



Multidimensional Therapeutic Use of 'Vaisyavanar Churna': An Ayurvedic Literary Review

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Abstract

Ayurveda deals with several compound medicines for the treatment of the diseases as well as prevention and promotion of health. *Vaisyavanar churna* is a reputed compound medicine used by the ancestors from ancient era. In present time it has got an extra value in the management of agnikarma (metabolic dysfunction). The old and newer books of pharmacy have mention this drug as a remedy of amavata (rheumatoid arthritis) gulma (abdominal lump), shula (abdominal pain), arsha (piles), anaha (constipation), vibandha (intestinal obstruction) etc. Commonly *vaisyavanar churna* is composed with *Haritaki (Terminalia chebula)*, *saindhav (rock salt)*, *sunthi (Zingiber officinale)* and *yavani (Trachyspermum ammi)*, though there are other opinions regarding the composition yet the properties action and therapeutic uses are found similar. In present study it has been tried to collect the information regarding the properties of ingredients of *vaisyavanar churna* and to furnish in methodological manner to establish their action through the pharmacodynamics of them. So the main aims and objectives of this articles is to review drug and to report the information s regarding the therapeutic uses by which the practitioners and researchers of this field will be encouraged toward uses and work on it.

Keywords: *Vaisyavanar churna and ayurveda*, amavata, and *vaisyavanar churna vaisyavanar churnaand vividh vatavyadhi*

Introduction

In the 15th chapter of sremada Bhagwat Gita, lord Krishna uttered that, god exist inside all living beings as vaisyanar meaning "fire of digestion" and he has also explain that in combination with incoming and outgoing breathall ingested four kind of food chabya (masticating), chausya (sucking), lehya (licking)and paya (drinking) undergone digestion and assimilation. By this statement it is very much clear that agni or vaisyanar is the key factor for ingestion, metabolism, growth, generation, regeneration, degeneration, assimilation like all biological activities. Our ancestors have named this compound as vaisyavanar because of its action as agni which remains in the digestive system. The reputed ayurvedic classical texts like Astanga hridaya, Bhavprakash, Chakradatta, Bhaisajya ratnavali, Sahasrayogam have mentioned this compound medicine in the management of different disorders like aamvata, gulma, sula, arsha etc. it is needed to mention here that those classics have used this drug in such a condition where there is involvement of aam as well as aggravation of vata. It is well known to all that "ama" is maldigestion or undigested food or metabolic waste which is produced in a condition of lowering of digestive or metabolic fire. Aggravation of vata comes due to the lifestyle disorders where neuromuscular-skeletal reflexes are in unequilibrium/disfunctional modes which leads to visamagni or dysfunction of metabolic fire. As a result several metabolic disorders like obesity, hypertension, diabetes mellitus,

hypothyroidism, dyslipidemia, fatty changes of liver gradually found. As ayurveda gives importance towards maintaining balance of dosha dhatu and agni. So the utmost effort of physicians should be maintenance of status of agni. All the dhatus like rasa, rakta, mamsa, meda, asthi, majja, sukra are formed through the proper dhatu paka (metabolisms), where dhatwagni plays major role and before dhatu paka proper avasthapaka is essential. So the strength of pachakagni should be in better state and that pachakagni should be nourished by proper food, drinks and habits. When a person of kapha prakriti (dominated kapha represent the state of mandagni) suffers from digestive and metabolic disorder then they should be added agneya dravya or usna virya dravya as medicine. It has been observed that our ancient classics have formulated a unique medicine by the name of "*vaisyavanar*" where the ingredients-Haritaki causes vata anulomana (expulsion of accumulated vayu from intestine). Saindhava lavan causes purification of gut and enhances digestive secretions. Yavavani causes deepan pachan (enhances the digestion and metabolism) & sunthi enhances agni by absorbing the cold fluidy part. Some other classics have also mentioned this 4 ingredients and added ajmoda in this compound as a fraction of yavani. The pharmacodynamics, preparatory method of the drug, doses and anupana. All these points have been vividly reviewed in this article, result and observation have been submitted as below.

Materials & Methods

Material

In present study materials is the texts of ancient era like *Astanga Hridaya* (400 A.D.), *Chakra data* (1100 A.D.), *Bhavprakash* (1600 A.D.) *Bhaisajya Ratnavali* (1900 A.D.), *Sahasrayogam* (2006), various texts of *Nighantu* (ayurvedic pharmacopoeial text), journals etc. which have been reviewed thoroughly.

Method

Thorough review of the ancient text & journals have been carried out vividly with chronological order & furnishing the same in table and chart. At last discussion followed by conclusion done.

