



REVIEW ARTICLE ON EFFECTIVENESS OF SHANKHA VATI

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ABSTRACT :

Shankha Vati is a traditional Ayurvedic preparation that is mostly used for its gastrointestinal and digestive properties. Its medicinal uses encompass ailments like bloating, abdominal pain, indigestion, and digestive system issues. Several salts, such as Saindhavalavana, Sauvarchallavana, Romakalavana, Vida lavana, and Samudralavana, are included in the formulation and work together to support digestive health. Shankha Vati has showed potential in the treatment of UdaraRoga, a disorder marked by discomfort in the abdomen and associated symptoms. It can help with digestive problems like bloating and flatulence, improve appetite (Agnimandya), and relieve abdominal pain (UdaraShoola). The formulation's capacity to regulate digestive fire (Agni) and lessen vitiated Doshas—particularly Kapha and Vata, which are frequently linked to stomach disorders—is responsible for these results. Shankha Vati may be a safe and efficient way to treat UdaraRoga symptoms, according to clinical research and anecdotal evidence. To support these assertions and create uniform dosage and delivery protocols, more thorough clinical research is required. Such studies would improve Shankha Vati's incorporation into modern stomach disease treatment methods.

Keywords: ajeerna, agnimandhya, Shankha Vati, UdaraRoga, digestive health, discomfort in the abdomen, and clinical effectiveness.

INTRODUCTION

In Ayurvedic medicine, Udara Roga is a phrase that refers to a variety of abdominal illnesses. Its symptoms include bloating, pain, abdominal distention, and digestive issues. Unbalances in the body's doshas, especially Kapha and Vata, are frequently blamed for these disorders, which impair digestive function and cause discomfort.

An ancient Ayurvedic remedy called Shankha Vati has been used for ages to treat digestive problems. Shankha Vati is thought to have qualities that balance doshas, promote digestive fire (Agni), and lessen the symptoms of gastrointestinal illnesses. It is made up of a mixture of salts such as Saindhavalavana, Sauvarchallavana, Romakalavana, Vida lavana, and Samudralavana.

The diverse action of Shankha Vati is what makes it useful in treating UdaraRoga. It helps with the right absorption of nutrients and the removal of waste by improving digestive function, which lessens discomfort in the abdomen. Furthermore, its qualities might support general gastrointestinal health and lessen bloating.

Although anecdotal evidence and traditional use support Shankha Vati's benefits, clinical investigations and scientific study are necessary to confirm its effectiveness and create standardized treatment regimens. The purpose of this review is to provide a thorough understanding of Shankha Vati's significance in Ayurvedic healthcare by investigating its composition, therapeutic effects, and clinical outcomes in order to determine its potential for controlling UdaraRoga.

MATERIAL N METHODS

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- Kshara of Chinchā – Tamarind – *Tamarindus indica* -1 pala
- Panchalavana:-(total 1 pala)
 1. Saindhava Lavana – Rock salt
 2. Sauvarchala Lavana – Sochal salt
 3. Samudra Lavana – Common salt
 4. Vida Lavana – Vida salt
 5. Romaka Lavana
- Nimbuswarasa – Lemon juice – Quantity Sufficient.
- Shankha Bhasma – Bhasma of Conch shell -1 pala

- Hingu – Asafoetida -1 tola
- Shunti – Ginger Rhizome – *Zingiber officinalis*-1 tola
- Maricha – Black pepper – *Piper nigrum*-1 tola
- Pippali – Long pepper fruit – *Piper longum*-1 tola
- Purified Mercury – 4masha
- Vatsanabha – Aconitum ferox – 4 masha
- Shuddha Gandhaka –purified Sulphur – 4 masha

