

A CRITICAL REVIEW ON VARIOUS ASPECTS OF PUSHYANUGA CHURNA

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ABSTRACT

Ayurveda is an ancient health science which helps in the eradication of diseases as well as maintaining health of healthy person. It is best among all the health sciences because of its basic *siddhantas* e.g. *Tridosha*, *Panchmahabhuta*, *Dincharya*, *Ritucharya* etc. The main purpose of it is to maintain the health of healthy individuals and cure the disease of diseased one. It comprises most scientific background of derivation. As per ancient *Ayurveda* scholars for getting a desirable outcome of any medication, it should be precisely analysed before prescribing to the patient. There are numbers of classical formulations successfully practiced by *Ayurveda* physicians for treating various ailments but in maximum cases there is lack of data

regarding their details mechanism of action. Such one multidrug classical formulation is *Pushyanug churna* which is widely practiced *Ayurveda* formulation. *Pushyanuga churna* is a traditional ayurvedic formulation prescribed for the treatment of various female reproductive disorders UTI, leucorrhoea, menorrhagia etc. As per AFI, the formulation consists of twenty five plants and one mineral. Owing to its medicinal efficacy, it is prepared & marketed by various manufacturers and *vaidyas*. Present study aimed to compile all the available literature regarding the pharmacological actions and properties of the drug.

KEYWORDS: Owing to its medicinal efficacy, it is prepared & marketed by various manufacturers and *vaidyas*.

INTRODUCTION

The *Ayurvedic* system of medicine has described various herbal formulations in the treatment of diseases, which play an significant role in contemporary health care and in the prevention of various ailments and diseases.^[1] It has great demand for primary health care because plant based medicines, health products, pharmaceuticals, dietary additives, cosmetics etc are considered non-toxic, have fewer side effects and are widely accessible at affordable cost. The most frequently used type of herbal preparation is *Churna*. *Churna* is a formulation made up of fine medicinal plant powders which can be single or in combination. Medicinal plant combinations can improve the spectrum and potency of antimicrobials.^[2,3] There are numbers of multidrug formulations successfully practiced in *Ayurveda* clinics, but most of them are anguished by the lack of data regarding their detailed mechanism of action.

Pushyanug Churna is one of the renowned formulations mentioned in various texts of *Ayurveda*. The first and foremost description is found in one of the famous *Ayurveda* text, *Charaka Samhita*. *Pushya nakshatra* refers to the term '*Pushya*'. Ancient authors demonstrating its importance said that the collection of *Pushyanug churna*'s constituent drugs should be performed in *Pushya nakshatra*. The reason behind this could be the presence of maximum amount of active ingredient in the drugs during this period, which would lead to the production of a formulation with maximum potency.^[4]

PUSHYANUGA CHURNA IN CLASSICS

Table 1: Compilation of *Pushyanuga churna* with their variants.

S. No.	Name of Text	Reference
1.	<i>Caraka Samhita</i> ^[5]	<i>Yonivyapada Chikitsa</i>
2.	<i>Ashtang Sangraha</i> ^[6]	<i>Guhyaroga pratishedh</i>
3.	<i>Ashtang Hridaya</i> ^[7]	<i>Guhyaroga pratishedha/Raktayoni vyapada</i>
4.	<i>Vrind Madhava</i> ^[8] (V.M.)	<i>Pradaradhikara</i>
5.	<i>Chakradatta</i> ^[9]	<i>Asrigdhara chikitsa</i>
6.	<i>Vangasen</i> ^[10] (V.S.)	<i>Mahila rogadhikara</i>
7.	<i>Brihat Nighantu Ratnakara</i> ^[11] (B.N.R)	<i>Stri rog/Pradara chikitsa</i>
8.	<i>Yogaratanakara</i> ^[12] (Y.R.)	<i>Stri rogadhikara / Pradara rogadhikara</i>
9.	<i>Bhaisajyaratnavali</i> ^[13] (B.R.)	<i>Pradara rogadhikara</i>
10.	<i>Ayurvedasara Sangraha</i> ^[14] (A.S.S.)	<i>Churna prakarana</i>

INGREDIENTS AND PREPERATION

Collect all ingredients of this formulation in *Pushya nakshatra*. All components are taking in equal quantity then clean, dry and make fine powder of these drugs.

