

UPDATED INFO ON SHANKHA VATI W.S.R. TO THE TURANGARATNAMALA (A TEXT ON TREATMENT OF HORSE)

Mane Santosh¹, Gajarmal Amit Ashok²

^{1,2}Research Officers (*Ayurveda*), Collaborative Research Centre for Veterinary *Ayurveda* (C.R.C.V.A. under Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Govt. of India, New Delhi), Department of Veterinary Pharmacology & Toxicology, College of Veterinary Sciences (C.O.V.S.), G.A.D.V.A.S.U., Ludhiana, Punjab-141004, India

Email: dgalaxy78@gmail.com

ABSTRACT

In *Ayurveda*, the '*Shankha Vati*' is extensively used in the numerous gastrointestinal diseases. The available studies reveal that there are about 15 recognized variations of the *Shankha Vati/Maha Shankha Vati* in the classical text of *Ayurveda*. This short communication is basically based upon a literary review of a classical preparation '*Shankha Vati*' quoted amongst the various available *Ayurveda* texts in line with the text on *Pashu Ayurveda* (animal sciences). The critical study provides unique information on *Shankha Vati* along with its ingredients, dose, duration and therapeutic indications. This formulation from *Turangaratnamala*; a book on the treatment of horse diseases varies from other formulations with respect to the *Bhavana Dravya* (pulverization by adding a liquid to a powder), *Matra* (dose), *Anupana* (co-administers with medicine), etc. and it is presented here in detail for its contemplation by the researchers of *Ayurveda*.

Keywords: *Ayurveda*, *Shankha Vati*, *Turangaratnamala*, Animal sciences

INTRODUCTION

In *Ayurveda*, the treatment of human beings is given more stress than to the animals and it is more practiced, developed and adopted by the society. Thus, *Ayurveda* became much more popular than *Pashuayurveda*. Even though, veterinary science has given a greater consideration from the ancient times in our country. The popular texts of *Pashuayurveda* (animal sciences) are *Karikalpalata*,¹ *Ashva Viadh-yakam*,² *Shalihotra Samhita*,³ *Turangaratnamala*,⁴ etc. deals with the treatment for horses, cows, and elephants. *Turangaratnamala* basically includes two

parts; *Lakshana* (Signs and symptoms) and *Chikitsa* (Treatment) out of them, *Lakshana* part includes *Shubhashubha-lakshanas* (auspicious signs), *Varna* (color), *Shubhashubha Chinha* (beatific and malefic marks), and their effects on the owners of horses whereas second part contains the *Roganidhana* (diagnosis) of diseases and treatment of horses. It has been composed in excellent Marathi verses by author Koneri Bapu, who was a court poet of Rajah Serfoji-II (24 September 1777 – 7 March 1832).⁵ It has been edited with an introduction by Shri A Krishnaswami Ma-

hadik Rao Saheb and published by Tanjore Maharaja Serfoji's Sarasvati Mahal Library, Thanjavur in 1986. In this text majority of therapeutic preparations are in the form of *Churna* (powder), *Kalka* (paste), *Vati* (tablet) and *Kwatha* (decoction) along with preparation *Nirmanvidhi* (method) *Matra* (dose), *Kala* (duration) and *Anupana* (co-administers with medicine). The

Shankhavatika Kalpa has been mentioned in the *Chikitsa* portion for the management of *Kshaya* (Tuberculosis), *Grahani* (disorders of lower G.I.T.)⁶ *Aganimandya* (diminution of *Agni*) and *Shula* (abdominal pain).⁷ The formulation quoted in *Turangaratnamala* is as per table no.1.

Table 1: Ingredients of *Shankha Vati* mentioned in *Turangaratnamala*⁷

Sr. No.	Sanskrit Name	Latin Name	Quantity as described	Approximate Quantity in gms
1	<i>Shankha Bhasma</i>	Conch Shell	Pava shera	250 gm
2	<i>Shuddha Gandhaka</i>	Sulphur	9 Tola	90 gm
3	<i>Parad</i>	Mercury	9 Tola	90 gm
4	<i>Sunthi</i>	<i>Zingiber officinale</i> Roxb	Pava shera	250 gm
5	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	Pava shera	250 gm
6	<i>Pippali</i>	<i>Piper longum</i> Linn.	Pava shera	250 gm
7	<i>Imlika</i>	<i>Tamarindus indica</i>	1 Shera	1000 gm
8	<i>Hingu</i>	<i>Ferula fetida</i> Regel.	Pava shera	250 gm
9	<i>Saindhava Lavana</i>	Rock salt	2 Tola	20 gm
10	<i>Samudra Lavana</i>	Sea salt	2 Tola	20 gm
11	<i>Vid Lavana</i>	Ammonium	2 Tola	20 gm
12	<i>Savarchal Lavan</i>	Black salt	2 Tola	20 gm
13	<i>Romaka Lavana</i>	Lack salt	2 Tola	20 gm
14	<i>Nimbuka Swarasa</i>	<i>Citrus medica</i> Linn.	Q.S.	Q.S.

