

**EFFICACY OF 'KUTAJADYA CHURNA' IN PRAVAHIKA- A REVIEW****Fating Vandana*¹, Deshmukh Sanjay² and Sonpipare Manjusha³**¹Head of Dept. Kayachikitsa, ²Head of Dept. Rognidan & Vikriti Vigyan and ³Head of Dept. Sharirkriya,

Rajiv Lochan Ayurved Medical College Chandkhuri Durg C.G.

Article Received on
13 Sept. 2018,Revised on 03 October 2018,
Accepted on 23 October 2018

DOI: 10.20959/wjpps201811-12640

Corresponding Author*Fating Vandana**Head of Dept. Kayachikitsa,
Rajiv Lochan Ayurved
Medical College Chandkhuri
Durg C.G.**ABSTRACT**

Ayurveda, the science of life and art of living define health as one which is not only free from diseases but also includes the physical, the mental, the spiritual & social welfare of the individual. But today's computerised age ignores the fundamentals of this science and Lazardous impacts are seen on human body in the form of various diseases, our *Acharya's* have described *Ritucharya*, *Dincharya*, Dietic regimens for healthy & diseased considering their body constitutions, climatic conditions, occupations etc. They advised that on certain day a particular type of food stuff is to be consumed. But today's irregular food habits, dietary indiscrimination, psychological stress & busy life

style leads to various disorders of digestive system one of which is *Pravahika* is a cluster of symptoms. At present situation precise management of *Pravahika* does not exist. Vast study has been done so far but can be considered to have touched only the fingers of the vast alimentary system. These circumstances lead to the thought of selecting *Pravahika* for clinical study using *Kutajadya churna*. *Kutajadya churna* is a polyherbal formulation, Present review explains pharmacological potential of '*Kutajadya Churna*' in *Pravahika*.

KEYWORDS: *Ritucharya*, *Dincharya*, *Kutajadya churna*.**INTRODUCTION**

Pravahika is a chronic disorder of *Purishavaha strotas* having major symptoms like scanty stool with mucus tenesmus & *kriteupiukrit sangya*. Numerous work has been done on it by many research workers so far but is has not been able to offer much to the patients, concern with total relief. Ayurved lays special emphasis on herbal drugs that are supposed to impact tranquility to uses and improve their bowel habit.

Kutajadya Churna kalpa has been revealed by *Gadanigraha* most of the drugs are *Katu, tikta, ushna, laghu, ruksha, Kaphavatashamaka*.

In the present clinical study ‘*Kutajadya Churna*’ is a combination of eleven ingredients drug viz. *Ativisha, Kutaj, Kutaki, Mustak, Bilwa, Indrayana, Sunthi, Rasanjan, Patha Sugandhbala*.

Material & Method of Preparation of “*Kutajadya Churna*” *Kutajadya Churna* is mentioned in *Gadanigraha* Vol.1 *Churnadhikar* – 3/425-426.

Name of Ingredients	Quantity	
(1) <i>Kutajatwak</i>	500 gm	All drugs are made into fine powder form and mixed in equal proportion.
(2) <i>Indrayava</i>	500 gm	
(3) <i>Patha</i>	500 gm	
(4) <i>Mustak</i>	500 gm	
(5) <i>Rasanjan</i>	500 gm	
(6) <i>Sunthi</i>	500 gm	
(7) <i>Sugandhbala</i>	500 gm	
(8) <i>Bilwa</i>	500 gm	
(9) <i>Ativisha</i>	500 gm	
(10) <i>Kutaki</i>	500 gm	
(11) <i>Dhataki</i>	500 gm	

Table 1: Ingredients of *Kutajadya Churna*.

