

REVIEW ON BASAVARAJEEYAM WITH SPECIAL REFERENCE TO CHURNA KALPANA INDICATED IN VATAVYADHI

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ABSTRACT

Ayurveda is a way of life. It has been suggesting us to lead a healthy and prosperous life since millennium. Life is formed by the union of Sharira, Indriya, Satva and Atma. There are three *doshas* in our body namely, *vata*, *pitta* and *kapha*. Among them *vata dosha* is the predominant one due to its *yogavahi* property. *Vata Vyadhi* is one of the most common diagnoses in Ayurvedic clinical practice. Treatment for *vata vyadhi* vary depending on various factors. One of the most common treatments is the use of medicated oils. Different *Kashaya*, *lepa* and *upanaha* also form the prime modality of treatment. *Churna* is a widely used dosage form in *Ayurvedic* pharmaceuticals. It is easy to manufacture and cost-effective in comparison to other forms. It also serves as base for other dosage forms. *Churna Kalpana* or medicated powders have very minor role in the treatment of *vata vyadhi*. *Basavarajeeyam*, a classical book written by Basavaraja in 15-16th century AD has mentioned a total of 6 *churna* formulations under *vata vyadhi*. Hence, in this review an attempt has been made to compile and discuss the *churna* formulations of *Basavarajeeyam*.

KEYWORDS: Basavarajeeyam, Churna Kalpana, Vata vyadhi, Ayurveda.

INTRODUCTION

Ayurveda is a way of life. It has been suggesting us to lead a healthy and prosperous life since millennium. Our *Acharya* have carefully crafted out many principles which are relevant even today and the days which come thereafter. Life is formed by the union of Sharira, Indriya, Satva and Atma. There are three *doshas* in our body namely, *vata*, *pitta* and *kapha*. Among them *vata dosha* is the predominant one due to its *yogavahi* property. Derangement of dosha causes various diseases.

Vata Vyadhi is one of the most common diagnoses in Ayurvedic clinical practice. There are 80 *nanatmaja vikara* of *vata* which is the highest compared to the other two *dosha*. Musculo-skeletal disorders, presentation of deranged Vata, are increasing day by day in India as well as other parts of the world. While there are many reasons for this, one of the most common reasons can be attributed to faulty lifestyle and food habits. Treatment for *vata vyadhi* vary depending on various factors. One of the most common treatments is the use of medicated oils. They can be used orally, for external application or as *basti*. Different *Kashaya*, *lepa* and *upanaha* also form the prime modality of treatment.

Churna is a widely used dosage form in *Ayurvedic* pharmaceuticals. It is easy to manufacture and cost-effective in comparison to other forms. It also serves as base for other dosage forms. *Churna Kalpana* or medicated powders have very minor role in the treatment of *Vata vyadhi* caused by Vata alone. A thorough literary search of the *Brihat Trayee* namely *Charaka Samhita*, *Sushruta Samhita* and *Astanga Sangraha* reveals that only one *churna* formulation has been mentioned in *Sushruta Samhita*. The other two texts have mentioned none.

Basavarajeeyam, a classical book written by Basavaraja in 15-16th century AD has mentioned a total of 6 *churna* formulations under *vata vyadhi*. Hence, in this review an attempt has been made to compile and discuss the *churna* formulations of *Basavarajeeyam*.

CHURNA MENTIONED FOR VATAVYADHI IN BASAVARAJEEYAM

A total of 6 formulations are found described in *Basavarajeeyam* under the treatment of *Vatavyadhi*. These formulations include *Triphaladi churna*,^[1] *Panchanana kalpa*,^[2] *Bhujagaraja churna*,^[3] *Eranda moola churna*,^[4] *Bakuchyadi churna*^[5] and *Vidangadi churna*.^[6] Ingredients along with indications of the formulations are given in Table 1, while the properties of each ingredient in the formulations is tabulated in Table 2.

Table 1: Churna mentioned for vata vyadhi in Basavarajeeyam.