Method of Preparation: The fine powder of ingredient triturated with lemon juice to prepare a paste and from this paste made a *Vati* (tablet) of the size of *Badara* (fruit of *Zizyphus jujuba* Lamk.) and shed dried and stored.

Dose: 1 tablet early in the morning.

Indications: *Kshaya*, *Grahani*, *Aganimandya*, *Udarshoola*

This formulation is exclusively mentioned in the treatment of horse Gastro-intestinal diseases. The dose of *Badara Pramana (Kola)* is generally considered as 5gm,⁸ is to be given in the early morning.

DISCUSSION

Shankha Vati is a herbo-mineral compound and comes under the *Khalveeya Rasa Kalpana* and it has been described in many classical texts of *Rasashtras* like viz. *Rasendra Chintamani*,⁹ *Rasa Yoga Sagara*,¹⁰ *Rasendra Sara Sangraha*,¹¹ etc. and also it is mentioned in *Ayurvedic Formulary of India (A.F.I.)* Vol. 2. About fifteen references of *Shankhavati/Mahashankhavati* have been found from these texts and it can be classified on the basis of ingredients; and drugs used for *Bhavana* (impregnation) to find out the alteration in the studied preparation.^{12,13} The comparative statement on *Shankha Vati/Mahashankhavati* as per *Ayurveda* texts is presented in table no.2.

Table 2: Comparative statement of ingredients used in *Shankha Vati / Mahashankha Vati*

Sr. No.	Ingredients	Ayurveda Texts							
		TR (1) ⁷	BR (1) 14	RYS (6) 15,16,17,18,19,20	RSS (3) 21,22,23	YR (2) 24,25	BP (1) ²⁶	BSR (1) ²⁷	RC (1) 28
1	<i>Shankha Bhasma</i> (Conch Shell)	√	√	√	√	√	√	√	√
2	<i>Shuddha Gandhaka</i> (Purified Sulphur)	√	√	√	√	√	√		√
3	<i>Parada</i> (Mercury)	√	√	√	√	√	√		√
4	<i>Sunthi</i> (<i>Zingiber officinale</i> Roxb)	√	√	√	√	√	√		√
5	<i>Maricha</i> (<i>Piper nigrum</i> Linn.)	√	√	√	√	√	√		√
6	<i>Pippali</i> (<i>Piper longum</i> Linn.)	√	√	√	√	√	√		√
7	<i>Imlika</i> (<i>Tamarindus indica</i>)	√	√	√	√	√	√	√	√
8	<i>Hingu</i> (<i>Ferula fetida</i> Regel.)	√	√	√	√	√	√		√
9	<i>Saindhava Lavana</i> (Rock salt)	√	√	√	√	√	√	√	√
10	<i>Samudra Lavana</i> (Sea salt)	√	√	√	√	√	√	√	√
11	<i>Vid Lavana</i> (Salt ammonium)	√	√	√	√	√	√	√	√
12	<i>Savarchal Lavan</i> (Black salt)	√	√	√	√	√	√	√	√
13	<i>Romaka Lavana</i> (Lake salt)	√	√	√	√	√	√	√	√
14	<i>Sudhha Vatsanabha</i> (<i>Aconitum chasmantum</i> Staff.ex.Holmes)		√	√	√	√	√		√
15	<i>Vacha</i> (<i>Acorus calamus</i>)						√		
16	<i>Lavanga</i> (<i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perr.)			√		√		√	
17	<i>Haritaki</i> (<i>Terminalia chebula</i> Retz.)					√		√	
18	<i>Bibhitaki</i> (<i>Terminalia bellirica</i> (Gaertn.) Roxb)					√		√	
19	<i>Amalaki</i> (<i>Emblica officinalis</i> Gaertn.)					√		√	
20	<i>Tankana</i> (Borax)			√	√	√			
21	<i>Yavakshara</i> (<i>Hordeum vulgare</i> L.)			√	√				
22	<i>Svarji Kshara</i> (Crude sodium bicarbonate)			√	√			√	
23	<i>Ashwatha</i> (<i>Ficus religiosa</i> L.) <i>Kshara</i>					√		√	
24	<i>Snuhi Kshara</i> (<i>Euphorbia</i>)			√		√		√	

