



Literature Review on *Avipattikar Churna*: A Boon for Hyperacidity Disorder

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ABSTRACT

Survival of an organism on the earth is always challenged by the nature, Hunger adverse climatic conditions. Protections against wild animals and diseases are important amongst survival. In today's fast moving food consumption patterns have completely changed and become a part of today's fast paced life leading to gastric complaints such as; indigestion, heartburn, nausea, and vomiting etc. It is open secret that hurry, worry, and curry are the main reasons for gastrointestinal system disorder.

Several formulations have been mentioned for *Shamana Chikitsa* (Pacifying) treatment) of *Amlapitta* such as Pittantak yog, Khand kushmanda & *Avipattikara Churna* which helps on improving *Agni* (Digestive fire). *Avipattikar Churna* (AC) a poly-herbal formulation is frequently prescribed in *Ayurvedic* therapeutics for the treatment of peptic ulcer disorders. A total number of Eleven references of AC are available in textbooks of *Ayurveda* including *Rasendra Chintamani*, *Bhaishajya Ratanavali*, *Vangasena Samhita*, *Rasendra Sara Sangraha*, *Bharat Bhaishajya Ratnakara*.

KEYWORDS: survival, *Shamana Chikitsa*, *Amlapitta*, *Agni*,

INTRODUCTION

Ayurvedic medicine system, of the oldest one of healing living science of the world with an established history since time immemorial. Etymologically, it is combination of *Sanskrit* words i.e. *Ayur* (life) and *Veda* (science or knowledge) meaning science of life. It primarily to uses on harmonizing and balancing life along with mind, body, and spiritⁱ. Its primarily aims to maintain the health of individual along with treatment of disease condition. For the purpose *Ayurvedic* scholars have described numerous formulations which play significant role.

It is open secret that hurry, worry, and curry are the main reasons for gastrointestinal system disorder. Due to today's fast moving lifestyle people have undergone for drastic changes in food consumption patterns\ habits. Faulty dietary patterns and practices have become a part of today's fast paced life leading to gastric complaints such as ; indigestion, heartburn, nausea, and vomiting etc. *Amlapitta* (hyperacidity disorders) is caused due to *Virudhaashana* (Incompatible food intake) and *Pittaprapak Ahaara* (Acidic food) which lead to vitiation of *Doshas* with clinical manifestations of symptoms such as *Avipaka* (Indigestion), *Klama* (fatigue), *Utklesa* (Nausea), *Amla-udgara* (Sour eructations), and *Aruchi* (Anorexia) and other symptomsⁱⁱ. In such conditions *Shodhana* (Purification) and *Shamana* (Pacifying) treatment have been mentioned for the treatment of *Amlapitta* (hyperacidity disease)ⁱⁱⁱ. Several formulations have been mentioned for *Shamana Chikitsa* (Pacifying) treatment) of *Amlapitta* such as Pittantak yog, Khand kushmanda & *Avipattikara Churna* which helps on improving *Agni* (Digestive fire).

Avipattikar Churna (AC) a poly-herbal formulation is frequently prescribed in *Ayurvedic* therapeutics for the treatment of peptic ulcer disorders. AC has a wider range of therapeutic indications such as *Agnimandya* (Digestive impairment) *Vibandha* (Constipation), *Amlapitta* (Hyperacidity), *Arsha* (Piles), *Mutraghata* (Urinary retention) and *Prameha* (Diabetes mellitus) etc. AC has a rational composition of herbs formulated to strengthen *Jataragni* (Digestive power) with subsidiary effect on *Pitta Dosh* and it expels excessive *Pitta* by its mild laxative action^{iv}.

MATERIALS AND METHODS

In this study, a systematic review is conducted by screening Various *Ayurveda* classic texts. A total number of Eleven references of AC are available in textbooks of *Ayurveda* including *Rasendra Chintamani*, *Bhaishajya Ratanavali*, *Vangasena Samhita*, *Rasendra Sara Sangraha*, *Bharat Bhaishajya Ratnakara*.

RESULTS

As mentioned above, the references of classical texts has been listed below in tabular form.

