

"SHODHANA" THE TRANSMUTATION PROCESS FROM AYURVEDIC PHARMACOPOEA- A REVIEW AND EXPERIMENTAL VALIDATION

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Ayurveda is one of the most ancient and comprehensive systems of medicine. It incorporates use of hundreds of therapeutics of natural origin-plants, minerals and animals. Some of these substances are known to be highly toxic e.g. Aconite, Arsenic.

"Shodhana" or Transmutation process; as it might be called are specific pharmaceutical processes, which are claimed not only to purify these substances but also to enhance the efficacy. The Ayurvedic description of these substances and processes provide an interesting reading to understand the intricacies of ancient approach for safe and better therapeutics. A review of some of the papers indicates positive leads.

Aconite has been studied in this context.

It is found to undergo basic chemical changes. Shows significant reduction in toxicity (four fold increase in LD 50).

The antipyretic activity is found to be dependent on the extent of detoxification process.

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