



Review of therapeutic uses of *Shivakshar Pachan Churna* in *Aamajirna*

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ABSTRACT:

Ayurveda is science of healthy life. In *Ayurveda*, main cause of diseases is *Mandagni* which is further responsible for formation of *Aama* as well as *Aama* related diseases. *Ajirna* (Indigestion) is a commonly encountered syndrome in medical practice. So, treatment of *Aama* and *Aama* related diseases like *Aamajirna*, etc. should be important to stop further complications. *Shivakshar Pachana Churna* is quoted in *Bheshaja Samhita*. It is a powdered herbal formulation used for treating digestive disorders, loss of appetite. It has carminative properties which helps in reducing flatulence. It consists of 10 herbal drugs namely *Sunthi*, *Maricha*, *Pippali*, *Ajamoda*, *Saindhava*, *Shweta Jeeraka*, *Krushna Jeeraka*, *Shudha Hingu*, *Haritaki*, *Sajjikshara*.

The contents of *Shivakshar Pachan Churna* mainly have *Deepana* - *Pachana*,

Vata- Anulomana properties. In classics, it is indicated in *Ajirna* (Indigestion), *Malavarodha* (Constipation), *Hikka* (Hiccups), *Aruchi* (No desire of food or tasteless mouth), *Shoola* (Pain in abdomen), *Krimi* (Worm infestation). It can also be used in different newly diagnosed diseases with manifestation of the above symptoms.

Here, condition of usage of *Shivakshara Pachana churna* along with its mode of action is explored. Being a *multifactorial* syndrome complex, many complex modes of action have been studied.

KEYWORDS:

Aama, *Ajirna*, Gastrointestinal, *Pachana*, *Shivakshara*.

INTRODUCTION

The first aim of *Ayurveda* is to maintain healthy status of the people and the prevention of unborn diseases. In this era, we are living in society which is

sophisticated more than requirement. Hence man becomes intentionally ignorant regarding the quantity, time, place, space of food and incapable to obey the rules of sound body maintenance as well as mental (psychosomatic) problems. This directly and indirectly acts on digestive system. So, to maintain the healthy status of healthy person, we have to use effective and easily available choice of drug.

Shivakshara Pachana Churna is quoted in *Bheshaja Samhita*.¹ It is a powdered herbal formulation used for treating digestive disorders, loss of appetite. It has carminative properties which helps in reducing flatulence. It is very useful in treating indigestion and hepatic complications.

Shivakshar Pachana Churna an Ayurvedic formulation, consisting of *Hingvashtaka Churna*, *Haritaki* (*Terminalia Chebula*), and *Sarji-Kshara* in *Churna* (powder) form. *Shivakshar Pachana Churna* is the fortified form of *Hingvastaka Churna*.

In *Shiva-Kshara-Pachana Churna*, *Shiva* stands for *Haritaki* (*Terminalia chebula*) it is one of the best-known digestive rejuvenators. *Kshar* is for *Sarjikshara* it loosens and clears out the faeces from the bowel. *Pachana* is for *Hingvashtak Churna* and also gives information about its rejuvenating effect on all aspects of the digestive system digestion, assimilation and excretion of wastes and toxins.

Shivakshar Pachana Churna is useful in managing all the digestive disturbances irrespective of the *Dosha* involvement. *Shivakshar Pachana Churna* ignites the digestive fire and ensures timely bowel clearance. *Shivakshar Pachana Churna* digests *Aama* deposited in body channels, it improves the functioning of liver.

In classics, it is indicated in *Ajirna* (Indigestion), *Malavarodha* (Constipation), *Hikka* (Hiccups), *Aruchi* (No desire of food or tasteless mouth), *Shoola* (Pain in abdomen), *Krimi* (Worm infestation). Here, exact condition of usage of *Shivakshara Pachana Churna* along with the diseased condition is explored.