Sl.No.	Name	Ingredients	Anupana	Indication
1.	Triphaladi churna	Eranda taila (<i>Ricinus communis</i>), haritaki (<i>Terminalia chebula</i>), vibhitaki (<i>Terminalia bellirica</i>), amalaka (<i>Phyllanthus emblica</i>), gomutra, chitraka (<i>Plumbago zeylanica</i>), vatsanabha (<i>Aconitum ferox</i>)	Ghrita	Dhoomavata
2.	Panchanana kalpa	Rasabhasma, Shuddha Gandhaka, Kanta bhasma, Abhraka bhasma, Tamra bhasma, Shuddha Tuttha, Sindhuvara (<i>Vitex negundo</i>), Bhringaraja (<i>Eclipta alba</i>), Khadira (<i>Acacia catechu</i>)	-	Snayuka vata
3.	Bhujagaraja churna	Tapasamudra moola (<i>Echinops echinatus</i>), maricha (<i>Piper nigrum</i>), lavanga (<i>Syzygium aromaticum</i>), sharkara	Ushnodaka/ghrita	Different types of vata vikara
4.	Eranda moola churna	Eranda moola (<i>Ricinus communis</i>)	Jala	Bhoga vata and Sarva vata
5.	Bakuchyadi churna	Bakuchi (<i>Psoralea corylifolia</i>), gomutra, sariva (<i>Hemidesmus indicus</i>), krishna tila (<i>Sesamum indicum</i>), kaidarya (<i>Murraya koenigii</i>), shankhapushpi (<i>Convolvulus pluricaulis</i>)	Ushnodaka	Malabaddha vata
6.	Vidangadi churna	Vidanga (<i>Embelia ribes</i>), hingu (<i>Ferula assafoetida</i>), apamarga beeja (<i>Achyranthes aspera</i>), naktamala (<i>Pongamia pinnata</i>), sarshapa (<i>Brassica campestris</i>), citraka (<i>Plumbago zeylanica</i>), guggulu (<i>Commiphora wightii</i>)	-	Mukhavata

Table 2: Herbal drugs used in different churna formulations and their properties.

Sl.No.	Name	Ingredients	Properties
1.	Triphaladi churna	Eranda taila	Vatahara, Vrishya ^[7]
		Haritaki	Laghu, Brumhana, Anulomana, Shulahra, Vatahara ^[8]
		Vibhitaki	Madhura vipaka, Ushna virya, Vatakaphahara ^[9]
		Amalaka	Vayasthapana, Rasayana, Vatahara ^[10]
		Gomutra	Katu, Teekshna, Ushna, Kshara, Laghu, Deepana, Kaphavatahara ^[11]
		Chitraka	Deepana, pachana, shulahara ^[12]
		Vatsanabha	Atimadhura, Ushna, Vatakaphahara ^[13]
2.	Panchanana kalpa	Rasa bhasma	Rasayana, Tridoshaghna, Yogavahi ^[14]
		Shuddha Gandhaka	Sara, Ushna, Deepana, Pachana, Rasayana ^[15]
		Kanta bhasma	Tikta, Sheeta, Guru, Lekhana, Balakara, Vrushya, Shleshmapittahara, Shulaghna ^[16]
		Abhraka bhasma	Snigdha, Sheeta, Madhura, Deepana, Balya,