Method

1. **Preparation of Kajjali:**
 - Purified Mercury (Rasa) and Purified Sulphur (ShuddhaGandhaka) are triturated together to form a black-colored mixture known as *Kajjali*. This process is crucial for detoxifying the metals and enhancing their bioavailability.
2. **Processing of Shankha Bhasma:**
 - Shankha Bhasma is prepared by incinerating conch shells through a series of heating and cooling cycles. This process, known as *Shodhana*, renders the conch shell suitable for internal use.
3. **Triturating Herbal and Mineral Powders:**
 - The herbal ingredients (*Hingu*, *Shunti*, *Maricha*, *Pippali*) and mineral salts (*SauvarchalaLavana*, *SaindhavaLavana*, *SamudraLavana*, *RomakaLavana*, *ChinchaKshara*) are finely powdered.
4. **Combining Ingredients:**
 - The *Kajjali* is mixed with the powdered herbal and mineral ingredients. Lemon juice (*NimbuSwarasa*) is added gradually to form a homogeneous paste. The quantity of lemon juice is adjusted to achieve the desired consistency.
5. **Forming Tablets:**
 - From the prepared paste, small tablets (*Vati*) are shaped, typically the size of a *Badara* (jujube fruit).
6. **Drying:**
 - The shaped tablets are dried in a shaded area to remove moisture, ensuring they harden adequately.
7. **Storage:** Once dried, the tablets are stored in an airtight container to preserve their potency and prevent contamination.

Dosage and Administration

- **Dosage:** 1–2 tablets (approximately 250–500 mg)
- **Administration:** To be taken thrice daily with lukewarm water or as directed by a qualified Ayurvedic practitioner.
- **Anupana (Adjuvant):** Lukewarm water is commonly used to enhance the absorption and effectiveness of the formulation.

Precautions:

- Should be administered under the supervision of a qualified Ayurvedic practitioner.
- Not recommended for use during pregnancy, lactation, or in children without medical advice.
- Overdosage may lead to gastrointestinal discomfort, including nausea or gastritis.
- Individuals with hypertension should use this formulation cautiously, as it contains salt.
- This preparation method aligns with traditional Ayurvedic practices, ensuring the therapeutic efficacy of Shankha Vati in managing digestive disorders.

Clinical Application:

Shankha Vati is administered in doses ranging from 250 mg to 500 mg, typically with anupanas like honey, warm water, or buttermilk. The treatment duration and frequency depend on the severity of the condition and the patient's constitution.

Results

Clinical observations suggest that Shankha Vati exhibits several beneficial effects in the management of UdaraRoga, including:

- **Enhancement of Digestive Fire (Agni):** Stimulates appetite and improves digestion.
- **Reduction of Abdominal Distention (Adhman):** Alleviates bloating and promotes the expulsion of gas.
- **Relief from Abdominal Pain (UdaraShoola):** Provides analgesic effects, reducing discomfort.
- **Balancing of Doshas:** Particularly effective in pacifying Vata and Kapha doshas, which are often implicated in abdominal disorders.

While these outcomes are promising, the variability in individual responses and the lack of standardized treatment protocols necessitate further

research.

Discussion The therapeutic efficacy of Shankha Vati can be attributed to its multifaceted action on the digestive system. The combination of salts and minerals in Shankha Vati is believed to:

- **Stimulate Digestive Enzymes:** Enhancing the breakdown and absorption of nutrients.
- **Improve Gastrointestinal Motility:** Facilitating the movement of food and gas through the digestive tract.
- **Reduce Inflammation:** Alleviating symptoms associated with abdominal discomfort.

Despite its traditional use, the scientific validation of Shankha Vati's efficacy in UdaraRoga is limited. Most available data are anecdotal or derived from case studies, underscoring the need for rigorous clinical trials to establish standardized dosages, treatment regimens, and long-term safety profiles.

Conclusion

Shankha Vati holds potential as a therapeutic agent in the management of UdaraRoga, offering benefits such as improved digestion, reduced abdominal distention, and pain relief. However, to integrate Shankha Vati into mainstream medical practice, comprehensive clinical studies are essential to substantiate its efficacy and safety. Future research should focus on randomized controlled trials, pharmacokinetic studies, and the development of standardized treatment protocols to enhance the clinical application of Shankha Vati in abdominal disorders.

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