

THERAPEUTIC POTENTIAL OF FORMULATIONS OF SHANKHA BHASMA

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ABSTRACT:

One of the drugs of animal origins described in Rasashastra is *shankha* (conch shell). *Shankha* is categorized under several names in different sources, including *Shukla Varga*, *Sudha Varga*, and *Uparasa Varga*. Since the Vedic era, it has been used medicinally to cure a variety of illnesses. **Aim and objective** :The current study's objective is to gather the *Shankha Bhasma* formulations that are mentioned in the book *Bharat Bhaishayaj Ratnakar* and determine their potential for medicinal use. **Material & Method** : From each of the five volumes of *Bharat Bhaishaj Ratnakar*, every formulation containing *Shankha bhasma* is examined, and then it is further divided into groups based on the dosage forms. **Observation & results**: A total of 114 formulations containing *shankha bhasma* that are prescribed for the treatment of gastrointestinal problems and other conditions like hyperacidity (*Amlapitta*), irritable bowel syndrome (*Grahani*), abdominal colic (*Udarshula*), duodenal ulcers (*Parinamshula*), and diarrhea (*Atisara*) have been studied. disorders of the skin and eyes. It is recommended that these formulas be taken in several dose forms, including *varti*, tablets, and powder. **Conclusion**: The current study will be helpful in identifying more recent *Shankha bhasma* formulations and their medicinal uses in a range of illnesses.

Key words: Gastrointestinal disorders, *Bharat Bhaishajya Ratnakar*, and *Shankha Bhasma*

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INTRODUCTION

Ayurvedic pharmaceuticals' science of alchemy and the creation of medications from substances derived from plants, minerals, metals, and animals is known as rasashastra. The medications are categorized based on their uses. One such medication that *Sudha Varga Dravyas* mentions in *Rasashastra is Shankha* (Conch Shell). "The substance which pacifies evil or calamity" is the literal meaning of the word "*Shankha*" [1]. An animal's conical or oblong shell is called a *shankha*. The majority of water sources offer it. Since the Vedic era, it has been used medicinally to cure a variety of illnesses. The round-bodied, smooth-surfaced *Shankha* with a little hole near the base that shines cleanly and brightly like a full moon, and the longer one.

Ayurvedic writings describe two basic types of *Shankha*: *Vamavarta Shankha* (left sided opening) and *Dakshinavarta Shankha* (right sided opening). Conversely, the *Dakshinavarta Shankha* is a more uncommon type of conch shell. It is used in temples to blow during prayers and is seen as beneficial because it is scarce. In terms of therapy, it can balance out all three *Doshas*. *Vamavarta Shankha* is widely accessible. It is the one that is utilized to prepare all other compound formulations as well as for purification and incineration. As per the *Rasatarangini*, the *Amla Dravya* is the primary location for the *Shodhan* (purification) of *Shankha*. This is carried out in *Nimbuka, Jambir Nimbu, Tanduliya, Kanji, and Jayanti Patra Swarasa*. *Shankha* is put through *Maran* (Incineration) after purification, when it becomes white *bhasma*.

Shankha is categorized under several names in different sources, including *Shukla Varga* by *Rasarnava, Dhanvantarinighantu, and Rasanighantu*. *Uparasa Varga* by *Bhavprakasha nighantu, Dhanvantari nighantu, Rasaratnakar, Rasendrachintamani, Rasendra Sara Samgraha, and Ayurveda Prakasha* are among the works attributed to *Rasamritam, Kaideva Nighantu, Bhavprakasha Nighantu, and Sudha Varga by Bhavprakasha Nighantu*. *Shankha Bhasma* is associated with several illnesses, including hyperacidity (*Amlapitta*), irritable bowel syndrome (*Grahani*), abdominal colic (*Udarshula*), duodenal ulcers (*Parinamshula*), diarrhea (*Atisara*), and many more. It also possesses qualities similar to *Madhura, Laghu, and Seeta* [3]. Therefore, gathering the formulations containing *Shankha Bhasma* as specified in *Bharat Bhaishayaj Ratnakar* and determining its therapeutic potential is the goal of the current study..

