



## Ayurvedic Review Article on mashi kalpana

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### Abstract

In Ayurvedic Aushadhikaran Rasashastra & Bhaishajyakalpana deals with preparations of Ayurvedic medicines. It includes Herbal as well as herbomineral formulations. There are various kalpanas explained like Pachavidha kashay kalpana, avleha kalpana, pishti kalpana, mashi kalpana, etc. Mashi kalpana is a form of medicine which can be prepared by agnisanskara on herbal or animal origin drugs. They are heated to the extent of getting them in carbonized form. Various articles, books are reviewed. Books like Sushrut samhita, Chikitsa Prabhakar, etc. mentioned various types of mashis. There are 16 types of mashis were reviewed in the following article. Mashi kalpana is less time consuming, have quick results and most important cost effective.

**Keywords:** medicinal charcoal, mashi, kalpana, ayurved

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### Introduction

Medicinal charcoal is prepared by carbonizing wood, cellulose residues or coconut shells out of contact of air. Carbonizing dense wood produces the most effective gas absorbing charcoals in particular log wood, lignum vitae & coconut shells. Charcoal made by burning wood, coconut shell or even in an atmosphere containing minimum oxygen acquired good adsorbent properties. Absorbents are used in medicine to remove gases, toxins & poisons. Mashi kalpana explains the special kinds of preparations available in Ayurvedic pharmaceuticals. The process of agni-sanskara is carried out on the selected 'medicinal drug' to the extent of getting them in carbonized form. Acharya Sushruta 1st described masi kalpana w.r.t Vrana chikitsa.

#### 1. Closed method/Antardhoom method

In this method, the drug selected should be finely powdered & taken into sharava. Sandhibandhana with another sharava of same size has to be closed to prepared sharavasamputa. It is dried and subjected to puta. Puta is chosen as per the hardness and nature of the drug. After swaangasheeta (self-cool), the inner material from sharava samputa is carefully collected, taken in khalva yantra, triturated to homogenous mixture & preserved. In this method hard material such as animal, horn, hairs, bones are used for preparing mashi kalpana. E.g. Hastidanta mashi.

#### 2. Open method/Bahirdhoom

In this method finely powdered raw material is taken in iron pan. Then it is roasted with frequent stirring until the material is transfer into black color carbonized form. The carbonized powder is taken into clean khalva yantra & triturated upto fine homogenous powder and later preserved into airtight container. In this method commonly herbal drugs are used. E.g. Triphala mashi.

## Discussion

1. **Hastidanta Masi:** Small pieces of ivory are taken and burnt to black in closed method (Antardhooma vidhi). The masi thus collected is mixed with rasanjana and the mixture is then ground with goat's milk and applied in Indralupta (alopecia).
2. **Chatushpaada Masi** <sup>[1]</sup>: Masi prepared with skin, hair, hooves, horns and bones of cattle, mixed with oil, if applied over the affected part (with hair loss) will help to retain the growth of hair.
3. **Triphala Masi:** Coarse powder of the drugs namely Haritaki (Terminalia chebula), Vibhitaki (Terminalia bellirica), Amalaki (Phyllanthus emblica) are taken and heated in an iron pan till it turns black. It is used in Upadamsha vrana (soft chancre) with madhu (Honey) for application.
4. **Svaavida Masi** <sup>[2]</sup>: The spines of porcupine, cut into small pieces and burnt to black in closed method. Dose: 250mg-1g with Trikatu churna and sugar in equal quantity with honey is effective in shwasa (Asthma), Kasa (Cough), Kshaya (Pthisis). Porcupine quills are said to possess antibiotic properties <sup>[3]</sup>.
5. **Vajeegandha Masi** <sup>[4]</sup>: Masi prepared with the roots of Ashwagandha (Withania somnifera) if taken along with honey is effective in Kaphadhika Shwasaroga.
6. **Krishna Sarpa Masi** <sup>[5]</sup>: Closed method is employed here. The dead black Cobra excluding its head, tail and intestine is burnt in closed sharava samputa and the well burnt material is applied as a paste along with Bibhitaka taila. Use: Cures all types of Vitiligo.
7. **Masi Yoga** <sup>[6]</sup>: The rope used for suicidal hanging or the thread tied around the neck of children is taken and burnt to masi. This when taken with cold water relieves Apasmara (Epilepsy).
8. **Mayurapiccha Masi:** Useful in morning sickness. 125mg of Mayurapiccha bhasma with 125mg of Pippali churna (Piper longum) along with Honey is effective in asthma and Hiccups <sup>[7]</sup>.
9. **Keshaanajana Masi** <sup>[8]</sup>: Masi prepared with Human hair by rubbing with Ghrita and subjecting to puta by closed method. Use: Sushkaakshipaka (Dry eye syndrome) Triphala Masi is also used as an ingredient in Dantapuyahara Manjana <sup>[9]</sup> that is used for brushing of teeth and indicated in Dantapuya (Pyorrhea), teeth diseases and loss of teeth.

The predominance of carbon particles in this preparation may attribute this Kalpana the following benefits. The absorptive properties of carbon are utilized in the treatment of ailments of stomach due to hyperacidity. It removes toxic amines, organic acids of decomposed food and bacteria from the intestinal tract. It has got anti poisonous activity also <sup>[10]</sup>. By the process of heat treatment hidden chemical constituents become prominent and/or new chemical moieties are formed which are therapeutically active. The black color indicates high percentage of carbon and oxides. Preliminary phytochemical screening of both Triphala and Triphala Mashi indicates the presence of tannins and ascorbic acid <sup>[11]</sup>. Antimicrobial activity of Triphala Masi was checked by agar gel diffusion method. The aqueous and ethanolic extracts of Triphala and Triphala Mashi exhibited a broad-spectrum antimicrobial activity against all the microorganisms. It inhibited the growth of all Gram-positive and Gram-negative bacteria. No signs of toxicity were observed in short-term

analysis but mortality was seen in long-term study at the dose of 5000 mg/kg in Toxicity study conducted <sup>[12]</sup>. Keshaanajana Masi was converted to ointment using Petrolatum and a Pharmaceutical study was conducted. Petrolatum was used as a base as it is a widely used base in ophthalmic preparation <sup>[13, 14]</sup>.

## Conclusion

Masi Kalpana is an important pharmaceutical preparation mentioned in Ayurveda Pharmaceuticals. Its reference is found in Samhita, Nighantus, etc. Only a few research works are carried in this dosage form with emphasis in Pharmaceutical research. Though mainly used for external application, references of internal administration are also found of lesser used drugs. Pharmaceutical modifications can be tried in this dosage form with different bases and tried therapeutically to evaluate the most effective base.

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