CONCEPTUAL STUDY ON AMALAKI-ADI CHURNA IN THE MANAGEMENT OF AJEERNA

Chandrakar Smriti¹ Sahu Purnesh² Ramteke Alka³ Rajpoot Purnima⁴
¹P.G.Scholar of Shalya tantra department, Govt. Ayurvedic College, Raipur, C.G.
²P.G.Scholar of Shalya tantra department, Govt. Ayurvedic College, Raipur, C.G.
³P.G.Scholar of Shalya tantra department, Govt. Ayurvedic College, Raipur, C.G.
⁴Assistant Professor, P. G. department of Shalya tantra, Mahaveer College of Ayurvedic science, Rajnandgaon, C.G.

ABSTRACT

In today’s modernize and hasty life style; hurry-worry-curry schedule of one & all results in several disharmonies in the biological system of human beings. Indigestion is the greatest trouble to mankind. Considering this fact Acharya Vagbhata has clearly stated that almost all the ailments are caused by Mandagni (indigestion). Numerous factors like drinking water excessively, irregular sleeping habits & psychological factors i.e. envy, fear, greed are responsible for Agnimandya (indigestion) and Aam nirmiti (undigested food) ultimately leading to Ajeerna. Ama, Vidadgda, Vishtabdha are the different type of ajeerna caused by vitiation of three doshas respectively vata, pitta, kapha. Some enumerate a fourth type Rasa ashesha i.e. the unabsorbed chyle. Chikitsa siddhanta of Ajeerna comprises of Nidana-parivarjana, langhana, agni-deepana, aam pachana, apana Vata-anulomana hence clearing away the Srotas-avarodha (obstruction in channels) and Koshtha shodhana. Amalaki -adi Churna is one of the classical formulation given by aacharya Sharangadhara having desired merits along with the sahapan Ushna-udaka. The detailed mode of action of Amalaki-adi churna and Ushna-udaka(luke warm water) in samprapti nash (destruction of pathology) of Ajeerna will be elaborated in these paper.

Keywords: Ajeerna, agnimandya, aam, amalaki-adi churna , ushnodaka.

INTRODUCTION: The main aim of Ayurveda is to maintain health in a healthy person and to cure the diseased.¹ For maintain the aim of Ayurveda, many Acharya gave lot’s of concept like dina-charya², ritu-charya³, aahar-parinamkara⁴, dwadasha-ashana vichara, swasthavritta are described. In Ayurvedic classics; Aahara is enumerated by Acharya Charaka among the three Upasthambha⁷ showing the credibility of food as it is the factor which nourishes the deha dhatus, ojas, bala-varna etc. In accordance to proper digestion Jathar-agni(digestive fire) is given prime importance in Ayurveda as far as the definition of “Swastha”⁸ is concerned. Acharya Charaka has enumerated 13 types of Agni in Chikitsa Sthana among which Jathar-agni is considered as supreme. Vaga-bhatta opines that Agnimandya (indigestion) is the root cause of almost all kind of Rogas.⁹ In definition of Kayachikitsa; Kay word itself means chikitsa of antaragni, hence jathar-agni (digestive fire)is given utmost significance. If food is improperly processed during digestion and metabolism; results in Ama(undigested food) nirmana that ultimately leads to Ajeerna. The description of Ajeerna is found in details in both Laghu-trayi and Brihat-trayi. Nidana, Samprapti, cardinal sign and symptoms along with its complications, classification with specific
symptoms of each type of Ajeerna is nicely elaborate by Acharyas in different classics. Various formulations are given by Acharyas for the management of Ajeerna but in this paper Amlaki-aadi Churna given by aacharya Sharangadhara with the saha-pana Ushna-udaka (lukewarm water) will be discussed.