S. N.	Ingredient's Name	Scientific Name (Family)	Part Used	Ayurvedic Properties	Pharmacological activities of part used
1	<i>Kutaja</i>	Holarrhena antidysenterica (Apocyanaceae)	Stem bark, leaf, seed, <i>Twak</i> , Root	<i>Rasa - Tikta, Kashaya, Guna- Laghu, Ruksha Veerya - Sheeta, Vipaka – Katu, Doshaghnata – Kaphapittashamaka, Rogaghnata – Agnimandya, Atisara, Pravahika, Jwaratisara, Arsha, Udarshoola, Krimi Karma - Vamaka, Deepana, Stambhana, Arshoghna, Krimighna, Sangrahi</i>	Antidiarrhoeal, Antidysenteric
2	<i>Indrayava</i>	Holarrhena antidysenterica	SeedsDoDo.

		(Apocynaceae)			
3	<i>Patha</i>	Cissampelos Pareira (Menispermaceae)	Root, Leaf	<i>Rasa - Tikta, Kashaya, Guna- Laghu, Tikshna Veerya – Ushna Vipaka – Katu Doshagnata – Tridoshagnata, especially Kaphapittashamaka, Rogagnata – Dushtavrana Agnimandya, Ajeerna, Udarshoola, Atisara, Pravahika, Shotha Karma - Vranaropana, Deepana, Pachana, Grahi, Krimighna, Raktashodhaka, Shothahara</i>	Hypoglycemic, Antipyretic, Fungitoxic
4	<i>Mustaka</i>	Cyperus rotundus (Cyperaceae)	Tubers	<i>Rasa - Tikta, Katu, Kashaya, Guna- Laghu, Ruksha Veerya – Sheeta Vipaka – Katu Doshagnata – Kaphapittashamaka, Rogagnata – Aruchi, Vamana, Agnimandya, Trishna, Krimiroga, Raktavikara, Twakvikara Karma – Twagdosahara, Shothahara, Deepana, Pachana, Grahi, Trishnanigrahana, Krimighna, Sangrahaka, Raktaprasadana.</i>	Antidiarrhoeal, Antidysenteric, Antibacterial, Antiinflammatory, Antimicrobial, Anthelmintic
5	<i>Rasanjan</i>	Berberis aristata Extractum berberis (Berberidaceae)		<i>Rasa - Katu, Guna- Laghu, Ruksha Veerya – Ushna Vipaka – Katu Doshagnata – Kaphapittashamaka, Rogagnata – Pravahika, Kamala, Aruchi, Agnimandya, Raktarsha, Shotha Bhagandara</i>	Antiinflammatory, Antibacterial, Antitubercular, Antifungal, Antiamoebic, Antioxidant, Antidiarrhoeal

6	<i>Sunthi</i>	<i>Zingiber officinale</i> (Zingiberaceae)	Fresh rhizome (<i>Ardrak</i>) Dried rhizome (<i>Sunthi</i>)	<i>Rasa - Katu,</i> <i>Guna- Laghu, Snigdha</i> (<i>Sunthi</i>) <i>Veerya – Ushna</i> <i>Vipaka – Madhura</i> <i>Doshagnata –</i> <i>Vatakaphashamaka,</i> <i>Rogagnata –Agnimandya,</i> <i>Ajeerna, koshtavata,</i> <i>Chhardi, Aruchi, Adhmana,</i> <i>Grahni, Udarshoola,</i> <i>Anaha, Arsha, Kasa,</i> <i>Shnasa</i> <i>Karma –</i> <i>Sheetaprashamana,</i> <i>Shothahara,</i> <i>Vedanasthapana, Rochana,</i> <i>Grahi, Deepana, Pachana,</i> <i>Triptighna, Shnasahara,</i> <i>Vatanulomana,</i> <i>Shoolaprashamana.</i>	Antioxidant, Antimicrobial, Antibacterial, Shoolaprashamana, Antiamoeabic, Antidiarrhoeal
7	<i>Sugandhbala</i>	<i>Pavonia odorata</i> (Malvaceae)	Root	<i>Rasa - Tikta, Kashay,</i> <i>Guna- Laghu, Ruksha</i> <i>Veerya - Sheeta, Vipaka -</i> <i>Madhur Doshagnata –</i> <i>Kaphapittashamaka,</i> <i>Rogagnata –Hrillas,</i> <i>Aruchi, Visarpa, Hridroga,</i> <i>Aam, Atisara, Daha,</i> <i>Trishna, Vranashotha.</i> <i>Karma - Deepana,</i> <i>Pachana, Vatanulomana,</i> <i>Balya.</i>	Demulcent, Carminative, Diaphoretic, Diuretic, Astringent, Tonic, Antiinflammatory, Antidysenteric
8	<i>Bilwa</i>	<i>Aegle Marmelos</i> (Rutaceae)	Root, leaf, fruit, bark	<i>Rasa - Kashaya, Tikta,</i> <i>Guna- Laghu, Ruksha,</i> <i>Vipaka –Katu, Veerya –</i> <i>Ushna</i> <i>Doshagnata –</i> <i>Kaphavatashamaka,</i> <i>Rogagnata – Atisara,</i> <i>Pravahika, Agnimandya,</i> <i>Grahni, Raktatisara,</i> <i>Raktapravahika, Raktarsha,</i> <i>Vamana, Kamala,</i> <i>Karma –Deepana,</i> <i>Pachana, Grahi, Shothohar,</i> <i>Vedanasthapana,</i> <i>Raktastambhana,</i> <i>Krimighna.</i>	Antidiarrhoeal, Antidysenteric, Antibacterial, Hypoglycemic, Antiinflammatory & wound healing.

