

DISCARD BIOCHEMICAL MALFUNCTION BY BLACK SALT THROUGH NATUROPATHY

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ABSTRACT

Kala Namak or Himalayan Black Salt, also known as Sulemani Namak, Black Salt, Bit Lobon or Kala Noon, is a type of rock salt, a salty and pungent-smelling condiment used in South Asia. The condiment is composed largely of sodium chloride with several other components lending the salt its colour and smell. The smell is mainly due to its sulphur content. Due to the presence of Greigite (Fe_3S_4 , Iron (II, III) sulfide) in the mineral, it forms brownish pink to dark violet translucent crystals when whole and when ground into a powder, it is light purple to pink in color. Kala namak consists primarily of sodium chloride and trace impurities of sodium sulphate, sodium bisulfate, sodium bisulfite, sodium sulfide, iron sulfide and hydrogen sulfide. Sodium chloride provides kala namak with its salty taste, iron sulphide provides its dark violet hue, and all the sulphur compounds give kala namak its slight savory taste as well as a highly distinctive smell, with hydrogen sulphide being the most prominent contributor to the smell. The acidic bisulfates/bisulfites contribute a mildly sour taste. Although hydrogen sulphide is toxic in high concentrations, the amount present in kala namak used in food is small and thus its effects on health are negligible: Hydrogen sulphide is also one of the components of the odor of rotten eggs and boiled milk. This is used as: antacid, anti-flatulent, antioxidant, anthelmintic, adaptogenic, demulcent, carminative, digestive stimulant, hematinic, hematogenic and fat burner.

KEYWORDS: Sodium chloride, sodium sulphate, sodium bisulfate, sodium bisulfite, sodium sulfide, iron sulfide and hydrogen sulfide.

INTRODUCTION

In this article, you're going to discover health benefits of Black Salt that you have not heard before. How many of us can eat without salt in their food, I guess only a few of us would agree to that view! So it's very important for us to know that whether the salt we are using is healthy or not. Well many of you would be surprised to know, scientific researches show that the common salt i.e. the white salt we use can cause paralysis, thyroid problem, impotency issues and high blood pressure problem!

I don't think any of us would like to have those. Black salt on the other hand is the best alternative, which interestingly is a major component of the popular chat masala. Indian Black salt which most of us use just for garnishing on salads and dishes has got lot more meaning attached to it. It's often appreciated by strictly vegetarian people; it resembles the taste of eggs in tofu and other vegetarian dishes.

**Figure-1: Black salt and powder**

Before discussing the benefits I'll tell you why black salt is beneficial. Black salt also called as kala namak in Hindi is a variety of Indian volcanic stone salt. It consists

of a unique sulfurous component which makes it quite useful. Due to the presence of iron and other minerals, the salt is pinkish grey in color.^[1]

What Are The Other Names Of Black Salt?

Like the diversity in languages black salt is known diversely across the country with different names in different languages. It is important to know these names.

English names-Himalayan salt, Himalayan rock salt

Hindi names-kala Namak

Tamil name-Intuppu

Let us understand how black salt, having all these properties, is produced. Hard seeds are boiled in brine and then the remaining water is left to evaporate. The crystals thus obtained are black salt crystals. Though they are black in color, when grinded to form powder they obtain a pink color due to the presence of iron compounds. Black salt is also obtained as a bi-product during the manufacture of sodium thiosulfate.

Health Benefits Uses Of Black Salt

Black salt is considered as a cooling spice in Ayurvedic medicine and is used as a digestive aid. It helps in relieving intestinal gas and heartburn.

1. Use in Gastritis & Bloating

Black salt is used 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 regular part of diet solves that problem to some extent.

Vibandhaghna – relieves constipation, bloating.

2. Therapeutic Benefits

Himalayan Black salt is a cooling salt and loaded with therapeutic advantages. Apart from being laxative and also curing intestinal disorders, it helps improving eye sight. This is because, unlike common iodized salt, it doesn't increase the sodium content of your blood. As 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 of us 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 is a complete package with a nature's tint in it.

