



# CRITICAL ANALYSIS OF FORMULATION AND PROBABLE MODE OF ACTION OF *TARUNIKUSUMAKAR CHURNA*: A COMPREHENSIVE REVIEW

**Sondagar Pratik Kiritbhai<sup>1</sup>, Sanath Kumar S<sup>2</sup>, Abhijith Sharma VR<sup>3</sup>, Reetesh Ramnani<sup>4</sup>, Mohar Pal Meena<sup>5</sup>**

<sup>1</sup>) MD Scholar, Department of Rasashstra and Bhaishajya Kalpana, NIA, Jaipur

<sup>2</sup>) MD Scholar, Department of Rasashstra and Bhaishajya Kalpana, NIA, Jaipur

<sup>3</sup>) MD Scholar, Department of Rasashstra and Bhaishajya Kalpana, NIA, Jaipur

<sup>4</sup>) Assistant Professor, Department of Rasashstra and Bhaishajya Kalpana, NIA, Jaipur

<sup>5</sup>) Professor, Department of Rasashstra and Bhaishajya Kalpana, NIA, Jaipur

## ABSTRACT :

*Tarunikusumakar Churna* is a classical Ayurvedic formulation indicated for *Viṣṭambha* (constipation), described in *Siddha Bhashaja Manimala*. It comprises fifteen ingredients, with *Swarnapatri* forming nearly half of the composition and acting as the principal *Rechana* drug due to its sennoside-mediated enhancement of colonic motility. The remaining ingredients—*Triphala*, *Trikatu*, *Jiraka dvaya*, *Yavakshara*, *Saindhava*, *Sauvarchala*, *Tankana*, *Ela*, and *Taruni*—exhibit *Agnidipana*, *Amapachana*, carminative, *Vata*-regulating, and stool-softening properties. Their collective *Rasa*, *Guna*, *Virya*, and *Vipaka* attributes strengthen digestion, reduce bloating and *Ama*, promote bioavailability, and facilitate smooth bowel evacuation. The synergistic actions of these components help correct *Apana Vata* dysfunction and restore natural bowel movement. Overall, *Tarunikusumakar Churna* serves as an effective classical formulation for constipation and associated gastrointestinal disturbances.

**Keywords:** *Churna Kalpana*, Herbo-mineral Formulation, *Vishtambha*, Pharmacological action,

## INTRODUCTION

Ayurveda is one of the world's oldest holistic medical systems, rooted in ancient Indian knowledge and practice. It emphasizes maintaining health through a balance of *Dosha*, *Dhatu*, and *Mala*. Ayurveda approaches disease management through individualized therapy, lifestyle modification, diet, and medicinal formulations. Its preventive and curative principles are based on strengthening *Agni* and ensuring proper functioning of the *Srotas*. By focusing on both wellness and disease treatment, Ayurveda offers a comprehensive system that integrates mind, body, and environment.

*Rasa Shastra* serves as a specialized branch dedicated to the processing and therapeutic application of metals, minerals, and allied substances, transforming them into highly potent, safe, and fast-acting medicines through scientific purification and incineration procedures. Complementing this, *Bhaishajya Kalpana*, the pharmaceutical discipline of Ayurveda, provides the foundation for the preparation, standardization, and administration of medicines by converting raw materials into various *Kalpanas* such as *Swarasa*, *Kalka*, *Kwatha*, *Phanta*, etc.

*Churna* is a finely powdered herbal preparation made from one or more medicinal ingredients<sup>1</sup>. Each component is ground separately and then mixed thoroughly to maintain uniformity. According to *Sharngadhara Samhita*, *Churna* refers to a fine powder that is sieved through cloth, and is also described by terms such as *Rajah* or *Kshoda*. The traditional dose mentioned is one *Karsha*<sup>2</sup>.

*Tarunikusumakar Churna* is a classical Herbo-mineral formulation widely recognized and used in the north-western region of India. It is described in the text *Siddha Bhashaja Manimala* under the context of *Udavarta Chikitsa*. The formulation contains fifteen ingredients and is indicated for *Vishtambha*. The ingredients in *Tarunikusumakar Churna* act synergistically to improve digestion, pacify *Apana Vata*, eliminate *Ama*, and facilitate proper bowel evacuation, thereby restoring the natural downward movement of *Vata*.

