



Review Article

DETAIL STUDY OF MAHA SHANKHA VATI – A LITERARY REVIEW

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ABSTRACT

In Ayurveda classics *Sankha Vati* is described with two names *Sankha Vati* and *Maha Shankha Vati*. Both these preparations are selected for the present study comes under “*Khalveeya Rasa Kalpana*” & “*Sagandha and Niragni*” *Moorchana* preparation. This study aims of detailed literary study of *Maha Sankha Vati* & *Sankha Vati*. In Ayurveda classics four different references of *MahaSankha vati* & ten references of *Sankha Vati* are found. In Ayurveda Formulary of India *Maha Shankha Vati* is prescribed from *Bhaishjya Ratnavali*, but this reference was actually originated from *Rasendra Chintamani*. After considering various reference in text, it was found that fourteen drugs are common according to all the references, these are *Parada, Gandhaka, Vatsanabha, Shankha Bhasma, Hingu, Chinchu Kshara, Panchalavana, Maricha, Pippali & Sunthi*. In *Bharat Bhaishajya Ratnakar* mentioned that, if *Loha & Vanga* added in *Sankha Vati* formulation it can be called as *Maha Shankha Vati*. After studying various references mentioned in *Ras Shastra*, Standard operative procedure of *Maha Shankha Vati* can be classified into two types:- In above two SOP only difference in *Shankha* Processing, in first SOP *Shankha Bhasma* is prepared by giving *Gaja Puta* and in second SOP *Shankha Marana* has been done by Quenching method.

Variations found in *Bhavana Dravya, Bhavana Sankhya, Size, Anupana, Grahan Kala* of *Maha Sankha Vati* among all classics. The references about *Apamarga Patra Swaras, Apamarga Mula Kwath* are found. In *AFI Chitrak Mula & Apamarga Panchanga* are mentioned in the form of *Kwatha*. *Bhavana of Amlavarga Dravya* must be given until it becomes *Amla*. This paper given the details of literary review of *Maha Sankha Vati & Sankha Vati* mentioned in various Ayurvedic texts.

KEYWORDS: *Mahasankha Vati, Sankha Vati, S.O.P.*

INTRODUCTION

Generally Ayurvedic physicians mainly rely on a combination of a drug rather than a single drug. Administration of drug in combination may either enhance or antagonize the response of the individual components. Compound formulations were also made to improve the palatability, making oral administration easy. During later centuries combination were made by using mercury and Sulphur, to retain the activity of plants and increase their shelf life by preservation.

Khalveeya Rasa are the combinations of herbal, mineral and animal products, so that we can have the effects of all collectively in a single formula. These are administered in smaller doses, to get faster relief and combating many ailments by proper *Anupana* and *Sahapana*. It takes less space for manufacturing and storing. The most important aspect is that, it preserves the properties of freshly added *Churna, Swarasa* etc., with the help of *Moorchita Parada* i.e., *Kajjali, Rasashindura & Hingula* etc. because of which *Khalveeya Rasaushadhies* occupies greater portion in therapeutics

as compared to other *Kalpana*, Such as *Vati, Gutika, Taila, Ghrita* etc.

“*Maha Shankha Vati*” selected for the present study is also a compound drug which comes under “*Khalveeya Rasa Kalpana*”. Most of the *Khalveeya Rasa* comes under “*Sagandha and Niragni*” *Moorchana* preparation. *Maha Shankha Vati* is one of such preparation. However some of *Khalveeya Rasa* are seen prepared with *Agni* such as *Putapaka, Puta, Valuka & Yantra Vidhi* etc. some *Khalveeya Rasa* viz., *Kaphaketu Rasa, Bhuvneshwar Rasa* etc termed as *Rasayoga* but are not having *Moorchhita Parada*.

AIMS & OBJECTIVES

- Detailed literary study of *Maha Sankha Vati & Sankha Vati*.
- Detail Literary study of contains & pharmaceutical Procedure of *Maha Sankha Vati & Sankha Vati*.