4. Black Salt Hair Benefits

Hair fall, receding hairline, and all the medical procedures are no less than a nightmare for anyone. This might amaze you but black salt works here too! It consists of many essential minerals; it strengthens and

increases the natural hair growth. It also takes care of your stubborn split ends. In case you have dandruff problems or hair fall, take black salt with tomato juice at least once a day. It feels like taking a spa at a very expensive saloon. Try this and I'll be delighted to hear the positive outcomes.

5. Best Alternative to Sea Salt

Last but not the least Himalayan black salt is the best which can 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 lots of countries. Top benefits of using black salt instead: Treats arthritis issues, Paralysis troubles, Cures high blood pressure problems, Impotency issues.

6. Joint Disorders

Joint disorders can be a real pain for the person affected and for the family as well. In case of joint disorders with stiffness, black salt can be beneficial, all you have to do 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 heat it on a pan, keep checking its tolerance on the skin, Apply this pack over the affected joint, Reheating can be done, Follow this for 4-5 minutes.

This technique has benefited many. I hope it works for you too.

7. Use of Black Salt in Obesity & High Cholesterol

Surprising right? But this is true because black salt has the dissolving and disintegrating effect, it is widely used in anti-obesity products like Lavana taila and anti-cholesterol products.

8. Black Salt for Weight Loss

There is a slight difference between the sodium content of white salt and black salt. Black salt contains less amount of sodium, so those of you who are looking for low salt alternatives for weight loss switch to black salt. You may get a little uncomfortable with the smell initially but it works wonders when used in soups and salads.

9. Cooking Benefits of Black Salt

Most of us generally make use of kala namak for garnishing our salads and some of us add it to soups but let me tell you black salt will soothe your tongue when used in chutneys, yogurts as well as pickles. It is used extensively in making chat items.

It is used to spice up the cool summer drinks like jal-jeera as its potency is cold. For example, Pani puri who doesn't love it? While making Pani Puri at home, ever tried adding kala namak to pani (the green water used in it) if not then take this as a suggestion and the results will surely be tasty.

10. Black Salt in Respiratory Disorders

Now-a-days salt therapy clinics are emerging all over the world though this technique was originated during ancient Greek civilization. Back then this therapy was called Halotherapy in which halo stands for salt in Greek. According to the ancient Ayurvedic culture in India inhaling of salt cleanses the nose and throat areas. Himalayan crystal salt i.e. black salt is used extensively for this purpose. As a proof of the success of this technique, workers in a salt mine have an excellent respiratory system. Modern salt therapy includes Himalayan crystal salt inhalers. This is how it works, Salt crystals are present in a chamber, as the affected person breathes the salt is absorbed by the moisture present in the air, from there it goes straight into the lungs.

This technique is actually very effective and helps with problems ranging from the common cold to serious problems like sinus, asthma, allergies and hay fever. The best thing about these inhalers is that they do not contain any pharmaceutical drugs and so has no side effects at all.

11. Intestinal Gas

Gas can occupy any portion in the body and intestinal gas can cause serious troubles. Here is a homemade black salt remedy which will help you.

Take salt in a copper vessel and roast it until its color changes.

Mix this salt with warm water and consume it. This is really helpful in treating intestinal gas.

12. Laxative

Before in this article I have mentioned that black salt is used as a laxative, here I will tell you how. You can make a laxative using lemons and ginger and add black salt to it. It is a very power laxative and helps in digestion. The best part is you can add ingredients according to taste.

13. Acidity

When somebody is having acidity what happens is, excess amount of acid is developed inside the body. To remove this acid any substance with an alkaline nature is required. Black salt is not exposed to any kind of high heat which retains the mineral content in it. Because of this it has an alkalizing effect on the body and hence it reverses high levels of acidity.

14. Cholesterol

Irregular heartbeat can lead to a feeling of nausea and uneasiness. Black salt can help to reduce high cholesterol levels, high blood pressure level and also regulates the irregular heartbeat. Therefore it is clear that it can help to prevent atherosclerosis, heart attacks and strokes.