Table 1

S.N.	Name of text books	Reference	Time period
1.	Gadnigraha	Amlapitta	11 th century
2.	Vangsenam Samhita	Cikitsasarasamgraha 27/78-83 P.no. 772	13 th century
3.	Rasendrasar Sangraha	Amlapitta 2/32-38 P.no. 889	14 th century
4.	Rasendra Chintamani	9/34-40 P.no 276	14 th century
5.	Ayurveda Prakasha	Churna prakaran P no. 578	16 th century
6.	Brihat Ras Raj Sunder	Amlapitta chikitsa 522/524	17 th century
7.	Bhaishajya Ratnavali	Amlapittarogadikara 56/25-29	18 th century
8.	Vaidya Chintamani	12VilasaAmlapitta prakaranam 35/207	18 th century
9.	Bharat Bhaishajya Ratnakar		20 th century
10.	Ras Tantra Saar & Siddha Prayoga Sangrah	Churna prakaran P.no. 667	20 th century
11.	AFI	Part1/pag106	20 th century

Ingredients and Ayurvedic properties of AC^[vi,vii]

Table 2

S.N.	Drug Name	Part Use	Part	Ayurvedic Properties
1.	<i>Shunthi</i> [<i>Zingiber officinale</i> Roxb.]	Rhizome	1 part	<i>Rasa: – Katu</i> <i>Guna :- Laghu, Snigdha</i> <i>Veerya :- Ushna</i> <i>Vipaka :- Madhura</i> <i>Doshagnata: Vatakaphashamaka</i> <i>Karma:- Shothahara, Vedanasthapana, Rochana, Deepana, Pachana, Triptigna, Vatanulomana, Shoolaprashamana, Arshogna, Grahi</i>
2	<i>Pippali</i> [<i>Piper Longum</i> Linn]	Fruit	1 part	<i>Rasa: – Katu</i> <i>Guna :- Laghu, Snigdha, Tikshna</i> <i>Veerya :- Anushmasheeta</i> <i>Vipaka :- Madhura</i> <i>Doshagnata: – Kaphavatashamaka</i> <i>Karma: – Deepana, Vatanulomana, Shoolaprashamana, Mridurechana, Krimigna</i>
3	<i>Maricha</i>	Fruit	1 part	<i>Rasa :- Katu</i>

	<i>[Piper nigrum Linn.]</i>			<p><i>Guna :- Laghu, Tikshna, Ruksha</i></p> <p><i>Veerya :- Ushna</i></p> <p><i>Vipaka: - Katu</i></p> <p><i>Doshagnata: – Kaphavatashamaka</i></p> <p><i>Karma: – Lalasravajanaka, Deepana, PachanaVatanulomana, Krimigna</i></p> <p><i>Mutrala</i></p>
4	<p><i>Haritaki</i></p> <p><i>[Terminalia chebula Retz]</i></p>	Fruit	1 part	<p><i>Rasa: – Kashaya, Tikta, Madhura, Katu, Amla</i></p> <p><i>Guna: – Laghu, Ruksha</i></p> <p><i>Veerya: –Ushna</i></p> <p><i>Vipaka: – Madhura</i></p> <p><i>Doshagnata – Tridoshashamaka</i></p> <p><i>Karma: – Deepana, Pachana, Shothahara, Vedanasthapana, Anulomana, Mridurechana,</i></p>
5	<p><i>Vibhitaki</i></p> <p><i>[Terminalia bellirica Roxb]</i></p>	Fruit	1 part	<p><i>Rasa: – Kashaya</i></p> <p><i>Guna: –Ruksha, Laghu</i></p> <p><i>Veerya: –Ushna</i></p> <p><i>Vipaka: – Madhura</i></p> <p><i>Madhura</i></p> <p><i>Doshagnata: – Tridoshashamaka, especially Kaphashamaka</i></p> <p><i>Karma: – Deepana, Bhedana, Shothahara, Vedanasthapana, Anulomana, Mridurechana, Madakari, Grahi</i></p>
6	<p><i>Amalaki</i></p> <p><i>[Emblica officinalis Gaertn]</i></p>	Fruit	1 part	<p><i>Rasa: – Amla, Madhura, Kashaya, Tikta, Katu</i></p> <p><i>Guna: – Guru, Ruksha, Sheeta</i></p> <p><i>Veerya: – Madhura</i></p> <p><i>Doshagnata: – Tridoshashamaka especially pittashamaka</i></p> <p><i>Karma: – Dahaprashamana, Rochana, Deepana, Anulomana, Amlatanashaka, Sramsana,</i></p>
7	<p><i>Musta</i></p> <p><i>[Cyperus rotundus Linn]</i></p>	Rhizome	1 part	<p><i>Rasa: – Tikta, Katu, Kashaya</i></p> <p><i>Guna: – Laghu, Ruksha</i></p> <p><i>Veerya: – Sheeta</i></p> <p><i>Vipaka: – Katu</i></p> <p><i>Doshagnata: – Kaphapittashamaka</i></p> <p><i>Karma: – Deepana, Pachana, Grahi, Shothahara, Mutrala</i></p>
8	<i>Vidanga</i>	Fruit	1 part	<i>Rasa: – Tikta, Katu</i>