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MATERIAL AND METHODS

All of the formulations from *Bharat Bhaishayaj Ratnakar* are reviewed in this review. Formulations are listed, gathered volume-wise from *Bharat Bhaishayaj Ratnakar's* five different volumes, and then further divided into groups based on dosage types [4].

OBSERVATION AND RESULTS

Table 1 displays the 114 formulations containing *shankha bhasma* that have been evaluated and gathered from *Bharat Bhaishayaj Ratnakar* for this review. These formulations are advised to be taken with different *anupanas* (adjuvants) for various illnesses. As shown in graph 1, it is recommended that these formulations be given in various dosage forms, such as powder, *pills, varti*, etc.

Table 1:- List of Formulations Containing Shankha bhasma

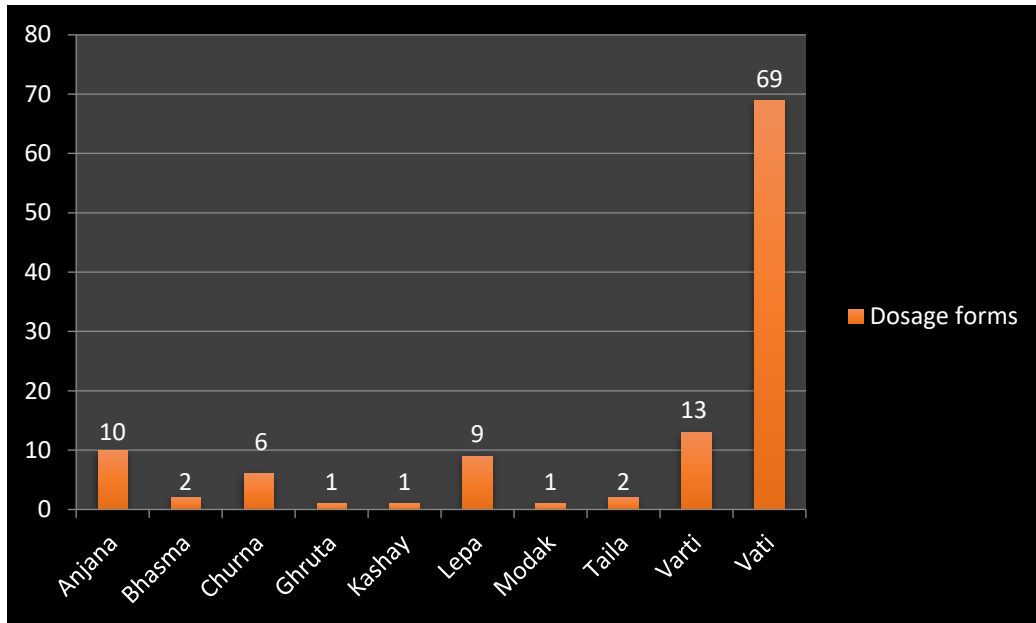
S.N.	Name of Formulations	Dosage Forms	Dose	Anupana (Adjuvant)	Therapeutic Indications	Reference
1	<i>Karpuradi Tail</i>	<i>Taila</i>	-	-	Hair removal from the body.	B.B.R.Vol-1,p262
2	<i>Arogvadhadhi Taila</i>	<i>Taila</i>	-	-	Hair Removal from the body.	B.B.R.Vol-1, p149
3	<i>Dvitiya Kulathyadyam Ghruta</i>	<i>Ghruta</i>	-	-	Heart Disease,Gastro - intestinal Disorders,kasa, Jwara	B.B.R.Vol-1, p 257
4	<i>Agnisandipano Rasa</i>	<i>Vati</i>	125mg	Warm Water	Agnimandya, Digestion, Acidity,And shool.	B.B.R.Vol-1, p98
5	<i>Ushiradi Churna</i>	<i>Churna</i>	-	Rice	Bleeding disorders. Kshayaroga	B.B.R.Vol-1, p167
6	<i>Arkalokeshwar Rasa</i>	<i>Vati</i>	250mg	<i>Ghee, Maricha Churna</i>	Amlapitta, Kasa	B.B.B, Vol-1 ,Page119
7	<i>Kas Agnimukho Rasa</i>	<i>Vati</i>	625mg	<i>Warm Water</i>	Shool, Abdominal regurgitation	B.B.B, Volume 1, Page 96
8	<i>kasanhara bhairava</i>	<i>Vati</i>	125 mg	Warm Water	Kasa, Aruchi	B.B.R.Vol-1, p 306
9	<i>Pancham Kaphaketu Rasa</i>	<i>Vati</i>	125mg	Ginger Juice	Sore Throat, Cough and Mumps.	B.B.R.Vol-1, p 288
10	<i>Katphaladi Yoga</i>	<i>Vati</i>	-	-	Netra Roga.	B.B.R.Vol-1, p 278
11	<i>Chaturtham Kaphaketu</i>	<i>Vati</i>	250mg	-	All Kinds of Illness	B.B.R.Vol-1, p 287
12	<i>Kapard Rasa</i>	<i>Vati</i>	250mg	<i>Warm Water</i>	Prameha	B.B.R.Vol-1, p 284
13	<i>Kanady Anjana</i>	<i>Anjana</i>	-	-	Netra roga	B.B.R.Vol-1, p 277
14	<i>Kanchanni Lepa</i>	<i>Lepa</i>	-	-	Bhagandara	B.B.R.Vol-1, p 306 B.B.R.Vol-1,p275
15	<i>Krumi dhulijalaplavo Rasa</i>	<i>Vati</i>	250mg	Cold water	Krumiroga	B.B.R.Vol-1, p 317
16	<i>Khadiradi Gutika</i>	<i>Vati</i>	250mg	-	Mukharoga	B.B.R.Vol-1, p 326
17	<i>Guduchyadi Modak</i>	<i>Modak</i>	-	<i>Ghee, Honey</i>	Prameha, Ashmari,Bleeding Problems,Agniman dya.	B.B.R.Vol-2,p 108
18	<i>Gunjyadi Lepa</i>	<i>Lepa</i>	-	-	Twakaroga,Kandur oga	B.B.R.Vol-2,p 70
19	<i>Grahanikapato Rasa</i>	<i>Vati</i>	250 mg	Ghee	Digestive Problems	B.B.R.Vol-2,p 120

