

The Conceptual Study of *Saindhava Lavana* (Rock Salt) in Ayurveda and its Relevance in Moderna Era -A Review

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Abstract

Lavana (salt) is wide depict in Ayurvedic science. There are mostly 5 kinds of *Lavanas* utilized generally in composed material among them *Saindhava Lavana* is that the best. Artificially, *Saindhava Lavana* (Rock salt) is considered as nuclear number 11 chloride Bay salt. *Sauvarchala Lavana* (Black salt) is *Sorchal salt* and *Samudra* (Salt) is *Sodii muras*. They utilized it for dietary and restorative capacities. Rock salt is utilized as a home solution for fix numerous issues and illnesses. Newborn (body and face) should be cleansed by wiping and rubbing it with the mixture of *Saindhava Lavana* (Rock salt) and *Sarpi* (ghee). *Saindhav lavana* is widely used in various panchakarma procedures. Acharya Charaka has gone to the degree of portraying the unfavorable impacts of unnecessary utilization of *Lavana* vargas but *saindhav* is exception among them with properties like *Agnideepana*, (increase digestive fire) *Pachana*, (improves digestion) *Ruchya*, (give taste to food) *Netrya*, (good for eyes) *Hridya* (good for heart), *Vrishya* and *Avidahi* (does not cause burning sensation). *Saindhava lavana* included in *Nitya Sevaniya Dravyas* (can be taken on daily basis) in ayurveda.

Keywords: - *Lavana*, Salt, *Saindhav*, Ayurved, Rock salt, *pathyapathya* etc

Introduction: -

L*avana* salt is wide outline in Ayurvedic works of art. In *Parada Ashtasamskaras* 1 (eight procedure of Mercury) various restorative definitions, as a different *Kalpana* (explicit methodology of medication creation) for example *Lavana Kalpana* 2 and so on. *Lavana* has been outline in each and every great of Ayurveda; such is its significance. Among the kinds of *Lavana*, *Saindhava Lavana* is that the best 3. There square measure primarily 5 kinds of *Lavanas* 4 utilized generally in composed material viz. *Saindhava*, *Sauvarchala*, *Vida*, *Samudra*, and *Audbhida Lavana*.

Synthetically, *Saindhava Lavana* -Rock salt/Bay salt. *Sauvarchala Lavana* -Black salt/Sorchal salt/Unaqua paired compound, *Samudra* -Salt/Sodiimuras. *Lavana* rasa is the third rasa among the *shadarsa Kalpana* 5. The current paper investigates the develop of *Lavana* and especially *Saindhava Lavana* through Ayurvedic messages and forward-thinking information. *Lavana* (salt) is generally depicted in Ayurvedic works of art. There are for the most part five assortments of *Lavanas* utilized much of the time in Ayurveda among them *Saindhava Lavana* is the best. Primitive telepaths

knew wide scope of properties of *Lavana*. They utilized it for dietary and helpful purposes.

Materials and Methods: -

The ancient literature of Ayurveda like *Bruhatrayi* and *Laghu Trayi* and old-style books of *Rasashastra* like *Rasaratnasamucchaya* 6, *Rasatarangini*, *Sharangadhara Samhita* 7, *Bhavaprakasha*, *Rasayogasagara* 8, *Bhaishajya Ratnavali*. Old style Contrive Classical audit causes us to comprehend the wide significance of *Lavanas* in Ayurveda, its extended use in various courses in various details.

Review of *Saindhava Lavana*

It is a mineral which is acquired from Punjab mines. There are two assortments of *Saindhava Lavana*, they are White and Red. As indicated by *Charaka* it is viewed as best among all the salts for inward use.

English Name - Chloride of Sodium

Latin Name - Sodi chloridium

Lavana Nirukti

According to *Shabdakalpadruma*, *lavana nirukti* is “*lunati iti lavanam*” - having *chhedana* property in it.

Physical Properties

- Appearance - Stony pieces
- Shading - Whitish red

- Consistency - Hard
- Dissolvability - breaks down in water

Chemical Properties

- Sodium Chloride (NaCl) – 97.6% w/w
- Sodium Bicarbonate (NaHCO₃) - 0.07% w/w
- Insoluble issue - 0.031 % w/w

Additionally, contains minor amounts of Magnesium Chloride, Calcium Chloride and Calcium Sulfate

Pharmaco-Therapeutic Properties

1. **Paryaya** - Sindhu Lavana, Sindhutha, Sindhudeshaja, Shiva, Sita Shiva
2. **Guna** - Laghu, Snigdha, Tikshna
3. **Karma** - Agnideepana, Pachana, Ruchya, Netriya, Hridya, Vrishya
4. **Veerya**- Sheeta
5. **Doshakarma** - Tridoshashamaka
6. **Amayika Prayoga** - Sothahara, Vibandagna, Vranadoshahara

As per Charaka Suthrasthana 27th Chapter it is having *tridosahara*, *deepana*, *rochana* (improves taste), *hrudya* (great to heart), *chakshusya* (useful for eyes), *vrishya* (Spanish fly), *avidahi*. It fixes *netra rogas* (eye infections), *vranas* and *vibandha*.

