

[https://doi.org/10.46344/JBINO.2022.v11i05\(b\).07](https://doi.org/10.46344/JBINO.2022.v11i05(b).07)

AYURVEDA STUDY OF CHURNA KALPANA

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ABSTRACT

Churna Kalpana is a basic Kalpana in Ayurveda medicines preparation. It is an up-Kalpana of Kalka Kalpana. It is nothing but a single drug or combination of more than one drug that pluralised and mix with homogeneously and then passed through particular sieves. Explain in various Samhita, also having dose 1 karsha & anupan with Guda, Sharkara etc. used in basically Grahani, Amavikara, Vrana etc. Ayurvedic medicine is considered to be world's oldest medical system, which is originated in India dating back over thousands of years. There is a long history regarding plants for the improvement of dental health and oral hygiene. In Ayurvedic practice churna is the most widely prescribed dosage form.

Key Words- Kalka Kalpana, Karsha, Anupan, Amavikara etc.

Introduction

“Rasashastra” the word itself indicating, the science chiefly dealing with Rasa and many other minerals, metals, herbal poisons and aquatic origin substances got its establishment in the medieval period when people felt its requirement owing to the changing life style which gave rise to many diseases and it flourished because of the qualities of Rasa Aushadha like quick action, small dose, palatability and high efficacy. Perhaps it started with Dhatu Vada (metallic transformation) and subsequently progress to place in the form of Deha vada (Metabolic transformation) or in opinion of some both started simultaneously and at present one can perceive that – Deha Vada well established by Dhatu Vada. Acharyas were so keen observers and practical people, they highlighted even minute aspects of science, this indicates how well developed Indian Alchemy was in those days. All the things they presented were well established facts. But, in the modern world for the implementation of our science we need to prove it in terms of modern science and technology because Science remains as philosophy when not implemented and any true Ayurvedist doesn't want to be only philosophical.

Aim

To Study the Churna Kalpana as per Ayurveda classical.

Objectives

To Study the Churna Kalpana as per Ayurveda classical. 2) Focus on Ayurveda Review Churna Kalpana.

Materials & Methods

Material was taken from Ayurveda Prakasha, Rasa Tarangini, Yoga Ratnakar,

Dhallan Commentary and Sharangadhara Samhita

Churna Kalpana

According to Ayurvedic formulary of India Churna is fine residue of medicines. The term Churna may be applied to the powder to a single drug or a mixture of two or more drugs, which are powdered distinctly preceding to their being mixed to homogeneousness.

It is defined as a dry powder, sieved through a fine fabric called as churna. It is a nicely powdered dry drug, which is filtered through a cloth. Rajaha or Ksoda are the synonyms described for Churna. It is supposed to be directed in the dose of 1 Karsa Pramana. There are many varieties of Churnas and every Churn has its own demand in the Market. Ayurvedic pharmacy comprises of different sections such as Vati, Asava, Arista, Lehya, Lepa etc under one unit.

The component which is made in to fine pulverise form, is called churna. This churna is used for Grahani roga, Amavikara, Vrana and for the purpose of Anjana etc. There are about 21 varieties of compound formulations in which some of the single drugs of animal origin (52 nos.), Mineral origin (55 Nos.) and plant origin (351 Nos.) are used. Since ancient times India are a preacher for Ayurvedic medicines and its use for mankind. Earlier their use was only confined to the rural area, but due to increasing side effects of allopathic medicines use of such type medicines increasing both in rural and urban areas and demand for Ayurvedic medicines is increasing till date. The rural areas are still using Ayurvedic medicines for the treatment of their sickness and only in chronic disease cases use to take allopathic medicines. Churna, is the common drug of present era & these

medicines may be used without doctors' prescription. The Ayurvedic Churna is derived from vegetable sources from the various parts of the plant like root, stem, Leaf, flower, fruit extract or plant as a whole. There are about 21 varieties of compound formulations in which some of the single drugs of animal origin (52 nos.), Mineral origin (55 Nos.) and plant origin (351 Nos.) are used.

Vernacular names

Sanskrit: Suska Kalka, Suska Pista, Ksoda, Raja

Hindi: Churna

English: Powder

Marathi- Churn

Types of Churna

A) As per Sukshmatva

- Sthula Bharada Churna 10-44 Use For Kwatha, Hima, Fanta
- Pruthu Smaller than Bharada Churna 20-60 Use For Aasava, Fanta
- Pata Smaller than Pruthu Churna 60-85 Use For Kalka, Lepa
- Sukshma Smaller than Pata Churna 85-100 Use For Gutti, Vati, Parpati
- Sukshmatam Smaller than Sukshma Churna 100-120 Use For Bhasma, Pishti, Anjana

B) As Per Ingredients Types

- Single Drug Churna- It is having only one contain in this type. e.g. Sunthi Churna, Amalaki Churna, Haritaki Churna, Shatavari Churna.

- Multiple Drug Churna- It is having more than one contain 2, 3, 4 & so on. e.g. Triphala Churna, Trikatu Churna etc.

Praksepaka dravyas and their quality: These are similar to that Kalka Kalpana.

(1) Guda - Equivalent to that of Churna

(2) Sarkara - Double times of that of Churna.

(3) Hingu - Quantity which does not cause any Nausea and must be Used after frying.

(4) Liquids - Ghee, oil, honey etc. Twice parts

(5) Milk, water – quarter parts.