Table: 1 List of text depicting Maha Shankha Vati and Shankha Vati with their variation

Sr.No.	Name of the book	Original ref.	Name of the formulation	Rogadhikara	Same ref found in other books
1.	AFI ¹	Bhaishajya Ratnavali 10/202	Mahasankhavati	Agnimandya	VruhatRasRajSundar, RasendraChintamani, Raskamdhenu., Rasjalanidhi
2.	B.B.R.(1) ² Y.No.7548	Raskamdhenu	Mahasankhavati	Ajirna	Rasayogsagar(10), Vruhatrasaraj Sunder(8), Raskamdhenu.
3.	B.B.R.(7) ³ Y.No.7554	Raskamdhenu	Mahasankhavati	Agnimandya	VruhatRasaraj Sundar.(6), Rasyogsagar.(2), Rasendra sar sangrah(7), Rasakam Dhenu, Bhaishajya Ratnavali
4.	B.R.10/204 ⁴	Raskamdhenu	Mahasankhavati	Agnimandya	Ras yog Sagar(7), Bharat Bhaishajya Ratnakar, Vruhatrasaraj Sunder(7), Rask am dhenu, Rasa Jala nidhi
5.	A.F.I. ⁵	Bhaishajya Ratnavali 10/187	Sankha Vati	Agnimandya	Vruhat rasraj Sunder.(3), Yog Ratnakar(Ajirna)(2), Vruhat yog Tarangini, Rasakam Dhenu
6.	B.B.R.(2) ⁶ Y.No.7549	Vruhat Yoga Tarangini	Sankha Vati	-----	Vruhat Yog Tarangini
7.	B.B.R.(3) ⁷ Y.No.7550	Rasa Kam Dhenu	Sankha Vati	-----	Vruhat Rasa Raj Sunder(4), Rasa Yog Sagar(6), Rasendra Sar Sangraha, Rasa Kam Dhenu,
8.	B.B.R.(4) ⁸ Y.No.7551	Yog Ratnakar	Sankha Vati	-----	Rasa Yog Sagar(8), Yog Ratnakar(Gulma)
9.	B.B.R.(5) ⁹ Y.No.7552	Bhaishajya Ratnavali	Sankha Vati	-----	RasaYog Sagar(3), Bhaishajya Ratnavali, Rasendra Sar Sangrah(7)
10.	B.B.R.(6) ¹⁰ Y.No.7553	Rasarnav	Sankha Vati	Ajirna	Yog Tarangini, Yog Ratnakar, Rasa Yoga Sagar(5), Vruhat Rasa Raj Sundre(1), Rasa Kam Dhenu
11.	B.B.R.(8) ¹¹ Y. No.7555	Rasakamdhenu	Sankha Vati	-----	Vruhat Ras Raj Sunder(2), Rasa Yoga Sagar(1), Rasa Kam Dhenu
12.	R.Y.S.(4) ¹²	-----	Sankha Vati	-----	Rasa Yog Sagar(4)
13.	R.Y.S. (9) ¹³	-----	Sankha Vati	-----	Rasa Yog Sagar (9)
14.	R.Y.S.(11) ¹⁴	-----	Sankha Vati	-----	Rasa Yog Sagar (11)

Main ingredients

After considering various references in text, it was found that fourteen drugs are common according to all the references, these are *Parada, Gandhaka, Vatsanabha, Shankha Bhasma, Hingu, Chinch Kshara, Panchalavana, Maricha, Pippali & Sunthi*.

Maha Sankha Vati can be classified according to Ingredients

A) Rasendra Chintamani/Bhaishajya Ratnavali (Maha Shankha Vati1): A.F.I. also following this reference. All 14 drugs are present in the same quantity (1 Part), As in A.F.I. quoted that this *Patha* taken from *Bhaishajya Ratnavali* but it is actually coming in practice from *Rasendra Chintamani*.

B) Bharat Bhaishajya Ratnakar/Vruhat Rasa Raj Sunder (Maha Shankha Vati 2):

Suddha Parada: Present 1 Part

Suddha Gandhak: Present 1 Part

Suddha Vatsanabha: Present 1 Part

Suddha Hingu: Present 2 Part

Shankha Bhasma: Present 4 Part

Panchlavan: Present 4 Part each *Lavana*

Chinch Kshara: Present 4 Parts

Sunthi: Present 12 Part

Maricha: Present 8 Part

Pippali: Present 4 Part

Apart from this 17 drugs are extra in this formulation i.e.

