

**SHANKHA VATI- A CLASSICAL REVIEW****Bishnupriya Mohanty<sup>1\*</sup>, Prachi Bhuskute<sup>2</sup> and Sangram Keshari Das<sup>3</sup>**<sup>1</sup>MD (Samhita), PhD (Basic Principle) Professor & Head. Department of Sanskrit Samhita and Siddhanta.<sup>2</sup>IV B.A.M.S.<sup>3</sup>Professor & Head; Dravyaguna Vijnana. Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa. 403103.**\*Corresponding Author: Dr. Bishnupriya Mohanty**

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**ABSTRACT**

Shankhavati is a popular classical Ayurvedic formulation, used widely in conditions such as hyperacidity, abdominal pain due to digestive impairment, acid peptic ulcers mal-absorption syndrome, hemorrhoids and constipation etc. A detailed literary search has been done across various Ayurvedic texts and compiled Shankha Vati of different preparation procedure with their ingredients, their proportions and attributes. Different varieties of Shankha Vati were found available across different Ayurveda texts. Shankha Bhasma, Hingu, Vatsanabha, Trikatu, Kshara and Lavana are the ingredients common to most of the Shankha Vati.

**KEYWORDS:** Kshara, Lavana, Vatsanabha, Shankha Bhasma, Shula, Ajeerna. Agnimandhya.**INTRODUCTION**

Bhavapraksha has mentioned a Shankha Vati in the chapter 'Jataragni Vikara Chikitsa'. Shankha Vati, known for its effective digestive action. The formulation is to be made into Vati of Badarasthi size (250 — 500mg) mention in many Ayurvedic texts. Anupana (vehicle) is used as honey, warm water or butter milk. It is indicated in all types of Ajeerna, Udara, Shula, Visuchika and Gulma etc. Texts like Rasa Yoga Sagara, Bharata Bhaishajya Ratnakara and Rasa Kamadhenu have compiled various Shankha Vati.

**Shankha vati 1**

Bhaishajya Ratnavali Agnimandya Rogadhikara/ Ayurvedic Formulary of India: The above mentioned dose & indication has written.

**Shankha vati 2**

In the formulation, seven Bhavanas of sour media is advised. This Shankha Vati is advised to be taken in quantity of I Gunja (125mg) and is good digestive and carminative. It nullifies all varieties of Ajeerna, Visuchi, Shula and Anaha.

**Shankha vati 3**

Almost Similar formulation is seen in Yogaratnakara (YR) and is quoted in the Ajeerna Chikitsa.

**Shankha vati 4**

Yogaratnakara has mentioned another Shankha Vati which has the similar ingredients of Shankha vati 1, but

with different proportions of ingredients. In this Vati of Badarasthi measurement are to be made. This Shankha is indicated in all types of Shula, Ajeerna, Gulma, Atisara and specially Grahani.

**Shankha vati 5**

Rasendra Sara Sangraha has given a Shankha Vati, termed as Brahat (Maha) Shankha Vati by the commentators in the same chapter.

**Shankha vati 6**

The author gives a special instruction that Bhavana with Amla Dravya is to be given specially till the contents become sour. It indicates that additional quantity it is indicated in Shula, Adhmana, and Visuchika.

**Shankha vati 7**

Rasendra Sara Sangraha has mentioned different proportion while as alkali component, Sarja Kshara is used. The indications are Grahani, Amlapitta, Shoola, Agnimandhyaja roga, Amadosha.

**Shankha vati 8**

Rasendra Sara Sangrahas has given one more Shankha Vati in the same chapter. This is indicated in Shula, Kasa, Shwasa, Kshyaya, Mandagni, vatavyadhi, Meha, Udara, Trishna, Krimi.

**Shankha vati 9**

Rasa Yoga Sagara -There is no mention of Bhavana media in the Shankha Vati, however based on previous

Shankha Vati mentioned the same book, Nimbu Swarasa may be taken. Indications are same as that in Shankha Vati 8.

#### **Shankha vati 10**

Rasa Yoga Sagara - Shankha Vati contains maximum number of ingredients among all Shankha Vati. It is indicated in Ajeerna, Sarva Shoola, Visuchika and Vati of I Masha (1 g) should be prepared.

#### **Shankha vati 11**

Bhaishajya Ratnavali has advised to take it at early morning indicated in all types of Gulma, Shula with the Anupana of hot water.