MATERIAL AND METHOD

Detail properties of individual drug of *Shivakshara Pachana Churna* was studied from the classics of Ayurveda. Use of *Shivakshara Pachana Churna* in different disease conditions was studied.

OBSERVATION

It consists of 10 herbal drugs namely *Sunthi*, *Maricha*, *Pippali*, *Ajamoda*, *Saindhava*, *Shweta Jeeraka*, *Krushna Jeeraka*, *Shudha Hingu*, *Haritaki*, *Sajjikshara*. Most of the drugs are mainly having *Deepana- Pachana* and *Vata- Anulomana* properties. Detail description of each content of *Shivakshara Pachana Churna* is as shown in table 1.

1: Ayurvedic properties of contents of *Shivakshara Pachana Churna*

Name	Part used	Ayurvedic properties	Proportion
<i>Sunthi</i> ² (<i>Zingiber officinale</i>)	Rhizome	<i>Rasa- Katu</i> <i>Virya- Ushna</i> <i>Vipaka- Katu</i> <i>Guna- Laghu, Ushna, Teekshna</i>	1 part

		Karma- Deepana-Pachana, Anuloman, Amavatghna, Shoolahara, Ama-Doshahara, Vibandhahaea, Hrudya Dosha-Karma- Vatakaphahara	
<i>Maricha</i> ³ (Piper nigrum)	Fruit	Rasa- Katu, Tikta Virya- Ushna Vipaka- Katu Guna- Laghu, Ruksha, Teekshna, Pramathi Karma- Deepana, Ruchya, Shoolahara, Amadoshahara, Krimihara Dosha Karma- Kaphavatajit, Pittakara	1 part
<i>Pippali</i> ⁴ (Piper longum)	Fruit	Rasa- Katu, Tikta, Madhura Virya- Anushna Vipaka- Madhura Guna- Snighdha, Laghu Karma- Deepana, Shoolaprashamana, Amadoshahara, Gulma, Udar, Krimihara Dosha Karma- Vatakaphahara, Tridoshaghna	1 part
<i>Ajamoda</i> ⁵ (Apium leptophyllum)	Fruit	Rasa- Katu, Tikta Virya- Ushna Vipaka- Katu Guna- Laghu, Ruksha Karma- Deepana, Krimighna, Shulaghna, Gulma Nashak Dosha Karma- Kaphavatahara	1 part
<i>Saindhava</i> (rock salt)	-	Rasa- Lavana Virya- Sheeta Vipaka- Madhura Guna- Laghu, Sukshma, Snighdha Karma- Srtotogamitwa, Chedana, Bhedana Dosha Karma- Tridoshaghna	1 part
<i>Shweta</i> <i>Jeeraka</i> ⁶ (Cuminum cyminum)	Fruit	Rasa- Madhura Virya- Sheeta Vipaka- Madhura Guna- Guru Snigdha Karma- Deepana, Amanashana, Krimighna, Agnimandyahara Dosha Karma- Tridoshaghna	1 part
<i>Krishna</i> <i>Jeeraka</i> ⁷	Fruit	Rasa- Katu Virya- Ushna	1 part

(Carum carvi)		Vipaka- Katu Guna- Laghu Karma-Deepana, Pachana, Ruchya, Agnimandiyahara, Grahani, Shothahara Dosha Karma- Kaphavatahara	
<i>Shudha Hingu</i> ⁸ (Ferula asafoetida)	Resin stem	Rasa- Katu Virya- Ushna Vipaka-Katu Guna- Teekshna Karma- Pachana, Deepana, Ruchya, Anulomana, Krimihara, Shula, Agnimandiyahara, Gulma Dosha Karma- Vatakapashmana	1 part
<i>Haritaki</i> ⁹ (Terminalis chebula)	Fruit	Rasa- Pancha Rasa (Lavan Varjit), Kashaya pradhana Virya- Ushna Vipaka- Madhura Guna- Ruksha, Laghu Karma- Anuloman, Medhya, Rasayani Dosha Karma- KaphaVatahara	8 parts
<i>Sarjikshara</i>	-	Rasa- Katu Virya- Ushna Vipaka- Katu Guna- Laghu, Tikshana Karma- Deepana, Pachana Dosha Karma-Vatakapahara, Pittakara	8 parts