20	<i>Chandrodaya Vati</i>	<i>Vati</i>			Netra roga	B.B.R. Vol-2,p193
21	<i>Chandraprabha Vati</i>	<i>Varti</i>	-	-	Netra Roga	B.B.R. Vol-2,page no 193
22	<i>Chandrakala Vati</i>	<i>Varti</i>	-	-	Netra Roga	B.B.R. Vol-2,page no 192
23	<i>Grahanigajendra Vatika</i>	<i>Varti</i>	2gm	<i>Goat milk</i>	Twaka Roga Gulma, Anlapitta,Jwara	B.B.R. Vol-2,page no 125
24	<i>Tiladi Vati</i>	<i>Vati</i>	12gm	Cold Water,	Apachan,Agnimandya.	B.B.R. Vol-2,page no 351
25	<i>Talkadi Prayog</i>	<i>Vati</i>	-	-	Hair removal on the body	B.B.R. Vol-2,page no 383
26	<i>Chaturthikari Rasa</i>	<i>Vati</i>	250mg	Ghee,Mishri, Cold Water	Jirna Jwara.	B.B.R. Vol-2,page no 1916
27	<i>Jwarebhasincho Rasa</i>	<i>Vati</i>	250mg	-	Udarshool, Jwara,	B.B.R. Vol-2,page no 308
28	<i>Trinetryakho Rasa</i>	<i>Varti</i>	125mg	<i>Punarnavasa wa rasa</i>	Fissure,Shotha	B.B.R. Vol-2,page no 484
29	<i>Tutthadi Kajwaragsha</i>	<i>Vati</i>	375mg	<i>Mishri</i>	Jwara	B.B.R. Vol-2,page no 474
30	<i>Timirnashini Varti</i>	<i>Varti</i>	-	-	Pteregium,Cattract	B.B.R. Vol-2,page no 392
31	<i>Tamalpatradi Vati</i>	<i>Vati</i>	-	-	Eye Conditions	B.B.R. Vol-2,page no 390
32	<i>Drushtiprada Varti</i>	<i>Varti</i>	-	-	Cattract	B.B.R. Vol-2,page no 99
33	<i>Drushtipradanam Anjana</i>	<i>Anjana</i>	-	-	Twakaroga, Netraroga	B.B.R. Vol-3,page no 97
34	<i>Dakshandatvakady Anjanam</i>	<i>Anjana</i>	-	-	Netraroga	B.B.R. Vol-3,page no 98
35	<i>Tryahikari Rasa</i>	<i>Vati</i>	500mg	<i>Jiraka Churna</i>	Jwara	B.B.R. Vol-3,page no 506
36	<i>Padminipangadi Lepa</i>	<i>Lepa</i>	-	-	Twakaroga	B.B.R. Vol-3,page no 388
37	<i>Palnegyandi Guitka</i>	<i>Vati</i>	125mg	-	Netraroga	B.B.R. Vol-3,page no 247
38	<i>Nishadi Lepa</i>	<i>Lepa</i>	-	-	Disorders related to Brest	B.B.R. Vol-3,page no 210
39	<i>Nilkantha Rasa</i>	<i>Vati</i>	250mg	<i>Warm water</i>	Kasa, Shwasa, Jwara	B.B.R. Vol-3,page no 399
40	<i>Pachaniya Kshar</i>	<i>Vati</i>	-	-	Fertility,Spleenomegally,Abdominal Regurgitation.	B.B.R. Vol-3,page no 534
41	<i>Bhaskaro Rasa</i>	<i>Vati</i>	250mg	Warm water	Shoola, Kshudha	B.B.R. Vol-3,page no 668
42	<i>Putikarandvam Churna</i>	<i>Churna</i>	500mg	<i>Kanji</i>	Gatrintestinal Disorders	B.B.R. Vol-3,page no 500