## MATERIALS AND METHODS

*Tarunikusumakar Churna* is a classical Ayurvedic formulation mentioned exclusively in *Siddha Bhashaja Manimala* under the context of *Udavarta Chikitsa*<sup>3</sup>. It comprises fifteen ingredients, namely: *Taruni*, *Saindhava Lavana*, *Sauvarchala Lavana*, *Krishna Jiraka*, *Sweta Jiraka*, *Yavakshara*, *Haritaki*, *Bibhitaki*, *Amalaki*, *Pippali*, *Maricha*, *Shunthi*, *Tankana*, *Ela*, and *Swarnapatri (Sanaya)*. In *Tarunikusumakar Churna*, all 14 ingredients are present in

equal proportion, each contributing 1 part, while *Swarnapatri* is added in a quantity of 14 parts, making a total of 28 parts in the formulation. In the pharmaceutical process, *Ashuddha Tankana* is first purified by the *Nirjalikarana* method with mild heat. All ingredients are then powdered individually using a mixer grinder, sieved through a mesh. 85 to obtain a uniform fine powder, and subsequently blended in a mass mixer to complete the preparation of the *Churna*.

The formulation is indicated for *Vishtambha* (constipation), yet no specific dose or *Anupana* is mentioned in the classical text. Hence, administration can be individualized depending on a patient's *Bala* (strength), *Agni* (digestive Fire), and clinical condition. To date, no studies have been reported on the standardization, pharmaceutical analysis, or clinical evaluation of *Tarunikusumakar Churna*, indicating a significant scope for research in this unexplored formulation.

**Table 1: Ingredients of *Tarunikusumakar Churna*<sup>4</sup>**

Name of Ingredients	Latin name / English name	Part used	Ratio
<i>Taruni</i>	<i>Rosa centifolia</i> Linn	Flower	1 part
<i>Saindhava lavana</i>	Rock salt	-	1 part
<i>Sauvarchala lavana</i>	Black salt	-	1 part
<i>Sweta jiraka</i>	<i>Cuminum cyminum</i> Linn	Fruit	1 part
<i>Krishna jiraka</i>	<i>Carum carvi</i> Linn	Fruit	1 part
<i>Yava kshara</i>	<i>Hordeum vulgare</i> Linn	Plant	1 part
<i>Haritaki</i>	<i>Terminalia chebula</i> Retz	Pericarp	1 part
<i>Bibhitaki</i>	<i>Terminalia belerica</i> Roxb	Pericarp	1 part
<i>Amalaki</i>	<i>Emblica officinalis</i> Gaertn	Pericarp	1 part
<i>Pippali</i>	<i>Piper Longum</i> Linn	Fruit	1 part
<i>Maricha</i>	<i>Piper nigrum</i> Linn	Fruit	1 part
<i>Shunthi</i>	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
<i>Tankan</i>	Borax	-	1 part
<i>Ela</i>	<i>Elettaria cardamomum</i> Maton	Seed	1 part
<i>Swarnapatri</i>	<i>Cassia angustifolia</i> Vahi	Leaf	14 parts

**Table 2. Pharmacological action of Ingredients of *Tarunikusumakar churna***

Name of Ingredients	Rasa	Guna	Virya	Vipaka	Karma
<i>Taruni</i> <sup>5</sup>	Tikta, Kashaya	Laghu	Sheeta	Katu	Vatahara, Pittahara, Kaphahara, Shukrakara, Netrya, Dipana, Hridya
<i>Saindhava lavana</i> <sup>6</sup>	Lavana, Madhura	Snigdha, Laghu	Sheeta	-	Dipana, Rochana, Ruchya, Vrushya, Chakshushya, Avidahi, Tridoshaghna
<i>Sauvarchala lavana</i> <sup>7</sup>	Lavana	Vishada, Laghu, Sukshma,	Ushna	Katu	Hridya, Rochana
<i>Sweta jiraka</i> <sup>8</sup>	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Ruchya, Dipana, Pacana, Grahi, Krimighna, Kaphavatahara
<i>Krishna jiraka</i> <sup>9</sup>	Katu	Laghu	Ushna	Katu	Pacana, Dipana, Sangrahi, Jvaraghna, Ruchya, Chakshushya, Shothahara
<i>Yava kshara</i>	Ruksha, Tikshna	Katu	Ushna	-	Kaphavatahara, Pittaraktaadoshakara
<i>Haritaki</i> <sup>10</sup>	Kashaya, Katu, Tikta, Amla, Madhura	Laghu, Ruksha	Ushna	Madhura	Sarvadosaprashamana, Rasayana, Chakshushya, Dipana, Anulomana, Hridya, Medhya
<i>Bibhitaki</i> <sup>11</sup>	Kashaya	Ruksha, Laghu	Ushna	Madhura	Kaphapittajit, Bhedaka,