As *Kshara: Snuhi, Arka, Apamarga, Rambha, Tila, Palasha* : Each 4 Part.

Sarji, Yavakshara, Tankana: Mixed 4 Part, *Tankana* : 1 Part

Other Drugs *Granthik, Chitrak, Yavani, Jirak, Jatiphala & Lavanga:* Each 2 Parts, *Manashila* : 1 Part

C) Rasa Yog Sagar (Maha Shankha Vati 2): All the drugs are same in *matra* as mentioned in above B) formulation only differ in *kshara matra*. i.e. *Chinch Snuhi, Apamarga, Rambha, Tila, Palasha:* Each 1 Part & *Sarjikshara, Yavakshara, Tankana* : Mixed 4 Part.

D) Rasendra Sar Sangrah, Rasa Yoga Sagar, Vruhat Rasa Raj Sunder (Maha Shankha Vati 3): All main 14

Drugs: Each 1 Part that means all are similar in quantity. For this formulation Bharat Bhaishajya Ratnakar Y.No 7554 mentioned that, if *Loha & Vanga* added in this formulation it can be called as *Maha Shankha Vati*.

E) Bhaishajya Ratnavali, Bharat Bhaishajya Ratnakar, Rasa Yog Sagar (Maha Shankha Vati 4): All 13 drugs except *Shankha Bhasma* - 1 Part each & *Shankha Bhasma* - 2 Parts

Extra Drugs are; In *Kshara*: *Yavakshara, Sarji, Tankana* (1 Part each)

Other drugs: *Pippalimula, Chitrakmula, Ajmoda, Amruta*:- Each 1 Part

Standard Operative Procedure (SOP)

SOP of *Maha Shankha Vati*, after studying various references mentioned in *Ras Shastra* can be classified into two types:-

1) S.O.P. 1: As described in A.F.I. first *Kajjali* is prepared by mixing *Parada & Gandhaka*. After preparing *Kajjali* add the entire drug in powder form into *Shankha Bhasma*. The mixture is then subjected to seven *Bhavana*

of each *Bhavana* drug (*Chitrak, Apamarga* and *Nimbu*). This method is also mentioned in B.R., B.B.R.

SOP 2: In this method *Nimbu swaras* is mixed with *Panchalavana & Kshara* and made a Saturated solution. Then *Shuddha Shankha* pieces is heated upto red hot quenching should be done upto *Shankha* converted into Powder form. Then processing of remaining ingredients in to their usable form like preparation of *Kajjali, Kshara* preparation, *Hingu Shodhan* etc, then mixed all drugs and *Bhavana* has to be given to make pills. This procedure is mentioned in B.B.R. This process came into practice, from *Rasendra Chintamani*.

As per the above description SOP of *Maha Shankha Vati* can be divided into four steps. First one is *Kajjali* formation, second one is Preparation of remaining ingredients into usable form, Third step is mixing of all drugs and finally in Fourth step *Bhavana* should be given. In above two SOP only difference in *Shankha* Processing, is that, in first SOP *Shankha Bhasma* is prepared by giving *Gaja Puta* and in second SOP *Shankha Marana* has been done by Quenching method.