Table 1: Ingredients of *Pushyanuga Churna* with their *Rasa panchaka*.^[15]

S.N.	DRUG	RASA	GUNA	VIRYA	VIPAKA	KARMA
1.	<i>Patha</i>	<i>Tikta</i>	<i>Laghu, Tikсна</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
2.	<i>Jambu bijamajja</i>	<i>Ksaya, Madhura, Amla</i>	<i>Laghu, Ruksha, Sita</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
3.	<i>Amra bijamajja</i>	<i>Madhura, Kshaya, Amla</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
4.	<i>Shilabhed</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Snigdha</i>	<i>Sita</i>	<i>Katu</i>	<i>Tridosahara</i>
5.	<i>Rasanjan</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
6.	<i>Ambasthaki</i>	<i>Tikta</i>	<i>Laghu, Tikсна</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
7.	<i>Moca rasa</i>	<i>Madhura, Kshaya</i>	<i>Laghu, Snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Vata-Pittahara</i>
8.	<i>Samanga</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
9.	<i>Padma kesar</i>	<i>Tikta, Kshaya, Madhura</i>	<i>Laghu</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
10.	<i>Vahlik</i>	<i>Katu, Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
11.	<i>Ativisha</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
12.	<i>Musta</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
13.	<i>Bilva</i>	<i>Kshaya, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
14.	<i>Lodhra</i>	<i>Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
15.	<i>Gairik</i>	<i>Madhura, Kshaya</i>		<i>Sita</i>		
16.	<i>Katphala</i>	<i>Katu, Tikta, Kshaya</i>	<i>Laghu, Tikсна</i>	<i>Sita</i>	<i>Katu</i>	<i>Vata-Kaaphahara</i>
17.	<i>Marica</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikсна</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaph-Vatahara</i>
18.	<i>Sunthi</i>	<i>Katu</i>	<i>Guru, Tikсна</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-Kaaphahara</i>
19.	<i>Mrdvika</i>	<i>Madhura</i>	<i>Guru, Snigdha, Mridu</i>	<i>Sita</i>	<i>Madhura</i>	<i>Pittahara</i>
20.	<i>Rakta candana</i>	<i>Madhura, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
21.	<i>Katvanga</i>	<i>Tikta, Kshaya</i>	<i>Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kaphahara</i>
22.	<i>Vatsaka</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
23.	<i>Ananta</i>	<i>Madhura, Tikta</i>	<i>Guru</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosahara</i>
24.	<i>Dhataki</i>	<i>Katu, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
25.	<i>Madhuka</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sita</i>	<i>Katu</i>	<i>Tridosahara</i>
26.	<i>Arjuna</i>	<i>Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>

DIFFERENCE OF INGREDIENTS IN VARIOUS CLASSICS

S.N.	<i>Charak Samhita</i>	<i>Ashtanga Samgraha</i>	<i>Ashtanga Hridaya (Arunadatta commentary)</i>	<i>V.M., V.S., G.N., Y.R., B.R., Ayu. S.S., Chakrapani</i>
1.	<i>Shilabheda</i>	<i>Shilajatu</i>	<i>Shilajatu</i>	<i>Shilabheda</i>
2.	<i>Rasanjana</i>	<i>Rasanjana</i>	<i>Sauveeranjana</i>	<i>Rasanjana</i>
3.	<i>Ambashtha (Patha)</i>	<i>Sahastri or Bahumulika</i>	<i>Mayura Shikha</i>	<i>Patha</i>
4.	<i>Samanga (Manjishtha)</i>	<i>Samanga (Manjishtha)</i>	<i>Samanga (Manjishtha)</i>	<i>Lajjalu</i>
5.	<i>Vatsakaphala</i>	<i>Vatsakaphala</i>	<i>Vatsakaphala</i>	<i>Padmakeshara</i>
6.	<i>Maricha</i>	<i>Madhuka</i>	<i>Madhooka</i>	<i>Maricha</i>
7.	<i>Mridvika</i>	<i>Macheeka (Kutajaphala)</i>	<i>Macheeka</i>	<i>Mridvika</i>
8.	<i>Ananta</i>	<i>Ananta</i>	<i>Duralabha</i>	<i>Ananta</i>

