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## CRITICAL ANALYSIS OF "SITOPALADI CHURNAM"

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### 1. INTRODUCTION

Acharya Charak says that while treating patient Vaidya has to examine patient first then examine aushadha. after understanding both Vaidya should perform chikitsa.<sup>i</sup> Whether it is dravya with multiple rasas or a disorder having afflictions of various doshas, one should first critically analyze the role of each rasa or dosha individually and then determine the effect of the dravya and the disorder.<sup>ii</sup>

In such cases, the effect of the dravya or the disease is ascertained

on the basis of their cumulative action. Hence, we shall describe the concept according to the effect of rasa (individual) and dravya (total) on one side and dosha (individual) and disease (total) on the other.<sup>iii</sup>

Key words – Sitopaladi churnam, Rajayakshma, Swasa, Kasa, Arochaka, Parshwashula etc

### 2. REVIEW OF LITERATURE –

Sitopaladi churnam is one of the famous ayurvedic formulation. References of Sitopaladi churnam mentioned in Bharat Bhaishajya Ratnakar are,

Name	Grantha Nama	Chapter	Adhikara
Sitopaladi churnam	Charak Samhita	Chi. 8	Rajayakshma
Twachadi churnam	Ashtan hrudaya	Chi 5	Rajayakshma
Sitopaladi lehyam	Chakradatta	Chapter 10	Rajayakshma
Sitopaladi churnam	Sharangdhar Samhita	Khanda 2/6	
Sitopaladi churnam	Yogaratanakar		Jwara, Kshaya
Sitopaladi churnam	Bhaishajya ratnavali,		Rajayakshma

### 3. AIMS AND OBJECTIVES –

a) Critical analysis to find out doshagnata of sitopaladi churna.

b) To understand samprativighatana of different diseases by Sitopaladi churna.

### 4. MATERIAL –

Charak Samhita, Ashtang hrudaya, Sushruta Samhita Bhavaprakash Nighantu along with other classical text of Ayurveda.

### 5. METHODS –

Each ingredient of sitopaladi churna is studied individually and rasaprabhava, dravyaprabhava and vyadhiprabhava

analysed. On that basis rasa prabhava, dravyaprabhava and vyadhiprabhava the formulation is studied.

#### 6. DRUG REVIEW -

Sitopaladi churna is described in Rajayakshma Chikitsa (chapter 8) in charak samhita.<sup>iv</sup> It contains Sitopala, Vamshalochana (bamboo manna), pippali (long pepper), Ela (cardamom), and Twak (cinnamon) - each taken in

double the quantity of the preceding one (in the order mentioned here) should be ground into a powder and admixed with honey and ghee, and administered as a linctus; or the powder may be taken by itself. This remedies dyspnea, cough, and excess of *kapha*. It can be given to patients suffering from suptajivha, aruchi, poor digestion and parshwashoola.

Table no 1: Ingredients of sitopaladi churnam

Ingredients	Latin name with family	Part used	Quantity
सितोपला	Saccharum officinarum (Poaceae)	Sugar candy	16
तुगाक्षीरी	Bambusa bambosa (Poaceae)	Niryasa	8
पिप्पली	Piper longum (Piperaceae)	Fruit	4
बहुला	Elettaria cardemomum (Zingiberaceae)	Seed	2
त्वक	Cinnemomum zeylanicum (Lauraceae)	Bark	1

Table no 2: Rasapanchak of sitopaladi churnam

Ingredient	Rasa	Virya	Vipaka	Guna	Karma
सितोपला	Madhur	शीत	Madhur	सरा, लघ्वी	वातपित्तहरी
तुगाक्षीरी	स्वाद्वीकषाया	शीत	Madhura	लघु, रूक्ष	वातकृच्छ्रजित्
पिप्पली	कटु	अनुष्णा	Madhur	लघु, स्निग्ध,	वातश्लेष्महरी, पित्तप्रकोपिणीरिचनी
बहुला	कटु	Ushna	कटु	लघु, रूक्ष	श्लेष्मपित्तास्रपहावातहरी
त्वक	कटु तिक्त स्वादु	Ushna	कटु	लघु, रूक्ष	पित्तलंकफवातघ्नं

#### 7. Rasaprabhava

After going through individual ingredient, we can conclude that Sitopaladi churna have a predominance of Madhur (77.5%), Katu (22.5%) Kashaya Tikta rasa. Dominant qualities are Snigdha (64.5%), Guru (51.6%), Laghu (22.5%), Ruksha (9.6%). Virya is Sheeta (77.5%), Ushna (9.5%), Anushnashita (13%). Vipaka is Madhur (90.5%), Katu (9.5%)

Madhura ras is described as "जन्मसात्त्यात्कुरुतेधातूनांप्रबलंबलम्". It is being satmya since birth, produces greater strength in the dhatus. It is beneficial for बाल, वृद्ध, क्षतक्षीण, वर्ण, केशेन्द्रियौजसाम्. It is also described as best bruhana, kanthya, (प्रशस्तोबृंहणःकण्ठ्यः) ayushyakara,

jeevaniya (आयुष्योजीवनः); It is snigdha, mitigates Pitta, Vata and Visha (स्निग्धःपित्तानिलविषापह)