					<i>Krimighna, Chakshushya, Keshya, Kashahara</i>
<i>Amalaki</i> <sup>12</sup>	<i>Amla, Kashaya, Madhura, Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>ridosha-jit, Vrishya, Rasayana, Chakshushya</i>
<i>Pippali</i> <sup>13</sup>	<i>Madhura, Katu, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Anusna</i>	<i>Madhura</i>	<i>Dipana, Hridya, Kaphahara, Ruchya, Tridosahara, Vatahara, Vrushya, Rasayana, Rechana</i>
<i>Maricha</i> <sup>14</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shleshmahara, Pittakara, Kaphavatajit, Vatahara, Chedana, Dipana, Ruchya, Jantunasana, Medohara, Chedi, Hradroga, Vataroga</i>
<i>Shunthi</i> <sup>15</sup>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Dipana, Pachana, Anulomana, Amadoshahara, Vatakaphapaha, Hridya</i>
<i>Tankan</i> <sup>16</sup>	<i>Katu</i>	<i>Tikshna, Laghu, Sara, Ruksha</i>	<i>Ushna</i>	<i>Amla</i>	<i>Hridya, Saraka, Kapha-Vishleshaka, Agnideepana, Balya, Vrana-Nashana, Moodhagarbha-Pravartaka, Stanya-Pravartaka</i>
<i>Ela</i> <sup>17</sup>	<i>Katu, Madhura</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rocana, Dipana, Anulomana, Hridya, Mutrala</i>
<i>Swarnapatri</i> <sup>18</sup>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rechana</i>

## RESULT & DISCUSSION

*Tarunikusumakar Churna* has a unique composition in which *Swarnapatri* constitutes nearly 50% of the formulation, while the remaining ingredients are incorporated in equal but smaller proportions. This structure reflects a purposeful design: *Swarnapatri*, with its *Katu–Tikta–Kashaya rasa*, *Laghu–Ruksha–Tikshna guna*, and *Ushna Virya*, serves as the primary laxative by virtue of its *Rechana* action. Its higher proportion ensures effective bowel evacuation, whereas the lower doses of the other ingredients help to prevent excessive purgation and simultaneously address the deeper causes of *Viṣṭambha*, such as *Apana Vata* imbalance, *Agnimandya*, and *Ama* accumulation.

The remaining ingredients largely possess *Katu rasa*, with additional contributions from *Tikta*, *Kashaya*, *Madhura*, *Amla*, and *Lavana rasa*. Their predominant *Laghu*, followed by *Ruksha* and *Tikshna guna*, coupled with mostly *Ushna virya* and *Madhura* or *Katu vipaka*, collectively contribute to enhancing *Agni*, reducing *Ama*, regulating *Apana Vata*, and promoting smooth bowel evacuation.

### Probable mode of action

*Tarunikusumakar Churna* contains fifteen ingredients: *Taruni*, *Saindhava Lavana*, *Sauvarchala Lavana*, *Krishna Jiraka*, *Sweta Jiraka*, *Yava Kshara*, *Haritaki*, *Bibhitaki*, *Amalaki*, *Pippali*, *Maricha*, *Shunthi*, *Tankana*, *Ela*, and *Swarnapatri (Sanaya)*. Except for *Swarnapatri*, which is added in fourteen parts, all other ingredients are included in one part each. Thus, *Swarnapatri* makes up nearly half of the formulation and serves as the major contributor to its therapeutic activity.

Pharmacodynamically, *Swarnapatri* possesses *Katu*, *Tikta*, and *Kashaya rasa* along with *Laghu*, *Ruksha*, and *Tikshna guna*, *Ushna Virya*, and *Katu vipaka*, which together provide a potent *Rechana* (laxative) effect. The remaining ingredients mainly exhibit *Katu rasa*, with additional contributions from *Tikta*, *Kashaya*, *Madhura*, *Amla*, and *Lavana rasa*. Their predominant *Laghu*, followed by *Ruksha* and *Tikshna guna*, along with mostly *Ushna virya* and *Madhura* (or *Katu*) *Vipaka*, support digestive stimulation, *ama* reduction, regulation of *Apana Vata*, and promotion of bowel evacuation.

