



# SHANKU PARPAM

Ref: Siddha Vaithiya Thirattu



## Ingredients:

- *Tribine pyrum*
- *Pistia stroites*
- *Citrus aurantifolia*

## Action:

Shanku Parpam acts on colic diseases and cures the gastrointestinal disorders. It regulates digestion.

## Indications:

Shanku Parpam can be prescribed for the following conditions.

- Stomach ache & colic diseases
- Bloating
- Removes the burning sensation of Eyes

## Dosages and direction for use:

| Dose       | Supporting drug | Supporting drug Strength | Carrier | Carrier Strength | Morning | Evening | Before food | After food | No.of days |
|------------|-----------------|--------------------------|---------|------------------|---------|---------|-------------|------------|------------|
| 120~200 mg | -               | -                        | Ghee    | 10 ml            | Y       | Y       | Y           | -          | 30         |

**Direction** : - Take the prescribed quantity of Shanku Parpam, mix with 10 ml ghee and consume 30 minutes before food.

## Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

## Side Effects:

Shanku Parpam is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

**Note:** The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.