

SHANKHA BHASMA & IT'S EFFECT ON YUVANPIDIKA**Neha Joshi^{*1}, Avadhesh Kumar Bhatt² and Babu Lal Saini³**

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Article Received on
05 Feb. 2019,

Revised on 26 Feb. 2019,
Accepted on 19 March 2019

DOI: 10.20959/wjpr20195-14622

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ABSTRACT

Yuvanpidika is a long-term skin disease that occurs when hair follicles are clogged with dead skin cells and oil from skin. It primarily affects areas of the skin with a relatively high number of oil glands, including the face, upper part of chest and back. It can be correlated with acne vulgaris. The appearance can lead to anxiety, reduced self-esteem and in extreme cases, depression. During puberty in both sex, acne is often brought on by an increase in hormones such as testosterone.^[1] Many treatment options for acne are available, including lifestyle changes, meditation, and medical procedures as well as *Ayurveda* treatment. In *Rasa Tarangini* (*Tarang* 21/12) *Shankha Bhasma* is considered as a

good drug for the treatment of *Yuvanpidika*.^[2] According to *Ayurved Prakash* (2/263) *Shankha Bhasma* have a very good effect on *Tarunypadika*.^[3] *Shankha Bhasma* is an *Ayurveda* medicine prepared from conch shell.^[4] The work was done on *Shankha Bhasma* evaluating its antacid activity by Aphale Richa et al, Puna College of Pharmacy, 1997. The *Shankha Bhasma* was prepared by traditional method & at the same time an attempt was made to substitute the *Maranaa* procedure by heating in a muffle furnace. The antacid activity was evaluated by preliminary antacid test, acid neutralizing capacity test. Rosset – Rice test & Reheis test. It was observed that *Bhasma* prepared by traditional method & furnace neutralized 9.5 mEq. & 7.05 mEq of Acid respectively. The superior antacid properties of traditional method showed significance of *Maranaa* process. According to

Ayurveda Yuvanpidika is a *Pitta* dominant disease so antacid have a big role in management of *Yuvanpidika*.

KEYWORDS: Shankha Bhasma, Yuvanpidika, Acne Vulgaris, Conch Shell.

INTRODUCTION

Acne is the most common skin disease facing mankind, it afflicts 89% of seventeen year olds to some degree. In modern dermatology, a similar type of skin disorder or precisely sebaceous gland disorder named Acne vulgaris or Acne is found to have parity with the disease *Yuvanpidika* mentioned in *Ayurveda* texts. A chronic inflammatory condition of the pilosebaceous follicles on the face and upper trunk. It is characterized by the development of comedones (Black heads), papules, pustules and cysts which may resolve to leave pitted scars.

There are six types of acne, which are commonly found. They are as follows

- i) Acne Punctata iv) Acne Indurata
- ii) Acne Papulosa v) Acne Cystica
- iii) Acne Pustulosa vi) Acne Keloidal^[5]

The four grades of acne which are based on the types of and number of lesions present.

Grade-I Acne: Acne is comedonal acne with less than 30 comedones present.

Grade-II Acne: Acne consists of comedones and some pustules.

Grade-III Acne: Acne consists of comedones, inflamed pustules and an inflamed cyst.

Grade-IV Acne: Acne consists of large pustules, cysts connecting sinuses, inflamed nodules and scarring this is called acne conglobate.^[6]

***Nidan* (causes), *Samprapti* (pathogenesis) etc of *Yuvanpidika* are described here in following steps**

<i>Nidan</i>	<i>Kapha & Pitta</i>
<i>Dosha Dushti</i>	<i>Kledaka Kapha, Pachaka Pitta & Bhrajaka Pitta, Udana & Samana Vata</i>
<i>Strotasa</i>	<i>Rasa, Rakta, Masa, Meda, Swedavaha, Shukravaha</i>
<i>Udbhava Sthana</i>	<i>Amashaya</i>
<i>Adhithana</i>	<i>Mukha Pradesh, Twakmasantara</i>
<i>Bheda</i>	<i>Chudra, Daruna</i>
<i>Vyadhi Marga</i>	<i>Bahya</i>
<i>Strotodushti</i>	<i>Sanga</i>

Samprapti- According to *Sharangdhara*, *Yuvanpidika* is *Mala* of *Shukra Dhatu*.

Now a day acne is present in adult women is commonly encountered in clinical practice. many affected women have had acne during their teenaged years, have tried several therapies in the past. others are frustrated by the inexplicable emergence of the acne as an adult when they never had it as a teenager. *Ayurveda* treatment is an option which have no painfull therapies as well as have very effective changes in pathogenesis and symptomatic relief on patients of acne.

Shankha Introduction

Shankha is well known by Indians from ancient time. *Shankha* has been mentioned in many place in *Atharva Veda*. *Shankha* has been described at many places in *Mahabharata* and *Bhagwat Geeta*. *Shankha Bhasma* is also explained in *charak sanhita*. In *Ras Shastra* *Shankha* is mentioned first drug as *Shukla Varga*.

Habitat - it is a sea origin animal and belongs to Mollusca species. Types of *Shankha* -

1. Dakshinawrat
2. Vamavrat^[7]

Method of Shankha Bhasma Preparation

Sodhan of Shankha: *Dravya* use in *Shankha Sodhan* is *amla dravya*. by washing with water only external impurities of *Shankha* can be deal but the main impurity of *Shankha* is it's excess alkaline property for that *Shwedana* process with the help of *Sthaliyantra* and in *Jamberi Nimbu* should be done on *Shankha* for three hours.^[8]

Marana of Shankha: *Marana* of *Shankha* should be done in *Gaja Putta*. *Bhawna Dravya* for *Shankha Mardana* is *Ghririkumari swarasa*. we should repeat this process for two to three times for better results or until we get *bhasma Sidhi Lakhshana*.^[9]

DISCUSSION

Shankha Bhasma is widely known as good calcium supplement but through our this review article we are focusing on it's antacid and its ant acne effects. *Shankha bhasma* is *Pitta Shamaka* through its *Sheeta Virya* and *Shankha Sheeta Guna* is also useful as *Sthambhaka* for all the facial glands secretions. so lesser the secretion it helps in less accumulation of excess oil on skin which help in controlling acne vulgaris. Normally in *Ayurveda* practice we use *Shankha bhasma* as good drug of choice in gastritis, abdominal pain, mal-absorption syndrome but *Shankha bhasma* is also a good coolant, improve skin colour and complexion.

CONCLUSION

Properties of *Shankha bhasma* is *Sheeta Virya*, *Depana*, *Pachana* and *Grahi* so, from it's *Sheeta Guna* it inhibates *Usna Guna* of *Pitta* in *Yuvanpidika*. Its *Depana Pachana* property, effect can induce our *Pachakagni* and help to reduce formation of pathogenesis in body .*Grahi Guna* of *Shankha bhasma* help in reduce secretion of excess pus from *Yuvanpidika* and also reduce excess secretion from sebaceous gland.

Contraindication of *Shankha bhasma*- *Shankha bhasma* is contraindicated in patient suffering from any kind of calculus(stone) because *Shankha* is a calcium rich drug so it can cause many complication in patient suffering from calculus.

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