Katu ras is described "क्लेदोपशोषणः" and "शोधनो" which dries and cleans kleda in the srotas. Katu ras breaks obstruction (छिनत्तिबन्धान्), dilates the channels (स्रोतांसिविवृणोति) and pacifies Kapha (कफापह). This helps in removing srotas avarodha. It is also दीपनःपाचनोरुच्यः which helps to improve digestion and desire for food. Kashaya ras being "पित्तकफहा" helps in blood purification and due to ruksha property helps in kleda vishoshana.

#### 8. Dravyaprabhava:

1. Sitopala - Sitopala (16 part) is the main content of the drug which is vatapittahara and balya to kapha stana. Though it is laghu, sara, sheeta it is not increasing vata but mitigates it. It helps in raktapitta nashana and prevents excess kshaya of kapha. It acts on rasagni helps in prinana of rasa dhatu.<sup>v</sup>

2. Vanshalochana- It is bruhana, balya, vrushya, madhura and sheeta which acts on rakta, mamsa, meda asthi and shukra dhatu. It helps to cure trushna, kasa, swasa, kshaya, raktapitta, kamala, kustha, pandu and varana.<sup>vi</sup>

3. Pippali - Pippali is an important ingredient in this formulation as it is deepana, vrushya and rasyana karma which shows its action on saptadhatu. Being anushna, katu, laghu, rechana and Madhura vipaka it helps to pacify vata kapha. It further cures swas, kasa, udara, jwara, kustha, prameha, gulma, arsha, pleehavruddhi, udara shola, amavata.<sup>vii</sup>

4. Ela - Sthula ela is katu ras vipaka, laghu, ruksha, ushna it pacifies vata kapha. It cures raktapitta, kandu, swas, trushana, hrullasa, visha, basti-asya-shiroruk, vama and kasa.<sup>viii</sup>

5. Twak - Twak is laghu, ruksha, katu-swadu-tikta ras katu vipaka and ushna virya. It is pittala and pacifies kapha vata. It destroys kandu, ama, aruchi, hrudaroga, bastiroga, vatarsha, krumi, pinasa and shukra.<sup>ix</sup>

9. Doshaprabhava-

In table no 2 we can observe that all the ingredients of Sitopaladi churna have vatashamana property. Bruhat ela is not described vatanashana by bhavaprakasha but in dhanvantari nighantu it is mentioned as vata shamana. Sitopala and vamshalochana (16 and 8 part) which are the main

content of this drug having is pittashaman property.

Pippali, bahula and twak have kaphaghna property along with vata shamana. So, we can conclude that this drug has tridosha nashana property, specifically vata predominant pitta kapha shamana.

10. Vyadhiprabhava

1. Rajayakshma – this disease manifested by Ayathabalam aarambha, vegasandharana, kshaya and vishamashana. These hetus lead to vitiation of doshas and the manifestation of disease. Vitiated vatadi dosha obstruct the channels of blood etc. leading to weaning away of dhatus. Rajayaksha gets manifested due to obstruction in srotas or if there is a diminution of raktadi dhatu or if there is a diminution of dhatawagni.<sup>x</sup>

So, while treating rajayakshma we have to think about alleviation of tridosha, cleaning of obstructed minute srotas, mitigate dhatu kshaya and brihana (बृहणनिविशेषतः) along with improvement of dhatwagni.

Sitopaladi churna is a combination of five drugs which have Madhur katu kashya, tikta ras which help to mitigate tridosha aggravation. It includes pippali which is rasayana acting on all dhatus and especially on mamsa dhatu, sitopala which acts on rasa dhatu, vamshalochana on rakta mamsa meda, shukra dhatu and especially on rakta dhatu, ela twak having gandha guna bahulya which indicates its action on asthi majja shukra dhatu. By all this it helps to mitigate dhatu kshaya by increasing dhatwagni at all the saptadhatu levels and thus promoting formation of the normal dhatu. Pippali is described as

prakledani and rechani by Bhavaprakash which helps to clear srotases thus removing obstruction.

2. Swasa –Rajasa, dhuma, vata, shitambu adi hetu sevana leads to obstruction in the prana-udaka-annavaha srotas. Vayu along with aggravated kapha spreads all over the body is called as “विष्वक्प्रजति”. When these dosha produces obstruction in urasthana then swasa gets manifested.<sup>xi</sup>

Drug which is vata kapha shamak, ushna and anulomana property is beneficial in swasa. Sitopaladi churna is having tridosha shamana property but ela, pippali, vamshalochana has swasanashak karma. Pippali helps in removing obstruction in srotases. So, it helps in vatapradhan kapha pitta dushti. This is more effective in vata kaphaja, vatapittaja Swasa.<sup>xii</sup> Pippali, ela, twak it helps in reducing aggravated vata kapha while sitopala and vamshalochana are vata pittashamana. Sitopala and vamshalochana gives strength to kaphasthana.

