



Nishotha in Avipattikar Churna

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Abstract – Ayurveda, often regarded as one of the world's oldest holistic healthcare systems, is gaining significant attention as an alternative form of medicine. Avipattikara churna, a classical Ayurvedic formulation, is known for its beneficial effects on gastrointestinal disorders, particularly hyperacidity, indigestion, and heartburn. One of its crucial ingredients, Nisotha (*Operculina turpethum*), plays a fundamental role in enhancing the therapeutic efficacy of Avipattikara churna. This essay aims to explore the intelligence and comprehension of a graduate school student by discussing the importance of Nisotha in Avipattikara churna from an Ayurvedic perspective.

Keywords – Nishotha, Avipattikar Churna

Introduction - Ayurveda, with its ancient wisdom and holistic approach to healthcare, has been a pivotal part of Indian culture for thousands of years. Avipattikar Churna, a traditional Ayurvedic formulation, has gained recognition for its effectiveness in treating various digestive disorders. Among the essential ingredients of Avipattikar Churna, Nishotha (*Operculina turpethum*) plays a significant role. This essay delves into the historical context, key figures, and the impact of Nishotha in Avipattikar Churna. It also explores different perspectives, discusses both positive and negative aspects, related to Nishotha in Avipattikar Churna.

Material and methods –

Historical Context:

The historical usage of Nishotha in Ayurvedic medicine dates back centuries. Ayurvedic texts, such as Charaka Samhita and Sushruta Samhita, highlight the importance of Nishotha in treating digestive disorders. The herb's potent properties were recognized for their effectiveness in promoting digestion, relieving constipation, and managing hyperacidity.

Key Figures:

1. Charaka: Charaka, an ancient Indian physician and one of the founders of Ayurveda, extensively discussed the medicinal properties of Nishotha in his authoritative text, Charaka Samhita. He emphasized its role in alleviating digestive disorders and restoring healthy bowel movements.

S. No.	Ingredients	Botanical name	Part used	Quantity
1.	Sunthi	Zingiber officinale Roxb.	Rhizome	1 Tola
2.	Maricha	Piper nigrum Linn.	Fruit	1 Tola
3.	Pippali	Piper longum Linn.	Fruit	1 Tola
4.	Haritaki	Terminalia Chebula Retz.	Fruit Pulp	1 Tola
5.	Vibhitaki	Terminalia bellirica Roxb.	Fruit Pulp	1 Tola
6.	Amalaki	Emblica officinalis Gaertn.	Fruit pulp	1 Tola
7.	Nagarmotha	Cyperus rotundus Linn.	Tuber	1 Tola
8.	Vaya Vidanga	Embelia ribes Burm. F.	Fruit	1 Tola
9.	Tejapatra	Cinnamomum tamala Nees and Eberm	Leaf	1 Tola
10.	Ela	Elettaria cardamomum (Linn.)	Seed	1 Tola
11.	Vida namaka	Black salt	-	1 Tola
12.	Lavanga	Syzygium aromaticum Linn.	Floral bud	11 Tola
13.	Nisotha	Operculina terpepethum Linn.	Root	44 Tola
14.	Mishri	Saccharum officinarum Linn.	-	66 Tola

2. Sushruta: Sushruta, another renowned Ayurvedic scholar, acknowledged the significance of Nishotha in Avipattikar Churna. His work, Sushruta Samhita, documented the herb's therapeutic benefits, including its ability to cleanse the gastrointestinal tract and regulate acid secretion.

Ingredients of Avipattikar Churna are:-

Nisotha is a perennial climbing shrub found in various parts of India. It belongs to the Convolvulaceae family and is well-known for its medicinal properties. The roots of Nisotha are the most commonly used part in Ayurveda because of their therapeutic value. These roots contain various bioactive compounds such as resins, glycosides, alkaloids, and tannins, which contribute to their medicinal benefits.