15. Osteoporosis

Osteoporosis is a condition in which body begins to draw sodium from the bones for a long time. Actually $\frac{1}{4}$ of the total salt in the body is stored in bones where it helps to keep them strong. When there is lack of salt and water in body it can eventually lead to osteoporosis. Thus now it may be clear that what the role of black salt is. So drink plenty of water and take salt in moderation.

16. Muscle Spasms and Cramps

Black salt contains small amounts of potassium which is an essential component for the muscles to work properly. It not only contains potassium but also helps the body to absorb it. Thus it proves to be very effective in preventing muscle pains, spasms and cramps.

17. Depression

The two hormones serotonin and melatonin help you to feel good, relax and sleep better at night. Black salt is known to preserve these two essential hormones and also helps in dealing with stress. Therefore black salt is effective in treating some types of depression.

18. Diabetes

Insulin is a chemical in body which controls the sugar level of the body. A diabetic patient has uncontrolled insulin in the body maybe more maybe less. Patients with less insulin content have to take external insulin to control sugar levels. With black salt the need for taking insulin is reduced as it helps to maintain proper sugar level. So start taking black salt as a part of your diet if you have 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 can be used as feet soak or it can be used as a scrub. How to prepare a scrub can be found out below. Yellow nails are definitely a trouble for anybody. Black salt helps to remove the yellowness under the nails. Not only nails it also acts as a teeth whitener. Use it along with mustard oil for the best outcomes.^[2]

Following are some other uses:

- Just take small amount of black salt and mix it with your regular cleanser or face wash. Use this mixture every night after you remove your makeup. It helps in better cleansing and helps to open up pores
- Add black salt to your warm bathing water. It acts as a natural disinfectant, relieves dry and itchy skin and may help in skin disorders like psoriasis.
- Bathing with salt water helps in relieving pains and aches

Other uses of black salt:

- Helps in curing paralysis and arthritis
- Naturally builds up a strong immune system
- People use it to improve anemia because of its rich mineral content.
- Used to regulate gastrointestinal tract.

These were the benefits of black salt. Given below are some:

Home Remedies Using Black Salts

Black Salt for Cleansing (Sole Solution)

Ingredients Requires: 1. Glass jar 2. Black salt (1 cup) 3. Wooden or Ceramic spoon (because salt reacts with metal)

Procedure

- Take a cup of black salt in a glass jar. Any form of black salt will be fine even large chunks.
- Pour distilled water in it.
- Let the solution settle overnight.
- Next day check if any salt is present at the base or not. If all the salt is absorbed by the water then you need to add more salt otherwise your sole solution is ready
- Every morning, mix a glass of water with the one teaspoon of the solution you have prepared but take care this has to be the first thing you drink in morning that means your stomach should be empty.

It is not necessary that one teaspoon of salt will be enough; it may vary from taste to taste. If you feel the water to be less salty then add more solution to it otherwise dilute it (pour some salty water out of the glass and add more distilled water to it). And surprisingly your taste may vary from day to day, this is because your kidney will tell you how much salt it desires today through the sense of taste.

Benefits

- Helps to flush out heavy metal toxins
- Helps to clean your intestines (you may have slightly loose stools initially but that is only temporary until the plaque is cleaned out)
- Helpful in healing skin diseases
- Even helps to reduce addictive cravings
- Balances acid-base composition in the body

Salt Scrub

Ingredients: 1. Four cups unrefined black salt 2. One cup baking soda or Epsom salt (optional) 3. One cup unrefined oil of your choice (extra virgin cold press olive oil, coconut oil etc) 4. 10-20 drops of your favorite essential oil.

Procedure

Add the ingredients in the same order as mentioned. You may vary the quantity of oil according to the quantity of scrub required. And adding baking soda or Epsom salt may be rough so manage according to your skin.

