

An Overview On: Preparation And Pharmaceutical Analysis Of Varunadi Churna

Subha.S¹, G.Jai²

¹P.G scholar, Dept. of R&B Govt. Ayurveda College, Thiruvananthapuram.

²Principal, Govt. Ayurveda College, Kannur, Kerala, India.

Abstract : Varunadi churna is an unexplored medicine in Ayurveda, mentioned in *Vangasena Samhita* Asmari adhikara. This is not actually churna yoga, it is a kshara preparation. It is a combination of two ksharas ie, varuna kshara, yava kshara and guda, indicated in asmari and mutrakuchra. In ayurveda, kshara having a unique processing and preparation. Many references are available in the preparation of kshara. In *vangasena samhita* no references are available in the preparation of individual ksharas present in varunadi churna. , so for the present study, yavakshara was prepared as per *Rasatarangini* and varunakshara was prepared as per *Sarngdhara samhitha* and mixing of ingredients ie, varunakshara, yavakshara and guda in the ratio 1:1/2:1/4. analysis also done to standardize the preparation.

Keywords: Kshara, Varunadi Churna, Yava Kshara, Varuna Kshara, Guda.

INTRODUCTION:

Kshara kalpana is one of the important dosage forms in ayurveda. Kshara is alkaline substance obtained from ash of plants, minerals and animal products. The preparation is based on the principle that alkaline substances get dissolved in water and it can be obtained by evaporating water. According to *Susrutha*, ⁽¹⁾ kshara is considered as best among *sastra* and *anusastra*. It can be used both internally and externally. About the potency of kshara, it is mentioned that the disease which are difficult to treat can be cured by kshara karma. Kshara therapy not only minimizes complications but also reduce the recurrence of diseases. According to *susrutha*; substance that removes the *dushta twag mamsadi* or the substance which detoxify the *dosha, dhatu* and *mala* due to its *ksharanatwa* is known as kshara.

The preparation of kshara is first explained detail in *susrutha samhita*. various references is available in the preparation, each are varied in the ratio of water, number of filtration etc.

⁽²⁾Varunadi churna is a kshara yoga which is described in *vangasena samhita* *asmari adhikara*. The drug contain 3 ingredients viz *varunakshara, yavakshara* and *guda* in the ratio 1:1/2:1/4. *Varuna kshara* is prepared as per *Sarngdhara samhita* and *yava kshara* as per *Rasatarangini*.

MATERIALS AND METHODS

- Selection of raw materials
- Varuna twak, yava panchanga and guda was collected.
- Drug authentication is done and approved
- Raw drugs properly cleaned.

Properties of raw materials

	Kshara ⁽³⁾	Varuna ⁽⁴⁾	Yava ⁽⁵⁾	yavakshara	Guda ⁽⁶⁾
rasa	Katu, Lavana	Tikta, kashaya	Madura, kashaya	Katu	Madhura
guna	Sowmya, tiksna, agneya	Laghu, ruksha	Ruksha, Mridu, guru, pichila	Laghu, snigdha, sookshma, Sara	Snigdha, kshara
virya	Ushna	Ushna	seetha	ushna	Na ati seta
vipaka	Katu	Katu	katu	katu	
karma	Dahana, pachana, darana, vilayana, shodana, ropana	Dipana, bhedi, vata sleshma hara, krimighna	Medohara, tridosha hara, lekhaana	Vata-kapha hara, agni deepana, mutrakrchra hara, gulma hara.	vata-pittahara, mutra-rakta sodhana, meda-krimi-kapha kara

- Drying of drug – proper drying of both drugs under sunlight so as to facilitate easy burning of drugs convert it in to ash.
- Burning – burning of drugs were done in a special apparatus made in our department by using two earthen vessels.



- Method of preparation :
- Preparation of varuna kshara

Varuna kshara is prepared according to the reference in Sarngdhara samhita⁽⁷⁾. 1 kg Varuna twak is collected and dried. The larger pieces were then made in to small pieces, so that it would facilitate easily burning and turn in to ash. After self cooling, this ash was stored in a clean container. Next day, the ash obtained was taken in a clean stainless steel vessel and it was mixed with 4 parts of water and stirred well. Then it was kept undisturbed overnight. Next day the supernatant water was decanted in to another vessel which was filtered using a 3 layered clean cloth. Then the ksharodaka obtained was subjected to madhyamagni. The heating was continued until the water gets evaporated and it becomes flakes in the vessel and this was scrapped off, dried, powdered and weighed, stored in glass container.