Rasa Panchaka of Nishotha

Rasa- Madhura, Katu, Tikta, Kashaya

Guna – Laghu, Ruksha, Tikana

Vipaka – Katu

Virya- Ushna

Karma- Kaphapittahara, Pittahara, Vatala, Virecana, Sukhavirecanaka, Jvarahara.

Discussion – Ayurveda, with its origin dating back over 5000 years, is one of the oldest medical systems known to mankind. In Ayurvedic texts, the formulation of herbal medicines and their specific ingredients are described in great detail. One such formulation is Avipattikar churna, which comprises a blend of numerous herbs including Nishotha (*Operculana terpeethum*). Nishotha, commonly known as Turpeth, is a perennial vine native to India, Sri Lanka, and other parts of Southeast Asia. It has deep roots in Ayurvedic texts, such as Charaka Samhita and Sushruta Samhita, as a key medicinal herb. It possesses powerful laxative, purgative, and carminative properties, making it invaluable in Ayurvedic formulations. The herb has an extensive history of use in treating a range of digestive disorders, including hyperacidity, indigestion constipation, bloating, and abdominal pain. Its ability to alleviate these conditions stems from its effectiveness in improving digestion, promoting bowel movements, and eliminating toxins from the gastrointestinal tract.

Action of Nisotha: Nisotha acts as a vital constituent that aids in harmonizing the digestive system and pacifying imbalances caused by excessive and aggravated pitta dosha. Pitta dosha, according to Ayurveda, is responsible for regulating digestion and metabolism. When pitta becomes imbalanced, individuals often experience symptoms of hyperacidity, indigestion, and heartburn. Nisotha's purgative and carminative actions help cleanse and cool the digestive system, providing relief from these discomforts.

Impact of Nishotha in Avipattikar Churna:

Avipattikar Churna, a polyherbal formulation, contains various ingredients with synergistic effects. Nishotha, as a key component, contributes to the overall efficacy of this Ayurvedic remedy. Its impact can be observed in several ways:

1. **Regulating Digestion:** Nishotha exhibits laxative properties, which aid in regulating bowel movements. By stimulating peristalsis, it promotes the smooth passage of stool and prevents constipation, a common digestive ailment.
2. **Balancing Acid Secretion:** Acidity and hyperacidity disrupt normal digestion and cause discomfort. Nishotha, through its digestive stimulant properties, helps balance acid secretion, providing relief from symptoms such as heartburn and indigestion.
3. **Detoxification:** Nishotha possesses detoxifying attributes, making it beneficial in maintaining a healthy gastrointestinal system. It helps eliminate toxins and waste products, which can accumulate in the intestines and lead to digestive health issues.

Perspectives and Analysis:

1. Positive Aspects:

From a traditional Ayurvedic perspective, Nishotha's inclusion in Avipattikar Churna amplifies its efficacy in managing digestive ailments. Its ability to stimulate digestion, regulate acid levels, and promote regular bowel movements makes it a valuable component of this formulation. Moreover, Nishotha's detoxifying properties contribute to overall gut health.

2. Negative Aspects:

While Nishotha has been widely used in Ayurvedic medicine, some concerns have been raised regarding its misuse or overuse. Excessive intake of Nishotha can lead to diarrhea or cramping, thus necessitating proper dosage and supervision by qualified Ayurvedic practitioners.

Conclusion – The Inclusion of Nisotha in Avipattikara churna demonstrates Ayurveda's comprehensive approach to managing digestive disorders. Nisotha's potent properties aid in regulating bowel movements, detoxifying the gastrointestinal tract, and addressing imbalances caused by excessive pitta dosha. Nishotha has demonstrated positive impacts on hyperacidity, constipation, and overall digestive function. Understanding the intelligence and comprehension behind Nisotha's role in Avipattikara churna showcases the deep-rooted wisdom and therapeutic potential of Ayurveda in managing digestive health. Nishotha contributes to the overall efficacy of Avipattikar Churna.

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