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

1 Dr. Apeksha. J. Kotangale. 2 Dr. U. J. Shirke.
1 PG Scholar, Swasthavritta Dr. D. Y. Patil college of Ayurved and Research Centre Pimpri, Pune 18.
2 H.O.D. Swasthavritta Dr. D. Y. Patil college of Ayurved and Research Centre Pimpri, Pune 18.

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 Surchal 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) Netra, (good for eyes) Hridya, (good for heart), Vrisha and Avidahi (does not cause burning sensation). Saindhava lavana included in Nitya Seviya Dravyas (can be taken on daily basis) in ayurveda.

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

Introduction: -

Lavana salt is wide outline in Ayurvedic works of art. In Parada Ashtasamskaras (eight procedure of Mercury) various restorative definitions, as a different Kalpana (explicit methodology of medication creation) for example Lavana Kalpana 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 utilized generally in composed material viz. Saindhava, Sauvarchala, Vida, Samudra, and Audbhida Lavana.

Synthetically, Saindhava Lavana -Rock salt/Bay salt. Sauvarchala Lavana -Black salt/Sorcha salt/Unaqua paired compound. Samudra -Salt/Sodiimuras. Lavana rasa is the third rasa among the shadarsa Kalpana. 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 Brhaattrayi 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 Shabdalakpadruma, lavana nirukti is “lunati iti lavanam” - having chhedana property in it.

Physical Properties
- Appearance - Stony pieces
- Shading - Whitish red
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, Sindhudesha, Shiva, Sita Shiva
2. Gunata - Laghu, Snigdha, Tikshna
4. Veerya - Sheeta
5. Doshakarma - Tridoshashamaka
6. Amayika Prayoga - Sothahara, Vibandagna, Vranadosha

As per Charaka Sutrasthana 27th Chapter it is having tridoshahara, 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:

<table>
<thead>
<tr>
<th>Charak Samhita</th>
<th>Sushruta Samhita</th>
<th>Vagbhata Samhita</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best of all salts</td>
<td>Cooling</td>
<td>Nonirritant</td>
</tr>
<tr>
<td>Relish - giving</td>
<td>Relish - giving</td>
<td>Virilific</td>
</tr>
<tr>
<td>Slightly sweet</td>
<td>Slightly sweet</td>
<td>Slightly sweet</td>
</tr>
<tr>
<td>Aphrodisiac intensifier</td>
<td>Uncuous</td>
<td>Cordial</td>
</tr>
<tr>
<td>Wholesome for the eyes</td>
<td>Beneficial for the eyes</td>
<td>Wholesome for the eyes</td>
</tr>
<tr>
<td>Alleviates all three doshas</td>
<td>Alleviates all three doshas</td>
<td>Alleviates all three doshas</td>
</tr>
<tr>
<td>Digestive stimulant</td>
<td>Light</td>
<td>Digestive</td>
</tr>
</tbody>
</table>

Charaka Samhita

- रेतन दीपाः कृष्णं कुश्यं विदाहि । विदोषणं सम्पुर्णं सैंचेः लक्षणोपत्यम् ।
- चरक सहिताः २७

- हितते अथ्यनीयमकं ग्रत्यम् । चरक सहिताः
  सुक्रं 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 Samhita

- चुन्द्यं सैंचेः हां ३४ रुद्र ग्रहनेन्द्रम । दिनर्यं सम्पूर्णं
  कृष्णं शीतलं दोषान्तरमस्य ।
  सुधूर सहिता सुक्रं ५/३१

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 Savarchala roughly 27 times, and afterward in diminishing request comes Vida Lavana at 11 spots.

Ashtanga Hridayam

- सैंचेः शिशु सैंचेः लवणं चवत् विदेशात् ।
- हदयं हनन्यगमनं ग्रह आयोक्यं शान्तम् ।
- इदं कपालं तलं कपालकं च क्षति ।
- अधात्राङ्गसंग्रह सुक्रं 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.

Bhavaprakasha

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

Yoga Ratnakara

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 Nighantu

- `सैंचेः चवत्, कृष्णं कुश्यं ग्रहनेंद्रम । अविदाहि
  विदेशात् सुकुमारं स्वतंत्रतिजितत् ।
- चरक सहिताः २७

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. Saindhava 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 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:

<table>
<thead>
<tr>
<th>Sr.no.</th>
<th>Reference</th>
<th>Disease</th>
<th>Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Charaka_16</td>
<td>Kshayathu</td>
<td>Salt</td>
</tr>
<tr>
<td>2.</td>
<td>Sushruta_7</td>
<td>Udara</td>
<td>Lavana</td>
</tr>
<tr>
<td>3.</td>
<td>Vagbhata_18</td>
<td>Udara</td>
<td>Lavana</td>
</tr>
</tbody>
</table>

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 lavaana

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 Vagbhata*, *Saindhav sidhha jal* is used for Nasya in *Hikka chikitsa* in chikitsasthana. *Nasya* therapy is best for *urdhwa jatragrat vikara*.

**Important yogas of Saindhava Lavana: -**

<table>
<thead>
<tr>
<th>Rasayogas</th>
<th>Churna</th>
<th>Taila</th>
<th>Vati / Gutika</th>
<th>Anjana</th>
<th>Lepa</th>
<th>Varti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agnitusindivati</td>
<td>Lavana</td>
<td>Bruhat</td>
<td>Chitra</td>
<td>Lavanda</td>
<td>Saindhavadi</td>
<td>Saindhavadi</td>
</tr>
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<td></td>
<td>Bhashkar churna</td>
<td>saindhavadi tailam</td>
<td>kadi Vati</td>
<td>dy-anjana</td>
<td>Lepa</td>
<td>Varti</td>
</tr>
<tr>
<td>Bruhatagnikumaras</td>
<td>Lavana</td>
<td>Saindhavadi Tailam</td>
<td>Sauvachhala Gutika</td>
<td>Saindhav</td>
<td>Lepa</td>
<td>Varti</td>
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<td></td>
<td>madi churna</td>
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<td>Saindhav</td>
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<tr>
<td>Kshudhasgaras</td>
<td>Avipattikar churna</td>
<td>Chan draprabhavati</td>
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<tr>
<td>Vadavanaras</td>
<td>Hingwashtak churna</td>
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**Discussion**

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

**References**

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