3. Kasa - Due to obstruction in lower part apana vata moves upwards, afflicts the channels of circulation in the upper part of the body, takes over the function of udana vayu and gets localized in the throat and chest. Then entering all the cavities in the head, fills them up and causes hunching and convulsive movements of the body, jaws, sides of the neck and eyes. Thereafter this obstructed vata causes contraction and stiffness of the eyes, back, chest and sides of the chest, gives rise to kasa which may be dry or with kapha because of which it is known as kasa.<sup>xiii</sup>

Vataj kasa treatment principle is “वातघ्नसिद्धैः स्नेहाद्यैर्धूमैर्लेहैश्च युक्तिः” in vataj kasa vataghna snehapana, dhuma, leha,

basti is advised. Sitopaladi churna is having vatashmana property which can be given along with vataghna ghrita and honey to cure vataj kasa. It is having madhura, katu, rasa and sheeta virya, pradhanya which improves dhatwagn, and strength of the dhatu due to bruhan, balya karma. Katu ras helps in shoshana of kleda and cleansing of srotas. As all drugs are vatanashak it is more effective on vata kaphaj and vata pittaja kasa.

In kshataj kasa chikitsa principal says “मधुरैर्जीवनीयैश्च बलमांसविवर्धनैः” should be used. Sitopala and vamshalochana present in sitopaladi are bruhan, jivaniya and balya which helps in curing disease. It is also said that we have to use pittaja kas chikitsa with mdhu, ghrita, kshira. As sitopala and vamshalochana has pittashamana property it helps in kshayaj kasa.

Kshayaj kasa treatment principal is “तस्मै बृंहणमेवादौ कुर्यादग्नेश्च दीपनम्”. This drug is having bruhan (sitopala, vamshalochana), deepana (pippali, ela, twak) property.

4. Suptajihva – Perception of test is karma of bodhaka kapha along with pranavayu. Suptajihva can be considered as swapa or indriya bramsha of rasanendriya. It is seen in vata vridhhi or prakopa. Sitopaladi being vata kaphashamana helps in curing this condition.

5. Arochaka – When aggravated doshas takes sthanasamsraya at jihva or hrudaya five types of arochaka gets manifested. Vataj, pittaja, kaphaja, sannipataja and manasantapaja. In treatment we have to carry bahya and abhyantara shodhana (बहिर्न्तर्मृजा). Hrudyā (चित्तनिर्वाणंहृद्यमौषधम्) and mukhadhavana (भक्षयेन्मुखधावनैः) aushadhasevana is indicated.<sup>xiv</sup>

Pippali is deepana pachana and truptighna, ela is having katu ras which helps stimulation of test buds by udwejana karma (उद्वेजयति जिह्वाग्रं). Being sugandhi it helps in mana prasannata. Twak is having aruchi nashana karma. It will be effective in vataj, pittaja, arochaka.

6. Alpagni – It can be considered as mandagni. Pippali (deepana), ela (analakrut) helps in improving strength of Agni by deepana and analakrut karma. Twak is pittala and vata kaphaghna so helps in increase appetite.

7. Parshwasoola – Tridosha when aggravated moves in all rogamarga. When doshas moves in tiryak rogamarga it manifest parshwasoola. Sitopaladi churna being madhura, katu ras pradhana, jeevaniya, bruhana it pacifies vata, pitta along with kapha so helps in curing parshwasoola.

#### 11. DISCUSSION-

Sitopaladi churna consist of sitopala 16 part and vamshalochana 8 part so total 24part madhura ras present. Pippali 4part, ela 2 part and twak 1 part so total 7part katu along with. kashaya and tikta ras also present.

If we go through virya of the ingredients then 24part is sheeta virya, 4part anushna and 3 part of the formulation is having ushna virya out of 31parts. It's 28part dravya have madhura vipaka and only 3part dravya have katu vipaka.

Quality of formulation are sara, ruksha, laghu, snigdha, rechana, deepana, pachana. All five drugs are having vata nashana property. Pittakara activity of pippali and twak is controlled by pittashamana property of sitopala and vamshalochana. Pippali, Ela and twak having kaphashamana activity.

This formulation acts on swas (dyspnea), kasa (cough). It can be given to the patients suffering from suptajivha, aruchi, poor digestion and parshwasoola. It works by subsiding vata kapha by madhura katu ras, katu vipaka along with ruksha, laghu quality.

#### 12. CONCLUSION –

Sitopaladi churna acts on vatapradhana, kaphanubandhi, pittanubandhi swasa, kasa vyadhi. It acts on kshataja, kshayaja kasa and rajayakshma vyadhi due to bruhana, dipana, and rasayana action. It acts on aruchi, suptajivha (loss of test) and parshwasoola.

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