9	<i>Ativisha</i>	<i>Aconitum heterophyllum</i> (Ranunculaceae)	Tuberous root	<i>Rasa - Tikta, Katu, Guna- Laghu, Ruksha Veerya – Ushna Vipaka – Katu Doshagnata – Tridoshashamaka, Rogagnata – Agnimandya, Ajeerna, Amadosha, Chhardi, Jwaratisara, Atisara, Arsha, Krimi, Shotharoga, Amatisara, Grahani Karma – Deepana, Pachana, Grahi, Shothahara, Krimighna, Chhardinigraphana, Arshoghna, Amapachaka</i>	Antidiarrhoeal, Analgesic, Antipyretic
10	<i>Kutaki</i>	<i>Picrorhiza kurroa</i> (Scrophulariaceae)	Rhizome with root	<i>Rasa - Tikta, Guna- Laghu, Ruksha Veerya - Sheeta, Vipaka - Katu Doshagnata – Kaphapittashamaka, Rogagnata – Aruchi, Agnimandya, Kamala, Vibandha, Anaha, Udara, Yakridvikara, Pittajvikara, Krimiroga Karma - Rochana, Bhedana, Deepana, Yakriduttejaka, Pittasaraka, Raktashodhaka, Shothahara</i>	Hepatoprotective, Immunomodulatory, Antimicrobial, Antiinflammatory
11	<i>Dhataki</i>	<i>Woodfordia fruticosa</i> (Lythraceae)	Flowers	<i>Rasa - Katu, Kashaya Guna- Laghu, Ruksha Veerya - Sheeta, Vipaka - Katu Doshagnata – Kaphapittashamaka, Rogagnata – Raktastrava, Agnidagdha, Atisara, Raktatisara, Jwaratisara, Pravahika, Sangrahani, Arsha, Krimi Karma- Raktastambhana, Vranashodhaka, Jantughna, Stambhana, Jwaraghna</i>	Antibacterial, Antifungal, Antidiarrhoeal, Antidysenteric, Immunomodulatory

DISCUSSION

Kutajadya Churna is having 11 ingredients. *Kutaja*, *Indrayava*, *Ativisha*, *Patha*, *Mustak*, *Bilwa*, *Kutaki* are having *tikta rasa* & *Katuvipaka Patha*, *Rasanjan*, *Sunthi*, *Ativisha* are having *ushnavirya*. Maximum Ingredients are having properties like *Deepana*, *Pachana*, *Grahi*, *Shothohar*.

