



CRITICAL REVIEW ON VAISWANARA CHOORNA IN GASTROINTESTINAL DISORDERS

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ABSTRACT

In this globalized era, with the increasing food choices and fast moving lifestyles, nutrition has taken a backseat. In Ayurvedic view, *Agni* plays an important role in digestion & metabolism of the body. As we all know, the root cause of all diseases is *mandhagni*, as quoted in samhitha, the same is with the GIT disorders also. So as Ayurveda physicians, while prescribing medicines in GIT disorders, prime importance should be given for the correction of *Agni*. Introducing an effective Ayurvedic polyherbal preparation, *Vaiswanara Choornam*, with its mode of action in GIT disorders.

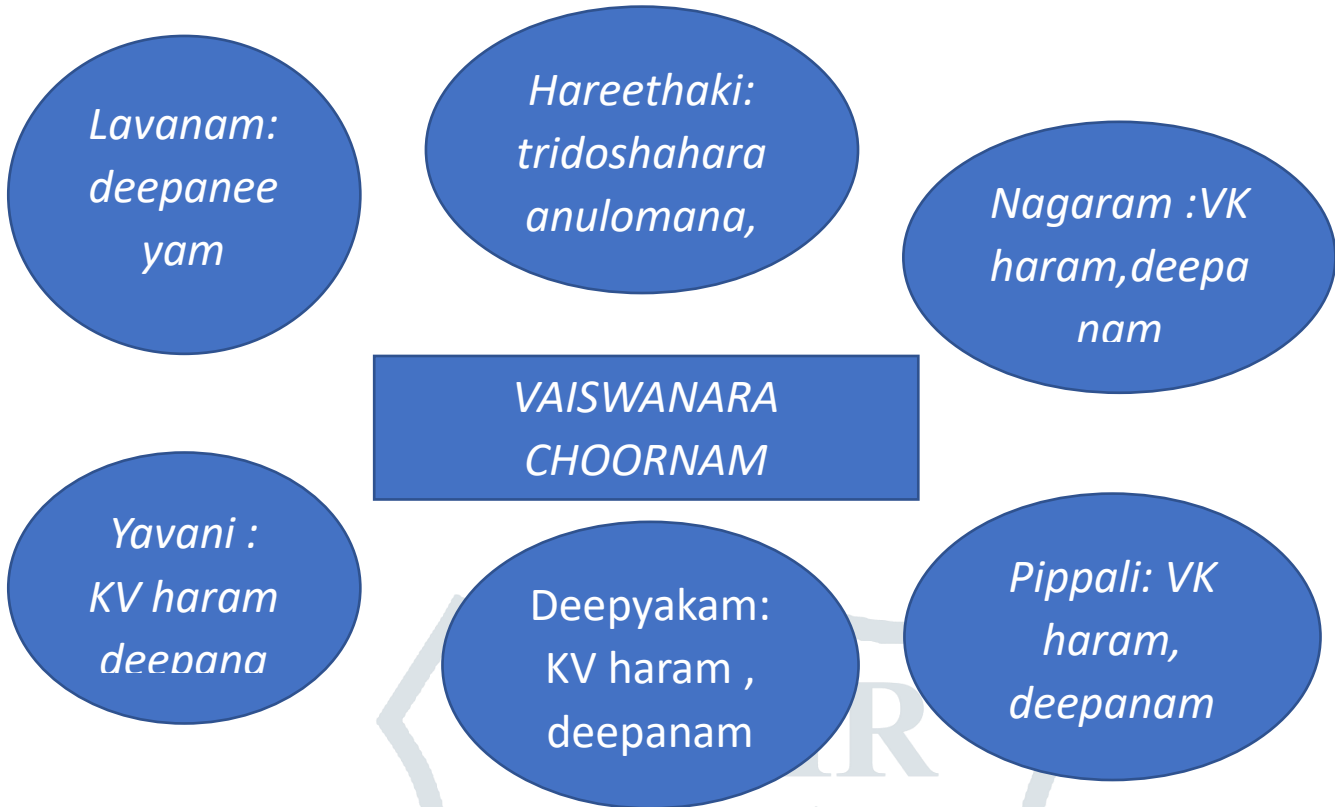
Key words: *Vaiswanara choornam*, GIT disorders

INTRODUCTION

The word *Vaiswanara* means God of fire, which itself proves its importance in correcting *Agni*. It is an effective formulation mentioned in *AS.H Gulma Chikitsadhyayam*. The yoga consists of 5 herbal drugs & rocksalt with *Hareethaki* as the main ingredient.