43	<i>Prataplankaeshwar Rasa</i>	<i>Vati</i>	375 mg	Ginger juice	Sarvaroga Shool,Fissure	B.B.R. Vol-3,page no 509
44	<i>Bhairavi Vati</i>	<i>Vati</i>	1gm	-	Kasa, Shwasa	B.B.R. Vol-3,page no 681
45	<i>Pancham Manshiladya Anjana</i>	<i>Anjana</i>	-	-	Pteregium,Itching, Ctract	B.B.R. Vol-4,page no 151
46	<i>Tritiya Manashilady Anjana</i>	<i>Anjana</i>	-	-	Netra Roga.	B.B.R. Vol-4,page no 150
47	<i>Manjithadya Anjana</i>	<i>Anjana</i>	-	-	Anjana, Bleeding Disorders	B.B.R. Vol-4,page no 150
49	<i>Mungapottali Rasa</i>	<i>Varti</i>	125mg	-	Sarvaroga	B.B.R. Vol-4,page no 243
50	<i>Manshiladya Varti</i>	<i>Vati</i>	-	-	Anjana,Pteregium, Itching	B.B.R. Vol-4,page no 151
51	<i>Pratham Lokeshwar Rasa</i>	<i>Vati</i>	500mg	Ghee, Maricha Churna	Loose Motions, Gastrointestinal Issues	B.B.R. Vol-4,page no 537
52	<i>Laghushankha Bhasma Yoga</i>	<i>Bhasma</i>	1gm	Warm Water	Shool	B.B.R. Vol-4,page no 514
53	<i>Ravisundaro Rasa</i>	<i>Vati</i>	125 mg	<i>Kulitha</i>	Jwara, Agnimandya	B.B.R. Vol-4,page no 389
54	<i>Rakta Sutshekar Rasa</i>	<i>Vati</i>	125mg	<i>Kullatha Manda</i>	Jwara	B.B.R. Vol-4,page no382
55	<i>Vantihroda Rasa</i>	<i>Vati</i>	500mg	<i>Ajamoda Churna</i>	Krumiroga	B.B.R. Vol-4,page no 752
56	<i>Vadvanal Vati</i>	<i>Vati</i>	375mg	<i>Ginger Juice</i>	<i>Aruchi, Agnimandya, Gulma</i>	B.B.R. Vol-4,page no 728
57	<i>Vangeshwara Rasa</i>	<i>Vati</i>	125mg	-	Balyavardhaka	B.B.R. Vol-4,page no 706
58	<i>Vaidehi Varti</i>	<i>Varti</i>	-	-	Agnimandya, Aruchi, Gulma, Kshyaroga	B.B.R. Vol-4,page no 694
59	<i>Lohamrutunjaya Rasa</i>	<i>Vati</i>	375mg	-	Agnimandya, Spleenomegally, Hepatomegally	B.B.R. Vol-4,page no 550
60	<i>Trutiya Shankhadi Lepa</i>	<i>Lepa</i>	-	-	Lipoma	B.B.R. Vol-5,page no 75
61	<i>Dvitiya Shankhadi Lepa</i>	<i>Lepa</i>	-	-	Removal of Body Hairs	B.B.R. Vol-5,page no 74
62	<i>Pratham Shankhadi Lepa</i>	<i>Lepa</i>	-	-	Removal of Body hairs	B.B.R. Vol-5,page no 74
63	<i>Shankhachurnadi Lepa</i>	<i>Churna</i>	-	-	Hair removal from the Body	B.B.R. Vol-5,page no 74
64	<i>Shankhapushpadi Varti</i>	<i>Varti</i>	-	-	Netraroga	B.B.R. Vol-5,page no 84
65	<i>Shankhanabhvadva Vati</i>	<i>Vati</i>	-	-	Ctract	B.B.R. Vol-5,page no 83