CONCLUSION

Ingredients having *tikta-katu rasa* & *ushnavirya* digests *Ama* & stimulates *Agni* & creates *anulomana* of vitiated *vata*. *Ativisha*, *Mustak*, *Indrayava*, *Patha*, *Bilwa*, *Sugandhbala* & *Kutaki* are supporting action of *Kutaja* in respect of *Tikta Rasa* & relieves *strotorodha*, *Dhataki*, *bilwa*, *mustak* having *kashay rasa* acts as *stambhak* & dries *kapha kleda*, removes *shaitihilya* of intestinal wall.

On the whole maximum contents of the drug stimulates *Agni*, digests *ama* and clears *strotorodha*. Which promotes breakdown of pathogenesis of *pravahika*.

REFERENCES

1. Actone, H.W. & Chopra, R.N. (1993), The treatment of chronic intestinal amoebiasis with the alkaloids of *Holarrhena antidysenterica* (*kurchi*), *Indian med., Gaz.*, 68(1): 11-27.
2. Singh, K.P. & Chaturvedi, G.N. (1982) some traditional antidiarrhoeal drugs, *Nagarjun*, 25(6): 130-135.
3. Dey, D & Das, M.N. (1988) pharmacognosy of antidiysenteric drugs of Indian medicine *Acta. Bot, Indica*, 16(2): 216 – 226.
4. Tripathi, S.N., Tiwari C.M., Upadhyay, B.N. & Singh, R.S. (1979) Screening of hypoglycemic action in certain indigenous drugs, *J. Res. Indian med. Yoga & Homoeo*, 14(3-4): 159-169.
5. Vyas, V. (1993), Utility of *Jvardhan Dashomani* in the treatment of fever, *Sachitra Ayurved*, 45(10): 748-755.
6. Mishra, D; Chaturvedi, R.V. & Tripathi, S.C. (1995), The fungitoxic effect of the essential oil of the herb *Nordostachys jatamansi* DC., *Trop. agric.*, 72(1): 48-52.
7. Bhattarai, N.K. (1993), Folk herbal remedies for diarrhoea and dysentery in central Nepal, *Fitoterapia*, 64: 243-250.
8. Choe, Y.T. (1986) Antibacterial activities of some herbal drugs, *Korean J. Pharmacog.*, 17(4): 302-307.

9. Handa, S.S., Chawla, A.S. & Sharma, A.K. (1992), Plants with anti-inflammatory activity, *Fitoterapia*, 63: 3-31.
10. Girgune, J.B., Jain N.K. & Garg, B.D. (1980), Antimicrobial and anthelmintic activity of the essential oil from *Cyperus rotundus* (cyperaceae), *Indian J. Hosp. Pharma*, 17(4): 102-104.
11. Akhtar, M.H. et al. (1977), Anti-inflammatory effect of berberine in rats injected locally with cholera toxin, *Indian J, Med. Res.*, 65(1): 133-141.
12. Bhatnagar, S.S. et al. (1961), Biological activity of Indian medicinal plants. Part-I. Antibacterial, antitubercular and antifungal action, *Indian J. med. Res.*, 49(5): 799-813.
13. Dutta, N.K. & Iyer, N.S. (1968), Anti amoebic value of berberine & kurchi alkaloids, *J. Indian med. Asson.*, 50: 349.
14. Joy, K.L. & Kuttan, R. (1995), Anti-oxidant activity of selected plant extracts, *Amala Research Bulletin*, 15: 68-71.
15. Raja, K. (1995), Clinical study of efficacy of Diarroot in simple diarrhoea in ruminants, *Indian veterinary medical journal*, 19(3): 231-232.
16. Bao, K.H. & Lee, I.S. (1983), Antioxidant activity of pungent phenolic compounds, *Yakhak Hoeji*, 27(4): 358-359.
17. Battinelli, L. et al. (1998), *Zingiber officinale* essential oil screening for antimicrobial activity, *Fitoterapia*, 69(Suppl. 5): 71.
18. Fatima, S. Farooqi AHA; Kumar R, Kumar T.R.S. & Khanuji S.P.S. (2000) Antibacterial activity possessed by medicinal plants used in tooth powder, *J. med. Arom. plant Sci*, 22(Suppl. 1): 42.
19. Gakkhar, A.K. (1994), Efficacy of Shoolprashamana Mahakashay in stomach pain, *Sachitra Ayurveda*, 47(4): 265-266.
20. Sahnim, Y.R., Kaimal, P & Bhatt, R.M. (1995), The antiamoebic effect of a crude drug formulation of herbal extracts against *Entamoeba histolytica* in vitro and in vivo, *J. Ethnopharmacol*, 45(1): 43-52.
21. Singh, K.P. & Chaturvedi G.N. (1982), some traditional antidiarrhoeal drugs, *Nagarjun*, 25(6): 130-135.
22. Shri Brahmasankara Mishra, *Bhavaprakasha Vol. 1*, Chaukhamba Sanskrit Bhawana, 2012; 365-366.
23. Dr. Nadkarni K.M., *Indian Materia Medica*, Bombay popular Prakashan, 1: 925.