	<i>[Embeliaribes Burm.]</i>			<p><i>Guna: – Laghu, Ruksha, Teekshna</i></p> <p><i>Veerya: – Ushna</i></p> <p><i>Vipaka: – Katu</i></p> <p><i>Doshagnata: – Kaphavatashamaka</i></p> <p><i>Karma: – Deepana, Pachana, Anulomana, Krimigna</i></p>
9	<i>Vida</i>		1 part	<p><i>Rasa: – Kshara</i></p> <p><i>Guna: – Laghu, Ruksha, Teekshna, Ushna, Vyavayi</i></p> <p><i>Veerya: – Ushna</i></p> <p><i>Vipaka: – Katu</i></p> <p><i>Doshagnata: – Kaphavatashamaka</i></p> <p><i>Karma: – Deepana, Rochana, Vatanulomana, Shulahara</i></p>
10	<i>Ela (Sukshmaila)</i> <i>[Elettaria Cardumomum Manton]</i>	Seed	1 part	<p><i>Rasa: – Katu, Madhura</i></p> <p><i>Guna: – Laghu</i></p> <p><i>Veerya: – Sheeta</i></p> <p><i>Vipaka: – Madhura</i></p> <p><i>Doshagnat:– Tridoshashamaka</i></p> <p><i>Karma: – Deepana, Pachana, Rochana, Anulomana, Hridya, Mootrajanana, Dahaprashamana</i></p>
11	<i>Patra</i> <i>[Cinnamomum tamala (Buch.Ha)].</i>	Leaf	1 part	<p><i>Rasa: – Katu, Madhura</i></p> <p><i>Guna: – Laghu, Pichhila, Tikshna</i></p> <p><i>Veerya: – Ushna</i></p> <p><i>Vipaka: – Katu</i></p> <p><i>Doshagnata: – Kaphavatashamaka</i></p> <p><i>Karma: – Vishagna, Mukhashodhana, Bastidoshagna, Deepana</i></p>
12	<i>Lavanga</i> <i>[Syzygiumaromaticm Linn]</i>	Flower bud	11 part	<p><i>Rasa: – Katu, Tikta</i></p> <p><i>Guna: – Laghu, Tikshna</i></p> <p><i>Veerya: – Sheeta</i></p> <p><i>Vipaka: - Katu</i></p> <p><i>Doshagnata: – Kaphapittashamaka</i></p> <p><i>Karma: –Deepana, Pachana, Ruchya, Vatanulomana, Krimigna,Shoolaprashamana, Mutrala, Amapachana, Vranaropana</i></p>
13	<i>Trivrit</i> <i>[Operculina Turpethum Linn]</i>	Root Bark	44 parts	<p><i>Rasa: – Katu, Tikta, Madhura, Kashaya</i></p> <p><i>Guna: – Laghu, Ruksha, Teekshna Veerya: – Ushna</i></p>

				<i>Vipaka: – Katu</i> <i>Doshagnata :- Pittakapha samshodhana</i> <i>Karma: Sukhavirechaka, Bhedana, Rechana, Shothahara</i>
14	Sugar		66 parts	<i>Rasa: – Madhura</i> <i>Guna: – Snigdha</i> <i>Veerya: – Sheeta</i> <i>Vipaka: – Madhura</i> <i>Doshagnata– Vatapittashamaka</i> <i>Karma: – Balya, Brumhana, Chakshushya, Vrushya, Vantihara</i>

DISCUSSION

Rhizome of *Shunthi* (*Zingiber officinale* Roxb.), fruit of *Maricha* (*Piper nigrum* Linn.), fruit of *Pipali* (*Piper longum* Linn.), fruit pulp of *Haritaki* (*Terminalia chebula* Retz.), fruit pulp of *Vibhitaki* (*Terminalia bellerica* Roxb.), fruit pulp of *Amalaki* (*Embelia ribes* Burnf.), seeds of *Musta* (*Cyperus rotundus*), fruit of *Vidanga* (*Embelia ribes*), seeds of *Ela* (*Elettoria cardomum* Maton), leaf of *Patra* (*Cinnamomum tamela* Nees & Eberm.), are taken in one part each. All mentions herbal ingredients are present in one part except floral bud of *Lavanga* (*Syzygium aromaticum*), root of *Trivrit* (*Operculina turpethum*) and *Misri* which are present in 11, 44 and 66 parts respectively. The raw materials are powdered separately and passed through sieve number 80 and then mixed in specified proportions to get uniformly blended powder. AC is whitish powder with *Madhura Rasa* (Sweet) and odour like that of *Lavanga* (Clove).