66	<i>Dvitiya Shankhadi Vatika</i>	<i>Vati</i>	-	-	Netraroga	B.B.R. Vol-5, page no 84
67	<i>Pratham Shnakhadi Vatika</i>	<i>Vati</i>	-	-	Netraroga	B.B.R. Vol-5, page no 84
68	<i>Shuklari Varti</i>	<i>Varti</i>	-	-	Pterigium	B.B.R. Vol-5, page no 87
69	<i>Shankha drava Rasa</i>	<i>Vati</i>	4gm	-	Splenomegaly, Hepatomegaly,	B.B.R. Vol-5, page no100
70	<i>Shankhadravako Rasa</i>	<i>Liquid</i>	1 Drop		Fissure, Urinary Stone, Kidney Stone.	B.B.R. Vol-5, page no 100
71	<i>Shankha drava</i>	<i>vati</i>	6 Drops	-	Gulma	B.B.R. Vol-5, page no 98
72	<i>Shankha churna</i>	<i>Churna</i>	1 gm	-	Agnimandya	B.B.R. Vol-5, page no 95
73	<i>Shankhachula Rasa</i>	<i>Vati</i>	4 gms	Honey	Kasa, Shwasa	B.B.R. Vol-5, page no 95
74	<i>Shankha garbha pottali Rasa</i>	<i>Vati</i>	125mg	Honey	Balahani.	B.B.R. Vol-5, page no 94
75	<i>Shankhayati</i>	<i>Vati</i>	1gm	-	Apachan,shoola	B.B.R. Vol-5, page no 104
76	<i>Shankha Yoga</i>	<i>Vati</i>	-	-	Jaundice	B.B.R. Vol-5, page no 104
77	<i>Shankheshwar Rasa</i>	<i>Vati</i>	-	-	Kshayaroga	B.B.R. Vol-5, p110
78	<i>Shitari Rasa</i>	<i>Vati</i>	62.5mg	-	Jwara	B.B.R. Vol-5, p 139
79	<i>Shulahar kshar</i>	<i>Vati</i>	12gm	-	Angamarda, Shoola	B.B.R. Vol-5, p 149
80	<i>Sphatikadi Varti</i>	<i>Varti</i>	-	-	Purush Vandyatva	B.B.R. Vol-5, p 295
81	<i>Sutashekhar Rasa</i>	<i>Vati</i>	250mg	Honey, Ghrita	Shoola, Aruchi, Kasa, Agnimandya	B.B.R. Vol-5, p 372
82	<i>Siskadiyoga</i>	<i>Vati</i>	-	-	Keshya vikara	B.B.R. Vol-5, p 428

*B.B.R.- Bharat Bhaishajya Ratnakar Volume 1-5

Table 2:- Different dosage forms of *Shankha Bhasma*.

