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RAPID REVIEW

KUKKUTANDA TWAK BHASMA –A CLASSICAL REVIEW

**Dr. Avinash D.Jagtap¹ Dr. Shishir P.Pande²*

¹Research scholar, prof. smt.K.C.Ajmera Ayurved college,Dhule.

²Ph.d Guide, prof. A.S.S Ayurved college Nashik.

**Corresponding Author*

**Dr.Avinash D.Jagtap*

Research scholar, prof.smt.K.C.Ajmera Ayurved college, Dhule.

ABSTRACT

Rasashastra is a science that deals with herbo mineral formulations. Among many categories like dhatu varga, visha varga, Ratna varga, Kukkutanda is classified in Sudha Varga dravyas. Sudha varga means group of calcium compounds. Some references used Shukla varga for Calcium compounds like *Sudha, badarashma, mukta*. *Sudha Varga* was first mentioned by 20th century. *Kukkutanda Twak* is available in organic form of Calcium. Composition, Shodhana, Marana, dosage, and therapeutic indications of *kukkutandtwak bhasma* are discussed in this article.

KEYWORDS

Rasashastra *sudha varga, Kukkutandatwak bhasma, calcium compound*

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INTRODUCTION

Rasashastra describes metals minerals herbs as potential source of medicines. It deals with purification (shodhan), incineration (marana) of dravyas to prepare medicines. Among different categories, Sudha varga category having Calcium rich dravyas are elaborated (1). Kukkutand Twak is not found in Vedic Granthas. It is used as external application in Charak Samhita, it is recommended in Netra Vikara (2). Shukla varga, include Sudha, Shankha, Shukti and Varatika. In Sushruta Samhita, its used as Lekhananjana in Eye disorders (3). Bhavprakash, Yogratnakar have also used it in eye Diseases (4). In Samhita's it is used only Externally for Eye diseases. For the first time Siddhabheshajmanimala has described its internal use for upadmsa. Kukkutandatwak bhasma was used very late after 18th century. Bhasmikaran is done by following shodhana ,marana sanskaras. In shodhana kukkutand twak is washed with warm water or lavanambu. Then with kumari swarasa it is triturated to make chakrikas. It is then subjected to gajaputa for bhasmikarana. It gives ash like powder possessing qualities of bhasma. Classification of sudha varga on basis of chemical nature.

Chemical composition of dravyas of Sudha varga is as follows -

Calcium Sillicate	Badarashma
Calcium Sulphate	Godanti
Calcium Phosphate	Ajasthi
Calcium Carbonate	Kukkutanda Twak ,Shankha, Shukti, Kapardika, Pravala, Mukta

COMPOSITION

Calcium as CaCO₃% w/w in Kukkutand Twak Bhasma is 76.69% . Its PH was 12.44. Its ash value was 97.376 % w/w (5)

Kukkutandtwak bhasma as calcium supplement can be used to treat osteoporosis, also acidity, and for acute treatment of Tetani, Lead colic, etc (6,7).

THERAPEUTIC IMPLICATIONS

Kukkutanda twak Bhasma is indicated in Shwetapradara, Vataj vikara, Prameha etc. It is helpful in management of arthritis by increasing density of bones. No adverse effects are observed with kukkutandtwak bhasma so far. Hence it can be used safely as supplement of calcium (8-9). But standardisation and validation of KTB needs to be researched. Kukkutandtwak bhasma of the egg shells ensures best out of waste (10).

Shodhana (Purification)

Following methods of KT Shodhana are found as per table below. Nimajjana ,prakshalana is method of shodhana .different acharyas have different opinions for shodhana.

Reference	Shodhana vidhi	Duration	Drava dravya used
6,8	prakshalana	-	Lavanambu (salt water)
Vridha Vaidya Parampara ¹²	Nimajjana (Soak in for 1 day)	24 hours	Takra
Siddha Bhashaja Sangraha ^{11,13}	Nimajjana (Soak in for 1 day)	24 hours	Koshna jala (warm water)
Rasa Tantra Sara Siddha Prayoga Sangraha ^{14,7}	Nimajjana (Soak in for 4to 6 days)	4-6 days	Saindhava lavana+ NH ₄ Cl+ jala

For Kukkutanda twak marana 2 dravyas are used for bhavana sanskara .Changeri or kumari swarasa is used for trituration. Kukkutandtwak is mruhu in nature so only 1 gajaputa or 2 to 4 gajaputa can be given to obtain its good quality bhasma.

Marana –

Reference	Bhavana dravya	Putra
Rasa Tantra Sara Siddha Prayoga Sangraha ¹⁵	Changeri swarasa	4 Gajaputa
Ayurveda Sara Sangraha ¹⁶	Changeri swarasa	3 Gajaputa
Siddha Bhashaja Sangraha ¹⁷	Changeri kumari swarasa	4 Gaja puta
Vridha Vaidya Parampara ¹⁸	kumari swarasa)	2 Gaja puta
Dravyaguna vidnyana by yadavji Trikamji ⁸	kumari swaras	1 Gaja puta

Dose: 1-4 gunja (125-500mg)

Anupana : Navaneeta, Ksheera, Sharkara Dadima swarasa ,Amalaki swarasa ,Madhu .

Therapeutic Indications (12): Hridroga ,mastishkya roga, mutradhikya, prameha soma roga, swapnadosha, swetapradara klaibya ,weakness It is indicated in cough, asthma, tuberculosis with cavitations, diarrhea and Menorrhagia (19). In *Swetapradara kapha* and *vata* are vitiated *Kukkutand twakbhasma* have the *kapha vata shamak* properties so used in shwetpradar (20).

DISCUSSION

Ayurved medicines are majority of Rasoushadies which have high therapeutic as well as other properties like nutritional supplementation. Kukkutandtwak is mild in nature and its bhasma being calcium compound it is better used as calcium supplement. physico chemical analysis shows higher calcium carbonate in all sudha varga it is best among sudha varga. Later it was named as sudha varga, as the drugs included in this are rich in calcium component. By soaking kukkutandtwak in lavanambu ,it easily helps to remove inner membrane;it helps in its marana. After shodhana and marana kukkutandtwak gets easily in absorbable form. As it is organic in nature ,its bhasma is made with 1 to 4 gajaputa.

CONCLUSION

In Rasashastra ,Kukkutandtwak bhasma is efficiently used in different diseases as single drug or as constituent in other formulations. Procedures of shodhan is carried out by soaking in lavanambu or warm water. Inner layer of albumin is easily removed .Marana process is done after chakrika karana with kumara or changeri swarasa. As kukkutandtwak is soft and organic in nature ,it requires 1 to 4 gajaputas only for making bhasma. The bhasma is used in diseases like vataj vikara, prameha, shwetpradara and many more. Kukkutandtwak is easily available and mostly waste product,its bhasma is cost effective and used in many disorders. Also as calcium supplement it can be used.

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