

DOI: 10.53555/ejmcm/2021.08.02.01

“COMPRESSIVE REVIEW ARTICLE ON SIDDHISAARAKHYA CHURNA”

Dr. Munesh Yadav^{1*}, Dr. Supriya Dikshit²

¹Ayurveda Medical officer, Ayush dept. Haryana.

²Associate Professor, Dept of Rashastra & Bhaishajya kalpana, S.R.V. Ayurvedic Medical College & Hospital, Chinhat, Lucknow UP

***Corresponding Author:** Dr. Munesh Yadav

*Ayurveda Medical officer, Ayush dept. Haryana

Abstract-

Rasa Shastra addresses the medicinal application of metallic and mineral-based medications. These medications must go through several steps to be appropriate for the body. The first step in this procedure is to choose an appropriate medicinal form, after which the processes of Shodhana (purification), Marana (incineration), etc. are carried out. The misuse of these medications might undoubtedly result in several issues. Our Acharyas were fully aware of this piece of data, and they have also given a clear explanation of the symptoms and indicators that point to improper handling or careless usage of medications with metallic origins. One such recipe is loha bhasma, which is made primarily of iron and is used to treat pandu, or anemia of unknown origin, and kamla, or jaundice. This might not be digested and absorbed by the body if it is not processed properly. Undoubtedly, this will result in consequences, which could show up as signs and symptoms like loss of aura (Kanti vinaasa) or heart abnormalities (Hridaprapeeda). The patient may be given Siddhisarakhya Churna to help them overcome these negative consequences.

Keywords- Rasa Shastra, Shodhana, Marana, Siddhisarakhya Churna.

Introduction-

It is an age-old discipline that focuses on treating illnesses that can strike at any time throughout a person's life as well as preserving overall health. ¹ Herbal medicines are often mentioned in relation to the care and treatment of acute and chronic conditions. Rasa Shastra's invention marked the beginning of the use of medicines with mineral and metallic origins, further advancing science. This turned out to be a turning point in the history of the health sciences because these metallic and mineral medications were purified and made fit for internal administration, allowing for the effective and timely treatment of serious clinical problems². Ayurveda treats the mind, spirit, senses, and physical body. "A person whose body structure and functions in terms of doshas, dhatus, and malas are in a state of Samya or balance, as well as sensory, mental, and spiritual welfare," is the definition of a healthy person's overall health. This definition of health is better than the more recent one put forth by the World Health Organization a few decades ago; it was provided by Ayurveda at least a few thousand years ago. We learn more about who we are in connection to nature through Ayurveda. Ayurveda takes a holistic approach to treatment, looking at the full individual rather than just the area that is diseased. The goal of treatment is to restore the imbalanced body-mind matrix by controlling sexual pleasure, eating habits, sleep patterns, lifestyle routines, and behavior, as well as by administering medication.³

An iron-based mixture called Loha Bhasma is mostly used to treat Pandu, or anemia of different causes, and Kamla, or jaundice. If this is not handled correctly, the body might not be able to absorb and assimilate it. Consequences from this are almost certain to arise; these could manifest as signs and symptoms like Hrida prapeeda (cardiac abnormalities), Kanti vinaasa (aura loss), and so on.⁵ In addition, the treatment of these concerns has been described in a number of classical literature. A remedy called Siddhisarakhya Churna, as described by Acharya Dhundhuka Natha, is effective in treating issues brought on by Loha Bhasma Sevana. Additionally, it is supposed to raise Jatharagni, which facilitates the assimilation, absorption, and digestion of Loha Bhasma.

CHURNA KALPANA:

The word "churna" refers to the powdered form of one medicine or a combination of two or more pharmaceuticals that have been separated into powders before being thoroughly combined. Churna is defined as a finely ground powdered medicine or combination of drugs in the Indian Ayurvedic formulary. The definition of the term "churna," according to Sabda Kalpa Drum, -

Pesascurnikaranam (Sabda Kalpa Drum)**DEFINITION:**

- Churna is the substance that is obtained by the Pesana process, which involves trituration or pounding.
- Churna, as defined by the Indian Ayurvedic Formulary, is a finely ground powdered medication.⁶
- A single medication or a combination of two or more drugs that are powdered individually before being blended to homogeneity is referred to as a "churna."⁷
- Sharangadhara defines Churna as a finely ground, dry medicine that is filtered through a cloth. The synonyms for Churna that are explained include Rajaha or Ksoda. It should be taken in the equivalent of one Karsa Pramana.⁸
- As per Acharya Kashayapa, the substance that is ground into a fine powder is known as chruna. This churna is utilized for Anjana, Amavikara, Vrana, and Grahani roga, among other things.⁹
- As per Acharya Kashayapa, the material that is ground into a fine powder is known as chruna. This churna is utilized for many purposes such as Anjana, Amavikara, Vrana, and Grahani roga. A dry powder, filtered through a fine cloth is called as churna¹⁰.