- Preparation of yava kshara

Yavakshara is prepared as per the reference of Rasatarangini⁽⁸⁾. 4kg of yava is collected, dried well then burnt it in to ashes, after self cooling this ash was collected and mixed with 8 times of water in a clean stainless steel vessel, kept undisturbed for few hours then the supernatant ksharajala is decanted in to another vessel and solid portion discarded. This jala is filtered for 7 times through a 3 layered cloth. The ksharajala was subjected to madhyamagni. The heating was continued till the water gets evaporated and till it

become flakes of kshara. The resultant product was scraped off, dried, weighed and then it was preserved in a clean air tight glass bottle. Care should be given because it was not exposed to moisture due to its hygroscopic nature.



- Preparation of varunadi churna

Varunadi churna is prepared by mixing *varunakshara*, *yavakshara* and *guda* in the ratio 1:1/2:1/4.

Pharmaceutical study of ksharas also done. Analytical study provides the objective parameters for standardization. This will provide ideas for understanding and interpreting a drug.

RESULT

- Observation on Preparation of kshara

Raw Drug	Ash Obtained	Ratio Of Kshara To Water	Filtration	Quantity Of Kshara Obtained
Varuna (1 Kg)	93 G	1:4	(Not Mentioned In Sa.Sa)	18 Gm
Yava 4kg	480	1:8	7 Times	42g

- Pharmaceutical analysis

➤ organoleptic evaluation of ksharas

Parameters	Varuna Kshara	Yava Kshara	Varunadi Churna
Colour	Grey	Light Grey	Grey
Odour	Characteristic	Characteristic	Characteristic
Taste	Salty	Salty	Salty
Appearance	Powder	Powder	Coarse Powder

➤ physico chemical evaluation of kshara

Preparation	pH	Loss On Drying (%)	Total Ash(%)	Acid Insoluble Ash (%)	Water Soluble Ash(%)
Varuna Kshara	10.51	2.33	84.20	0.39	87.81
Yava Kshara	11.88	2.52	91.88	1.24	89.76
Varunadi Churna	10.33	2.57	80.55	0.64	84.55

DISCUSSION

The significance of kshara kalpana when compared with other kalpana is in its preparation, dosage and therapeutic efficacy. varunadi churna is a ksharayoga which consist of two ksharas, yava kshara and varuna kshara. it is indicated mainly in mutrakruhra and asmari.

Kshara was prepared after complete drying of raw drugs, it facilitate easy burning and formation of ash. As varuna twak is more harder than yava, it is little difficult to turn in to ash. For the preparation of kshara, stainless steel vessel was selected because kshara reacts with other metals like aluminium, copper etc. the amount of water taken to dissolving the kshara is directly proportional to the extraction or dissolution of kshara. Varuna kshara is prepared using 4 times of water. this much of water dissolve less amount of kshara but it will be enough potent as it having greater specific gravity. yava kshara was prepared according to the reference in Rasatarangini.

Maceration of ksharodaka helps in dissolution of kshara and the sedimentation of undissolved particles and the filtration through the 3 layered cloth also further remove the undissolved particles.

Analysis of medicine was also done. All the values are within the permissible limits when compared with other kshara preparations found in API (part 2 vol 1).

CONCLUSION

Varunadi churna is an alkaline preparation by combining varuna kshara, yava kshara and guda. it is an effective yoga in urinary disorders found in vangasena samhita. But the processing technique of kshara was not found in it, so references of yavakshara and varunakshara taken from Rasatarangini and Samgdhara samhita respectively. The preparation depends on water added to ash, soaking time duration, folds of cloth and number of filtration.

Data obtained from analytical study helps in the standardization of kshara.

REFERENCES

1. Srikantha murthy K.R. Susrutha Samhita. Reprint ed. Varanasi. ChaukambhaOrientalia; 2014. Page no: 55.
2. Dr. Nirmal Saxena, Vangenasamhitha, 1st ed. Varanasi; ChaukambhaOrientalia; 2004; p 569
3. Acharya JT, (ed). Sushruta Samhita Nibandhasangraha commentary: Dalhanacharya, Reprint edition. Varanasi: Choukambha Sanskrit Sansthan 2010, 44.
4. Dept of AYUSH. Ayurvedic Pharmacopiea of India. Reprint ed. Ministry of Health and Family welfare; 2001. part 1 vol1, Page no: 120.
5. Bhāvamiśra, Sitaram B. Bhāvaprakāśa of Bhāvamiśra. Varanasi: Chaukambha Orientalia; 2012. p 429
6. Srikantha murthy K.R. Vagbhata's Ashtanga Hridayam. 9th ed. Varanasi. Chaukambha Krishnadas Accademy; 2013. P5/52-53.
7. Sastri Parasurama. The Sarangadhara Samhita. Reprinted. New Delhi. Chaukambha Publications; 2013. Page no: 256
8. Pandit Kasinatha Sastri. Sri Sadanantha Sarmana virachita Rasatarangini. Reprinted. New Delhi. Motilal Banarasidas; 2012. Page no: 337