact so it is called Bahirdhoom method. Here the drug or raw material is kept in a metallic pan and kept onto heat. Heat is given upto the raw drug converts into dark black colour i.e carbonized form. Comparatively this method consumes less efforts and time. Usually herbal material is subjected for mashi preparation, like triphala Mashi.

### Types of Mashi:-

There Are various types of mashi according to requirement of patients and disease.

### Ashwagandha Mashi:-

Ashwagandha is known for it's antiaging and rejuvenating properties. The roots of Ashwagandha are used for preparing it's Mashi form. Roots are taken into a pan and burnt upto carbonized form. Internal use of this Mashi is applicable in asthma and respiratory disorders.

**Triphala Mashī :-**

Triphala is a group of three fruits i.e Haritaki, Bibhitaki and Amalaki. In medicinal field triphala has huge benefits and very widely used. The crude fruits in dry form are crushed and put in an iron pan and kept on fire. Heat is given till it turns to black carbonized form, black soft powder form, it is used as triphala mashī which has benefits in internal as well as external form. Internally it is used in abdominal pain, flatulence etc. While externally it is used for skin wounds, gonorrhoeal wounds. It is used in oral ulcers and as cleansers.

**Animal Origin :-**

**a) Sarpa Mashī –**

In Sanskrit sarpa means snake. Here black cobra snake is used for preparing mashī, but its head, tail and intestinal part is not used as these are considered toxin carriers. Sarpa mashī is prepared by using antardhoom method. Black Cobra snake is kept in sharawa and subjected to heat until it is converted into carbonized form. This mashī is used for treatment of Leucoderma in which it is applied by mixing in Bibhitaki oil.

**b) Hastidant Mashī –**

This Mashī is prepared by using tooth of elephant. As the elephant tooth is harder to get burnt upto carbonized form, antardhoom method is used to prepare this mashī. Elephant tooth taken and converted to powder form and kept in sharaw. Sharaw samput is done and subjected to heat. After getting self cooled the blackish grey coloured powder is taken and used as Hastidant mashī, clinically it is used as an external application in alopecia (Indraloopṭa).

**c) Mayurpicha Mashī –**

In this type the peacock feather is used. This is prepared by Bahirdhoom method. Peacock feather is burnt upto getting black form.

Clinically it is used for moning sickness, hiccoughs and nausea.

**Pharmacological Aspect :-**

Modern medicine considers mashī kalpana as Carbonated form of drugs. The predominance of carbon particles in this preparation may attribute this kalpana, which is utilized in the treatment of ailments of stomach due to hyperacidity. It removes

toxic amines, organic acids of decomposed foods and bacteria in gastrointestinal tract. It has got antipoisounous activity also.

By the process of heat treatment hidden chemical constituents become prominent and few chemical moieties are formed which are therapeutically active. The black colour indicates high percentage of carbon and oxides. Preliminary phytochemical screening of herbal Mashī like triphala mashī indicates presence of tannins and ascorbic acid.

Mashī kalpanas can be used for long duration if they are kept in air tight containers, they are Carbonised form of drugs so chances of decomposition are very less.

**Conclusion :-**

Mashī kalpana is an important pharmaceutical preparation mentioned in Ayurveda pharmaceuticals. Its references are found in Samhitas, Nighantus etc. Only a few research works are carried in this dosage form with emphasis in administration are also found of lesser used drugs. Pharmaceutical modification can be tried in this dosage form with different bases and tried therapeutically to evaluate the most effective base.

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