Modern concept of churna (Powders)¹¹:

Although pharmaceuticals are made in a variety of physical forms and shapes, many of them involve the usage of powders in one way or another. Powders are the solid dosage form of medication intended for both internal and exterior use. They are available in crystalline or amorphous form.

Classification of powders¹²:

Basically, based on how they are administered, the powders are divided into the following groups.

1. Parenteral powders

2. Powders for external use, such as dental, insufflation, and dusting powders.

3. Powder is used for internal administration; it is further divided into two groups.

➤ **Simple powders:** These powders have a single component that can be crystalline or amorphous.

➤ **Compound powders:** These powders consist of two or more drugs that have been combined, separated into doses, and then mixed again.

➤ The solid dose form of medication for both internal and exterior use is powder. They can be found as crystalline or amorphous. Even if the medications are made in a variety of ways and with various physical forms, powders are used in the preparation of many of them.

Advantages of Powders –

Powders offer some unique advantages:

- (1) Each dose can contain a different amount of active drug.
- (2) It can be administered easily to infants and young children who cannot swallow tablets or capsules.
- (3) Powders will have a rapid onset of action since disintegration is not required.
- (4) Powders are usually more stable than liquids.
- (5) Incompatibility is less in case of powders than liquids.
- (6) It can be produced in a wide range of dosage forms, such as tablets, capsules, dusting powders, bulk powders, inhalation powders, powders for reconstitution, etc.
- (7) It is more economical as compared to other dosages form.
- (8) Fixation of the dose is easier when the medicament is in powder form.
- (9) The body dissolves powder more quickly than other solid medication dose forms, such as tablets and capsules, due to its smaller particle size.
- (10) They are more economical compared to other preparations.
- (11) Incompatibility is less in case of powder than liquids.

Disadvantages -

- (1) They are time consuming to prepare and pack.
- (2) They are bulky to carry about.
- (3) Powders may spill when they are being opened.
- (4) When a tablet or a capsule is not suitable, a well formulated suspension may be a suitable alternative.
- (5) Drug which deteriorates on exposure to atmospheric condition is not suitable for dispensing in powder forms.
- (6) Bitter, corrosive and unpalatable drug cannot be dispensed in powder form.
- (7) Deliquescent and hygroscopic drugs cannot be dispensed in powder form.
- (8) Volatile drugs are not suitable for dispensing in powder form.¹³

For dispensing compounds that are volatile, deliquescent, hygroscopic, or oxygen-sensitive, powders are not the best option.

Siddhisarakhya Churna¹⁴

One such recipe, called Loha Bhasma, is made primarily of iron and is used to treat Pandu, or anemia of unknown origin, and Kamla, or jaundice. This might not be digested and absorbed by the body if it is not processed properly. Complications will undoubtedly result from this, and they could show up as symptoms and indicators such as heart problems (Hrida prapeeda) or loss of aura (Kanti vinaasa), among others.

Additionally, a number of classical literature have provided explanations on how to overcome these issues. The formulation known as Siddhisarakhya Churna, which finds its home in the victorious handling of the complexities developing owing to Loha Bhasma Sevana, has been elucidated by Acharya Dhundhuka Natha. Additionally, it is said to enhance Jatharagni, which facilitates simple digestion, assimilation, and absorption of Loha Bhasma. Pharmacies are currently making Loha Bhasma on a very huge scale. They are choosing quick and simple ways instead of laborious ones, which could lead to the manufacture of an inappropriate kind of bhasma that when taken internally could cause problems.

The patient may be given Siddhisarakhya Churna to help them overcome these negative consequences. Up to now, no research has been done to offer any preliminary information about this chuma's characteristics. In order to prepare this Churna and assess it using a variety of physico-chemical criteria, the current study has been designed. The components listed in Rasendra Chintamani's recipe will be used to make three samples of Siddhisarakhya Churna. The method of preparation will be as per the method mentioned in Sharangadhara Samhita.

