

DETERMINATION OF PARTICLE SIZE OF KUSHTA

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ABSTRACT

Kushta is a form of herbo-mineral preparations used in traditional system of unani medicine of Indo-Pak subcontinent. These preparations have long been used and claimed to be the most effective and potent dosage form. However, there are only few scientific studies carried out on these products because of several reasons mainly being the lack of communication among traditional healers, physicians and scientists. The objective of this paper provides possible explanation and hypotheses. Some recommendations have also been given to provide the path to initiate research in this area of potential therapeutic value and public concern and in this concern we evaluate the particle size of kushta kharmohra after preparation according to old method.

Key Words: *Kushta, Put, Particle Size*

I INTRODUCTION

Traditional medicine has long been practiced in different solid dosage forms like safoof sazi (powders) kushtasazi, Unani/Tibb is the most popular systems of traditional medicine in this region. Each system uses herbs, minerals and animal tissues in various dosage forms. 'Kushta' is one of the dosage forms prepared in a very special manner. 'Kushta' is the past participle of 'KUSHTAN' (a Persian word for 'to kill'), means 'killed or conquered'. Primarily, a Kushta is a blend of mineral(s) and herbal extract(s). In the traditional system, the term is used for those dosage forms, which are effective in small doses and are prompt in action. These Herbs and minerals are the integral parts of traditional systems of medicine in many countries.

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In this study I want to elaborate the preparation and analysis of the particle size of kushta kharmohra. To understand the advantages and potentials of controlled release dosage forms, it would be beneficial to learn the conventional dosage forms. Conventional solid dosage forms include powders, kushtas, capsules, and tablets. Drugs in general more stable in solid state than in liquid state. For this reason, poorly stable drugs are usually prepared in solid dosage forms. 1

As mentioned earlier, Kushtas are herbo-mineral preparations. According to traditional concepts preparing any drug in form of Kushta remarkably improves the potency, efficacy and safety of the individual components used. However, preparation of a particular Kushta depends on several factors like intended use, type of mineral or herbs used, etc. For example, a Kushta of iron prepared by treating iron with Aloe vera juice is used as haematinic with lemon juice it is useful in heart diseases, while that prepared with white juice of Calotropis is useful in asthma (3). Though actual procedures are the secrets of the traditional healers, all of these essentially

Involve, constant heating of metal or mineral with herbal extract(s) and vigorous grinding to form a fine powder. The critical factors are the amount and time of heat to be provided, and the degree of fineness. According to traditional healers the significant increase in efficacy of drugs in the form of Kushta is due to the following belief or concept (4).

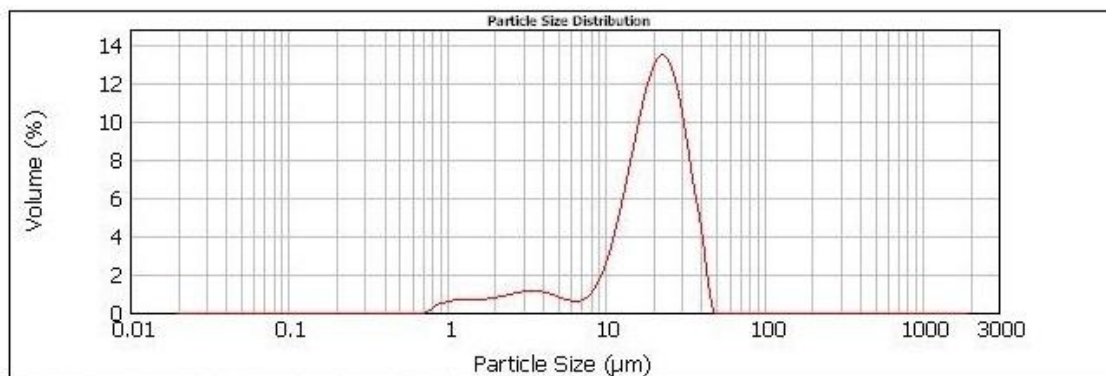
Kushtas are considered very potent drugs; hence they should be prepared, prescribed and used properly to get maximum benefits. It is also recommended that these should be taken with prescribed vehicles like water, milk, yogurt, honey, etc. Different vehicles may be suggested for different conditions. The scientific work on this type of preparation is lacking in the literature despite the great advancement of technologies during the last few decades. The lack of interest of scientists in traditional medicine like Kushta, include, lack of proper communication among traditional healers, clinicians and scientists due to differences in concepts, language, to some extent professional jealousy, lack of patent protection, misconceptions of practitioners of the two systems, etc. There are also some limitations of modern pharmacological and analytical methods to study the drugs used mainly through the oral route. Inadequate support from the government or other funding agencies to initiate research in this area is another major factor. Despite these limitations, there is some work appearing in the literature For example, Sidh Makardhwaja is an Ayurvedic mercury preparation made in a specialized manner, and has been used as nervine tonic and for restoring vital functions of collapsing patients in the traditional system of Ayurveda. Studies in laboratory animals have shown that it promotes growth, improves memory, and has carbohydrate sparing and adaptogenic properties (5) From the literature, it seems to be encouraging that these traditional preparations have therapeutic potential, which needs to be explored. But the main problem is the transformation of languages of both the systems. There have been some efforts made to translate traditional literature into English (1,6). Toxic minerals like arsenic, mercury, lead, etc. are the main ingredients of Kushta. These are claimed to be detoxified during this process. Though there is no scientific evidence available to justify this claim, it is interesting to note the concept of detoxification in traditional medicine has some validity. For example roots of aconite-containing toxic principle aconitine, is detoxified by traditional methods with enhanced lethal dose and low aconitine contents as compared to undetoxified roots (7).

II MATERIALS AND METHOD

Kushta kharmohra (kauri, cypraea moneta) is prepared according to classical method which is mentioned in kitabul taklees² i.e kharmohra was dipped in lemon juice for three days and after three days make it safoof with the help of kharal then put this safoof in boota and kaprauti done and after drying this boota put it into cow dung cakes 20 kg

III RESULT

Particle size was measured by the technique Hydro 2000S (A) the graph shows the results:



Measurement of size by Hydro 2000S (A) technique

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