Method of Preparation of Medicine (*Vaisyavanar Churna*)

Vaisyavanar churna is prepared as per *churna Kalpana* i.e., all the ingredients to be taken in a ratio of (saindav:yavani:ajmoda:sunthi:haritaki-2:2:3:5:12) respectively. Separate opinion regarding preparation of this churna also found that ajmoda has not been added and taking 5 parts yavani instead of (2 part yavani and 3 parts ajmoda) as

mentioned in compendium & make fine powder of them then mix thoroughly.

Dose: 6gm in divided dose daily for the common preparation 500 mg daily for special preparation (formulation no 2) stated by *Bhaisajya Ratnavali*

Anupana: Kanji, Ghrita, curd water or luke warm water

Result & Observation

Table 1: Showing various composition of *vaisyavanar churna* stated by different ancient classics

Ingredients	<i>Chakra Datta</i> ⁽¹⁾	<i>Bhavprakash</i> ⁽²⁾	<i>Astanga Hridya</i> ⁽³⁾	<i>Shastra Yoga</i> ⁽⁴⁾	<i>Bhaisajya Ratnavali</i> ⁽⁵⁾
<i>Saindhava lavana</i>	+	+	+	+	+
<i>Yavani</i>	+	+	+	+	+
<i>Ajmoda</i>	+	+	+	+	+
<i>Sunthi</i>	+	+	+	+	+
<i>Haritaki</i>	+	+	+	+	+

Table 2: Showing the pharmacodynamics (*rasa, guna, virya, vipaka & dosha karma*) of the ingredients of *Vaisyavanar churna* as mentioned in various *Nighantu* (ayurvedic pharmacopoeial text)

Ingredients	<i>Rasapanchak</i>	<i>Dhanwantari Nighantu</i> ⁽⁶⁾	<i>Raj Nighantu</i> ⁽⁷⁾	<i>Madan pal Nighantu</i> ⁽⁸⁾	<i>Kayadev Nighantu</i> ⁽⁹⁾	<i>Bhavprakash Nighantu</i> ⁽¹⁰⁾
<i>Yavani</i> (<i>Trachyspermum ammi</i>) (Linn.) Sprague	<i>Rasa</i>	Katu, tikta	Katu, Tikta	Katu	<i>Tikta & Katu</i>	<i>Tikta Katu</i>
	<i>Guna</i>	-	-	Laghu, tikshna	Tikshna laghu	Tiksna ushna laghu
	<i>Virya</i>	-Ushna	Ushna	Ushna	Ushna	ushna
	<i>Vipak</i>	-	-	Katu	-	Katu
	<i>Dosha Karma</i>	<i>Kapha vata shamak</i>	<i>Vata arsa sleshma nasha</i>	<i>Kapha vata hara</i>	<i>Vata sleshma hara</i>	<i>Vata sleshma hara</i>
<i>Ajmoda</i> (<i>Trachyspermum roxburghianum</i>) (DC) Sprague	<i>Rasa</i>	<i>Tikta</i>	<i>Katu</i>	<i>Katu</i>	<i>Katu, tikta</i>	<i>Katu</i>
	<i>Guna</i>	<i>Agnideepak</i>	<i>Ruksha</i>	<i>Tikshna, laghu</i>	<i>Laghu, ruksha</i>	<i>Tikshna laghu ushna</i>
	<i>Virya</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	
	<i>Vipak</i>	-	<i>Katu</i>	<i>Katu</i>	<i>Katu</i>	
	<i>Dosha Karma</i>	<i>Kapha Vata Shamak</i>	<i>Vata kapha hara</i>	<i>Kapha Vata nuts</i>	<i>Kapha vata hara</i>	<i>Kapha vata nuta</i>
<i>Haritaki</i> (<i>Terminalia chebula</i>) Retz.	<i>Rasa</i>	<i>Pancha rasa alavanat</i>	<i>Pancha rasa alavanat</i>	<i>Pancha rasa alavanat</i>	<i>Pancha rasa alavanat</i>	<i>Pancharas alavantha</i>
	<i>Guna</i>	<i>Langhan, laghu</i>	-	<i>Ruksha, laghu</i>	<i>Laghu, ruksha</i>	<i>Ruksha laghu</i>
	<i>Virya</i>	-	<i>Ushna</i>	<i>ushna</i>	<i>Ushna</i>	<i>Ushna</i>
	<i>Vipak</i>	-	-	<i>Madhur</i>	<i>Madhur</i>	<i>Madhur</i>
	<i>Dosha Karma</i>	<i>Tridosha hara</i>	<i>Nataraj apaharan, rasayani</i>	<i>Tridosha hara</i>	<i>Anulomana tridosahara</i>	<i>Anuloman</i>
<i>Sunthi</i> (<i>Zingiber officinale</i>)	<i>Rasa</i>	<i>Katu</i>	<i>Katu</i>	<i>Katu</i>	<i>Katu</i>	<i>Katu</i>
	<i>Guna</i>	<i>Snigdha</i>	<i>Snigdha</i>	<i>Snigdha, laghu</i>	<i>Snigdha, laghu</i>	<i>Laghu snigdha</i>
	<i>Virya</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>
	<i>Vipak</i>	-	-	<i>Katu</i>	<i>Madhur</i>	<i>Madhur</i>
	<i>Dosha Karma</i>	<i>Kapha Vata Shamak</i>	<i>Kapha Vata Shamak</i>	<i>Kapha Vata Shamak</i>	<i>Kapha Vata Nashak</i>	<i>Kapha Vata vandana</i>
<i>Saindhav Lavan</i>	<i>Rasa</i>	-	<i>Katu</i>	<i>Katu, Madhur</i>	<i>Katu</i>	
	<i>Guna</i>	<i>Laghu, tikshna</i>	<i>Laghu</i>	<i>Laghu</i>	<i>Laghu</i>	
	<i>Virya</i>	<i>Ushna</i>	<i>Shita</i>	<i>Ushna</i>		-
	<i>Vipak</i>	-	-	<i>Katu</i>		-
	<i>Dosha Karma</i>	<i>Kapha Vata Shamak</i>	<i>Kapha Shamak</i>	<i>Pitta vardhak</i>		-