Table no. 1- The ingredients required for the preparation are as shown in the table below: ¹⁵

S.No.	Name of the drug	Botanical Name	Family	Part used
	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Dry fruit
	Sunthi	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome
	Pippali	<i>Piper longum</i>	Piperaceae	Fruit
	Nishoth	<i>Operculina turpethum</i>	Convolvulaceae	Root
	Saindhava lavana	-	-	-

Concept of Saviryata Avadhi (Shelf-life) of Siddhisarakhya Churna

The term Saviryata Avadhi refers to the duration of time that the drug's Virya (potency) remains unchanged. Despite not being mentioned in the primary Ayurvedic texts such as Charaka, Sushruta, or Vagbhata, this concept was initially expounded upon by Sharangadhara.¹⁶ According to the Sushruta Samhita, a medicine can be used for therapeutic purposes regardless of how old it is as long as its qualities—such as taste, smell, and appearance remain intact. A review of the classics indicated that the seers were well aware of the ideas of good storage practices, which call for preparation to be kept in a new vessel with a narrow mouth and a broader base and to be kept in a dark place,¹⁷ and good packaging techniques, which state that the vessel should have the same properties as the drug. Recognizing the importance of the matter, the Indian government recently published a notice in the Gazette outlining the suggested shelf life for Ayurvedic products.¹⁸

The shelf life of various Ayurvedic dose forms was reported by medieval scholars such as Vangasena, Sharangadhara, and Yoga Ratnakara. This information is included in the table below.

Table no-2: Shelf life of Ayurvedic dosage forms given in different classics:^{19,20,21}

DosageForm	SaviryataAvadhi		
	Vangasena	Sharangadhara	Yogaratanakara
1 Kwatha (Decoction)	-	-	1Yama
2 Kalka (Paste)	-	-	1Yama
3 Swarasa (Expressed juice)	-	-	1Yama
4 Anjana (Collyrium)	-	-	03months
5 Churna (Powder)	-	02months	03months
6 Vati (Pills)	-	12months	-
7 Guda/Avaleha (Confections)	12months	12months	06months
8 Ghrita & Taila (Medicated Fatty Preparations)	06months	16months	12months
9 Asava (Self-generated Alcoholic preparations)	-	Long time stability	-
10 Dhatu (Metallic preparation)	-		-
11 Rasa(Mercurial preparation)	-		-

Adhamalla provides clarification on the concept of shelf life, stating that although the drug's efficacy continues to decline after the specified period, it does not become completely inactive. Additionally, he said that after a year, every ausadha dravya or kalpana will lose their potency. Acharaya Sushruta also mentioned in a similar manner.

Discussion-

Churna is a finely ground powdered substance. A single drug powder or a combination or mixture of two or more medications that have been powdered separately before being combined to homogeneity can be used. The Ayurveda indicated that there are three sorts of Churnas based on size: Sthula, Suksma, and Atyanta Suksma. Churna exhibit superior clinical response compared to tablets because of its significant surface tension and tiny particle size, and they are a more cost-effective option for formulation. In addition to Ayurveda, other medical systems including Unani, Chinese traditional medicine, and Western medicine also use churna, or powder. Loga bhasma is used in Ayurveda medicine to treat a variety of ailments, although it can occasionally have mild to severe side effects. Therefore, Siddhisarakhya Churna may be employed to lessen Loha Bhasma problems. Up to now, no research has been done to offer any preliminary information about this chuma's characteristics. In order to prepare this Churna and assess it using a variety of physico-chemical criteria, the current study has been designed. As described by Churna in Rasendra Chintamani's formulation of Siddhisarakhya. The ingredients required to prepare the Siddhisarakhya Churna are primarily Sunthi, Haritaki, Pippali, Nishoth, and Saindhava lavana.

The primary constituents of Siddhisarakhya Churna are Sunthi, Haritaki, Pippali, Nishoth, and Saindhava lavana. All of the drug's ingredients were cleansed, washed, and dried before being independently pulverized and filtered through sieve number 70 to make Siddhisarakhya Churna. Each medicine was ground into a fine powder and combined in equal parts with the herbal ingredients first; lavana was then added and thoroughly blended into the concoction. Siddhisarakhya Churna is mixed and then sealed in an airtight jar to ensure stability in both physiochemical and self-life aspects. Evaluations of the taste, color, pH, moisture content, and odor of the churna were conducted. After preparation, the packed churna was examined and contrasted with its storage conditions for one, three, and six months. No alterations were noted in the Siddhisarakhya Churna's flavor, color, pH, moisture content, or odor during the comparison.

