

A CLINICAL STUDY TO EFFICACY OF HARIDRADI CHURNA IN STANYASKHAYA

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ABSTRACT

Ayurveda deals with drugs of plant, animal, metal and mineral origin, where maximum drugs are of plant origin, these drugs are available in the classical texts of Ayurveda named as Vedas (6000 BC), samhitas (1500 BC-600 AD), nighantu and samgrahagranthas (800 AD-1900 AD). Haridra one of the classical drug of herbal origin, botanically identified as *Curcuma longa* Linn. In present manuscript we discussing brief review on Haridradi churna in stanyaskhaya.

Keywords: Ayurveda, Churna, *Curcuma longa*.

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INTRODUCTION

Ayurveda is the most ancient science of life having a holistic health approach having a history of practice and use for over 3,000 years in Indian subcontinent. Ayurveda literally means (Ayur: Life; Veda: Science) science of life in Sanskrit, is not only a medical system but a way of life which aims at the holistic management of health and diseases widely practiced in Indian subcontinent and its concepts and approaches are considered to have been perfected between 2500-500 BC (1-3). The preparation of medicines i.e. pharmacy is an integral part of this science, and evolved from a very rudimentary form. The ayurvedic pharmaceutical preparations were evolved gradually from a simpler form to more complex forms based on plants and plant mineral combinations. Charaka Samhita contains a number of modified pharmaceutical preparations such as asava, arista, churna, avaleha, vatika, varti, taila, ghrita, lepa, mantha, arka etc India has an ancient heritage of traditional herbal medicine. With the emerging interest in the world to adopt to study the traditional system and to exploit their potentials based on different healthcare systems . The World Health Organization Estimates that about 80% of the populations living in the developing countries rely almost exclusively on traditional medicine for their primary health care needs . The use of herbal drugs for treating various diseases predates human history forms the origin of much of the modern medicine. Long before the advent of modern medicine, herbs are the mainstream remedies for nearly all

ailments. People commonly diagnosed their own illness, prepared and prescribed their own herbal medicine, or bought them

The Aqueous extracts of Haridrada churna was evaluated for antipyretic activity using two models including hyperpyrexia-induced in rats by brewer's yeast and another one hyperpyrexia induced in rabbits by Typhoid-Paratyphoid A, B vaccine. Like Paracetamol (100 mg/kg, p.o.), Haridrada churna, showed significant reduction in elevated body temperature at 200 mg/kg, p.o. Haidrada churna is used traditionally as antimalarial, antipyretic, antiviral and antidiabetic formulation. It is recommended for all types of fever including bone fever and common cold etc . All ingredients have different therapeutic uses which support to treat the malaria and other fevers and are useful for rejuvenating the body, specifically antimalarial and antipyretic herb (17). Dose of Haridrada churna is 3-6 gm b.i.d. as antipyretic and 1-2 gm b.i.d. as antidiabetic agent. Literature survey revealed that SC is most useful as well as popular Ayurvedic medicine to cure malaria and other fevers. Churna was prepared according to Ayurvedic literature . Antimicrobial activity Aqueous extract of Haridrada Churna traditionally used in treatments of viral infection, viral fever and malaria. The aqueous extract of polyherbal formulation SC possesses significant antimicrobial. The Ayurvedic system of management of diseases is comprised of either shamana therapy or shodhana therapy or both. Shodhana is indicated for clearing and opening of channels (micro circulation), i.e. boosting

the functional capacity of organ, system and hence the body as a whole. This actually results in proper secretion and movement of enzymes and hormones, which is necessary for maintenance of daily wear and tear and proper growth and nutrition of the whole body. Whereas, Shamana can be understood as a therapy for neutralization of toxins and/or its effects in order to help maintain the normal function and activity of various organ and systems. In some diseases/conditions, we require both Shodhana & Shamana, but in many others we can plan the management by using only either of them. In Ayurveda, the drug can be in the form of a single herb or its compound or combined form of many ingredients. Their specific compositions possess specific properties and are chosen as per the need for Shodhana/Shamana in a particular condition. The drug review indicates that most of these Ayurvedic drugs have a wide therapeutic, viz. potent anti-inflammatory, anti-bacterial or antiviral, anti-allergic, immunomodulator, anti-asthmatic, expectorant and bronchodilator activity and hence can be successfully used in management of respiratory allergies like allergic asthma. Infact, some of the above drugs are already routinely being used in Indian kitchen, viz. Hingu, Saindhava, Shunthi, Maricha, Pippali, Haridra, Sukshma Ela etc. and hence those families which regularly consume these as food/feeding articles, are less susceptible to allergic conditions. As per Ayurvedic Rasayana concept too, use of drugs like Amalaki, Pippali, Triphala, Sitopaladi Churna, Haridra etc. as preventive medicine increases the immunity of an individual, acts as

immunomodulator and also reduces the allergic episodes. So, regular use of these Ayurvedic medicines in their best palatable form not only decreases the respiratory allergic episodes, but also minimizes the requirement of IPD stay as is needed in regular Shodhana therapy. Furthermore, management of allergic disorders (at least non-severe ones) by Ayurvedic drugs may enhance the inherent ability of immune system to cope well with the allergens

Phytochemicals are chemical compounds that occur naturally in plants. Factors such as geographical location, harvest time, plant part used and method of isolation affect the chemical composition of the herbal ingredients. Proper phytochemical composition is highly essential for the satisfactory efficacy of herbal products. In this relation, the comparative phytochemical evaluation of Amrtadi churna and its individual ingredients in solvents of different polarity are carried out. Phytoconstituents like phenolic, flavonoids, tannins etc., have been previously found to be useful in the management of antiulcer[18]. The presence of the said constituents in Amrtadi churna may be responsible for its clinical usefulness as antiulcer agent. The presence of microbial contaminants in herbal products can reduce or even inactivate the therapeutic activity of the products and has the potential to adversely affect patients taking these medicines. Thus, manufacturers should ensure the lowest possible level of microorganisms in the raw material, finished dosage forms and the packaging

components to maintain appropriate quality, safety and efficacy of the natural products. Staphylococcus epidermidis and Bacillus subtilis. The ASC shows significantly less effect against Candida albicans. Haridrada Churna contains 42 different constituents including 50% of Swertia chirata Buch Ham and the formulation is described in the ancient ayurvedic literature. A survey on the activities of the constituents revealed that Swertia chirata, Ureria picta, Curcumma longa, Terminalia chebula, Asparagus racemosus, Acorus calamus, Zingiber officinale, Azadiracta indica, Glycerrhyza glabra are reported to be effective as antimicrobial herbs (20-24). SC contains flavonoids and sterol, which may responsible for antimicrobial activity (25- 28).The several herbal and herbal combinations in ayurveda e.g. Sudarshan Churna, neem, turmeric, berberis and sandalwood appear to have antibacterial activity (29). Herbal preparations were not only supplement the diet but also help in preventing enteric infections. Ayurvedic Herbal preparations like Triphala churna (Baidyanath), Haritaki churna (Ayurveedy Arkashala) Mahasudarshan churna (Baidyanath), and Lavanbhaskar churna (Baidyanath) extracts had great potential as antimicrobial activity against enteric pathogens and that they can be used in the treatment of infectious diseases. The Aqueous extract of Mahasudarshan churna shows no antibacterial activity. Where, the Acetone, Ethanol and Methanol extract of Mahasudarshan churna shows highest antibacterial potential against Staphylococcus epidermidis, Staphylococcus aureus and Proteus vulgaris

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