*Swarnapatri (Sanaya)* is the principal component and the primary contributor to its laxative effect. Endowed with *Katu*, *Tikta*, and *Kashaya rasa*, *Laghu–Tikshna–Ruksha guna*, *Ushna virya*, and *Katu vipaka*, *Swarnapatri* performs potent *Rechana karma*, relieving *Apana Vata* obstruction and promoting

effective bowel evacuation through the action of sennosides, which convert into anthrone metabolites that stimulate peristalsis and enhance colonic secretion<sup>19</sup>. *Taruni* contributes mild *Mridu Saraka* and soothing effects due to its *Tikta–Kashaya rasa* and *Sheeta virya* and *Laghu guna*, easing intestinal irritation and supporting gentle *Anulomana* through its antioxidant and anti-inflammatory activities<sup>20</sup>. *Saindhava Lavana* and *Sauvarchala Lavana* improve digestion, soften stool, and alleviate gas and bloating by virtue of their *Lavana rasa*, *Laghu–Snigdha guna*, and *Agni-deepana* actions, further assisting in the removal of *Kapha*-related obstruction.

The formulation also includes the *Jiraka dvaya*—*Sweta Jiraka* (*Cuminum cyminum*) and *Krishna Jiraka* (*Carum carvi*)—both possessing *Katu rasa*, *Laghu–Ruksha guna*, and *Ushna virya*, which stimulate digestion, reduce gas, and provide carminative and antispasmodic effects due to volatile oils such as cuminaldehyde, carvone, and limonene<sup>21</sup>. *Yava Kshara*, a potent alkaline agent with *Tikshna–Laghu–Ushna* properties, exhibits *Lekhana* and stool-softening actions, helping dissolve *Kapha* adhesions, reduce acidity, and liquefy impacted fecal matter. The *Triphala* constituents—*Haritaki*, *Bibhitaki*, and *Amalaki*—offer gentle *anulomana*, *Rasayana* support, and mucosal nourishment. Their combined antioxidant, anti-inflammatory, and colon-toning actions improve bowel regularity and promote long-term gut health<sup>22</sup>.

The *Trikatu* components—*Shunthi*, *Maricha*, and *Pippali*—act as powerful *Dipana–Pachana* and *Vatanulomana* agents through their *Katu rasa*, *Laghu–Tikshna guna*, and *Ushna virya*, enhancing digestive fire, reducing *ama*, improving bioavailability, and offering prokinetic, anti-inflammatory, and antioxidant effects through compounds like gingerols, shogaols, and piperine<sup>23</sup>. *Tankana*, with its *Katu rasa* and *Tikshna–Ushna guna*, reduces *Kapha* stickiness, decreases intestinal friction, and aids stool passage, making it especially useful in hard stool conditions and chronic straining. Finally, *Ela* (*Cardamom*) contributes *Katu–Madhura rasa*, *Laghu guna*, and *Sheeta virya*, offering antispasmodic, carminative, and gastroprotective actions that reduce bloating, nausea, and discomfort while improving palatability and overall digestion.

Overall, the formulation combines potent laxative, digestive, carminative, stool-softening, antispasmodic, mucosa-protective, and *Vata*-regulating actions, making *Tarunikusumakar Churna* highly effective in managing *Vistambha* and related gastrointestinal disturbances.

## CONCLUSION

*Tarunikusumakar Churna* is a classical Ayurvedic formulation indicated for *Vishtambha* (constipation) and acts through a coordinated combination of *Rechana*, *Anulomana*, *Agnideepana*, and *Amapachana* effects. *Swarnapatri*, which constitutes nearly half of the formulation, functions as the main laxative by stimulating colonic motility through its sennoside content and relieving *Apana vata* obstruction. The remaining ingredients—including *Triphala*, *Trikatu*, *Jiraka dvaya*, *Yavakshara*, *Saindhava*, *Sauvarchala*, *Tankana*, *Ela*, and *Taruni*—support digestion by improving *Agni*, reducing bloating, softening stool, enhancing bioavailability, and promoting mucosal health. Their collective *Rasa*, *Guna*, *Virya*, and *Vipaka* profiles, along with their pharmacological activities, help eliminate *ama*, regulate *Vata*, and facilitate smooth and complete bowel evacuation.