PROBABLE SAMPRAPTI OF AJEERNA

\[
\text{Nidana sevana} \\
\downarrow \\
\text{Malarupa Kapha vardhana} \\
\downarrow \\
\text{Jatharagnimandya} \\
\downarrow \\
\text{Aam utpatti} \\
\downarrow \\
\text{Resulting in} \\
\text{Srotorodha(obstruction in chennels), aalsya(sloth), apakti(indigestion)} \\
\downarrow \\
\text{Ajeerna}
\]

Bhedanusara Roopa of Ajeerna- \(^{11,12}\)

<table>
<thead>
<tr>
<th>S. no.</th>
<th>Type of Ajeerna</th>
<th>Roopa</th>
</tr>
</thead>
</table>
| 1.    | Aamajeerna     | ● Guruta (heaviness)  
            ● Utakled (nausea)  
            ● Akshikuta Shotha(swelling around eyes)  
            ● Yatha bhukta-udagara (belching) |
| 2.    | Vidagdhajeerna | ● Bharma (confusion)  
            ● Trishna(thirst)  
            ● Sadhumamla udagara (acidic belching)  
            ● Sweda(swearing)  
            ● Daha(burning sensation) |
| 3.    | Vishtabdhajeerna | ● Shoola (pain)  
            ● Aadhma (fullness of abdomen)  
            ● Stambha(spasticity)  
            ● Mala-vata a-pravritti(obstruction of stool , air)  
            ● Anga Pidana (pain all over body)  
            ● Moha (illusion) |
| 4.    | Rasasheshajeerna | ● Anna-dvesha (anorexia)  
            ● Hridaya ashuddhi  
            ● Gaurava (heaviness) |

DETAILS OF CONTENTS OF AMALAKI-ADI CHURNA:

Amalaki: \(^{13, 14, 15}\)
Dosha hara: Tridosha shamaka especially Pitta shamaka
Karma: Deepana (increase fire), Anulomana, Amlatanashaka(reduce sourness), Kapha hara, Rochana(increase taste), virechana(purgation)
Rogaghnata:Agnimandya(indigestion), Shoola(pain), Anaha(distention of abdomen), kabja (constipation), Udara roga(GIT disorder), Ajeerna(indigestion) & other gastric disorders
Pharmacological activity: Antimicrobial, antibacterial, purgative

Haritaki – 13, 14, 15
Dosha- hara: Tridosha shamaka especially Vata shamaka
Karma: Anulomana (after gas formation it releases gas), Deepana (increase digestive fire), pachana(digestion), grahi(astringents), Kapha hara(equilibrium of kapha)
Rogaghnata:
Agnimandya(indigestion), Shoola(pain), Anaha(distention of abdomen), kabja (constipation), Udara roga(GIT disorder), Ajeerna(indigestion), digestive, laxative & other gastric disorders.
Pharmacological activity: Antimicrobial, antibacterial, purgative

Chitraka – 16
Dosaghnata: Vatakaphashamaka, Pittavardhaka
Karma: Deepana (increase digestive fire), pachana(digestion), grahi(astringents), Kapha hara (equilibrium of kapha), Pitta saraka (remove excess bile)
Rogaghnata:
Agnimandya(indigestion), Shoola(pain), Anaha(distention of abdomen), kabja (constipation), Udara roga(GIT disorder), Ajeerna(indigestion) & other gastric disorders
Pharmacological activity: Antibacterial, Appetizer
Therapeutic Use: Carminative

Pippali – 13, 14, 15
Dosaghnata: Kapha-vata shamaka(maintain equilibrium of tridoshas)
Karma: Deepana (increase digestive fire), Vata-anulomana, Vatahara (reduce vata)
Rogaghnata:
Agnimandya(indigestion), Shoola(pain), Anaha(distention of abdomen), Udara roga(GIT disorder), Ajeerna(indigestion), digestive, laxative & other gastric disorders.
Pharmacological activity: Antibacterial, Appetizer
Therapeutic Use: Carminative

Saindhava Lavana: 17, 18
Dosaghnata: Tridoshashamaka
Karma: Vibandhahara(reduce constipation), Anulomana(after gas formation it releases gas), Deepana(increase digestive fire), Rochana(taste increase), Virechana(purgation), Vatanulomana, Avidahi(exhaustion relieving), Hridya(give strength of heart )
Uses: It is used in dyspepsia, other abdominal disorders and eye disorders.
Pharmacological Profile: Antiseptic, antiviral, anti ulcer.

