

## Kukkutanda tvak

**Name:- Sanskrit-** Dimba

**English-** Egg shell

**Hindi-** Kukkudatvak

### Synonyms:

Egg has synonyms in Sanskrit, like Anda, Dimba etc.



### Dosage:

250 to 500 mg, three times a day.

In pitta diseases, vehicle is butter and in vata and kapha diseases, it is honey.

### Properties and Usage:

1. An egg shell being a rich source of calcium , it's bhasma is beneficial to build bony tissue in our body.
2. It is useful in children in treating rickets and also to facilitate dental eruption.
3. In hairfall, it works well as prevention as well as cure.
4. It helps in nursing mothers, during pregnancy and in children as a best supplement of calcium.
5. Kukkutanda tvak bhasma is indicated in cough, asthma, tuberculosis with cavitation, diarrhoea and menorrhagia.

**Chemical composition:**

The egg shell is composed of calcium carbonate ( $\text{CaCO}_3$ ). This provides the embryo with calcium for formation of bones and for other body building purposes.

**Purification:**

Egg shells are purified by soaking them in saline water for 5 to 6 hours.

**Formulation:**

- Kukkudatvak bhasma

Proprietary ayurvedic medicine with Kukkudatvak bhasma as ingredients-

1. Reosto tablet
2. Femopause capsule
3. Femiclin Forte tablet
4. Femiforte tablet

**Incineration:**

Egg shells are purified in saline water and dried in sunlight and properly sealed in saucers and subjected to heat in gajaputa. A fine incineration, white in colour is formed.