

## Health Benefits Uses Of Black Salt

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### Abstract

Plants are used as medicines throughout history. Indeed, studies of wild animals show that they also instinctively eat certain plants to treat themselves surely illnesses. In Asia, the practice of herbal medicine is extremely well established and documented; as a result, most of the medicinal plants that have international recognition come from China and India. In Europe and North America, the utilization of herbal medicine is increasing fast, especially for correcting imbalances caused by modern diets and lifestyles. Many people now take medicinal plant products on a day to day, to maintain good health the maximum amount on treat illness. The importance of medicinal plants and traditional health systems in solving the health care problems of the planet is gaining increasing attention.

### Introduction

Herbal Medicine is defined as a branch of science during which plant based formulations are wont to alleviate diseases. It's also referred to as botanical medicine or phytomedicine. Lately phytotherapy has been introduced as more accurate synonym of herbal or phytotherapy. Within the early twentieth century herbal medicine was prime healthcare system as antibiotics or analgesics weren't so far discovered. With the arrival of allopathic system of medicine, herbal medicine gradually lost its popularity among people, which is based on the fast therapeutic actions of synthetic drugs (Singh 2007).

Recently there has been a shift in universal trend from synthetic to herbal medicine, which may be said Return to Nature.

Medicinal plants have been known for millennia and are highly esteemed everywhere the planet as an upscale source of therapeutic agents for the prevention of diseases and ailments (Sharma et al. 2008). The look for eternal health and longevity and for remedies to alleviate pain and discomfort drove early man to explore his immediate natural surroundings and led to the utilization of the many plants, animal products, minerals etc. and therefore the development of a spread of therapeutic agents (Nair and Chanda 2007).

Because of this resurgence of interest, the research on plants of medicinal importance is growing phenomenally at the international level, often to the detriment of natural habitats and mother populations

within the countries of origin. Most of the developing countries have adopted traditional practice as an integral part of their culture. Historically, all medicinal preparations are derived from plants, whether within the simple sort of raw plant materials or within the refined form of crude extracts, mixtures, etc. (Krishnaraju et al. 2005).

In the early development of recent medicine, biologically active compounds from higher plants have played an important role in providing medicines to combat pain and diseases. For instance, within the British Pharmacopoeia (1932), over 70% of organic monographs are on plant-derived products. However, with the advent of synthetic medicines, and subsequently of antibiotics, the role of plant-derived therapeutic agents significantly declined (mostly) in the economically developed nations. Thus, within the British Pharmacopoeia (1980), the share of plant-based monographs fell to approximately 20%. In terms of new chemical entities introduced as medicinal agents over the past several decades, the share of plant-based drugs has been no more than 2% (Dev 1997).

### Kala Namak

Kalanamak may be a kiln-fired halite utilized in South Asia with a sulphurous, pungent-smell. It's also referred to as "Himalayan black salt", Sulemani namak, bire noon, bit lobon, kala loon, or pada loon and made from the salts mined within the regions surrounding the Himalayas. The condiment consists largely of common salt with several other components lending the salt its colour and smell. The smell is especially thanks to its sulfur content. Due to the presence of Greigite ( $\text{Fe}_3\text{S}_4$ , Iron (II,

III) sulfide) within the mineral, it forms brownish pink to dark violet translucent crystals when whole. When ground into a powder, its color ranges from purple to pink. Kala namak has been praised in Ayurveda and used for its perceived medical qualities **COMPOSITION:**

Kalanamak consists primarily of common salt and trace impurities of sodium sulphate, sodium bisulfate, sodium bisulfite, sodium sulfide, iron sulfide and sulfide. Sodium chloride provides kala namak with its salty taste, iron sulfide provides its dark violet hue, and every one of the sulfur compounds give kala namak its slight savory taste also as a highly distinctive smell, with sulfide being the foremost prominent contributor to the smell. The acidic bisulfates/bisulfites contribute a mildly sour taste. Although sulfide is toxic in high concentrations, the quantity present in kala namak utilized in food is little and thus its effects on health are negligible. Sulfide is additionally one among the components of the odor of rotten eggs and spoiled milk.

### Kala Namak USES:

Kala namak is employed extensively in South Asian cuisines of India, Pakistan, Bangladesh and Nepal as a condiment or added to chats, chutneys, salads, all types of fruits, raitas and lots of other savory Indian snacks.

