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## A REVIEW ON AVIPATTIKARA CHURNA AND AVIPATTI CHURNA.

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### Abstract

Churna kalpana are most widely used dosage form. Avipattikara churna is a compound formulation mentioned in Bhaishajya Ratnavali, Amlapitta rogadhikara and avipatti churna is mentioned in kalpasthana of ashtanga hrudaya. Avipattikara churna is indicated in diseases like amlapitta, malamutra vibhanda, agnimandhya, prameha, arsha and other chronic disorders. Avipattikara churna would be more appropriate in treating amlapitta. Avipatti churna is indicated in alpagni, mutrakrichra, jwara , kasa etc and it is generally used for virechana purpose in day to day practice. The two formulations almost have similar names and slightly vary with ingredients and indications. An explorative study is conducted on avipattikara churna and avipatti churna to understand similarities and differences between both.

**Key words :** Avipattikara churna, avipatti churna, trivrut, sharkara, amlapitta , virechana

### Introduction

Churna kalpana are most widely used dosage forms. Churna kalpana is an upakalpana of kalka kalpana. Churna is a fine powder obtained after pounding and filtering the completely dry drugs. General dosage of churna is 1 karsha ( 12 gms ) . Two types of churna are explained depending on the number of raw ingredients ie Ekoushadha churna( simple) and Mishra churna ( compound)<sup>1</sup>. Avipattikara churna is a compound formulation containing trivrut, sharkara and lavanga as a main ingredients. It is mentioned in Bhaishajya Ratnavali, amlapitta rogadhikara and it is formulated by Agastya muni<sup>2</sup>. Avipatti churna is a poly-herbal compound formulation containing sharkara as main ingredient and indicated for pittaja disorders. It is mentioned in Ashtanga Hrudaya ,Kalpasthana under virechana kalpa adhyaya and Sahasra Yoga<sup>3</sup>. It is interesting to note that two formulations almost have similar names and slightly vary with ingredients and indications. Hence an explorative study is conducted on avipattikara churna and avipatti churna to understand similarities and differences between both.

**Materials and Methods:**

All possible references of both churna was collected and tabulated.

Table 1 : composition of avipattikara churna

SL. No	Drugs	Latin name	Quantity	Rasa	Guna	Veerya	Vipaka	Dosha karma
1	Shunti <sup>4</sup>	Zingiber officinale	1 part	Katu	Laghu, Snigdha	Ushna	Madhura	Kaphavata
2	Maricha <sup>5</sup>	Piper nigrum	1 part	Katu	Teekshna, Laghu	Ushna	Katu	Kaphavata
3	Pippali <sup>6</sup>	Piper longum	1 part	Katu	Teekshna,laghu u	Anushna	Madhura	Kaphavata
4	Amalaki <sup>7</sup>	Embelica officinale	1part	Pancharasa (except lavana)	Ruksha, Laghu	Sheeta	Madhura	Tridosha
5	Haritaki <sup>8</sup>	Terminalia chebula	1part	Pancha rasa, Kashaya pradhana (except lavana)	aghu, Ruksha	Ushna	Madhura	Tridosha
6	Bibhitaki <sup>9</sup>	Terminalia bellerica	1 part	Kashaya	Ruksha, laghu	Ushna	Madhura	Tridosha
7	Musta <sup>10</sup>	Cyperus rotundus	1 part	Katu tikta kashaya	Laghu, ruksha	Sheeta	Katu	Pittakapha
8	Vidanga <sup>11</sup>	Embelia ribes	1part	Katu, kashaya	Laghu, ruksha	Ushna	Katu	Kaphavata
9	Vida lavana		1 part					
10	Ela <sup>12</sup>	Elettaria cardamomum	1 part	Katu madhura	Laghu ruksha	Sheeta	Madhura	Pittavata
11	Tejapatra <sup>13</sup>	Cinnamomum tamala	1 part	Katu madhura	Laghu Teekshna	Ushna	Katu	Vatakapha
12	Lavanga <sup>14</sup>	Syzygium aromaticum	11 parts	Katu Tikta	Laghu Snigdha	Sheeta	Katu	Kaphapitta
13	Trivrut <sup>15</sup>	Operculina turpethum	44 parts	Katu Tikta	Laghu Ruksha	Ushna	Katu	Vatahara
14	Sharkara		66 parts					