DISCUSSION

Most of the drugs of *Shivakshara Pachana Churna* has *Katu, Tikta Rasa, Ushna Virya*. All the drugs have *Laghu, Ruksha Guna* and *Pachana, Vata Anulomana, Vata-Kaphashamaka* properties. It is a traditional Indian blend of *Trikatu (Shunthi, Pippali, and Maricha)*, *Ajmoda, Saindhava Lavana, Jeeraka, Krishna Jeeraka, Hingu, Haritaki* and *Sajikshara*.

1. *Sunthi* –

Sunthi due to its *Katu Rasa* and *Ushna Virya* property increases the Agni (Digestive fire) thereby relieves *Mandagni*. *Sunthi* is known to stimulate digestion beneficially.¹⁰ *Sunthi* is described as *Ruchyam* that means which brings taste to the mouth. Due to strong *Katu* property, *Sunthi* purifies the Tongue and throat thus, relieves *Arochaka* (Anorexia). It helps in alleviating *Vata, Kapha* and *Pitta*. The *Sunthi* due to its *Katu Rasa* and *Agnidiptikara Karma* does the *Agnidipana*

and due to *Katu Rasa* and *Tikshna Guna* does the *Pachana* of *Amadosha*. Due to *Katu Rasa* and *Laghu, Tikshna Guna* it causes *Srotoshodhana*. This renders the indigested and *Pakva-Apakva* food into the assimilable form and due to *Katu Rasa* and *Ushna Virya*, the *Agni* become normal leading to the *Vyadhi Shamana* i.e subsidence of disease.

2. *Maricha* –

Maricha by its *Ushna Virya* and *Katu Vipaka* increases *Agni* and by *Tikshna, Ushna Guna* expels the vitiated *Doshas* which are in *Sanchaya Awastha* (accumulated stage). *Pramathi Guna* of *Maricha* is useful for *Agnimandya, Ajeerna, Shoola* and *Adhmana*.¹¹

3. *Pippali* –

Pippali increases *Agni* by its *Deepana* action. It acts on the biliary system by secreting digestive enzymes, thus helps in digestive process. It normalizes the *Vishmagni* (improper digestion) which in turn increases *Dhatu Bala* (immune system). It also acts as a good *Srotoshodhaka*. According to Sushruta, one year old *Pippali* should be used for achieving its *Srotoshodhaka* action.¹² By its *Srotoshodhaka* & *Rasayana* property nourishment of *Rasadi Dhatu* takes place.

This is the reason for consideration of *Pippali* as best remedy for *Pleeha Roga*.¹³

4. *Ajamoda* –

Ajamoda, acts as a *Vatanulomana*, helps in relieving the excessive gases generated during the digestion process. So, it also helps in the fullness of stomach.¹⁴ It helps in the relieving fullness of stomach.

5. *Saindhava Lavana* –

Saindhava Lavana is rock salt, which acts as a catalyst during the digestive process. As it is a hygroscopic in nature it creates the lubrication, which actually helps for digestion. Salts are known as *Lavana* in Sanskrit. In general, all the salts have property to provide taste to the medicine and the food. They act as a catalyst, enhance the action of other herbs in the formula by helping them in deep penetration in the body after administration of drug.