Anupana – Ushnodaka
Properties of ushna udaka 19
• Vata anulomana (after gas formation it releases gas)
• Sheeghra paki (fast digestion)
• Deepana (increase digestive power)
• Kapha-shoshana (absorption of mucous)
• Trishna-prashamana (reduce thirst)

DISCUSSION:
• “Nidana pari varjana” is said to be the very first step towards the management of Ajeerna. Pitta and Kapha dushti plays the major role in the pathogenesis of the Ajeerna, so taking above fact into the consideration, Pathya Ahara-Vihara (dietary management) is to be used.
• Due to Ushna (hot), Teekshna guna (sharp), amlaki-adi Churna causes agni Deepana (increase digestion) and aam-pachana (digestion), hence; clearing away the srotas - avrodh (obstacles) of Anna-vaha srotas, hence removing away the sanga.
• Sheeta Veerya (cold property) and pitta-shamaka (maintain equilibrium of pitta dosha) property of Amalaki pacifies Sama-pitta (toxic pitta) which relieves the symptoms i.e. heartburn, belching, pain in abdomen etc.
• Vata anulomana (after gas formation it release gas) and Virechana (purgation) action of Haritaki causes Apana Vata-anulomana hence Agni Deepana (increase digestive fire) occurs.
• Grahi (astringent) and Shoshana (absorption) guna (property) is responsible for Aam visha shoshana (detoxification).
• Ushna-udaka as saha-pana helps in aam-pachana (digestion of undigested food), Deepana-pachana (digestion), sama kapha shamana (reduce toxic or undigested kapha) and Vata-anulomana (after gas formation it release gas).

CONCLUSION: In treating Ajeerna, one should aim for Samprapti-nasha (destruction in pathology) as per the awastha bhedha (according to phase) and dosha-dushya sammurchchhina. Encouraging results can be obtained using amlaki-adi churna along with ushna -udaka as it has an excellent pharmacological activity and cost-effectiveness, easy availability and its palatability.

REFERENCE:
4. Agnivesha, Charaka Samhita, revised by Charaka and Dridhbala with “Ayurveda Dipika” commentary by Chakrapani, Edited by Vaidya Yadavji Trikamji Acharya, Published by Chaukhambha Publications, Varanasi ,
9. Vagbhata, Ashtanga Hridaya, revised by Vidyotini Hindi commentary by Kaviraja Atrideva Gupta, Edited by Vaidya Yadunandana Upadhyaya, Published by Chaukhambha Sanskrit Sansthan, Varanasi, Edition 3, Year of publication Vi.S.201, Sutrasthana 4/, pg no. 535
10. Sharangadhara Acharya, Sharangadhara Samhita, with ‘Dipika’ Hindi commentary by Dr. Brahmanand Tripathi, Published by Chaukhambha Surihari Prakashana, Varanasi, Year of reprint 2001, Madhyama khandha 6/7
12. Madhavakar, Madhava Nidana, revised by Vijayarakshit and Shri Kantha datta ‘Madhukosh’ commentary and Vidyotini Hindi commentary by Ayurvedacharya Shri Sudarshana Shashtri, Edited by Ayurvedacharya Shri Yadunandana Upadhyaya, Published by Chaukhambha Prakashan, Varanasi, Edition Year of reprint 2013, Purvvardha, Agnimandya-ajjerna prakarana, shlok 10, 11, 12
19. Agnivesha, Charaka Samhita, revised by Charaka and Dridhbala with “Ayurveda Dipika” commentary by Chakrapani, Edited by Vaidya Yadavji Trikamji Acharya, Published by

**Corresponding Author:** Dr. Smriti Chandrakar, P.G.Scholar of Shalya tantra department, Govt. Ayurvedic College, Raipur, C.G.
Email: dr.smritichandrakar@gmail.com

**Source of support:** Nil

**Conflict of interest:** None

Declared

**Cite this Article as:** Chandrakar Smriti et al: Conceptual Study on Amalaki-Adi Churna in the Management of Ajeerna: IJAAR VOLUME III ISSUE III JUL-AUG 2017 Page No:595-600