24. Beg, M.Z. & Khan, M.H. (1993), Effect of *Aegle marmelos* corr. Syrup in acute diarrhoea & dysentery cases, Proc. 1st National seminar on Ilmul Advia, Beenapura, Abstr. No. 23, 23-25 April.
25. Bhatt, R.M.V. & Mukul, U.M. (1984), study of Dashmul antibacterial activity, J. Nat. Integ. Med. Assoc., 26(11): 319-322.
26. Ponnachan, P.C., Paulase, C.S. & Pannikar, K.R. (1993), Hypoglycemic effect of alkaloid preparation from leaves of *Aegle marmelos* Amla Research Bulletin, 13(Aug): 37-39.
27. Udupa, S.L., Udupa, A.L., & Kulkarni, D.R. (1994), studies on anti inflammatory and wound healing properties of *moringa oleifera* and *Aegle marmelos*, Fitoterapia, 65(2): 119-123.
28. Kohli, K.R.; Gharge, S. (1993), An Ayurvedic drug for its antidiarrhoeal property, Indian J. Int. Med., 3(7): 199-201.
29. Bhalla, T.N., Sinha, J.N., Kohli, R.P. & Bhargava, K.P. (1969). Aconitine – induced withing: A method for assessment of analgesic activity. Japan J. Pharmacol, 19: 179.
30. Ikram. M., Khattak, SG & Gilani, S.N. (1987), Antipyretic studies on some indigenous Pakistani medicinal plants: II, J. Ethnopharmacol, 19(2): 185-192.
31. Vaidya, AB. et al. (1996), *Picrorhiza Kurroa* (Kutaki) Royle ex Benth as a Hepatoprotective agent – experimental & clinical studies, J. Postgrad. Med., 42(4): 105-108.
32. Atal, C.K., Sharma, M.L., Kaul. A, & Khajuria, A. (1986) Immunomodulating agents of plant origin I; Preliminary screening, J. Ethnopharmacol, 18(2): 133-141.
33. Ikram M, & Inam-ul-Haq (1984), screening of medicinal plants for antimicrobial activities Par III, Fitoterapia, 55(1): 62-64.
34. Pandey, B.L. et al. (1983), Anti- inflammatory activity of a Himalayan herb (*Picrorhiza Kurroa*), an experimental study, Indian J. Pharmacol, 15(1): 39.
35. Bhatanagar, S.S. et al. (1961), Biological activity of Indian medicinal plants Part I: Antibacterial, ant-solomon MJ, yellow S and tubercular and antifungal action, Indian J. med. Res., 49: 799-813.
36. Bhattarai, N.K. (1993), Folk herbal remedies for diarrhoea, and dysentery in central Nepal, Fitoterapia, 64: 243-250.
37. Kores, B.H. et al. (1993), Impact of the preparation process on immunomodulatory activities of Ayurvedic drug Nimbarishta, phytotherapy Res., 7(1): 35-40.