

Shringyadi Choorna: An effective treatment for Kasa-Shwasa

Karkatashringi choorna is commonly used in Ayurveda for management of Shwasa, Kasa, Hikka, etc. It's gall resembles the horns of the goat, hence it is also called as Ajashringi. It helps to balance Kapha and Vata. It helps to overcome Oordhwagata Apana Vata, hence helps in the relief of respiratory conditions. Besides Ayurveda, it is widely used in Unani and Siddha medical systems.

The plant grows at an altitude of 350-400 m in the sub-alpine regions of the Himalayas and is also cultivated in plain areas. The plant is distributed in countries like Nepal, China, Afghanistan, Pakistan, Armenia, North-west and West Himalayas worldwide.

Therefore, it is also used in other parts of the world. The rest of the world uses it to treat diarrhea, dysentery, fever, vomiting, skin diseases, respiratory ailments and psoriasis appetizer, hepatitis and liver-related disorders.

Chemical constituents such as alpha-pinene, camphene, di-limonene, 1:8-cineol, caprylic acid, alpha-terpineol and aromadendrene are responsible for the action of Karkatashringi Choorna. Steroids, flavonoids, tannins, saponins and phenols present in Karkatashringi are associated with important pharmacological activities



such as anti-bacterial, anti-oxidant, anti-inflammatory, cardio-protective, anti-cancer, anti-diarrhoeal, anticonvulsant and muscle relaxant. Shringyadi Choorna is mentioned in Sharangadhara Samhitha, Madhyama Khanda. It contains Ativisha, Pippali and Karkatashringi. It's an effective combination for Kafaja kasa in all age group especially indicated in children. Karkatashringi is one of the ingredients.

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Introduction

Our sages had realized that children because they have **Kumara Sharira**, need special care. Hence, they developed a branch of Ayurveda – **Kaumarabhrityaka**. The difference in children compared to adults is – **Stanya, Dhatri, Dushti**, and **Agni**; therefore, the formulations or treatments in children have to be different as well. Besides, the following were focused on the treatment, because of special needs in children:¹

Dhatu Vardhana

Bala Vardhana

Rasayana

Removing Sroto Avarodha

Several special formulations were developed to fulfill these purposes; Balachaturbhadra is one such formulation, which is also the focus of this issue of SDP Niramaya.

What is Balachaturbhadra?

Ayurved uses clever nomenclatures. **Nama** (name), **Rupa** (form) and **Yukti** (therapeutic usage) are the basis for the nomenclature of several formulations. In the case of **Balachaturbhadra**, **Bala** is children (Yukti), **Chatur** (4 ingredients, again Yukti), and **Bhadra** (best); the nomenclature itself says, it is one of the best medicines for children.²

The formulation was first mentioned in **Chkradatta** (an 11th-century text) and later in several other books, including **Sharangadhar Samhita, Bhavaprakasha, Yogaratnakara, Bhaishajya Ratnaval**, and eventually in Ayurvedic formulary of India.²

Ingredients and indication

Following are the four ingredients of Balachaturbhadra



Balachaturbhadra is indicated in **Jvara** (fever), **Atisara** (diarrhea), **Svasa** and **Kasa** (respiratory disorders) and **Chardi**.

घनकृष्णारुणशृङ्गी चूर्णं क्षोब्धेण संम्युतं ।
शिशोर्ज्वरं अतिसारघ्नं श्वासकास वमीहरं ॥
(भैषज्य रत्नावली, बालरोगाधिकार - 71/39)

Beneficial effects of ingredients of *Balachaturbhadra*

Musta (Cyperus rotundus)

The following benefits of *Musta* are helpful in the management of *Jvara* (fever), *Atisara* (diarrhea), *Svasa* and *Kasa* (respiratory disorders) in children.³

Activity	Details
Anti-microbial activity	Acts on Gram-positive microorganisms (<i>Staphylococcus aureus</i> and <i>Streptococcus</i> species), moderately active against <i>Sarcina lutea</i> , <i>Bacillus subtilis</i> and the acid fast <i>Mycobacterium phlei</i> and fungi (<i>Candida</i> species). <i>Staphylococcus epidermidis</i> , <i>Bacillus cereus</i> , <i>Pseudomonas aeruginosa</i> , <i>Escherichia coli</i> , and <i>Aspergillus niger</i> .
Anti-parasitic	Acts on <i>Anopheles culicifacies</i> , <i>Anopheles stephensi</i> and <i>Culex quinquefasciatus</i> .
Anti-pyretic, anti-inflammatory and analgesic	Studies have shown similar effects to analgesics like diclofenac and strong antipyretic effect. Found to decrease inflammatory mediators such as interleukin.
Gastrointestinal effects	Studies have shown a significant antidiarrhoeal activity. Besides, antirotaviral activities of <i>Mustha</i> are also shown in the studies.