Bhavana Dravya & Number of Bhavanas

Table 2: Showing Bhavana Dravyas & Bhavana Dravya according to various texts

Texts	Reference	Chitrak	Apamarga	Nimbu/Amlavarga
<i>Bhaishajya Ratnavali Maha Sankha Vati (1)</i> ¹⁵	10 / 202-203	<i>Mula Kwath</i>	<i>Mula Kwath</i>	<i>Nimbu-Swaras Amlavarga → Yavata amlata vrajanti</i>
<i>Rasamrit Maha SankhaVati (1)</i> ¹⁶	Pg.No. 110-111	<i>Mula Kwatha (1) Bhavna</i>	<i>Patra Swaras (1) Bhavana</i>	7 <i>Bhavana</i>
<i>Bharat Bhaishajya Ratnakar Maha Sankha Vati (2)</i> ¹⁷	Pg.No. 104 (1)	----	----	<i>Nimbu swaras- 80 Parts Chukra 20 Parts</i>
<i>Ras Yog Sagar Maha SankhaVati (2)</i> ¹⁸	Pg.No. 426-427 (10)	----	----	<i>Nimbu swaras- 64 Parts Chukra 20 Parts</i>
<i>Bharat Bhaishajya Ratnakar Maha SankhaVati (3)</i> ¹⁹	Pg.No. 107 (7)	1 <i>Bhavana</i>	1 <i>Bhavana</i>	<i>Yavat amlata Yati</i>
<i>Bhaishajya Ratnavali Maha Sankha Vati (3)</i> ²⁰	Pg.No. 354 (4)	<i>Kwatha 3 Bhavna</i>	<i>Swarasa (1) Bhavana</i>	(14) <i>drugs 1-1</i>
<i>Vruhat Rasa Raj Sunder Maha SankhaVati (3)</i> ²¹	Pg.No. 372	<i>Twak Kwath</i>	<i>Twak Kwath</i>	-----

Bhavana Dravya

Apamarga, Chitrak, Nimbu & Amla varga dravya are mentioned in A F I as *Bhavana dravya*. As per various *Ras grantha* these drugs are common, only variation seen in following references.

1) In *Vruhat Ras Raj Sunder - Amlavarga* not mentioned in *Bhavana dravya*.

2) In *Rasa Kam Dhenu (MS 2): Apamarga & Chitraka* is not mentioned. *Chukra* is mentioned for *Bhavana*.

In AFI *Chitrak Mula & Apamarga Panchanga*, mentioned in the form of *Kwatha*. Other than this, some variations are as follows:

Rasamrit 9/135(MS 1): Apamarga Patra swaras.

Bhaishajya Ratnavali (MS 1): Apamarga Mula kwatha

Bhaishajya Ratnavali (MS 3): Apamarga swaras

Bhavana Sankhya: After studying various *Ras Granthas Bhavana Sankhya* had been mentioned in different ways. *Bhavana* of *Amlavarga dravya* must be given upto that it becomes *Amla*. In *Rasamrit* Author mentioned 1-1 *Bhavana* of *Apamarga & Chitraka* and 7 *Bhavana* of *Amlavarga Dravya* and according to *Bhaishajya Ratnavali* 3-3 *Bhavana* of *Apamarga Swaras* and *Chitrak Mula* and 14 *Bhavana* of *Amlavarga Dravya* have been mentioned.

Dose & size of the Vati

Four views are found regarding size of *Vati* mentioned in various text which are:

Mashapramana :- *Bharat Bhaishajya Ratnakar (MS 2)*

Gudikamrutrupini :- *Bharat Bhaishajya Ratnakar (MS 3)*

Gunjadwayonmita :- *Bharat Bhaishajya Ratnakar (MS 4)*

Kolasthisammitam :- Vruhat Rasa Raj Sunder (MS 4)

Regarding the dose of *Maha Shankha Vati* Found as follows:

150 – 200 mg : A.F.I.

3 – 3 Ratti : Bhaishajya Ratnavali (MS 1)

2 – 2 Ratti : Rasamrit (MS 1) in bd dose

2 – 2 Ratti : Bharat bhaishajya Ratnakar (MS 4)

Two views about *Kala*

Bhojanante : Bhaishajya Ratnavali (MS 1)

Pratutthane / Prabhate : Bharat Bhaishajya Ratnakar

Two views about *Anupana*

Ushnodaka: Bhaishajya Ratnavali (MS 1)

Koshnatoya: Bharat Bhaishajya Ratnakar (MS 3)

Takra, Mastu, Sura, Sidhu, Kanjik, Ushnodaka, Shaish, Harina Mansarasa: Bharat Bhaishajya Ratnakar (MS 4)