DISCUSSION

Ayurvedic pharmaceutical formulations, or pharmaceuticals, are a significant aspect of Ayurveda that have progressively developed from basic forms to more complicated forms based on combinations of herbs and minerals. Many pharmaceutical preparations, including those produced for medicinal purposes, such as *Anjana* (collyrium), *Bhasma*, *Churna* (powder), *Kashaya* (decoction), *Lepa* (topical applications), *Varti* (suppository), and *Vati* (tablets), are described in all literature. Five volumes, *Bharat Bhaishajya Ratnakara*, were authored during the 20th century by *Vaidya Nagindas Chaganlal Shah*. It is an assemblage of formulas for herbs, minerals, and herbominerals that have been previously published in Rasa books. Table 1 displays a total of 114 formulations in various dosage forms that include *Shankha Bhasma* as one of the ingredients.

Each of these formulations has a unique therapeutic potential and is recommended for a range of conditions, including hyperacidity (*Amlapitta*), irritable bowel syndrome (*Grahani*), abdominal colic (*Udarshula*), duodenal ulcers (*Parinamshula*), and diarrhea (*Atisara*). 69 of

the 114 formulations are in tablet form, which is the most popular form because to its easy administration, non-palatability, and precise dosing [5]. In therapeutics, *anupana* is essential. Certain formulations necessitate special *Anupana*, such as *Shankhodara Rasa*, which should be taken with Navneet. Common *anupanas* include ginger juice, honey, and warm water. *Anuapan* is a carrier that aids in getting the medication to the intended organ and may also increase its effectiveness. Additionally, it facilitates quick digestion and absorption.

Applying medication to the inner side of the lower lid using the fingertip or an *Anjanashalaka* (probe) in the form of *Gutika*, *Raskriya*, or *Churna* (powder) is known as *Anjana kalpana* (application of collyrium) [7]. The BBR offers ten different Anjana

formulations, among which *Shankhadyanjana* significantly reduced the breadth of *Avrana Shukla* (Corneal opacity) [8]. For the treatment of eye, skin, respiratory tract, and oral cavity conditions, *Manashiladyanjana*, a different formulation of *Shankha bhasma* and *Manasila* (Red arsenic), is recommended [9]. When it comes to ophthalmia neonatorum, *Haritkyadyanjana* in the form of *Haritkyadi* eye drops is demonstrating notable outcomes [10]. *Bhasma* refers to ash that has been calcined after a mineral, gem, or metal has been purified and treated by triturating it in herbal extracts. then burning, which came next. In addition to increasing the drug's surface area, nanoparticles have distinct therapeutic potential and aid in the drug's effective delivery to the target region [11]. Only two *Bhasmas* BBR have been reported for gastrointestinal disorders: *Laghushankha Bhasma*, which has been shown to have antiulcer properties in rats, and *Chincha Shankha Bhasma* [12]. The term "churna" (powder formulations) refers to powders made from dried forms of one or more medications combined. Specific *Churna* formulations are created by gathering the pharmaceuticals listed in the formulations, powdering each one separately, and then preparing a fine powder using an 85-number sieve, which is then combined with a specific amount [13]. Approximately six *Churna* formulations are described in BBR.