AC contains total fourteen ingredients. All references have same ingredients in equal proportion mentioned in table no.2. Except for *Vangasena Samhita*, *Brihad Rasraj Sunder* and *Rasa Tantra Sara and Siddha Prayoga Sangraha* where in *Vida Lavana* is not included in AC^[viii,ix]

Rasendra Chintamani and *Rasendra Sara Sangraha* have advised to administer AC in a dose of 4 *Masha* (4gm)^x. But, *Bhaishajya Ratnavali* and other all texts have recommended to administer in a dose of 8 *Masha* (8gm). It is advised to administer AC before meal and in between meal along with *Sheetal Jala* (Cold water) and *Narikel Udaka* (coconut water). Majority of AC ingredients have *Ayurvedic* properties viz., *Katu* (Pungent), *Tikta* (Bitter), *Madhura Rasa* (Sweet taste), *Laghu* (Light), *Ruksha* (Dry), *Snigdha* (Unctuous), *Tikshna* (Sharp) *Guna* (Property), *Ushna* (Hot) and *Sheet Virya* (Cold Potency), *Madhura* (Sweet) and *Katu* (Pungent) *Vipaka* (Biotransformation). AC mentioned by *Rasendra Chintamani* is very potent formulation having action on Urinary and gastro-intestinal system^{xi}.

Role of AC Composition

Khanda Sharkara (a kind of jaggery) is the major ingredient contributing to in AC. It is having *Madhura Rasa* (Sweet taste), *Snigdha Guna* (Unctuous property), *Sheeta Virya* (Cold Potency), and *Madhura Vipaka* (Sweet biotransformation), and helps in relieving *Vidagdha Pittajanya Daha* i.e *Hrutkantadaha* (heart and throat burn), *Tikta-amlodgara* (bitter acid belching), *Praseka* (Salivation), and *Utklesa* (Nausea). *Khanda Sharkara* properties counters the *Laghu* (Light), *Ruksha* (Dry), *Ushna* (Hot), and *Teekshna Guna* (Sharp property) of *Lavanga*, which contributes as a significant component of AC.

Second most major ingredient is *Trivrita* (*Operculina turpethum*) it has mainly *Katu Rasa* (Bitter taste), *Laghu* (Light), *Ruksha* (Dry), *Tikshna Guna* (Sharp property), *Ushna Virya* (Hot Potency) and *Katu Vipaka* (Bitter biotransformation). It has *Rechana* (Purgative) and *Shothahara* (anti-inflammatory) property leading to *Pitta Virechana* (Mild laxative). Thus, helpful in *Samprapti Vighatana* (breaking of pathogenesis) of *Amlapitta* (Peptic Ulcer) and *Arsha* (Piles).

Lavanga being third major constituent have *Katu* (Bitter), *Tikta Rasa* (Bitter taste) & *Laghu* (Light), *Tikshna Guna* (Sharp Property), *Sheeta Virya* (Cold potency) and *Katu Vipaka* (Bitter biotransformation). It has *Deepana* (Stimulates digestive fire), *Amapachana* (Digestion of digestive juice), *Vatanulomana*, *Shulaprashamana* (Analgesic) activity which helps to counter *Agnimandyajanya Vikara* (Low digestive fire associated disorder) and associated *Shula* (Pain). Rest all eleven ingredients are in equal proportion. Morely them all of which have *Deepana* (Digestive fire stimulator), *Pachana* (Digestion), *Vatanulomana* activity ideally required to counter *Agnimandyajanya* (Low digestive fire) and *Amaja Vikaras* (Disorders due to undigested food). Thus, ingredients of AC attribute diverse pharmacological activities in different pathological conditions.

Depending upon the prognosis of patient and disease condition, most suitable *Avipattikara Churna* should be selected. *Vida Lavana* contains a small amount of trace elements such as iron and magnesium. It has carminative action and acts as tonic for the digestive system. Extract of stem bark of *Trivrit* (*Operculina turpethum* Linn.) possess ulcer preventive and protective activities. Extract from the fruits of *Vibhitaki* (*Terminalia bellerica*) have laxative, anti-microbial, analgesic effects. *Shunthi* (*Zingiber officinalis*) augments mucin secretion which decrease cell shedding in gastric mucosa.

CONCLUSION

Thus we can observed that, AC is a promising and time-tested formulation for the treatment of Hyperacidity (*Amlapitta*).

Individual ingredients of the AC work in synergy with multifaceted therapeutic benefits in preventing the occurrence of sign and symptoms of hyperacidity disorders. Hence, it can be inferred that the *Avipattikar Churna* is one of the best medicine for treatment of hyperacidity (*Amlapitta*) being used in therapeutics since long time.

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