Pippali (Piper longum Linn)

The following benefits of *Pippali* are helpful in the management of *Jvara* (fever), *Atisara* (diarrhea), *Svasa* and *Kasa* (respiratory disorders) in children.^{4,5}

Activity	Details
Anti-microbial activity	Has shown very strong anti-bacterial activity against <i>Staphylococcus aureus</i> , and <i>Bacillus subtilis</i> . It acts as a viral inhibitor.
Anti-pyretic, anti-inflammatory and analgesic	Has strong anti-inflammatory activity. It dramatically inhibits proinflammatory cytokines and modulates adhesion molecules.
Gastrointestinal effects	Stimulates and thus aids in digestion

Ativisha (Aconitum heterophyllum Wall.)

The following benefits of *Ativisha* are helpful in the management of *Jvara* (fever), *Atisara* (diarrhea), *Svasa* and *Kasa* (respiratory disorders) in children.⁶

- *Ativisha* has anti-malarial activity as it acts on *Plasmodium falciparum*
- The chemical constituents have shown analgesic and anti-inflammatory activities
- Alkaloids in *Ativisha* are anti-emetic in nature
- It also is anti-diarrheal

***Ativisha* is safe:** Safety concerns, especially, cardiovascular, have been raised by some with regard to the use of *Ativisha*. However, no studies have so far examined or reported any safety issues with the use of *Ativisha*. Besides, the use of these for more than a millennia has shown that *Ativisha* is well-tolerated.²

Karkatashringi (Pistacia integerrima Stew.)

Classically *Karkatashringi* has been used effectively in the following conditions:

- Cough
- Asthma
- Vomiting
- Diarrhea
- Pulmonary infections
- Liver disorders
- Anti-venom against snake bites and scorpion sting

The following benefits of *Karkatashringi* are helpful in the management of *Jvara* (fever), *Atisara* (diarrhea), *Svasa* and *Kasa* (respiratory disorders) in children.

Activity	Details
Anti-microbial activity	Found effective against <i>Escherichia coli</i> , <i>Enterococcus faecalis</i> and <i>Vibrio cholera</i> .
Muscle relaxant	Relaxes muscles of intestinal wall and thus helps reduce colic pain.
Anti-inflammatory	Causes a significant reduction in the mRNA expression levels of $TNF-\alpha$, IL-4, and IL-5 along with an increase in Aquaporin 1 (AQP1) and Aquaporin 5 (AQP5)
Gastrointestinal effects	Ethylacetate extract was found to be the most significant anti-diarrheal agent. It also acts as gastroprotective.

Conclusion

- Children are special in several ways.
- Thus, there is a need to treat children differently.
- Thus, some children-specific formulations were developed.
- Balachaturbhadrha is one such special formulation.
- Ayurvedic texts recommend it in Jvara (fever), Atisara (diarrhea), Svasa and Kasa (respiratory disorders).
- The observations from modern research also suggest these benefits.

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Dadima: The best fruit

The Dadima/pomegranate (*Punica granatum*) is a fruit-bearing deciduous shrub. The best quality Dadima is found in Pakistan and Afghanistan. Beautiful teeth are praised as the Dadima seeds.



Benefits of Dadima:

- ◆ In vertigo/Bhrama of Pitta origin, fruit juice can be consumed on a daily basis.
- ◆ In mouth ulcers, Kavala of Dadima skin kashaya is advised.
- ◆ In Ajeerna-Atisara, Dadima skin kashaya can be consumed 2 to 3 times daily for a few days. It also improves the taste in the mouth and appetite.
- ◆ In intestinal worm/parasitic infestations, especially in tapeworm infestations, the choorna of the root of Dadima helps to remove the worms through stools.
- ◆ In heartburn, fruit juice mixed with milk is useful.



"A product with Balachaturbhadrha and more..."

BALA OJUS

CHILDREN'S
GROWTH
APPETITE



INGREDIENTS:

Each 5ml Contains:
Athivisha (Aconitum heterophyllum),
Karkata shringi (Rhus succedanea),
Pippali (Piper Longum), Musta,
Yastimadhu (Glycyrrhiza glabra),
Guduchi (Tinospora cardifolia),
Draksha (Vitis vinifera) each 50mg,
Sugar Candy 500mg.

DOSE: 5-10ml twice daily

PACKAGING : 100 ML, 200ML



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