



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

Churna and its therapeutics with special reference to *Amalkyadi Churna*; A critical review

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DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doi/10.2023-46917249/IRJHIS2301002>

Abstract:

Ayurveda is considered the holistic and natural science of life. Ayurveda text states use of various herbs in different medicinal forms. Panchavidh Kashayakalpana is a unique drug preparatory method and classification of herbal drugs. All the other medicinal forms such as Sandhana Kalpana, Snehakalpana have base of Panchavidh Kashaya Kalpana. Here Churna Kalpana is discussed as a stat medicine used in various conditions. Amalkyadi Churna mentioned in Sharangdhara Samhita is discussed in present context.

Keywords: *Panchavidh Kashayakalpana, Churna Kalpana, Amalkyadi Churna*

Introduction:

From the dawn of human civilization, humans had learned the use of herbs as food and also as medicines in various conditions. Easy and ample availability facilitated the use of herbs and made it a popular practice those days. The knowledge of medicinal properties of number of herbs are been mentioned in Ayurveda. The study of food and medicine is elaborately described in Ayurveda classics. *Acharya* had elaborated these principles and properties of herbs under the head of *Dravyaguna Shastra*. While its procedures or techniques by which the herbs are converted to consumable and also effective medicines are described under *Bhaishajya Kalpana*.

Basic principles of *Bhaishajya Kalpana* –

As the name suggests, *Bhaishajya* - drug/ *Dravya*, *Kalpana*–procedure/ final product thus made. This techniques were implemented in order to increase the palatability, increase the potency, and improve the shelf life of final drug and to remove any hazardous effects of the drug if any.

Panchavidh Kashaya Kalpana –

These are five basic types of formulations or preparations made out of raw drugs having short shelf life and are readily consumable as medicine. Depending upon the active principle or *Mahabhut Adhikya* in a particular drug these are subjected to any of this five procedures in order to make the medicine. In present context the *Prithvi Mahabhut* drugs or predominant in it are subjected to *Kalka* formulation (fresh green herbs) or *Churna* formulations (dry herbs). *Sharangdhara Samhita* had mentioned the *Churna Kalpana* in details.

Churna Kalpana-

अत्यन्तशुष्कं यद्द्रव्यं सुपिष्टं वस्त्रगलितं ।
तस्य चूर्णरजः क्षोदस्तन्मात्राकर्षसम्मिता ॥

- Sharangdhar Samhita 6/1

Totally dried herb is pounded well and then is filtered through double layered cloth to obtain the *Churna*. i.e. fine powder of that herb. *Raj* and *Kshoda* are its other names and one *Karsha* is its *Marta* – dose mentioned according to *Sharangdhara Samhita*.

Broadly there are three types of *Churna* mentioned in *Bhaishajyakalpna* texts. These are;

- Sthula Churna* (Coarse powder) – 10/44 sieve size – used for *Kashaya*, *Hima* and *Phanta* preparation.
- Shukshma Churna* (Fine powder) – 85 sieve size – *Lepa*, *Udvardana*, *Avleha Kalpana*.
- Atyanta Shukshma Churna* (Very fine powder) – 120 sieve size – *Churna Kalpana*.

Prakshepa –

चूर्णे गुडः समो देयः शर्करा द्विगुणा भवेत् ।
चूर्णेषु भर्जितं हिङ्गुदेयं नोत्प्लेदकं द्रवेत् ॥

- Sharangdhar Samhita 6/2

Churna has to be administered along with other drugs or mediums in specific quantity; here the same is mentioned by *Acharya Sharangdhara*.

Gud (jiggery) – equal part

Sharkara (Sugar) – 2 parts

लिहे चूर्णद्रवैः सर्वे घृताद्यैर्द्विगुणोन्मितः ।

पिबेच्चतुर्गुणैरेव चूर्णमालोडितं द्रवैः ॥

- Sharangdhar Samhita 6/3

Ghruta – ghee – 2 parts

Drava – liquid medium – 4 parts

The use of these three types of *Churna* has different applicability. Like coarse powder are mainly used in infusions and decoctions (*Kashaya*) preparations while very fine powders are primarily used as direct medicine along with other medium called as *Prakshepa*. In general all *Churna* types have short shelf life. Depending upon the particle size and the machines used for making powder the shelf life of powders may vary.

