



## A Criticle Review of *Chitrakadi Vati*

**Dr. Rajan Joshi<sup>1</sup>, Dr. Ajay Kumar Sharma<sup>2</sup>, Dr. Indumati Sharma<sup>3</sup>, Dr. Shivraj Singh<sup>4</sup>**

<sup>1,4</sup> P.G. Scholar, <sup>2</sup> Asso. Prof. (rasa shastra & bhaishajya Kalpana), <sup>3</sup> Asso. Prof. (Kaya Chikitsa),

P.G. Department of Rasa shastra & Bhaishajya Kalpana

**Madan Mohan Malviya Govt. Ayurveda College, Udaipur (Raj.)**

Mob- 9427471650; Email- [joshirajan117@gmail.com](mailto:joshirajan117@gmail.com)

### ABSTRACT

It is necessary for the continuation of life for food to be digested, absorbed, and integrated; this process is carried out by the Agni. To examine the effects of the medicine as an *Agnideepan* in *Mahasrotas*, a review was conducted using a variety of Ayurvedic textbooks, including *Dravyagunvignyan*, the CCRAS API textbook, published publications, and internet searches. Agni transforms food into energy, which powers all of our body's essential processes. Many Ayurvedic medications known as *Deepaniya* (Stomachic) and *Pachaniya* (Digestants) are said to be helpful in treating such a sick condition. With the exception of *Bhallataka* and *Amlavetasa*, Charaka created "*Chitrakadigutika*" (*Chitrakadivati*) using eight of the 10 medications listed under *Deepaniya Dashemani*.

**Key Words:** Digestion, *Deepana*, *Pachana*, *Chitrakadi Vati*, *Agni*.

### Introduction:

In the *Paka* process, Agni is the constant agent (digestion). There are thirteen types of Agni, which are *Jatharagni*, five *Bhutagnis*, and seven *Dhatwagnis*.<sup>[1]</sup> Consequently, the goal of Ayurvedic medicine is always to return Agni to its normal state. Many Ayurvedic medications known as *Deepaniya* (Stomachic) and *Pachaniya* (Digestants) are said to be helpful in treating such a sick condition. Agni transforms food into energy, which powers all of our body's essential processes.<sup>[2]</sup> Reduced *Jatharagni* (*Mandagni*) is the fundamental cause of all diseases, according to Ayurveda.<sup>[3]</sup> Based on the primary medicinal properties of the plants that make up each group, the medications of this *Deepaniya* group can be divided into three categories: *Deepaniya* (stomachic), *Pachaniya* (digestants), and *Deepan-Pachaniya* (digestants and stomachic). Sharangadhar Samhita states that *Jatharagni* (Agni Sandhukshan) is stimulated by *Deepan Karma* <sup>[4]</sup>. Similar to this, *Deepan Dravya* can stimulate *Jatharagni* to create hunger, which will encourage a person to eat, but this stimulation won't help with food digestion. Although *Pachaniya Dravya* can do *Agnideepana*, it cannot digest *Aama* (undigested food). The six varieties of *Rasa* (Taste) in the *Panchabhautik* constitution can be

used to understand the action of *Pachan Dravya*. as "*Mahachhidram Mahasaranam*" in *Mahasrotas*. This obviously refers to the entire alimentary canal, which runs from the mouth to the anus. "*Mahasrotas*" is the location of *Jatharagni*, the *Awasthapaka* process (and hence, the location of *Dosha's Udirana*), and *Pachana*. Of the three *Roga Margas*, *Mahasrotas* is also referred to as "*Abhyantar Roga Marga*." According to the analysis of *Chitrakadi Vati* medicines <sup>[5]</sup>, which Charaka included in his list of *Agraushadhis* (the best category of drugs), he likes to divide them into the *Deepana* and *Pachana* categories. Studies on the components of *Chitrakadi Vati* also reveal effects on the digestive system.

### Materials & methods

Review material was gathered from a variety of Ayurvedic textbooks, including *Dravyagunvignyan*, the CCRAS API textbook, published publications, and internet searches.

#### *Chitrakadi Vati* <sup>[6]</sup>

An *Ayurvedic* medication called *Chitrakadi Vati* is sold on the market in tablet or *Vati* form. It has been noted that it may be useful in treating indigestion and anorexia in addition to being highly good for enhancing the body's ability to digest food (*Agni*). This *Ayurvedic* medication eliminates the body's built-up impurities and has digestive and cleansing qualities.

**Preparation:** A paste is made by triturating the finely ground component (either pomegranate or lemon juice) to create a paste. It is then dried, stored, and rolled into tablets. It can be administered up to two grames & generally 500 mg three times per day.

**Anupana:** Warm water, whey

### Important Therapeutic Uses:

*Agnimandya* (Digestive impairment), *Aamdosha* (Products of impaired digestion and metabolism / consequences of *Aama*), *Grahani* (Malabsorption syndrome).