DRUG REVIEW

Drug	Rasa	Guna	Virya	Vipakam
<i>Hareethaki</i> Terminalia chebula	<i>Pancharasa</i> except <i>lavana</i> , predominantly <i>kashaya</i>	<i>Laghu</i> , <i>rooksham</i>	<i>Ushnam</i>	<i>madhuram</i>
<i>Nagaram</i> Zingiber officinale	<i>Katu</i>	<i>Rooksha, guru</i> , <i>teekshnam</i>	<i>Ushnam</i>	<i>madhuram</i>
<i>Pippali</i> Piper longum	<i>Katu</i>	<i>Laghu</i> , <i>snigdha</i>	<i>Ushnam</i>	<i>madhuram</i>
<i>Deepyakam</i> Trachyspermum roxburghianum	<i>Katu tiktham</i>	<i>Laghu</i> , <i>rooksha</i> , <i>teekshnam</i>	<i>Ushnam</i>	<i>katu</i>
<i>Yavani</i> Trachyspermum ammi	<i>Katu</i>	<i>Laghu</i> , <i>rooksha</i> , <i>teekshnam</i>	<i>Ushnam</i>	<i>katu</i>
<i>Lavana</i> Rock salt		<i>Snigdham</i> , <i>ushnam</i> , <i>teekshnam</i>		



MODE OF ACTION

The overall action of drugs can be viewed as *vatakaphahara*, *deepana pachana*, *anulomanam*, *laghu rooksha guna* & *madhura vipaka* predominantly.

The net effect of the yoga corrects *Apanavayu* by the *Anulomana* effect of *Hareethaki*, which is in higher quantity. The *Apanavayu* correction in turn corrects the *Samana vayu*, which in turn improves the digestive fire of the patient. The *deepana effect* of the yoga again improves the *agni* of the patient. The *laghu teekshna* property in turn increases *pitta*. The combined *laghu rooksha teekshna* property corrects *pitta* & balances it to be in equilibrium state, thereby correcting the *agni* of the patient.

In gastrointestinal disorders, when the functioning of *jatharagni* is impaired as in case of *agnimandhya* or *ajeerna* or other similar clinical conditions, the homeostasis or the equilibrium of *dosha*, *dhathu*, & *mala* are also deranged, resulting in impaired nourishment of *poshaka* and *poshya dhathus*. This abnormal process of digestion initiates the production of excessive *malas* resulting into *srotodhusthi* & *srotosangam*. If this process persists continuously, the manifestation of disease arises thereby.

DISCUSSION

Due to *virudha ahara*, *virudha chesta*, *mandagni*, & *snigdha ahara* leads to formation of *ama rasa*. This *ama rasa* has resemblance with *kapha dosha*. This *ama* blocks the *srotas*, causing *srotodushthi* or *sangam*, thereby affecting the normal passage of *vata* creating *kaphavrtha vata lakshanas* in the body. This *ama* in turn deranges the functioning of *pitta*. So the medicines used in these GIT disorders should be the one which could correct *agni*, the passage of *vayu*, & also

should decrease *kapha dosha*. Thus *vaiswanara choorna* can be a best choice as it's *kaphavata haram, anulomanam & deepana pachanam*.

- *Dosha karma : kaphavata samanam, vatanulomanam*
- *Agni karmam : deepanam*
- *Mala karmam : malanulomanam*
- *Srothokarmam : srotho shodhanam, lekhanam*
- *Lakshanika karmam : soola prashamanam*

QUANTITY & PREPARATION

Lavanam : 1 part

Yavani : 2 part

Deepyaka : 3 part

Pippali : 4 part

Nagaram : 5 part

Hareethaki : 15 part

In this, all medicines except *lavana* are powdered and used. *Lavana* is fried first and then powdered and used.

ANUPANAM:

Normally used *anupanam* is hot water.

For *arsas, grahani conditions, takra* can be used.

Other *anupana* includes : *masthu, aaranalam, sarpi, Gandharvahasthadi kashayam*.

Also can be used as *prakshepaka choorna* in *Gandharvahasthadi kashayam*.

DOSAGE :

Can be given in the dosage of *choorna*.

2 to 3 gms , 3 times daily before or after food.

Half to 12 gm is the dosage as per *Bhaishajya ratnavali*.

USES:

Can be used for *rookshana karma* before *snehapanam*.

Giving the medicine at bed time helps in the proper evacuation of bowel in the morning.

INDICATIONS:

Amavata, gulma, disorders of heart & urinary bladder, pleeha, grandhi, soolam, aanaham, arsas, peenasam, vibandham, jadaram, hastha padha roga

OTHER CLINICAL INDICATIONS

1. Used in *amlapitta* disorders with severe constipation.
2. Can be given in all *rogas* with *agnimandhya* for the effect of *anulomana*.
3. Can be used in *vasthi* along with *pachana kashayas* such as *Amrithotharam kashayam*, *Guduchyadi kashayam*, *Indhuppu* in *amavata* conditions for relieving pain & fever.
4. Can be given in acidity conditions & gastritis.
5. Daily consumption will result in *agnideepthi*.

OTHER SIMILAR YOGAS

Yoga of *vaiswanara choorna* is found in *Chakradatta*, *amavata chikitsa*, and also in *Bhaishajya ratnavali*, *amavata chikitsa* and also in *sahasrayogam*.

The main difference in the yoga of *Chakradatta* and *Bhaishajya ratnavali* with respect to yoga in *Ashtanga hridaya* is in the ingredients. *Pippali* is not added in this yoga.

CONCLUSION

The devastating effects of *vaiswanara choorna* in gastrointestinal disorders is a future point of research. The development of Ayurveda lies in the detailed evaluation of yogas mentioned in our classics in a more systematised way. *Vaiswanara choorna* with its mode of action through *rasapanchaka* properties proves to be effective in GIT disorders.

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