Chat masala, an Indian spice blend, depends upon black salt for its characteristic sulfurous hard-boiled-egg aroma. Those that aren't familiar with black salt often describe the smell as almost like someone fart. Black salt is usually used sparingly as a topping for fruits or in snacks in Pakistan. Kala namak is taken into account a cooling

spice in Ayurveda and is employed as a laxative and digestive aid. It's also believed to alleviate flatulence and heartburn. It's utilized in Jamu to cure goiters. This salt is additionally used to treat hysteria and for creating toothpastes by combining it with other mineral and plant ingredients.

The uses for goitre and hysteria are dubious. Goitre, thanks to dietary iodine deficiency, wouldn't be remedied unless iodide was present within the natural salt. The very broad term "Hysteria" is now replaced within the DSM with more specific terms like conversion or histrionic disorders. Within the US, the Food and Drug Administration warned a manufacturer of dietary supplements, including one consisting of Himalayan salt, to discontinue marketing the products using unproven claims of health benefits.

### HEALTH BENEFITS USES OF BLACK SALT

Black salt is taken into account as a cooling spice in Ayurvedic medicine and is employed as a digestive aid. It helps in relieving intestinal gas and heartburn.

1. Use in Gastritis & Bloating Black salt is employed as an ingredient in many products like Hingwastak Churna which are used for stomach care, because it improves digestion without causing stomach irritation, without worsening gastritis. Constipation can spoil your whole routine. Taking black salt as a daily part of diet solves that problem to some extent. Vibandhaghna - relieves constipation, bloating.
2. Therapeutic Benefits: Himalayan Black salt may be a cooling salt and loaded with therapeutic advantages. Aside

from being laxative and also curing intestinal disorders, it helps improving eye sight. This is often because, unlike common iodized salt, it doesn't increase the sodium content of your blood. Because it contains high sulphur content, it can sometimes lower the gastric fire and cause weak digestion if taken in excess.

3. Black Salt Skin Benefits: Many folks have a harsh experience with chemical soaps in daily routine. Also problems like cracked feet, swollen feet, athlete's foot and sprains make our day worse. Add Indian black salt to lukewarm water while bathing and problem solved. This natural salt bath will work as a healing agent on your skin and may be a complete package with a nature's tint in it.
4. Black Salt Hair Benefits: Hair fall, receding hairline, and every one the medical procedures are not any but a nightmare for anyone. This might amaze you but black salt works here too! It consists of the many essential minerals; it strengthens and increases the natural hair growth. It also takes care of your stubborn split ends. Just in case you've got dandruff problems or hair fall, take black salt with juice a minimum of once each day. It seems like taking a spa at a really expensive saloon. Do this and I'll be delighted to listen to the positive outcomes.
5. Best Alternative to Sea Salt Last but not the smallest amount Himalayan black salt is that the best which may replace the commonly used iodized white salt which also contains harmful salts like potassium iodate and aluminum silicate. This might surprise

you but white salt is banned in many countries. Top benefits of using black salt instead: Treats arthritis issues, Paralysis troubles, Cures high vital sign problems, Impotency issues.

6. Joint Disorders: Joint disorders are often a true pain for the person affected and for the family also . just in case of joint disorders with stiffness, black salt are often beneficial, all you've got to try to to is: Firstly apply the oil prescribed by the doctor, After 10-15 minutes take black salt inside a cloth (about a cup of it), Pack it and warmth it on a pan, keep checking its tolerance on the skin, Apply this pack over the affected joint, Reheating are often done, Follow this for 4-5 minutes. this system has benefited many. I hope it works for you too.
7. Use of Black Salt: Obesity & High Cholesterol Surprising right? But this is often true because black salt has the dissolving and disintegrating effect, it's widely utilized in anti-obesity products like Lavana taila and anticholesterol products.
8. Black Salt for Weight Loss: there's a small difference between the sodium content of white salt and black salt. Black salt contains less amount of sodium, so those of you who are trying to find low salt alternatives for weight loss switch to black salt. You'll get a touch uncomfortable with the smell initially but it works wonders when utilized in soups and salads.
9. Cooking Benefits of Black Salt: Most folks generally make use of kala namak for garnishing our salads and a few folks add it to soups but let me tell

you black salt will soothe your tongue when utilized in chutneys, yogurts also as pickles. It's used extensively in making chat items. It's wont to boost the cool summer drinks like jaljeera as its potency is cold. for instance , Pani puri who doesn't love it? While making Pani Puri reception, ever tried adding kala namak to pani (the green water utilized in it) if not then take this as a suggestion and therefore the results will surely be tasty.