### Content of *Chitrakadi Vati*

S.N.	DRAVYA	LATIN NAME	RASA	GUNA	VIRYA	VIPAKA	QUANTITY
1.	Chitrak	<i>Plumbago zeylanica</i>	<i>Katu, Tikta</i>	Laghu, Ruksha, Tikshna	Ushna	Katu	1 Part
2.	Pippali Moola	<i>Piper longum root</i>	<i>Katu</i>	Laghu, Snigdha, Tikshna	Anushnashit	Madhur	1 Part
3.	Yavkshar	<i>Hordeum vulgare</i>	<i>Katu</i>	Laghu, Snigdha, Sara	Ushna	Katu	1 Part
4.	Sarjikshar	<i>Seidlitzia stocksii</i>	<i>Katu</i>	Laghu, Ruksha, Tikshna	Ushna	Katu	1 Part
5.	SouvarchLavan	<i>Unaqua sodium chloride</i>	<i>Lavan</i>	Laghu, Snigdha, Sukshma	Ushna	Katu	1 Part
6.	Saindhav Lavan	<i>Sodi chloridum</i>	<i>Lavan</i>	Laghu, Snigdha, Sukshma	Sheet	Madhur	1 Part
7.	Vid Lavan		<i>Lavan, Kshar</i>	Laghu, Sukshma, Vyavayi	Ushna	Madhur	1 Part
8.	Samudra Lavan	<i>Sodi muris</i>	<i>Lavan, Kshar, Madhur, Tikta</i>	Guru, Snigdha	Anushnashit	Madhur	1 Part
9.	Audbhid Lavan		<i>Lavan, Katu, Tikta</i>	Laghu, Tikshna	Ushna	Madhur	1 Part
10.	Shunthi	<i>Zingiber officinale</i>	<i>Katu</i>	Laghu, Snigdha, Tikshna	Ushna	Madhur	1 Part
11.	Marich	<i>Piper nigrum</i>	<i>Katu</i>	Laghu, Ruksha, Tikshna	Ushna	Katu	1 Part
12.	Pippali	<i>Piper longum fruit</i>	<i>Katu</i>	Laghu, Snigdha, Tikshna	Anushnashit	Madhur	1 Part
13.	Hingu	<i>Ferula foetida</i>	<i>Katu</i>	Laghu, Snigdha, Tikshna	Ushna	Katu	1 Part
14.	Ajamoda	<i>Apium leptophyllum</i>	<i>Katu, Tikta</i>	Laghu, Ruksha, Tikshna	Ushna	Katu	1 Part
15.	Chavya	<i>Piper chaba</i>	<i>Katu</i>	Laghu, Ruksha	Ushna	Katu	1 Part
16.	Matulunga Ras	<i>Citrus medica</i>	<i>Amla</i>	Laghu, Snigdha, Tikshna	Ushna	Amla	Q.S.
17.	Dadim Ras	<i>Punica granatum</i>	<i>Madhur, Amla</i>	Laghu, Snigdha	Anushnashit	Madhur	Q.S.

### Probable Mode of Action of *Chitrakadi Vati* in *Mahasrotas* :

In *Chitrakadi Vati*, due to its *Laghu, Tikshna, Ruksha Gunas* and *Katu, Tikta - Rasa* (dominant with *Agni, Vayu* and *Akasha Mahabhuta*), it subsides the aggravated *Kapha*. While, by *Usna Virya* and *Tikshna, Snigdha Guna* it counteracts *Vata*. Due to *Madhura Rasa (Snigdha guna, Anushnasita virya, Madura vipaka)* it neutralised the *Pitta* overall it help in increasing *Agni* in *Grahani, Agnimandya* disease. It also has quality like *Deepana, Pachana* and *Grahi*. Because of its *Ruksha Guna*, decreases *Srotogata Aama* and *Pichhilata* and relieves *Ati Pravritti*. By virtue of its *Deepana, Pachana, Rochana* property, *Katu, Lavana, Tikta, Amla Rasa, Laghu, Tikshna, Ruksha Guna, Ushna Virya* it stimulates *Jatharagni* which turn by turn stimulates all other *Agni*.

### Discussion

*Chitrakadivati* made with *Sunthi, Pippali, Pippalimoola, Chavya*, and *Chitrak* satisfies hunger and decrease the pain associated with colitis. The vati made with *Dadim, Takra, Changeri, Bilwa*, and *Kappitha* has an astringent and digestive effect. Similarly, *Charak* acharya mentioned "*Chitrakadigitika*" (*Chitrakadivati*) for the management of *Grahani*, a significant in *Agnivikar* (hypo-function of digestive fire), using eight of the ten medications listed

under *Deepaniy Dashemani*, with the exception of *Bhallatak* and *Amlavetas*. All these mixed with two *Kshar* (alkali) and five *Lavan* (salts). This herbo-mineral combination is responsible for two activities: *Agnideepan* and *Pachan* of *Aam*.

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## Conclusion

Chitrakadi Vati's most of the ingredients are *Katu* (pungent) in taste. It helps to digest undigested food and removes accumulated toxins. This further improves digestion and metabolism of the body and thus prevents various diseases when it given by observing *Prakruti*, *Dasha*, *Kala*, *Vaya*, and *Avastha* of the patient and *Roga Bala*. According to Ayurveda, Chitrakadi Vati is mainly used to manage the conditions that occur due to the formation of *Ama* (toxic remains in the body due to improper digestion) like indigestion, flatulence, abdominal pain, constipation, and anorexia. It helps to digest the *Ama* and helps in *Shodhana* (detoxification) of the body due to its *Deepan* (appetizer) and *Pachan* (digestion) properties.

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