Saindhava lavana described by Acharyas: -

Charak Samhita	Sushruta Samhita	Vagbhat Samhita
Best of all salts	Cooling	Nonirritant
Relish - giving	Relish - giving	Virilific
Slightly sweet	Slightly sweet	Slightly sweet
Aphrodisiac	Unctuous	Cordial
Wholesome for the eyes	Beneficial for the eyes	Wholesome for the eyes
Alleviates all three doshas	Alleviates all three doshas	Alleviates all three doshas
Digestive stimulant	Light	Digestive

Charaka Samhita

- रोचनं दीपनं वृष्यं चक्षुष्यं विदाहि च । त्रिदोषघ्नं समधुरं सैधवं लवणोत्रयम् ॥
चरक संहिता २७
- हितत्वेन अभ्यसनीयमेकं द्रव्यम् । चरक संहिता सूत्रस्थान ५/१२

Acharya Charaka portrayed Lavanas in various settings in different details. He particularly pronounced that the Saindhava is the best among all Lavanas.

Sushruta Samhita¹⁰

चक्षुष्यं सैधवं हृद्यं रुच्यं लघु अग्निदीपनम् । स्निग्धं समधुरं वृष्यं शीतं दोषघ्नमुत्तमम् ॥
सुश्रुत संहिता सूत्रस्थान ४६/३१४

Sushruta portrayed the point by point characteristics of each Lavana just because. All through the whole Sushruta Samhita, Sushruta has utilized the Saindhava Lavana explicitly for at the very least multiple times both in inner and outside measurements structures. Next is the utilization of *Sauvarchala* roughly 27 times, and afterward in diminishing request comes *Vida Lavana* at 11 spots.

Ashtanga Hridayam¹¹

- सैधवं शिशिरं स्निग्धं लघु स्वादु त्रिदोषजित् ।
हृदयं हन्नेत्ररोगघ्नं व्रण आरोचक नाशनम् ॥
इदं कफविलयनं कफच्छेदनं च करोति ।

अष्टाङ्गसंग्रह सूत्रस्थान ११/२२

Vagbhata has depicted the for example general properties of *Lavanas*. Different utilizations are like and in community- oriented perspective on both *Charaka* and *Sushruta*.

Bhavaprakasha¹²

The strength of it is that the synthetic piece of all Lavanas is given with their equivalent words.

Yoga Ratnakara¹³

Yoga Ratnakara has depicted an assortment of definitions of Lavanas.

Rock salt is utilized remotely and inside and is effortlessly retained as its arrangement of minerals is like what we contain in our bodies. A portion of the advantages of utilizing rock salt are,

Dhanvantari Nighantu¹⁴

- सैधवं स्वादु चक्षुष्यं वृष्यं रोचनदीपनम् । अविदाहि विबन्धघ्नं सुखदं स्यात्त्रिदोषजित् ॥

धन्वन्तरि निघण्टु

Importance of saindhav lavana

In Ayurveda the fundamental principle of life is: - 1) *Ahar* 2) *Nidra* 3) *Brahmacharya*. *Hitakar ahar* can give healthy body and life while *ahitakar* (improper, unbalanced and unhygienic) food can lead to severe diseases. Acharya charaka explained *Nitya*

sevaniya dravyas (means which can be taken on daily basis) including *saindhava lavana*.

According to Modern science food has composed of wide distribution of nutrients having specific metabolic effects on human body. Two categories are: - 1) Macronutrients 2) Micronutrients. *Sandhava lavana* comes under the micronutrients which are essential for assimilation, absorption and utilization of the macronutrients.

Skin benefits

It helps in peeling dead skin cells, purifying skin pores and ensuring the regular skin layer to create solid and stimulated skin type. It additionally helps in reinforcing skin tissue to restore the skin to make it look more youthful and firmer.

