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Kushta-E-Sadaf: Medicinal aspect

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Abstract

Kushta Sadaf (Calcined of Mother of Pearl or Calcined Oyster Shell) is non-lustrous, grayish white, fine powder, prepared from various shells that are obtained from both fresh and saline water resources as rivers, ponds seas and oceans etc. Kushta sadaf is being used in unani system of medicine from ancient period. It is also used in other systems of medicine. Most of unani physicians described it as cold and dry in temperament. It has various medicinal properties like mughalliz (impuissant), habis (styptic), muqawwi (tonic) etc. Chemically it is composed of calcium carbonate and a very small amount of calcium oxide.

Keywords: Kushta Sadaf, Calcined Oyster Shell, Calcined Mother of Pearl, Temperament, Mughalliz, Habis, Muqawwi

Introduction

Sadaf is an Arabic name that means shell [17]. These shells are formed by many aquatic animals such as Mother Pearl Shell (*Sadaf Marwareed*), Cochlea Shell (*Sadaf Halzoon, Shankha*), Cowry Shell (*Cyprea Moneta calx, Kharmohra, Kodi*). These three forms are in used in Tibb [8, 9]. *Sadaf Marwareedi* (Pearl oyster shell, mother of pearl) [19] is also known as *Sadaf Sadiq* (true shell) which is obtained from oceans, seas and large rivers [5, 7, 17]. In India, a shell known as *seep, seepi* or *sippi* is obtained from rivers, ponds etc that is similar to *sadaf marwareedi* [1, 17]. *Kushta e halzoon (Shankhbhasma), Kushta Kharmohra, Kushta Seep* may be used as a substitute of each other.

Nomenclature

Urdu, Unani: Kushta Sadaf

English: Calcined Mother of pearl, Calcined Oyster shell [1, 2]

Hindi: Mukta shouktic bhasma, Shankha bhasma [3, 4, 19]

Components (material for preparation) [10, 11, 12]

1. Sadaf kalan (*Pinctada margaritifera* Linn.): 250g
2. Sheer-e-madar (*Calotropis gigantea*): QS

Main constituent: Sadaf [18]

Mizaj (Temperament) of Sadaf

Cold2 dry2 [5]

Cold2 dry1 (sadaf marwareed, pearl mother shell) [15]

Cold 2 dry 2 [7]

Hot 2 dry 2 [8]

Hot dry [9]

Some varieties are hot and some are cold [6]

Actions [10, 11, 12]

1. *Mughalliz-e-mani* (Impuissant to semen)
2. *Muqawwi-e-qalb* (cardiac tonic)
3. *Habis* (retentive)
4. Antidote [13]
5. *Muqawwi dimagh, Muqawwi asaab*, Tonic [14]
6. *Muqawwi Aza e raeesa, Muqawwi jigar, Muqawwi meda, Muqawwi qalb* [15, 20]
7. *Muaddil safra* [15]
8. Antipyretic [15]
9. *Habis dam*(styptic) [20]

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Medicinal uses ^[10, 11, 12]

1. *Sailan-ur-rahem* (leucorrhoea)
2. *Jiryana* (spermatorrhoea)
3. *Nazf-ud-dam* (hemorrhage)
4. *Zof-e-qalb*(cardiac arrhythmia)
5. *Quillat-e-kils* (calcium deficiency)
6. Antidote for bite poisoning(*Mar Gazeedah*) ^[13]
7. *Surfa balghami, Dama balghami, Wajaul mafasil* ^[13]
8. *Daemi Nazla wa Zukam* ^[14]
9. *Safrawi Amraz, Zoaf-e-basar*, Eye cleanser ^[15]
10. Cough, *Dama* (asthma), TB, Plague ^[15, 16]
11. Chronic fever ^[15, 16, 18]
12. *Kasrat-e-tams* (menorrhagia) ^[18]
13. liver and spleen enlargement, *Sula* ^[19]

Dose

- 300-400 mg ^[11, 12, 13]
 125-250 mg ^[16]
 500-1000 mg ^[18]
 2 to 4 chawal ^[20]

Preparation of kushta-e-sadaf ^[10, 11, 12, 13]

Small pieces of sadaf are first cleaned with hot water. Cleaned sadaf are grounded for eight hours with equal proportion of Sheer-e-madar, after that this mixture is dried and pressed to form small cakes. Drug is kept and sealed in earthen disk by gil-e-hikmat process, where two earthen disks were kept opposite, drug is placed between them and sealed using soil paste. This apparatus is then dried and kept in pits. Pit is filled half with 15 kg of cowdung cake, ignited and then cooled. Drug cakes obtained after first calcination are taken out from the apparatus; powdered, treated with sheer-e-madar and triturated for eight hours. The mixture is pressed in form of cake and dried. The cakes are calcinated as above again. The procedure is repeated two more times till the sample showed the entire traditional test for kushta positive, to obtain the final product.

Macroscopic physical properties of Kushta Sadaf ^[10]

Non lustrous, grayish white, fine powder

Chemical composition ^[10]

- Calcium carbonate (in calcite form) 98.81%
 Calcium 36.53%
 Calcium oxide in small percentage

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