Table 3: Therapeutic indication of *Vaisyavanar churna* at par opinion of Ayurvedic ancestors

	Therapeutic Indication
Chakradatta ¹¹ (<i>amavata rogadohikar</i>)	<i>Amavata (Rheumatoid Arthritis), Gulma (Abdominal Lump), Hrid Basti Jata Gada (Disorder of heart and urinary bladder) Pliha Vriddhi (splenomegaly), Granth (tumor) shula (pain), Arsha (piles), pinasa (coryza), Vibandha (constipation)</i>

**Fig 1:** Common ingredients of vaisyavanar churna**Discussion**

The reputed ayurvedic compound medicine *Vaisyavanar churna* has been mentioned in different ancient and modern ayurvedic text as remedy against aama vata, shula gulma, etc. it acts as a vata kachahari (pacifies vata and kapha) Deepak pachak, vata anulomana (carminatives), shulanashaka (antispasmodic), vedanasthapak (analgesic), rechak (cathartic) etc. In the management of ailments, it is commonly prepared with the combination of four ingredients i.e. *Haritaki (Terminalia chebula)*, *Saindhav (rock salt)*, *Sunthi (Zingiber officinalis)*, *Yavani (Trachyspermum ammi)* in the ratio of 12:2:2:5, but some authors have opined to compose it with five ingredients where in case of 5 parts of yavani, ajmoda or ajayan may be taken 3 part and yavani as 2 part so this variant could be prepared in the ratio Haritaki:saindhav:sunthi:ajmoda:yavani(12:2:5:3:2). Through the review of literatures it has been revealed that those ingredients are carrying some specific properties and in combination they are effective on the doshas where the Haritaki causes vata anulomana and tridosha samak by its carminatives and cathartic action simultaneously, Sunthi and Yavani or Ajmoda are enhancing the metabolic or digestive fire by their ushna virya properties and showing kapha hara and ama nashak action beside its vatanashak action. Saindhav lavan is good tridosha shamak agents which usually keeps balance in bodily humors by its cold and lightening properties. Haritaki carrying the 5 rasas-madhur, amla, Katu, tikta, kasahya, *Saindhav* having madhur and lavan rasa, *Sunthi* possess katu rasa, Yavani and Ajmoda are belonging Katu and tikta rasa, so *Vaisyavanar churna* could be stated as a medicine having sadrasa. As *Vaisyavanar Churna* is indicated in the diseases where vayu and kapha both the

doshas are involved so the ushna properties of haritaki, sunthi and yavani help to combat sheeta guna of vata and snigdha guna of kapha, sunthi, yavani and ajmoda are the ingredients which have the capability of gastric stimulation and by the laghu guna (lightning properties) that secretes enzymes and spreaded all over the body by their laghu guna and vayavayi guna haritaki is also possessing laghu guna, so by the help of the action of Haritaki, the hot potency of dravyas became able to reach at the level of dhatu (tissue) and koshas (cell) by these ayurvedic pharmacological action *Vaisyavanar churna* became able to secrete the digestive juice (acid pepsin mixture) locally in the stomach and simultaneously get entry to the sukshma srotas (minute channels) to flow all over the body to enhance the dhatwagni (metabolic fire).

Conclusion

From above discussion it could be concluded that *Vaisyavanar churna* is a good srota shodhak (channel cleansing agent) aampachak (digestive), dhatu paka karak (metabolic fire enhancer) vatanulomak (carminatives) rechak (cathartic) sulahara (anti spasmodic) vedana sthapak (analgesic) agent. So the claim of our ancestors regarding the therapeutic uses and effectiveness of drug found very much logical and justified.

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