



RESEARCH ARTICLE

CONCEPT OF SANKHA SHODHAN AND ITS MARANA

^{1,*}Suman Lata, ²Swati Vardhan and ³Lokesh Gupta

¹Assistant Professor, Deptt., of Rasashastra and Bhaishjya Kalpana, CDL college of Ayurveda, Jagadhari

²Assistant Professor, Deptt., of Rachana Sharir, CDL college of Ayurveda, Jagadhari

³Associate professor Deptt., of Shalya Tantra, CDL college of Ayurveda, Jagadhari

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ABSTRACT

Today *ayurvedic* medicines gain popularity world wide, as a safer therapy. The demand of herbal drugs is increasing day by day due to their excellent efficacy, fewer side effects and good faith by Indian community on herbal medicines and also their products. *Rasashastra* is a branch of learning of *Ayurveda* pharmaceuticals, specially dealing with the *mercury, minerals, metals and animal origin drugs* having therapeutic and alchemical importance. In *ayurveda*, all metals, minerals, gems, animal products and plant products etc. are not used as such. They are subjected to certain pharmaceutical processes like *shodhan* (purification), *marana* (incineration) etc. to convert the drug into suitable compound form. The drug selected for the study is *Sankha bhasmas*. *Bhasma*, the herbometallic formulation is prepared by a special process known as *Bhasmikaran* by which the toxicity is reduced or diminished to a negligible amount. Shankha bhasma is an *Ayurvedic* preparation commonly used for peptic ulcer, piles, cough and for some types of gastrointestinal disorders. It is the shell of a marine creature called *Turbinella pyrum*. The chemical composition is CaCO_3 . In the present study, *shanka bhasma* was prepared by traditional methods and note effects of *shodhan* and *marana* process on *sankha*.

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INTRODUCTION

Today *ayurvedic* medicines gain popularity world wide, as a safer therapy. The demand of herbal drugs is increasing day by day due to their excellent efficacy, fewer side effects and good faith by Indian community on herbal medicines and also their products. *Rasashastra* is a branch of learning of *Ayurveda* pharmaceuticals, specially dealing with the *mercury, minerals, metals and animal origin drugs* having therapeutic and alchemical importance. In *ayurveda*, all *metals, minerals, gems, animal products and plant products* etc. are not used as such. They are subjected to certain pharmaceutical processes like *shodhan* (purification), *marana* (incineration) etc. to convert the drug into suitable compound form. *Bhasma*, the herbometallic formulation is prepared by a special process known as *Bhasmikaran* by which the toxicity is reduced or diminished to a negligible amount (Shebina, 2015). Shankha bhasma is an *Ayurvedic* preparation commonly used for peptic ulcer, piles, cough and for some types of gastrointestinal disorders. It is the shell of a marine creature called *Turbinella pyrum* (Ravindra Angadi, 2014).

It is a porcelaneous shell. The chemical composition is CaCO_3 . Two types of shankha are available. One is *vamavarta*, that is, opening onto the left side and *dakshinvarta*, that is, opening onto the right side. *Dakshinvarta* is rare. *Vamavarta* is used for the preparation of shankha bhasma (Sadananda Sharma, 2014). There is method of preparation of shankha bhasma as per *rasatarangini*. *Sankha* has a long history. Its name can be readily traced from the stories of *Mahabharata* and *Srimadbhagavata*. *Sankha*, which is round bodied with smooth external surface, which has small opening towards the base, which is clean and bright like moon and heavy in weight is considered as the best sample of *Sankha* (conch shell) used for therapeutic purposes. It cures *Amlapitta roga*, *Agnimandya*, *Grahani roga*, *Parinama sula* and *Taruna pidaka* (acne vulgaris) (Sadananda Sharma, 2014). In the present study, *shanka bhasma* was prepared by traditional methods and note effects of *shodhan* and *marana* process on *sankha*.

MATERIALS AND METHODS

Collection of Raw Material: 50gms of *Sankha* was collected from local market of *Yamuna nagar*, Haryana (Fig. A).

*Corresponding author: Suman Lata,
Assistant Professor, Deptt., of Rasashastra and Bhaishjya
Kalpana, CDL college of Ayurveda, Jagadhari.



A. Raw Sankha



B. Shodhan of Sankha in nimbu



C. Powdering of sankha



D. Bhawana of numbu swarasa



E. Sankha pallets



F. Saravasamputa of sankha



G. Gajaputa given to sankha



H. Sankha bhasma

All the procedures done in pharmacy of *Choudhary Devi Lal college of Ayurveda, jagadhari, Haryana*.

Shodhana of Sankha (Sadananda Sharma, 2014; Sadananda Sharma, 2016)

Firstly *Sankha* was taken and washed with hot water to remove dirt particles. After that, *sankha* was made into small pieces of 1 to 2 inches in size by pounding it with *iron mortar and pestle*, tied into a *pottali* (a cloth of piece), and subjected to boiling in *dolayantra* in *Nimbu swarasa* (Lemon juice) for three hours, taken out, and washed with warm water and dried (Fig. B)

Marana of Sankha (Sadananda Sharma, 2014)

Shodhit Sankha was taken in *mortar and pestle* and made a fine powder of it. After that, this fine powder was again taken in *mortar and pestle* and triturated with *Nimbu swarasa* (Lemon juice). Made *pallets* (chakrika) of this paste and dried in Sunlight. Dried *pallets* were kept in mud vessel then this is covered by another vessel .

The mouth of the vessel is covered tightly by a cloth which is smeared with *gopichandanam* (A type of mud). Cow dung cakes are used for fuel. The vessel must be placed over the cow dung cakes and set the fire. After the combustion, the vessel was taken and charred *shankha* must be collected. The same procedure is done in same way for 2 times (Fig. C,D,E,F,G,H).

RESULTS AND DISCUSSION

The *Sankha Bhasma* was dull white in colour, smooth fine, odorless, tasteless. The prepared *bhasma* has got all the *bhasma lakshnas* viz *nischandrika*-there is no metallic luster, *rekha purita*-when taken between index finger and thumb spread it was so fine as to get easily into the finger lines, *varitaram*-floated on water surface for sometimes and then went done in water due to hygroscopic nature of Ca and *apunarbhava*-when it is mixed with *panchamrita drugs*, then heated and it did not revert to its original state. *Shodhana* is an essential procedure before the preparation of *Bhasma*. *Sankha Shodhana* in *nimbu swarasa* (lemon water) might reduce the alkalinity of the drug.

Corrosive effect of the *shodhana medias* might have turned all the drugs in to more fragile and soft. *Mardana* also helps in loosening the molecular cohesiveness and helps drugs to break into fine particles during the subsequent processing and helps to reduce the number of *Putas* and easy absorption of *Bhasma* in body in very small amount.

Conclusion

Shanka bhasma was prepared by traditional method and their possible standardization parameters have done. *Organoleptic characters* and *physical parameters* showed that sample is prepared in the proper way so that possible chances of impurities are avoided. *Sankha Bhasma* corrects *agnimandya*, *grahani roga*, *Parinama sula* and *Tarunya pidaka* and all *Udara roga*.

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