	<i>nerifolia</i> L.)								
25	<i>Apamarga</i> (<i>Achyranthes aspera</i> L.) <i>Kshara</i>			√		√		√	
26	<i>Arka</i> (<i>Calotropis procera</i> (Ait) R. Br.) <i>Kshara</i>			√		√		√	
27	<i>Kadali</i> (<i>Musa paradisiaca</i> L.) <i>Kshara</i>			√					
28	<i>Tila</i> (<i>Sesamum orientale</i> L.) <i>Kshara</i>			√					
29	<i>Palasha</i> (<i>Butea monosperma</i> (Lam.) Taub.) <i>Kshara</i>			√					
30	<i>Louha</i> (Iron) <i>Bhasma</i>			√					
31	<i>Vanga Bhasma</i> (Tin)			√					
32	<i>Pipaali Mula</i> (<i>Piper longum</i> L.)			√					
33	<i>Yavani</i> (<i>Trachyspermum ammi</i> (L.) Sprague)			√					
34	<i>Jatiphala</i> (<i>Myristica fragrans</i>)			√					
35	<i>Shuddha Manashila</i> (Arsenic sulfide)			√					
36	<i>Jeeraka</i> (<i>Cuminum cyminum</i> L.)			√					
37	<i>Chitraka</i> (<i>Plumbago zeylanica</i> L.)			√					
38	<i>Ajamoda</i> (<i>Apium graveolens</i> L.)			√					
39	<i>Guduchi</i> (<i>Tinospora cordifolia</i> (Willd.) Miers.)			√					
40	<i>Dantimula</i> (<i>Balospermum solanifolium</i> (Burm.)			√					
	Total	13	14	35	17	23	15	16	14
	<i>Bhavana Dravya</i>								
41	<i>Nimbuka</i> (<i>Citrus medica</i> L.)	√	√	√	√	√	√	√	√
42	<i>Chitraka Moola Kwatha</i>			√	√				
43	<i>Apamarga Kwatha</i>				√				
44	<i>Adaraka</i> (<i>Zingiber officinale</i> Roscoe.) <i>Swarasa</i>			√					
45	<i>Bringaraja</i> (<i>Eclipta alba</i> (L.) Hassk.) <i>Swarasa</i>			√					
46	<i>Mundi</i> (<i>Sphaeranthus indicus</i> L.) <i>Kwatha</i>			√					
47	<i>Chukra</i> (<i>Chukrasia tabularis</i> A. Juss)			√					
	Total	1	1	6	3	1	1	1	1
	<i>Matra</i>	<i>Badarsthi</i>	250mg	1 <i>Masha</i>		1 <i>Gun-ja</i>			250-500mg

[BR- *Bhaishajya Ratnavali*, BSR- *Basavarajeeyam*, BP-*Bhavaprakash*, YR-*Yogaratanakar*, RSS-*Rasendra Sara Sangraha*, RYS-*Rasa Yoga Sagar*, TR-*Turangaratnamala* RC-*Rasendra Chintamani*]

CONCLUSION

There is no basic difference in the *Shnakha Vataka* mentioned for the treatment of the horse in *Turangaratnamala* and other classical text of *Ayurveda* except the omission of *Vatsanabha*. It has a total of 13 ingredients that are easily available and the *Nimbuka Sawarasa* has mentioned for *Bhavana* which is again the most common *Bhavana* drug mentioned in other texts. The basic aim of this communication is to put forth the information on the use of *Shankhavati* in horse disease with ingredients, doses, etc. So that it may be integrated into the systemic evaluation and further researches.

