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COMPARATIVE STUDY OF *SHUKTHI* AND *KUKKUTANDA TWAK BHASHMA*

A.M.N.D. Senavirathne*, S.K.M.K. Herapathdeniya and D.M. Nallaperuma

Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.
*nilushikaamnds@gmail.com

Rasa shastra is an important pharmaceutical branch in *Ayurveda*. Mercury is the main material in *Rasa shastra*. Other than mercury, different animal materials, minerals, gems, marine- originated materials and some toxic plants are also described under *Rasa shastra*. Among these materials *Shukthi* (oyster shells*)* and *Kukkutanda twak* (egg shells*)* are some of the commonly used animal materials. These materials contain Calcium and categorized under *Suda varga*. The objective of this study is to prepare *Shukthi* and *Kukkutanda twak bhashma* according to classical *Rasa shastra* text and to compare pH value, moisture content and calcium percentages of these two *Bhashma*. The boiling and steaming method were used for the purification, and incineration was done by using muffle furnace accordingly at 350°C and 160°C respectively. According to physico-chemical analysis, moisture content of two samples were relatively low (1.3% and 1.4% respectively). Both samples were having an alkaline pH value (8 and 9.5 respectively). The calcium percentage in each *Bhashma* was determined using titration method. Results revealed that all the *Bhashma* are within the standard parameters according to classical texts. The highest calcium percentage was reported from *Kukkutanda twak bhashma* (99.9%) and *Shukthi bhashma* was reported as 99.3%. Therefore, *Kukkutanda twak bhashma* which has the highest calcium percentage can be highly recommended as a nutritional supplement for calcium deficiencies.

Keywords: *Suda varga, Kukkutanda twak, Shukthi*