How to Use Salt Scrub

- Take small amount of mixture in your hand and rub vigorously in upward direction till the area turns a little pink. This pink color means that the blood circulation has increased in that area. Prefer to start from your feet

- Continue upwards but avoid delicate areas like your genitals, face, nipples but don't skip the portion around the breast.
- Specific areas to take care are creases like those around the groin, under the breast and armpits. These are the areas where toxins get collected and lymph nodes are ignores.
- When you are done doing all this, rinse the scrub thoroughly with water.
- As the whole area will be oily, be careful while stepping around.
- Do not use soap after using salt scrub. The ingredients of scrub are mild but are better cleansers than chemical soaps.

Table-1: Nutrition Values of Black Salt (10 grams)

Nutrition Values of Black Salt (10 grams)			
Calories	% Daily Values	Calories	% Daily Values
Total Fat	0	Cholesterol	0
Saturated Fat	0	Sodium	291
Polyunsaturated Fat	0	Potassium	0
Monounsaturated Fat	0	Carbohydrate	0
Trans Fat	0	Dietary Fiber	0
Protein	0	Sugar	0
Vitamin A & C	0	% Daily Values are based on a 2000 calorie diet. Daily values may be higher or lower depending your calorie needs.	
Calcium & Iron	0		

Storage of Black Salt

Black salt should be stored in wooden or ceramic containers as salt reacts with metal and metal changes its chemical composition. Also if you are grinding salt, prefer a ceramic grinder.

Side Effects of Black Salt

Not many but black salt has some side effects. Excess of everything is definitely bad and this works in our case too. If taken in excess black salt causes hypertension, also on one side where it is recommended to high blood pressure patients because it is said to have less amount of sodium content, this is not completely true. Black salt has 98% sodium content compared to white salt which has 100% sodium and also iodine if it is iodized. So before consuming too much of it, keep in mind all these facts. I hope all these methods would benefit you in one way or the other. Hearing responses from you is always a pleasure. Stay natural!!^[3]

Is Black Salt Healthier Than Sea Salt? The answer to this question actually depends on the purpose of asking. If the question is asked with regard to blood pressure then there will be no extraordinary difference in

changing from sea salt to black salt as the sodium contents are 100% and 98% respectively. If we talk in other aspects then yes black salt has a little advantage over white salt it. Also black salt is organic in nature. You can enjoy all kinds of salts but excess of everything is definitely bad.

Is Black Salt Good For Blood Pressure? Black salt and the normal white salt we use do not have a major difference in their composition with regard to sodium content. While white salt contains 100% sodium black salt on the other hand contains 98% of it.

So definitely there is some benefit in using black salt over white but a high blood pressure patient cannot totally depend upon black salt to solve their blood pressure problem. Salt has to be consumed in controlled amount to resolve blood pressure issues.

Describe the Chemical Composition of Black Salt Kala namak or Himalayan black salt is a type of rock salt, salty and pungent. It is composed largely of sodium chloride and trace impurities of sodium sulfate, sodium bisulfate, sodium bisulfate, iron sulfide and hydrogen sulfide.

Sodium chloride is responsible for its salty taste, iron sulfide with its dark violet hue and hydrogen sulfide is the main contributor to smell.

What Are The Medicinal Properties of Black Salt? Black salt is referred to as the cooling spice in Ayurvedic medicine. It is used as a laxative and as well as a digestive aid. It also relieves intestinal gas and heartburn. It is used as a stool softener and is a remedy for constipation. Hypertensive patients are also suggested black salt instead of white salt.

Table-2: Ion percentages

Nutrient	%
Sodium Chloride (NaCl)	97.46
Magnesium Chloride (MgCl ₂)	0.25
Sodium Sulfate (Na ₂ SO ₄)	0.88
Calcium Sulfate (CaSO ₄)	0.38
Iron (Fe ⁺⁺⁺)	3.00
Moisture	0.03
Water Insolubles	1.00
Calcium & Iron	0

Rock Salt Lava Lamps: A large salt crystal is carved in the form of a lamp, often colored with incandescent bulb or a candle inside. They form excellent night lights or ambient mood lights. This lamp helps in air purification by releasing negative ions. Also scientific studies reveal that salt lamps are useful in treating asthma and rheumatism. They can be used anywhere like in your bedrooms office or massage rooms.^[4]