#### **Shankha vati 12**

Rasa Yoga Sagara -Pandu, Kusta, Shula, Prameha, Vatarakta, Sotha, Arshas, Nidra, Alasya, Arochaka and specially in Ajeerna, Shula, Mandagni, Arochaka and Vaktrasrava, Shotha and Arsha. It is also attributed that Mutrakricchra.

#### **Shankha vati 13**

There will be desire for food again sooner.

#### **Shankha vati 14**

Rasa Yoga Sagara.

#### **Shankha vati 15**

Maha Shankha Vati mentioned in Bhaishajya Ratnavali.

### **DISCUSSION AND CONCLUSION**

There are totally of 15 Shankha Vati found across various classics of Ayurveda. Ingredients like Shankha Bhasma, Hingu, Kshara, lavanas, Trikatu, Vatsanabha, Shuddha Parada and Shuddha Gandhaka are found in majority of the Shankha Vati. Various Kshara like Chinch Kshara, Apamamga Kshara, Aswattha Kshara, Snuhi Kshara, Arka Kshara are used in different formulations; in some, combinations of these Kshara are found. Shankha Bhasma is found in all 15 Shankha Vati, Hingu in fourteen Shankha Vati, and Chinch Kshara, Shuddha Vatsanabha, Shuddha Parada and Shuddha Gandhaka in thirteen of them. Trikatu is found in twelve Shankha Vati. Only one Shankha Vati does not contain any Lavana, while two Shankha Vati contain only Saindhava among Pancha lavana and remaining all have all Pancha Lavana.

In a pharmacological study on Shankha bhasma, contrary to the expectation Shankha Bhasma enhanced the gastric acid significantly. Possible rationales behind antacid action suspected in the study were rebound effect, vagal stimulation. In clinical study of Shankha Bhasma and along with Amalaki powder, yielded good symptomatic relief in the patients of Amlapitta, but Shankha Bhasma showed better clinical efficacy than the combination of both. Shankha Bhasma alone was found to be a non-systemic type of antacid. Its acid neutralizing capacity, speed of antacid action and prolonged buffering action

were excellent as compared to its combination with Amalaki powder, Shankha Bhasma caused significant reduction in ulcer index in both the indomethacine and cold resistant models. Thiobarbituric acid reacting substances (TBARS) of stomach in the indomethacine treated rats were also reduced by Shankha Bhasma, but serum calcium level was not altered. Classically, Shankha Bhasma is Sheeta Veerya, alkaline in nature, Balya, Grahi, Varnya and is indicated in Amlapitta, Agnimandhya, Grahani, Parinama Shula, and Mukha Dhushika. Hingu is a good digestive and appetizer. It pacifies Vata and Kapha, and diseases like Shula, Gulma, Udara, Anaha and Krimi. New pharmacological studies have almost confirmed the traditional uses of asafoetida as an antihelminthic, antispasmodic and antibacterial agent." Chinch Kshara can subside the conditions like Agnimandhya, Gulma, Shula, Mutrakrucchra and Ashmari. Kshara due to their alkaline property could act as antacid, and are possessed with good digestive and laxative property. Lavana are also good digestives and known to increase bowel movement.

Ginger was found to increase the bile acid secretion in rats. The addition of Trikatu or its individual ingredients to a variety of Ayurvedic formulations was so that it could act as bioavailability enhancer, thus increasing the efficacy of the co-administered medicaments: this action results mainly due to the presence of piperine, the active principle of peppers.

Mercury is known as a Yogavahi (that which increases the potency of drug with which it is processed) in Ayurveda and sulphur is its usual co-ingredient; considered to be helpful in safer use of mercury in therapeutics by forming the sulphide of mercury which is far safer compound of mercury. Vatsanabha is also known be possessing properties like Yogavahi, and Vyavayi (spreading all over the body before digestion) properties. Thus majorities of the ingredients of Shankha vati have an independent action on gastro intestinal tract and some of ingredients have role in increasing the bioavailability of the formulation.

Administration of Shankha Vati in proper dose and proper Shodhana are expected to ensure the safe use of this formulation. However, to enhance the safety profile and reduce the apprehension due to the presence of Aconitum in the formulation, Tankana which is known antidote of aconite' may be considered to use as an additional ingredient.

There was highly significant relief in the cardinal features like Avipaka, Amlodgara, and Kantadaha. A comparative study on spasmolytic activity of Shankha Bhasma and Shankha Vati on smooth muscles of isolated mammalian intestine has also being reported. Revalidation of action of Shankha Vati on other indications remains the thrust area of research for evidence based Ayurveda too.

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