REFERENCES

1. Pandit Mangal charan Dixit, *Karikalpalata*, Ganga Vishnu Shri Krishna Das, Lakshmi Venketeshwara Steam Press, Kalyan, Mumbai, 1849.
2. Mahasamant Shri Jaydatt Kritam and *Ashwachikitsam* Shri Nakul Krittam, *Ashva Vaidhakam – A treatise on the Veterinary Science*, Shi Jivananad Vidhyasagar Bhattacharya, Kalikatnagaryyam, 1893 (Sanskrit)
3. Shalihotra, editor: Shri Narayandan Baliya, *Shalihotra Shastra: Ashwa Pariksha*, Nava Nagar Press, 1942.
4. Tanjore Maharaja Serfoji, edited by A. Krishnaswami mahadick Rao Saheb, *Turangaratnamala*, Tanjore Maharaja Serfoji's Sarasvati Mahal Library Press, Thanjavur, 1986. *Shankhavatik Kalpa*.
5. Serfoji II, https://en.wikipedia.org/wiki/Serfoji_II assessed on 26/11/2019.
6. <http://namstp.ayush.gov.in/#/sat> assessed on 26/11/2019.
7. Tanjore Maharaja Serfoji, edited by A. Krishnaswami Mahadick Rao Saheb, *Turangaratnamala*, Tanjore Maharaja Serfoji's Sarasvati Mahal Library Press, Thanjavur, 1986. *Shankhavatik Kalpa*, p. 292.
8. <https://drraghuramys.wordpress.com/2015/02/28/ayurveda-basics-panchakola-its-ingredients-and-uses/> assessed on 26/11/2019.
9. Dundukanath. *Rasendra Cintamani*, Hindi commentary by Mishra SN. (Reprint) Varanasi: Choukhambha orientalia; 2006.
10. Hari Prappanna Sharma. *Rasa Yoga Sagara*, part II. (Reprint), Varanasi: Choukhambha Krishnada Academy; 2010.
11. Shri Gopala Krishna Bhatta. *Rasendra Sara Sangraha*, Hindi commentary by Vaidya Satyarthast Prakasha, 1 ed. Varanasi: Krishnadasa Academy; 1994.
12. Annals of Ayurvedic Medicine, Vol-1 Issue-3 Jul-Sep 2012, p. 108
13. Anonymous, *The Ayurvedic Formulary of India*, Part-II, New Delhi, 1978.
14. Govindadasa. *Bhaishajya Ratnavali*. Shastri RD, th editor. 18 ed. Varanasi: Choukhambha Samskrita Sansthana; 2005. 10/186-187, 204 -21, p. 349 and 354.
15. Hari Prappanna Sharma. *Rasa Yoga Sagara*, part II. (Reprint), Varanasi: Choukhambha Krishnada Academy; 2010. *Shakaradi Rasa*, 233 -34, p. 425 - 27.
16. Hari Prappanna Sharma. *Rasa Yoga Sagara*, part II. (Reprint), Varanasi: Choukhambha Krishnada Academy; 2010. *Shakaradi Rasa*, 223-25, p. 425 - 427.
17. Hari Prappanna Sharma. *Rasa Yoga Sagara*, part II. (Reprint), Varanasi: Choukhambha Krishnada Academy; 2010. *Shakaradi Rasa*, 242-47, p. 425 - 427.
18. Hari Prappanna Sharma. *Rasa Yoga Sagara*, part II. (Reprint), Varanasi: Choukhambha Krishnada Academy; 2010. *Shakaradi Rasa*, 248-49, p. 425 - 427.
19. Hari Prappanna Sharma. *Rasa Yoga Sagara*, part II. (Reprint), Varanasi: Choukhambha Krishnada Academy; 2010. *Shakaradi Rasa*, 250-57, p. 425 - 427.
20. Hari Prappanna Sharma. *Rasa Yoga Sagara*, part II. (Reprint), Varanasi: Choukhambha Krishnada Academy; 2010. *Shakaradi Rasa*, 259-62, p. 425 - 427.
21. Shri Gopala Krishna Bhatta. *Rasendra Sara Sangraha*, Hindi commentary by Vaidya Satyarthast Prakasha, 1 ed. Varanasi: Krishnadasa Academy; 1994; 2/44 – 49, p. 389.
22. Shri Gopala Krishna Bhatta. *Rasendra Sara Sangraha*, Hindi commentary by Vaidya Satyarthast Prakasha, 1 ed. Varanasi: Krishnadasa Academy; 1994; 81 -83, p. 398.
23. Shri Gopala Krishna Bhatta. *Rasendra Sara Sangraha*, Hindi commentary by Vaidya Satyarthast Prakasha, 1 ed. Varanasi: Krishnadasa Academy; 1994; 104 - 105 p. 403.
24. Anonymous, *Yogaratanakara*, Hindi commentary by th Laxmipati Shastri, 7 ed, Varanasi: Choukhambha Sam-

- skrita Samsthana; 2002. *Purvardha Ajirna Chikitsa*, p. 321.
25. Anonymous, *Yogaratnakara*, Hindi commentary by th Laxmipati Shastri, 7 ed, Varanasi: Choukhambha Samskrita Samsthana; 2002. *Uttarardha Shula Chikitsa*, p.10.
26. Bhavamishra. *Bhavaprakasha*. English translation by Prof. Shrikantamurthy KR, Varanasi: Krishnadasa Academy; 2002. *Madhayama Khanda* 6/96 -98, p. 189 -190.
27. Shri Basavaraja, *Basavarājīyam*, Hindi commentary st by Jananendra Pande, 1 ed. Varanasi: Choukhambha Krishnadasa Academy; 2010. 12-chapter, p. 381.
28. Dundukanath. *Rasendra Cintamani*, Hindi commentary by Mishra SN. (Reprint) Varanasi: Choukhambha orientalia; 2006. 9/*Shuladhikara* 17, p. 262.
-

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Mane Santosh & Gajarmal Amit Ashok: Updated Info on Shankha Vati W.S.R. to the Turangaratnamala (A Text On Treatment Of Horse). International Ayurvedic Medical Journal {online} 2019 {cited December, 2019} Available from: http://www.iamj.in/posts/images/upload/2297_2302.pdf