Traditionally, the salt was transformed from its raw natural forms into commercially sold kala namak through a reductive chemical process that transforms some of the naturally occurring sodium sulfate of the raw salt into pungent hydrogen sulfide and sodium sulfide. This involves firing the raw salts in a furnace for 24 hours while sealed in a ceramic jar with charcoal along with small quantities of harad seeds, amla, bahera, babul bark, or natron. The fired salt is then cooled, stored, and aged prior to sale. Kala namak is prepared in this manner in Northern India with production concentrated in Hisar district, Haryana. The salt crystals appear black and are usually ground to a fine powder that is pink. The raw material for producing kala namak was originally obtained from natural halite from mines in Bangladesh, India, Nepal and Pakistan in certain locations of the Himalayas salt ranges, or from salt harvested from the North Indian salt lakes of Sambhar Salt Lake or Didwana and the Mustang District of Nepal. Although the kala namak can be produced from natural salts with the required compounds, it is common to now manufacture it synthetically. This is done through combining ordinary sodium chloride admixed with smaller quantities of sodium sulfate, sodium bisulfate and ferric sulfate, which is then chemically reduced with charcoal in a furnace. Reportedly, it is also possible to create similar products through reductive heat treatment of sodium chloride, 5-10 percent of sodium carbonate, sodium sulphate, and some sugar.

CONCLUSION

Indian black salt, also known as kala namak or sanchal, is a type of Indian volcanic rock salt commonly used in India, Pakistan and other Asian countries. The "black" salt is actually pinkish-grey due to the presence of iron and other minerals. Indian black salt has a very distinctive sulfurous taste, often compared to hard-boiled egg yolks. Its health benefits are numerous according to Ayurvedic medicine, but the claims are largely anecdotal as no scientific research has been conducted on Indian black salt to date. Consult a naturopath or Ayurvedic practitioner about the potential health benefits of Indian black salt. Indian black salt has been used as a condiment for many hundreds of years in Asian countries surrounding the Himalayan mountains. It was originally obtained from either natural volcanic mines in Northern India and Pakistan or the surrounding salt lakes of Sambhar or Didwana. Traditionally, the salt was processed with heat, charcoal and plant material, which yielded a dark crystal rich in sulfide compounds. The traditionally made salt is also high in iron and many other minerals. Modern manufacturing processes can make the salt synthetically, which looks similar to the traditional form, but it has less mineral content.

Composition: Indian black salt consists primarily of sodium chloride, which is the main component of table salt, and trace impurities that include sulfates, sulfides, iron and magnesium. The sodium chloride provides the salty taste, the iron sulfide provides its pinkish-grey color

and the hydrogen sulfide provides its distinctive smell. Hydrogen sulfide is also one of the causes of rotten egg odor, although Indian black salt is often said to resemble the smell of boiled egg yolks.



Good Health



Makes You Smile



Potential Health Benefits: Indian black salt is considered a cooling spice in Ayurvedic medicine and is recommended for many health issues such as constipation, indigestion, heartburn, bloating, flatulence, goiter, poor eyesight and hysteria, according to the book “Herbs that Heal.” In India, black salt is sometimes recommended to people on low-salt diets due to hypertension because it’s believed to be lower in sodium content compared to regular table salt. Of course, the composition of Indian black salt varies quite a bit and depends mainly on whether it’s manufactured using traditional or modern techniques. Synthetically made black salt has sodium content very near to regular table salt. Discuss your salt options with your doctor if you have high blood pressure.

Cooking Benefits: Indian black salt is used extensively on Indian food, including chutneys, yogurts, pickles, salads and all kinds of fruits. It’s often appreciated by strict vegans because it mimics the taste of eggs in tofu and other vegetarian dishes. During the hot Indian summer months, it’s also sometimes used to flavor cool drinks, which is a practical way to replace sodium lost through excessive perspiration.

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