It has also been discovered that *Putikaranjyam Churna* (*Caesalpinia bonducella* Linn.) has a calming, anti-inflammatory effect, making it very advantageous for treating an enlarged prostate [14]. Dusting powder *Shankha Nabhichurna*, so named because of its constituents, has been effectively utilized to reduce symptoms and irritation in children with diaper dermatitis [15]. *Shankha Churna* is utilized to treat gastrointestinal disorders because, in contrast to expectations, it significantly enhanced gastric acid in a pharmacological study [16].

pharmaceutical procedure called *Sneha Kalpana* (Medicated Fatty Formulations) is used to make oleaginous medications. In Ayurveda, it might be referred to as a lipophilic substance. *Ghrita* and *Taila* are two outstanding instances of how food formats are used to deliver medications. A liposome is a *Snehakalpana* micro-unit that can target a cell either internally or topically by carrying an active component [17]. *Karpuradi Taila* (Camphor oil), one of the two *Taila* formulations and one *Ghrita* formulation that BBR described, has the ability to lessen pain, cramps, stiffness, and numbness. It contains sesame oil, *Shankha Bhasma*, and camphor (*Cinnamomum camphora* Linn.) [18]. External application of the herbal preparation is done with *Lepa Kalpana* (Topical dose form). In *Lepa Kalpana*, many herbal medications are consumed as powders and triturated with various media to used externally as *Lepa* in the form of paste [19]. There are nine different *lepa* formulations described in BBR, and *Gunjadi lepa* works well in *Vrana* and *Kushtha* [20]. *Shankhadi*. Because they contain *Sarjikshar* and *Shankha*, *lepa*, *Swarjikadi lepa*, and *Haritaladi lepa* exhibit *Lomashatana* feature [21].

A well-known Ayurvedic preparation called *Modaka Kalpana* (tablet preparation) is made by combining finely ground medication powders with jiggery, or *Guda* [22]. *Shankha bhasma*-containing *Guduchyadi Modaka* is highly beneficial for digestive issues. Additionally, it has antispasmodic, antipyretic, and anti-diabetic properties [23]. Formation of Suppository *Varti Kalpana* fundamentally falls under "*Vati*" *Kalpana*. Shape and purpose are the primary differences. *Vatis* are circular in shape, but *Vartis* are elongated with tapering ends. *Vartis* are applied both inside and externally. *Vartis* are categorized into various categories according on the organ and action [24]. There are twelve *Varti* preparations in BBR, and among them is *Shankha Bhasma*. *Chandrodaya Varti* is utilized in a number of eye ailments, including Cataract, Pterygium, Granular Eyelid Disorder, Itching, Conjunctivitis, and Night Blindness [25]. The term "*Vati*" refers to tablet preparations, or *Vati Kalpana*, that are made as pills. These consist of one or more medications derived from minerals, plants, and animals. *Vati* is a term for finely ground pharmaceutical powder that is manufactured in different sizes and combined with different liquid medium [26].

Agnikumar Rasa observed that 69 of the pill formulations listed in BBR were successful in treating dyspepsia and appetite loss [27]. Treatment for digestive issues involves the administration of *Hiranya Garbha Pottali Rasa* [28]. The *Amlapiita* diseases and the gastrointestinal disorders make extensive use of *Sutshekhhar Rasa* [29], *Shankha Vati* [30], and *Shankha Dravaka Rasa* [31]. *Shankha* is advised in hyperacidity because of its ability to lower Pitta Vitiations. These combinations are recommended for certain conditions, but each Ayurvedic composition also has the added benefit of functioning on multiple levels to offer therapeutic benefits due to the synergistic effect of each medicine. They can therefore function as several treatments. As previously said, in numerous ailments, numerous formulas have still to be verified on their effectiveness. Therefore, additional research is needed.

CONCLUSION

About 114 Ayurvedic formulations containing *Shankha bhasma* in various dose forms have been mentioned by Bharat Bhaishajya Ratnakar; these formulations are primarily utilized for digestive ailments. By significantly modifying the basic medications, several dosage forms are created for improved absorption, distribution, metabolism, and excretion. Since treating digestive disorders is a broad topic, *Shankha bhasma* formulations can offer side-effect-free gastro-intestinal protective medications. The current analysis will be helpful in identifying more recent formulations and their potential therapeutic uses. Patients with digestive and other diseases will benefit if further research of this kind is conducted using different formulations.

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