Conclusion-

Churna is the term for fine powder material, which has greater advantages over other medication formulation forms both commercially and clinically. Siddhisarakhya Churna was prepared by combining equal parts of Sunthi, Haritaki, Pippali, Nishoth, and Saindhava lavana. The Siddhisarakhya Churna that was prepared had a distinct scent, a black-brown color, and a salty-astringent flavor. Under a microscope, the components of a churna were fibers, crystals, and tiny granules. Chemical analysis of the churna revealed the presence of

cumarins, tannins, phenolics, and alkaloids. Churna has a longer shelf life than six months, and if it is prepared and stored properly, it can last longer. Based on the results of this study, we can conclude that Siddhisarakhya Churna is highly helpful in lowering the adverse effects of lauhabhasma when taken internally.

Acknowledgement- None

Financial support- No

Conflict of interest – None

References

1. Sushruta. Sushruta Samhita with Nibandhasangrahacommentry of Dalhanacharya edited by JadaviiTrikamji Acharya, 1st Ed. Varanasi: ChaukhambhaSurabharat Prakasan; 2017; verse no.14; p.430; pp.824.
2. Vagbhatta. Rasa Ratna Samuchhya with Siddhiprada Hindi commentry edited by Siddhinandan Mishra. 1st Ed. Varanasi: Chaukhamba Orientalia; 2011; verse no.1; p.633; pp.697.
3. www.ayurvedaherbs.com
4. Kokate, C.K. (1991). Practical Pharmacognosy, 3rd Ed., Vallabh Prakashan, New Delhi, 144.
5. Vagbhatta. Rasa Ratna Samuchhya with Siddhiprada Hindi commentry edited by Siddhinandan Mishra, 1st Ed. Varanasi: Chaukhamba Orientalia; 2011; verse no.97; a p.163; pp.697.
6. Anonymous, (1976), The Ayurvedic Formulary of India, Part-I, 1st Edi., Govt. of India, Ministry of Health and Family Planning, 85, 95, 241.
7. Reddy, KRC, (1998), Bhaishajya Kalpana Vijnanam, 1st Edition, 236-252.
8. Sarangadhara Acarya, Sarangadhara Samhita, Commentary of Acarya Shri Radha Krishna Prashar, 1994, 4th Edi., Shri Baidyanath Ayurved Bhavan Ltd., Nagpur.
9. Kashyapa, Kashyapa Samhita, Commentary by Pandit Hemraj Sharma (1953), Chaukhambha Sanskrit Series, Varanasi.
10. Vagbhatt, AstangSangraha with Commentary by Rao Pandit P. V. and Pandey Ayodhya (1991). CCRAS.
11. Dr. K. Ramachandra Reddy, 1998, Bhaishajya Kalpana Vijnanam, Published by Chaukhambha Sanskrit Bhavan, pp.241. 2
12. Dr. Girish K. Jani, 2006-07, A Textbook of Pharmaceutical-2, Published by B.S. Shah Prakashan, pp. 134.
13. Dr. K. Ramachandra Reddy, 1998, Bhaishajya Kalpana Vijnanam, Published by Chaukhambha Sanskrit Bhavan, pp.243.
14. Sarangdhara Acharya (1999). Sarangdhara Samhita, Commentry by Acharya Shri Radha Krishna Prashara, 4th Ed. Shri Baidyanath Ayurved Bhavan Ltd. Nagpur.
15. Sarangadhara Acarya, Sarangadhara Samhita, Commentary of Acarya Shri Radha Krishna Prashar, 1994, 4th Edi., Shri Baidyanath Ayurved Bhavan Ltd., Nagpur.
16. Sushruta, Sushruta Samhita, Hindi commentry by Ambika Datta Shashtri, Part II, Sutra 37/16 ,ChaukhambhaSanskritaSansthan, Varanasi, 2009, 182p.
17. Agnivesha, Caraka Samhita, Sanskrit commentry by Chakrapanidatta, edited by YadavjiTrikamji, Kalpa 1/11, ChaukhambhaSurbhartiPrakashana, Varanasi, 2011, 653p.
18. Anonymus, The Gazette of India, Extraordinary part- II, Section- 2, sub-section (i) No. 605, New Delhi, Tuesday, 20th October 2009.
19. Vangasen, Vangasensamhita, commentry by Vaishya S G, Khemraj Shrikrishnadass Publication, Mumbai, 2003, 73.
20. Sharangadhara, Sharangadhara Samhita, 'Dipika' Hindi commentry, commented by Brahamanand Tripathi, poorva khanda 1/55, ChoukhambaSurbhartiPrakashana, Varanasi, 2010, 18p.
21. Anonymous, yoga Ratnakara, vidyotinihindi commentry, edited by Laxmipati Shastri, 1st edition, jwarachikitsha, ChaukhambaSanskritaSamsthana, Varanasi, 2005, 203p.