Antioxidant

It helps in disposing of toxic minerals and refined salt stores by invigorating circulation system and mineral equalization

As a health monitor

Utilization of rock salt aides in settling circulatory strain by keeping up a parity of high and low blood pressures. It additionally helps in controlling load by evening out minerals which restrain longings and take out fat dead cells.

As a Cure

Rock salt is utilized as a home solution for fix numerous issues and illnesses. It treats numerous sorts of skin issues and different afflictions, for example, rheumatic torments and herpes. It can used to kill stomach worms alongside lemon juice and control heaving. The normal cold and other nasal and chest infections can be treated with plans that incorporate stone salt as the key ingredient

It helps in keeping up an equalization of the electro-attractive radiation and aides in supporting and renewing the brain. In this way, rock salt is considered as a total body-mind bundle; it adds to the body inside, to the skin remotely and to the wellbeing of the brain.

Newborn care and Sandhava 15: -

- अथ खलु जात मात्रम् एव बालम् द्य उल्वात् सैन्धव सर्पिषा मार्जयेत ॥
वा. उ. १/१

Acharya Vagbhata tells 'Immediately after the birth of the child, the Ulva (secretions or cheesy white coating enveloping the body and face of the new born child) over the body and face should be cleansed by wiping and rubbing it with the mixture of Saindhava Lavana (Rock salt) and Sarpi (ghee).

Cardiovascular Diseases and lavana

According to modern science salt has an etiological or aggravating factor for many heart issues (Hypertension, Angina and so on.). Hypertension, a significant quiet executioner (silent killer), has risen in the ongoing years with salt as a significant etiological factor. This might be expected to the industrially due to commercially prepared artificial salt and improper lifestyle of people. Be that as it may, traditional *Saindhava* can be utilized viably in such cases.

Thyroid diseases and salt

In hypothyroidism, on the grounds that the body's cells aren't accepting enough thyroid hormone, making cold intolerance, fatigue, dry skin, constipation etc. Hypothyroidism excessively influences ladies more than men, on the grounds that the female hormone estrogen restrains the ingestion of iodine. Ingesting an excess of iodine can cause iodine poisoning and lead to indications going from sickness and vomiting to progressively extreme impacts, for example, seizures, delirium and shock.

Apathya/ Contraindications for Lavana in various diseases: -

Sr.no.	Reference	Disease	Apathya
1.	Charak ₁₆	<i>Kshayathu</i>	Salt
2.	Sushrut ₁₇	<i>Udara</i>	Lavana
3.	Vagbhat ₁₈	<i>Udara</i>	Lavana

Effects of Excessive intake of Lavana

Acharya Charaka has gone to the degree of portraying the unfavorable impacts of unnecessary utilization of *Lavana* by and large. When not appropriately utilized, it causes collection of Doshas, exhaustion, stupor, shortcoming, untimely turning gray of hair, sparseness and wrinkling. Nonetheless, a striking similitude is seen in consistent energy about *Saindhava Lavana*. By prudence of its properties, it very well may be successfully utilized in any Doshika conditions. It doesn't vitiate Pitta. Thus, utilisation of *saindhav* is best among all *Lavana varga*.

External Application of saindhava lavana Saindhava in Vamana -

Vaman chikitsa in Ayurveda *sidhha sandhava jal* is used for vaman procedure. Saindhav helps to dissolve or disintegrate *kapha* by *kapha vilayan* and *kapha chhedan* property.

Saindhava in Basti -

Basti is a *Panchakarma* enema procedure. While formulating the *basti* liquid, rock salt is added to prepare an emulsion. It helps to dissolve and expel *Doshas* from intestines.

Saindhava in Nasya -

According to *Acharya Vagbhat*, *Saindhav sidhha jal* is used for *Nasya* in *Hikka chikitsa* in *chikitsasthan*. *Nasya* therapy is best for *urdhwajatrugat vikara*.

Important yogas of Saindhava Lavana: -

Rasayo gas	Churna	Taila	Vati / Gutika	Anjana	Lepa	Varti
Agnitundi vati	Lavana Bhaskar churna	Bruhat saindhavadi tailam	Chitrakadi Vati	Lavana dy-anjana	Saindhavadi Lepam	Saindhavadi Varti
Bruhat agnikumaras	Lavanotta madichurna	Saindhavadi Tailam	Sauvarchala di Gutika	Saindhav-anjana		
Kshudhasagar ras	Avipattikar churna		Chan drapr abhavati			
Vadav anala ras	Hing washtak churna					

Discussion

We get different references about different types of *Lavana* in different classics. Among the *Pancha Lavanas*, *Saindhava Lavana* is most useful both for medicinal purpose and for consumption among all varieties of Salt.

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