Amalkyadi Churna –

आमलं चित्रकपथ्यापिप्पलीसैधवस्तथा।

चूर्णितोऽयं गणोद्वेयः सर्वज्वरविनाशनः ॥

भेदीरुचिकरः श्लेष्मजेतादीपनपाचनः।

- Sharangdhar Samhita 6/7

In the present context, *Amalkyadi Churna* is discussed in details.

Ingredients of the *Churna yoga* with parts to be taken are as follows;

Name of drug	Proportion
<i>Amalki</i>	1 part
<i>Chitraka</i>	1 part
<i>Pathya</i>	1 part
<i>Pippali</i>	1 part
<i>Sandhava</i>	1 part

Properties of each can be briefed as follows;

Name of drug	Latin name	Rasa	Virya	Vipaka	Doshagnata
<i>Amalki</i>	Emblicamyrobalans	<i>Amla,</i> <i>Kashaya,</i> <i>Madhura</i>	<i>Sheet</i>	<i>Amla,</i> <i>Madhura</i>	<i>Tridosha</i>
<i>Chitraka</i>	Plumbagozeylanica	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vaat, Kapha</i>
<i>Pathya</i>	Terminaliachebula	<i>Lavanavarjit</i> <i>Pancharasa</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha</i>
<i>Pippali</i>	Piper longum	<i>Katu</i>	<i>Sheet</i>	<i>Madhura</i>	<i>Vaat, Kapha</i>
<i>Saindhava</i>	Rock salt	<i>Lavana</i>	<i>Sheet</i>	<i>Madhura</i>	<i>Tridosha</i>

Indications and uses:

It is a *Churna* mentioned by *Sharangdhara Samhita* in its *Churna Kalpana* chapter. The textual indications as mentioned and their relative use in various disease conditions can be briefed as

follows,

Sarva Jwara – if we go through the ingredients and their synergistic action, it acts on *Amashaya*, which is stated to be the origin of *Jwara*. As the cause of all types of *Jwara* is said to be *Ama*, it helps in digestion and pacification of it and hence can be given in any type of *Jwara*. The associated symptoms such as *Angamarda*, *Alasya*, *Mukhavairasya*, *Aruchiare* also well managed with this *Churna*.

Bhedena – the nature of *Ama* formed due to improper digestion is sticky (*Snigdha*) and heavy (*Guru*). This may cause obstruction in the natural pathway of body elements, i.e. this may form *Strotorodh* in *Strotasmarga* of various *Dhatu*. Hence this *Churna* act as *Bhedi* and is useful in such conditions. So this can be administered in *Samajwara*, and wherever *Bhedana* is expected in order to pacify the disease condition. It can also be given in mild to moderate constipation which is resulted due to *Jwara*.

Ruchikara – as these *Churna* contains *Saindhava* and *Pippali*, these act as nice *Ruchikara* drug. This adds taste to the food eaten by the patient and also helps in digesting it. In other diseases like *Amvata*, where there is loss of taste and food intake is lowered, this *Churna* can be used.

Shleshmajeet – *Pippali* and *Chitraka* act on vitiated *Shleshma* in the body and also *Saindhava* reduces the thickness i.e. *Styanatva* of *Kapha*. This helps in balancing the *Kapha Dosha* and thus treat or prevent any *Kapha* disorder in body.

Deepana – Pachana – this can be stated to be the prime property of this *Churna*. In any disease condition the first thing which is to be treated is *Agni*, and this *Churna* acts on it by *Deepana Guna*. And also helps to digest the undigested material in *Amashaya* and elsewhere in body. Thus by helping the digestive fire to work in optimum level it indirectly act on many disease conditions.

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