

MUKTA SHUKTI PROPERTY AND ITS UTILIZATION

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ABSTRACT

Mukta shukti is a very commonly occurring calciam form, it is a rich source of calcium and minerals. Mukta shukti is available in the sea shores of southern parts of India and Shri Lanka. It is also available in the coastal areas of Iran, Iraq, Japan, China, Philippines, Italy, Australia, Venezuela, Mexico etc. Best quality of Mukta Shukti is found in the sea shores of Basra of Iraq. Normally Mukta Shukti is available in these places where the sea is deep and the temperature is hot. Now days natural Mukta Shukti is not easily available, but Mukta is cultured today, so the cultured Mukta Shukti is available more in Japan and China. In India, Mukta is cultured at Sikka and Veraval in Gujarat. Mukta shukti bhashm is very commonly use in acidity (Amlapitta) It is very common disease in recent times, due to modern lifestyle and changes in dietary habits, mental stress and strains, incidences of hyperacidity become more. It can be correlated with Amlapitta, or Urdhawaga Amlapitta. which is a burning problem of the human beings.

KEYWORD: Mukta, shukti, mukta pishti, mukta bhasm, amlpitta.**Physical Characteristics of Mukta Shukti**

The colour of Mukta Shukti is described as white compared with silver.

Mukta Shukti has a small, hollow, ovate excavation in which the animal with a soft and fleshy sub-orbicular body is enclosed. The shell has a short hinge at one end and opens into two valves, one shallow and the other deep which is found adhering to the rock. Out of the two valves, one is concave in which spherical depth part in the middle for the shelter of pearl.

The synonym of Mukta Shukti i.e. Maha Shukti, it can be decided that Mukta Shukti is larger in size. The synonym Abdhimanduki, it can be assessed that the shape of Mukta Shukti mimics like frog.

The shell is hard, externally grey, brown and rough with lateral undulant steaks and internally white, smooth and rainbowlike shining with the marking of Mukta where it is formed. The length of Mukta Shukti varies from 1 inch to 3 feet and the weight ranges from 50 gm to 50 kg. The variety of Mukta Shukti obtained from seashores of

Basra in Iraq is larger, thicker and heavier than the other varieties.

Vernacular Names of Mukta Shukti

Hindi: Moti Ki Sipa
Gujarati: Motini Chhipa, Motinu Chhipalu
Marathi: Moti Simpa
Bengali: Finuka
Punjabi: Moti Sipa
Kannada: Mukhini Simpu

Type of mukta shukti

In Bhava Prakasha Nighantu has described two types of Mukta Shukti according to their shape. Theseare:

- i. Broad and circular
- ii. Ear like (Karnikakara).

It is also found in two verity

1. Mukta bhasm - calcinated ash
2. Mukta pishti - powdered form without agni

Sodhana of mukta shukti

According to Rasa Tarangni Shodhsn of mukta shukti by Dolayantra with the help of Amla dravya. Shodhana is a process of separation by which physical and chemical impurities get separated from the substances by treatment with various drugs. It is a process by which blemishes are eliminated from the substance by various processing like grinding etc. with specific drugs. Shodhana is a process of removal of impurities from substances by means of pharmaceutical processing of Swedana, Mardana etc. with particular drugs.

Marana of Mukta shukti

Marana is a process by which, raw materials like metals, minerals, and gems etc. are converted into a microfine, tasteless, non-hazardous, acceptable and absorbable form, which can be used as a medicine. Literary meaning of Marana is to destroy the natural form of anything. Here, in process of Marana by means of heating and other organic and inorganic substances are converting the raw materials into form of Bhasma.

Stages Adopted for Shukti Marana

Sodhana → Marana (1st Puta) → Bhavana (Kumari Swarasa) → Chakrika Nirmana → Marana (2nd Puta) → Bhasma of mukta shukti

Shukti Bhasma Pariksha

Bhasma Pariksha is having its role in Marana Procedure. The alteration of the qualities of the substances after Marana is measured by some parameters through Bhasma Pariksha. These are:

1. Varitaratwa

Different therapeutic uses of Mukta Shukti Bhasma

Sr. No.	Disease	Anupana
1	Amlapitta	Madhu
2.	Atisara	Dadhi
3.	Grahani	Dadhi
4.	Agnimandhya	Madhu
5.	Hridaroga	Guduchi Swarasa
6.	Mutra Sharkara	Trinapanchamoola Kwatha
7.	Pliharoga	Madhu
8.	Shwetapradara	Kumari Rasa
9.	Shwasa	Madhu

CONCLUSION

Muktashukti Bhasma Is primarily used for the management of digestive disorders. It is an Ayurvedic medicine, specifically used to manage ailments associated with gastritis including belching, bloating and constipation. Effectively provides relief from heartburns and improves overall digestive health. It is indicated in pains associated with stomach and helps manage digestive troubles, and also highly useful in relieving ailments associated with gastritis such as belching and bloating. It's improves overall digestive health and it can also be used to improve immunity levels.

2. Rekhapurnatwa
3. Gatarasatwa
4. Shlakshnatwa
5. Sukshmatwa
6. Mridutwa etc.

Bhavana

Bhavana is a process in which the material is completely submerged with the liquid media (Swarasa, Kwatha etc.) and triturated till complete absorption of liquid into the powder.

Gun Karma of Mukta Shukti**Guna Karma of Mukta shukti**

Guna	Karma
Katu	Ruchya
Madhura	Shoolaprashamana
Snigdha	Atimutrapravrutighna
Dipana	Hridarogaghna
	Raktapittaghna
	Netrarogaghna
	Pliharogaghna

Posology and Anupana

Internally Jala Shukti Bhasma and Mukta Shukti Bhasma should be taken in a dose of 125 mg to 250 mg twice or thrice daily with the Anupana of Jala or Takra or Nimbu Swarasa or with a suitable Anupana according to the disease.

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