10. Black Salt in Respiratory Disorders: Now-a-days salt therapy clinics are emerging everywhere the planet though this system was originated during Ancient Greek civilization. Some time past this therapy was called Halotherapy during which halo stands for salt in Greek. Consistent with the traditional Ayurvedic culture in India inhaling of salt cleanses the nose and throat areas. Himalayan crystal SALT I .e. black salt is employed extensively for this purpose. As a symbol of the success of this system , workers during a salt mine have a superb systema respiratorium . Modern salt therapy includes Himalayan crystal salt inhalers. this is often how it works, Salt crystals are present during a chamber, because the affected person breathes the salt is absorbed by the moisture present within the air, from there it goes straight into the lungs. this system is really very effective and helps with problems starting from the cold to serious problems like sinus, asthma, allergies and pollinosis . the simplest thing about these inhalers is that they are doing not contain any pharmaceutical drugs then has no side effects in the least .

11. Intestinal Gas can occupy any portion within the body and intestinal gas can cause serious troubles. Here may be a homemade black salt remedy which can assist you . Take salt during a copper vessel and roast it until its color changes. Mix this salt with warm water and consume it. This is often really helpful in treating intestinal gas.
12. Laxative: Before during this article I even have mentioned that black salt is employed as a laxative, here i will be able to tell you ways . you'll make a laxative using lemons and ginger and add black salt thereto . It's a really power laxative and helps indigestion. The simplest part is you'll add ingredients consistent with taste.
13. Acidity: When somebody has acidity what happens is, excess amount of acid is developed inside the body. to get rid of this acid any substance with an alkaline nature is required. Black salt isn't exposed to any quite high heat which retains the mineral content in it. due to this it's an alkalizing effect on the body and hence it reverses high levels of acidity.
14. Cholesterol: Irregular heartbeat can cause a sense of nausea and uneasiness. Black salt can help to scale back high cholesterol levels, high vital sign level and also regulates the irregular heartbeat. Therefore it's clear that it can help to stop atherosclerosis, heart attacks and strokes.
15. Osteoporosis: Osteoporosis may be a condition during which body begins to draw sodium from the bones for an extended time. Actually  $\frac{1}{4}$  of the entire salt within the body is stored in bones where it helps to stay them strong. When there's lack of salt and water in body it can eventually cause osteoporosis. Thus now it's going to be clear that what the role of black salt is. So drink many water and take salt carefully.
15. Muscle Spasms and Cramps Black salt contains small amounts of potassium which is an important component for the muscles to figure properly. It not only contains potassium but also helps the body to soak up it. Thus it proves to be very effective in preventing muscle pains, spasms and cramps.
16. Depression the 2 hormones serotonin and melatonin assist you to feel good, relax and sleep better in the dark. Black salt is understood to preserve these two essential hormones and also helps in handling stress. Therefore black salt is effective in treating some sorts of depression.
17. Diabetes: Insulin may be a chemical in body which controls the sugar level of the body. A diabetic patient has uncontrolled insulin within the body maybe more maybe less. Patients with less insulin content need to take external insulin to regulate sugar levels. With black salt the necessity for taking insulin is reduced because it helps to take care of proper sugar level. So start taking black salt as a neighborhood of your diet if you've got diabetes or may have a risk of it.
19. Black Salt Benefits for Skin: Black salt helps in removing dead skin cells without drying your skin. So it is often used as feet soak or it is often used as a scrub. Yellow nails are definitely a trouble for anybody. Black salt helps

to get rid of the yellowness under the nails. Not only nails it also acts as a teeth whitener. Use it along side mustard oil for the simplest outcomes.

### Summary

Phytochemical screening of Kala namak revealed the presence, tannins, phenols, and alkaloids by positive reaction with the respective test reagent.. Total phenolic and alkaloid content had positive correlation with antioxidant capacity. The finding of this study suggest that this plant could be a potential source of natural antioxidant that could have great importance as therapeutic agents in preventing or slowing the progress of ageing and age associated oxidative stress related degenerative diseases.

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