Discussion on Literary Review

In A.F.I. *Maha Shankha Vati* is prescribed from *Bhaishajya Ratnavali*, but this reference came into practice from *Rasendra Chintamani*. After going through various texts, four different references of *Maha Sankha Vati* were found. After evaluating these references it shows that fourteen drugs are generally common, as main ingredients. According to all references, main ingredients of the *Maha Sankha Vati* are same as quoted in A.F.I., some variations appears like inclusion of extra drugs and variations in the amount of drugs. After evaluating all concerned texts related to *Maha Sankha Vati*, we got two different standard operative procedures. In each S.O.P. of *Maha Sankha Vati* have four main steps, Preliminary step in the preparation is the formation of *Kajjali* which implies grounding of *Parada* with *Gandhaka*, without use of any liquid media till a fine black powder is obtained. This step is common in both standard operative procedures. Sulphur has highest affinity towards mercury and because of this; it does not take much time to prepare *Kajjali*. It has following role to play in a formulation such as:

- It helps to increase the shelf life of the drug. It may be due to its inherent antibacterial property (Bacteriostatic).
- It acts as a catalyst, which enhance the property of herbal drugs.

Second aspect regarding standard operative procedure was processing of all ingredients to convert into their usable form. Total fourteen drugs are included in *Maha Sankha Vati* which includes *Kajjali, Sankha, Vatsanabha, Hingu, Trikatu (Sontha, Maricha & Pipalli), Chinchu Kshara, Panchalavana (Saindhav, Samudra, Sauvarchala, Vida & Romaka)*. In this broad aspect small steps are included like *Shodhana of Vatsanabha & Hingu, preparation of Sankha Bhasma* etc.

After going through different texts for *Vatsanabha Shodhana* generally two standard operative

procedures appears, first is *Swedana* in *Godugdha* and second one is soaked in *Gomutra* for three days by replacing the *Gomutra* every day. This method is prescribed in A.F.I., as per some Acharyas to keep it in *Tivra Atapa*. *Anandkanda* prescribes *Rakta Sarshap taila* in place of *Gomutra*.

Next step is *Hingu Shodhana*, generally it has been done by roasting in ghee till it becomes crisp. A.F.I. also mentioned this procedure with R.T. view. Rather than *Yogranakar* mentioned that, if *Hingu* used as a content of *Rasyoga*, then *Hingu Shodhana* should be done by giving *Bhavana of Kamal Patra Swaras* in presence of sunrays up to three hours.

Maha Sankha Vati have two standard operative procedures, this is because of only difference in techniques used for processing of *Sankha Bhasma*. In first SOP *Sankha Bhasma* was prepared by following general method of *Bhasma* preparation. In second SOP *Sankha Maran* was done by quenching method. Quenching is a procedure to prepare *Bhasma* in which *Sankha* heated upto red hot by pressure gun and *Nirwapana* had been done in a liquid media. Quenching is done up to *Sankha* is converted into fine powder called *Bhasma*. The saturated solution used for quenching is a mixture of *Nimbu Swaras, Kshara* and *Lavana* in a specific quantity given in a specific Yoga.

Concept of *Pancha Lavana*: it was also a controversial matter; *Saindhava, Samudra, Sauvarchala* and *Vida* are common in *Pancha Lavana* according to most of the *Acharyas*. Main controversy faced regarding fifth *Lavana* that is, *Romak* or *Audhbid*. Both are nearly similar in characters and origin.

Now comes to the last aspect that is *Bhavana*. It can be defined as a procedure in which powdered drugs of herbal and mineral origin are grounded with liquid to dryness. *Apamarga, Chitraka, Nimbu* and *Amlavarga dravyas* are mentioned in A.F.I. as a *Bhavana dravya* in the form of *Kwatha* and *Swarasa*.

Considering the description of *Maha Shankha Vati*, two types of *Vati* found, these are *Shankha Vati & Maha Shankha Vati*, comes across with some changes like addition and subtraction in the main ingredients and also variations in *Matra*. Total four references of *Maha Shankha Vati* and ten references of *Shankha Vati* have been found, they itself shows various modification among its various variants, having alteration in the constituent drug and varying description of *Rogadhikara*.

CONCLUSION

- *Maha Shankha Vati* is a herbomineral compound having its first description found in *Rasendra Chintamani*.
- Total four references of *Maha Shankha Vati* and ten references of *Shankha Vati* have been found.
- S.O.P. can be classified into two types, and in each S.O.P. variation found in processing of *Shankha Bhasma*.

- *Bhavana of Amlavarga Dravya* must be given until upto *Maha Sankha Vati* becomes *Amla* in test.

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