As per Dosh

- Vatavyadhi- 3 Pal (150gm) (12 Tola)
- Pittajavyadhi- 2 Pal (100gm) (08 Tola)
- Kaphaja Vyadhi- 1 Pal (50gm) (04 Tola)

Process of preparation

The preparation mentioned in the Churna yoga are cleaned and withered. They are powdered by drubbing in with mortar and pestle and sieved through a thin layer of fabric. In a prescription in where there are a numeral of constituents, the best method is to powder the drug distinctly, weigh the required quantities of the drugs and mix then all composed. The reason for isolated powdering of different drugs in churna Kalpana is that different drugs will have different types of consistency as soft, medium and hard. If they are miscellaneous and pounded together first soft dravyas get powdered easily; hard dravyas remain as it is, hence while doing separation difference in the proportion constituents mentioned in churna formulary may take place. Further drugs, which comprise volatile oil, may disappear easily and cooked occasionally before hard dravyas get powdered homogeneously. In the large scale construction in pharmacies disintegrators, pulverisers and ball mill etc. are employed for powdering. The sieving is done by automatic shifters, which handle large quantities of material in a short time.

Instruments used

- Khalva Yantra
- Ulukhala Yantra - mortar and pestle were the instruments used to prepare churna during olden days.
- Now-a-days Pulverizers, Micro-pulverizers, Disintegrates & different mills are used.

Preservation: Churna should be packed in airtight container.

Important uses of Churna

(1) Used as main medicament in the treatment of many diseases e.g. Talisadi Churna, Hingvastaka Churna, Sankhapuspi, Kalka etc.

(2) Churnas could be used as adjuvants
(a) Suvarna Bhasma with Trikatu Churna
(b) Abhraka Bhasma with Talisadi Churna.

(3) Churnas are used to prepare Vati, Avaleha, Arka, Kasaya, Hima, Phanta, Snehas as Ksirapaka, Asavarista preparations etc.

(4) Powders are used externally: For Avadhulana (sprinkling), lepana in wounds & skin diseases ; powder massage - Kola Kulatthadi Churna, for dusting on wounds - neem powder or Triphala powder or a mix of neem and turmeric powder, for nasal inhalation - Pradhamana nasya - Eg: Katphala nasya is administered to treat insomnia and as paste application over skin to relieve pain (Kottamchukkadi churna lepa).

Modern aspect of Churna (powders)

Powders are the solid dosage form of medicament, which are meant for internal and external use. They are available in crystalline or amorphous form. Though, the drugs are prepared many different physical forms and types but many of them are prepared using powders in one way or the other.

Advantages of Powders

(1) Fixation of the dose is easier when the pharmaceutical is in powder form.

(2) The minor particle size of powder yields more rapid suspension in the body than other solid dosage form of medicament e.g. tablets, capsules.

(3) They are more cost-effective compared to other preparations.

(4) Incompatibility is less in case of powder than liquids.

(5) More economical when compared with any other pharmaceutical preparation.

Disadvantages

(1) Drug which weakens on acquaintance to atmospheric condition is not suitable for dispensing in powder forms.

(2) Unpleasant, corrosive and indigestible drug cannot be dispensed in powder form.

(3) Deliquescent and hygroscopic drugs cannot be dispensed in powder form.

(4) Volatile drugs are not suitable for dispensing in powder form.

Types based on particle size

- Sthoola Churna : Coarse powder.
- Sukshma Churna : Fine powder.
- Atyanta Sukshma Churna: Very fine powder.

Types based on number and nature of ingredients

- Single herb powders - example - Ginger powder.
- Poly herbal powders - example - Trikatu churna - a simple combination of ginger, pepper and long pepper.
- Metallic powders - Loha bhasma - iron calx, Yashada bhasma - zinc calx etc.

Adjuvants, dosage

- Prakshepa Dravyas – adjuvants
- If jaggery is the adjuvant / co prescription, then it should be added to the Churna in equal quantities. Eg: 3 grams of Trikatu Churna + 3 grams of jaggery, at night after food for 2 weeks time.
- If sugar candy is the adjuvant, it is added double the quantity of Churna.
- If ghee, honey or sesame oil are to be added, then they have to be added in double the quantity.

- Any other liquid - 4 times the quantity of churna.
- The quantity of adjuvant along with Churan Gutika & Kalka in
- Vata Disorders - 3 times to the medicine.
- Pitta Disorders - 2 times to the quantity of medicine
- Kapha disorders - equal to the quantity of medicine.

Size reduction of powders

It is the process of reducing the particle size of a substance to a finer state of Subdivision. Comminuting and grinding are synonyms. If done by mechanical means through Cutting, Chopping, Crushing, Grinding, Milling, Trituration Etc.

Pharmaceutical Application

- Lesser the particle size - More the surface area.
- Increased surface area of drugs will help in quick extraction of their active principles by facilitating easy penetration of solvent into drug tissue.
- Lesser the particle size - Lesser will be the drying time.
- Lesser the particle size - More the rate of absorption.
- The rate of drug absorption depends mainly on the dosage form, route of administration & particle size.

Shelf life: 2 months

Dose: 1 Karsa - 10-12 gm. approx. (1 Tola)

Result & Discussion

Churna Kalpana comes under Conceptual study. To meet the need of time and to fulfill the requirements like long self-life, palatability, low dose, quick action, easy dispensing and handling, several upkalpanas were discovered, like Vatikalpna, Avaleha, Sandhan, Sneha, arka Kalpana etc.

Conclusion

To conclude the following one the points derived from the above data:

- 1) The proper knowledge of the Churna Kalpana helps in understanding the process of manifestation of Drug Preparation.
- 2) The knowledge of Churna Kalpana is helpful for getting the knowledge of ethical Drug preparation. In old times, they use to procure the drug themselves and then prepare medicines out of them following various pharmaceutical procedures, so there was no doubt in obtaining desired therapeutic effect.
- 3) But if we give a glance on today's situation we may come across many burning problems like fast life style, over growing population, industrialization and many more. In Ayurvedic practice churna is the most widely prescribed dosage form.

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