**Table 2 :** composition of avipatti churna

Sl no	Drugs	Latin name	Proportion	Rasa	Guna	Veerya	Vipaka	Dosha karm
1	Shunti <sup>16</sup>	Zingiber officinale	1 part	Katu	Laghu Snigdha	Ushna	Madhura	Kapha vata
2	Maricha <sup>17</sup>	Piper nigrum	1 part	Katu	Teekshna Laghu	Ushna	Katu	Kapha vata
3	Pippali <sup>18</sup>	Piper longum	1 part	Katu	Teekshna, Laghu	Anushna	Madhura	Kapha vata
4	Twak <sup>19</sup>	Cinnamomum zeylanica	1 part	Katu tikta	Laghu, Teekshna	Ushna	Katu	Vata kapha
5	Patra <sup>20</sup>	Cinnamomum tamala	1 part	Katu tikta madhura	Laghu Ruksha Teekshna	Ushna	Katu	
6	Ela <sup>21</sup>	Elettaria cardamomum	1 part	Katu madhura	Laghu Ruksha	Sheeta	Madhura	Pitta vata
7	Musta (Amboda) <sup>22</sup>	Cyperus rotundus	1 part	Katu tikta kashaya	Laghu Ruksha	Sheeta	Katu	Pitta kapha
8	Vidanga <sup>23</sup>	Embelia ribes	1 part	Katu kashaya	Laghu ruksha	Ushna	Katu	Kapha vata
9	Amalaki <sup>24</sup>	Embelica officinale	1part	Pancharasa (except lavana)	Ruksha laghu	Sheeta	Madhura	Tridosha
10	Trivrut <sup>25</sup>	Operculina turpethum	1 part	Katu	Laghu	Ushna	Katu	Vatahara

				Tikta	Ruksha			
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Table 3 : comparison of ratio of ingredients between avipattikara churna and avipatti churna

SI NO	Ingredients	Avipattikara churna	Avipatti churna
1	Shunti	0.75% (approx)	5%
2	Maricha	0.75% (approx)	5%
3	Pippali	0.75%(approx)	5%
4	Amalaki	0.75%(approx)	5%
5	Haritaki	0.75%(approx)	-
6	Vibhitaki	0.75%(approx)	-
7	Twak	-	5%
8	Patra	0.75%(approx)	5%
9	Ela	0.75%(approx)	5%
10	Vidanga	0.75%(approx)	5%
11	Musta	0.75%(approx)	5%
12	Vida lavana	0.75%(approx)	-
13	Lavanga	8.3%	-
14	Trivrut	33.33%	5%
15	Sharkara	50%	50%

## Discussion

Avipattikara churna is indicated in amlapitta(acidity), malamutra vibhanda( constipation), agnimandhya( reduced appetite), prameha(diabetes), arsha(piles)and other chronic disorders<sup>26</sup>. The percentage of trivrut is more in avipattikara churna (33.33%) compared to avipatti churna (5%). Experimental study shows that hydro-alcoholic and methanolic extract of stem bark extracts of trivrut possess enhanced ulcer protective and preventive activities when compared with the standard drug rantidine, has shown significant gastro-protective activity. Oral administration of aqueous extract of Avipattikara churna in the dose of 500mg/kg body weight provides protection against gastric lesion as compared to ranitidine in ibuprofen, ethanol and pylorous ligation induced ulcer models<sup>27</sup>. A clinical study involving 10 patients of amlapitta were administered avipattikara churna for two weeks. Clinically it was found effective in reducing the symptoms of amlapitta like hritkantha daha(burning sensation in chest), aruchi(tastelessness) etc and breaking samprapti of amlapitta.<sup>28</sup> So avipattikara churna would be more appropriate in treating amlapitta.

Avipatti churna is indicated in chardi(vomiting), mutrakrichra(dysuria), alpagni( reduced appetite), jwara( fever), kasa (cough), shosha (emaciation), bhrama( giddiness) and kshaya( phthisis)<sup>29</sup>. Avipatti churna is a drug of choice for virechana in patients having paittika diseases. The yoga is described in virechana kalpa of kalpasthana of Ashtanga Hrudaya. It is named as avipatti churna because it produces virechana vega without causing any adverse effects (vyapat). A case report of patient having paittika unmada was given with virechana on alternate days for three times, helps in reducing the pitta dosha, and thereby symptomatic relief and buddhi prasada were obtained<sup>30</sup>.

Trikatu, amalaki, patra, ela, vidanga and musta are present in common to both formulations. Vibhitaki, haritaki, Vida lavana is present only in avipattikara churna not in avipatti churna. Twak is present in avipatti churna.

Both the formulations have 50% of sugar which is pitta shamaka. Lavanga is present in 8.3 % in avipattikara churna and lavanga is absent in avipatti churna. Avipattikara churna is taken before food and in between food, dosage is 8 masha (8 gms).

## Conclusion:

Avipattikara churna and Avipatti churna are two formulations having almost similarity in name, ingredients and indications. Researche updates suggest that avipattikara churna would be beneficial in amlapitta and avipatti churna for virechana purpose. Generally avipattikara churna is used for shaman purpose and avipatti churna used for shodhana purpose. However both the both formulations can be used for treating diseases depending upon the yukti of the physician.

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