## REFERENCE

<sup>1</sup> Anonymous. *The Ayurvedic Formulary of India*, Part I. 1st ed. New Delhi: Govt. of India, Ministry of Health and Family Planning; p. 85, 95, 241.

<sup>2</sup> Sharngadhara. *Sarangadhara Samhita*, Madhyama Khanda, Chapter 6, Shloka 1. Edited by Srikanta Murty KR. 1st ed. Varanasi: Chaukhambha Orientalia; 1984. p. 84.

<sup>3</sup> Krishnaram Bhatt, SiddhaBheshajaManimala, 2nd edition, Chaturth Guccha, Udavarta Chikitsa verse 8 Krishnadas Academy, Varanasi 1999, Pg no.257.

<sup>4</sup> Krishnaram Bhatt, SiddhaBheshajaManimala, 2nd edition, Chaturth Guccha, Udavarta Chikitsa verse 8 Krishnadas Academy, Varanasi 1999, Pg no.257.

<sup>5</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol 3.,87, p. 282.

<sup>6</sup> Government of India, Ministry of AYUSH, Pharmacopoeia Commission for Indian Medicine & Homeopathy, *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. X.,12, p. 24.

<sup>7</sup> Government of India, Ministry of AYUSH, Pharmacopoeia Commission for Indian Medicine & Homeopathy, *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. X.,12, p. 28.

<sup>8</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,67, p. 182.

<sup>9</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,48, p. 128.

<sup>10</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,31, p. 80.

<sup>11</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,17, p.

---

44.

<sup>12</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,4, p. 9.

<sup>13</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. IV., 42, p. 105.

<sup>14</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. 3.,53, p. 172.

<sup>15</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,65, p. 177.

<sup>16</sup> Sadananda Sharma, Rasa Tarangini, 13 Taranga/79-81 edited by Kasinatha Shastri, 11th edn, Varanasi, 1979, Motilal Banarasi Das, p-359

<sup>17</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,64, p. 174.

<sup>18</sup> Government of India, Ministry of Health and Family Welfare, Department of AYUSH. *The Ayurvedic Pharmacopoeia of India*, Part I, Vol. I.,66, p. 180.

<sup>19</sup> Khushali Thaker, Jaimini Patoliya, Khushbu Rabadiya, Nagaraja Reddy Rama Reddy, Rushikesh Joshi, Senna (*Cassia angustifolia* Vahl.): A comprehensive review of ethnopharmacology and phytochemistry, *Pharmacological Research - Natural Products*, Volume 1, 2023, 100003, ISSN 2950-1997, <https://doi.org/10.1016/j.prenap.2023.100003>.

<sup>20</sup> Meziouy OE, Youssoufi MH, Lafdil FZ, Legssyer A, Bnouham M, Ziyat A, Mekhfi H. The Medicinal Potential of *Rosa centifolia* L.: Integrating Botany, Geographical Distribution, Pharmacology, Ethnobotanical Uses, Phytochemistry, and Toxicology. *Chem Biodivers*. 2025 Apr;22(4):e202402491. doi: 10.1002/cbdv.202402491. Epub 2024 Dec 30. PMID: 39603992.

<sup>21</sup> Nd, Dammati & Bns, Gonuguntla & Dv, Nallamalli & Al, Maddu & Nalini, Ms & Dammati, Nalini Devi. (2024). REVIEW OF MEDICINAL PLANTS WITH CARMINATIVE PROPERTIES. *International Journal of Biology Pharmacy and Allied Sciences*. 13. 2797-2815. 10.31032/IJBPAS/2024/13.6.8087.

<sup>22</sup> Peterson CT, Denniston K, Chopra D. Therapeutic Uses of Triphala in Ayurvedic Medicine. *J Altern Complement Med*. 2017 Aug;23(8):607-614. doi: 10.1089/acm.2017.0083. Epub 2017 Jul 11. PMID: 28696777; PMCID: PMC5567597.

<sup>23</sup> Suchanda Sahu, Deciphering the Mechanism of action of Trikatu through its Major Active Ingredients - A Comprehensive Review. *Jour of Clin Cas Rep, Med Imag and Heal Sci* 11 (4)-2025.