6. *Hingu* –

Shuddha Hingu is one of the well-known herbs for the digestion and relieves the gases produced during the digestive process. *Hingu* by its *Katu Rasa* and *Katu Vipaka; Tikshna Guna, Ushna Virya* increases *Pitta Dosha*. Increased *Pitta Dosha* favours *Anulomana* of *Vata Dosha*. Due to its *Ushna Guna* it subsides pain. This is the reason, why *Hingu* is preferred, when *Anaha* and *Shoola* are the chief complaints.¹⁵

Probable Mode of Action in Aamajirna (Digestive impairment)

Trikatu in total is known to influence the bioavailability of drug. Piperine in particular functions as bioavailability enhancer by improving gastro intestinal absorption and inducing thermogenesis.¹⁶ Thermogenesis is the heat energy associated with the digestion of the food involving autonomous nervous system that controls the digestive and absorptive process of gastrointestinal tract.¹⁷ Like *Trikatu*, Zingiber, Cuminum cyminum, Carum carvi also possess antioxidant properties. Moreover, constituent ingredients of *Hingvashtak Churna* act as digestive stimulant by various enzymatic secretions. Oral administration of *Piperine*, *Cumin*, *Asafoetida*, *Ajamoda* as a single dose significantly stimulates the liver to produce and secrete bile rich in bile acids, which play a very important role in fat digestion and absorption.

Probable Mode of Action in Shoola (Colicky Pain)

Ginger has an anti-inflammatory action that helps in the management of pain and discomfort associated with inflammatory changes in the gastrointestinal tract.¹⁸ *Ajamoda* also has spasmolytic property, which is especially beneficial in relieving gastrointestinal tract spasms. *Krishna*

Jeeraka seeds are prominently considered astringent and used in the treatment of mild digestive disorders, diarrhoea, dyspepsia, flatulence, morning sickness, colic, dyspeptic headache and bloating, and are said to promote the assimilation of other herbs and to improve liver function.¹⁹ Cumin also has carminative, stimulant and analgesic effects. It exhibits neurotropic anti-spasmodic activity. Carum carvi seed extract is anti-ulcerogenic.²⁰ *Haritaki* possesses antihelminthic, purgative properties, it shows effective results in digestive problems.

Probable Mode of Action in Malavarodha (Constipation)

When there is obstruction in the *Rasavaha Srotas*, it results in *Agnimandya*, progressing to *Malavarodha*. *Katu Rasa* and *Ushna Virya*, purifies numerous canals in the body. Pippali increases Agni and thereby reduces blockage in the microcirculatory channels. *Shivakshar Pachana Churna* agitate the *Ahara Rasa* by which the concentric form of body tissues will be increased.

Probable Mode of Action in Hikka (Hiccups)

Hikka is a *Vyadhi* originating from *Amashaya*, For *Amashayagatavyadhi Kshara*, *Agnideepana*, *Amlarasa Sevana*, *Vatanulomana* treatment has been

indicated. *Shivakshar Pachana Churna* has all above properties and so is useful in *Hikka Vyadhi*.

Probable Mode of Action in Krimi (worm manifestation)

Krimi manifestation is an important cause responsible for multiple *Vyadhi*. Accumulation of *Dosha*, specially *Kapha Sanchiti* and *Ama Nirmitti* are the preconditions for manifestations of worms. *Shivakshar Pachana Churna* is useful by its *Kaphavata Shamaka* properties, *Pachana-Bhedana* action and *Vatanulomana Karma*.

CONCLUSION

The rising use of Herbal drug by human is forcing the driving force to evaluate the health claims of these agents and to develop standards of quality, purity, safety and efficacy of the drug. Indigestion is a commonly encountered syndrome in medical practice. Being a multifactorial syndrome complex, many complex mode of action have been studied. Gaseous distension of the abdomen, a feeling of fullness will be relieved by the ingestion of *Shivakshar Pachana Churna*. This critical analysis was to evaluate the mode of action in mentioned clinical conditions for *Shivakshar Pachana Churna*. This study observed the ingredients present in *Shivakshar Pachana Churna*

provides a significant symptomatic relief from *Ajirna* (indigestion), *Malavarodha* (constipation), *Shoola* (abdominal pain), *Hikka* (Hiccups), *Krumi* (worm manifestation).

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