			Vatapittahara, Ruja prashamana ^[17]
		Tamra bhasma	Tikta, kashaya, Ushna, Lekhana, Snigdha, Pittakapha shamaka ^[18]
		Shuddha Tuttha	Laghu, Lekhana, Bedhana, Sheeta, Kaphapittahara ^[19]
		Sindhuvra	Tikta, Kashaya, Laghu, Vataashleshmahara ^[20]
		Bhringaraja	Katu, Tikta, Ushna, Ruksha, Kaphavatahara ^[21]
		Khadira	Tikta, Kashaya, Sheeta, Pittakaphahara, Shothaghna ^[22]
3.	Bhujagaraja churna	Tapasamudra moola	Katu, Tikta, Ushna, Vatakaphahara ^[23]
		Marica	Teekshna, Deepana, Ushna, Vatakaphahara ^[24]
		Lavanga	Deepana, Pachana, Shulahara ^[25]
		Sharkara	Madhura, Sheeta, Dahahara, Ruchya, Vatapittahara ^[26]
4.	Eranda moola churna	Eranda moola	Ushna, Guru, Shulahara, Peeda nashaka, Kaphavata shamaka ^[27]
5.	Bakuchyadi churna	Bakuchi	Sara, Vatahara ^[28]
		Gomutra	Katu, Teekshna, Ushna, Kshara, Laghu, Deepana, Kaphavatahara ^[11]
		Sariva	Madhura, Tridosha shamaka ^[29]
		Krishna tila	Agni vridhdhikara, Vataghna ^[30]
		Kaidarya	Katu, Tikta, Laghu, Sheeta ^[31]
		Shankhapushpi	Sara, Medhya, Vrishya, Rasayana, Balya ^[32]
6.	Vidangadi churna	Vidanga	Teekshna, Ushna, Shulahara, Vatahara ^[33]
		Hingu	Ushna, Pachana, Ruchya, Teekshna, Vatakaphahara ^[34]
		Apamarga beeja	Teekshna, Ushna, Deepana, Pachana, Sara, Shulahara, Vatahara ^[35]
		Naktamala	Katu, Teekshna, Ushna, Kaphavatahara, Udavartahara ^[36]
		Sarshapa	Katu, Snigdha, Teekshna, Ushna, Kaphavataghna ^[37]
		Chitraka	Deepana, pachana, shulahara ^[12]
		Guggulu	Sara, Sukshma, Deepana, Balya, Vatahara, Bhagna sandhanakara, Rasayana ^[38]

DISCUSSION

In Basavarajeeyam, the drugs mentioned for Vata Vyadhi under churna Kalpana vary to a large extent. Chitraka, Eranda and Gomutra are the ingredients used in two formulations. Among the six formulations, Vidangadi churna is mainly used for dhooma pana (medicated smoking) and the remaining five are administered internally. Panchanana kalpa stands unique, as it is formulated using mineral ingredients possessing yogavahi guna along with herbal ingredients. The diseases mentioned for these formulations also vary. A wide range of vata vyadhi have been mentioned. Some of them are not commonly diagnosed in clinical practice.

“Pakvashaya (colon and large intestine)” is the special seat of “Vata” as per Ayurvedic classics. Apart from that tvak (skin), kati (hips), asthi (bones), etc., are also some important seats of vata. This may be one of the reasons why many formulations are centered towards external application and basti (medicated enema) in various classics. On internal administration, medicines come in contact with “agni (digestive fire)”. “Samana Vata” is present in amashaya (stomach) upon which the churna may exert its action. On the contrary, in various conditions involving Dhatu like mamsa, meda, asthi, majja and shukra where Vata is deranged, drugs need to penetrate deeper tissues. This is better observed in lipid soluble active principles since the body cells are made of phospho-lipid bi-layer. This may be supported with Ayurveda classical books advocating snehana (oleation) as first line of treatment for Vatavyadhi.

Also, treatment of Vatavyadhi varies based on various factors like the involvement of Vata alone, association of other dosha, site of the disease, extent of involvement of Dhatu, causes etc. Vata has qualities like ruksha, laghu, sheeta, khara, sukshma and chala. Qualities opposite of these i.e., snigdha, guru, ushna, mridu help to alleviate Vata. In Ayurveda, drugs administered act by the virtue of Rasapanchaka, which decides extent of absorption and the site of action. Vata, being the main controller of activities in the body pervades all over the body. Churna in turn made of drugs in a dried state i.e., “Atyanta shushkam yaddravayam supishtam vastra galitam. Tat syat churnam Rajahkshoda tanmana karsha sammitam.” Even if the drug possesses Snigdha guna, it renders body with minimal Snigdha guna. This would be less effective in alleviating Vata deranged due to excess of Ruksha guna.

These might be the reasons why, very few formulations in the form of Churna have been explained by the author. In the given formulations also, Sneha component is incorporated by different means like use of ingredients Eranda taila, Bakuchi, Tila, Sarshapa etc., which contain oil in them and use of ghrta as Anupana in two formulations.

CONCLUSION

Basavarajeeyam is an Ayurveda classical book written by Basavaraja in 15-16th century AD. The author has mentioned a total of 6 *churna* formulations under *vata vyadhi*. These formulations include Triphaladi churna, Panchanana kalpa, Bhujagaraja churna, Eranda moola churna, Bakuchyadi churna and Vidangadi churna which are formulated using easily available drugs, but are least explored leaving a scope for research on these formulations.

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