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Bhasma

**In this thread I will give Scientific information related to Bhasma,
And the method to create Bhasma and I will also talk about the steps by which
these processes undergoes.**

Bhasma are made up of herbo-minerals/metals/non-metals mixed with herbal juices or decoction and heated under specific temperature and are used for the treating many diseases. Nanoparticals are similar to Bhasma which are advice to take with several medicines of Ayurveda.

The size of Nanomaterials makes them best candidate for novel use. Since the Bhasma easily cooperate with the body at molecular level using nano drug delivery system, its absorption and assimilation can be improved and its toxic effect can be reduced.

Minerals used include Suvarna, Rajata, Tamara, Lohmala, Manahshila, Kamksi, Sudhu, Sisa etc.. self-care practices side effect can be related with the use of Bhasma. In recent years Heavy metal toxicity case reports are increasing, particularly lead,

mercury and Arsenic and pharmacovigilance is favored. On increasing exposure metals turn into toxic. Equilibrium of its effectiveness and the toxicity is significant.

■■Stages of Bhasma Preparation

Selection of primary raw stuff

■■Recognition of cleanliness

■■Rinsing and cleaning-up

■■Pulverizing and building excellent powder

■■Blending with herbal juices or herbs

■■Once more pulverizing with herbal juices for 10 to 100 hours

■■Semi solid substance is formed and tiny lumps are made

■■Place the tiny lumps to dry up

- ■ After small lumps dry out, later on place it in mud pot.
- ■ To make Bhasma high temperature is given to the stuff.
- ■ All over again, high temperature are frequently given

■ ■ Steps used to prepare Bhasma are Shodhana and Marana.

■ ■ Shodhana

Purification in Ayurveda is called as Shodhana. Inner and outer impurities are removed by Shodhan process. It involves the following process –

- ■ Abolishing of noxious substances from the drugs.

■ ■ Moderation of unwanted physical properties of drugs.

■ ■ Transformation of some of the features of the drugs into the different phases.

■ ■ Improvement of the remedial measures.

■ ■ Marana

Burning process or calcinations is basically called Marana. In a mortar pestle, purified metal is placed and crushed for a particular duration with the particular selected plants or it's Kashaya, etc. The metal that is used as raw stuff is called as a Pradhathu