INDICATION

- *Yonidosha*
- *Rajodosha*
- *Rakta Pradara*
- *Arsha*
- *Atisara*
- *Balaroga*

According to *Yogaratanakar*^[16] and *Brihannighanturanakar*^[17] it is also prescribed for *Raktaprahavika*. In *Yogaratanakar*, *Ashtangasangrah*^[18] and *Ashtangahridaya*^[19] prescribed *Pushyanuga Churna* for *Krimiroma* in children. In *Gadanigraha* it is also prescribed for *Dantopatijanya* diseases of children. In *Bhaishajyaratnavali*, *Vangsen*, *Chakradatta*, it is not prescribed for bleeding piles.

DOSE^[20]

Though the specific dose is not mentioned in the formula, common dose mentioned for *Churna Kalpana* can be followed. In A.F.I. 1-3 gm. is mentioned as the dose of *Pushyanuga Churna*.

SEVAN KALA

भैषज्यं विगुणे अपाने भोजनाग्रे प्रशस्यते | (शा.सं.पू.२/५)

According to *Sharangdhar samhita*, drug should be consumed before meals in *Apanvayu dushti*.

ANUPANA

तानिक्षौद्रेणसंयोज्यपिबेत्तण्डुलवारिणा | (च.चि.30/93)

The medicine *Pushyanug churna* is prescribed along with Honey and then *Tandulodak* is used as *Anupana*. Another reference regarding use of milk and *Tandulodak* as *Anupana* is also found mentioned.

In *Ayurveda*, *Anupana* has a distinguished position. *Anupana* is that which is to be taken after meal or drugs. *Vaidyaka Paribhasha Pradeepa* quotes the utility of *Anupana* suggesting that

Anupana is considered beneficial because it promotes the absorption and distribution of medication in the body in no time as oil drop disperse on water in no time.^[21]

METHOD OF PREPARATION OF TANDULODAK

According to *Sharangdhar samhita* to make *Tandulodak*, take 1 *Pala* (48 gm) of rice and add 8 times of water to it and keep this preparation for overnight. In the next day morning thoroughly macerate the rice in water now filter the water and use it for *Anupana*. *Tandulodak* is categorized under *Swarasa kalpana* by *Acharya Sharangdhar*.^[22] Whereas, *Vaidyaka Paribhasha Pradeep* categorised it under *Shita Kashaya kalpana*.^[23] In *Vaidyaka Paribhasha Pradeep* two references described the ratio as 1:4 and 1:6 whereas later ratio is used in the reference of *Shita Kashaya Kalpana*.

ANALYSIS OF ACTION

The formulation consists of twenty-six distinct herbs that contain *Kashaya*, *Tikta rasa*, *Katu Vipaka*, *Laghu* and *Shita guna*, *Shita virya* properties. Due to *Kashaya* and *Tikta rasa* it acts as *Grahi* and *Stambhana*, due to *Shita Virya* it has *Pittashamak* property and due to its *Laghu* and *Ruksha guna* it has *Kaphahara* action. It is an excellent haemostatic medicine due to the astringent property of the ingredients and it works especially in the female's genito-urinary system. Some studies that shows antibacterial ability and action against enteric bacterial pathogens^[24] and *klebsiella pneumonia*.^[25] It is also effective against *Staphylococcus epidermidis*, *Proteus vulgaris*, *Staphylococcus aureus*, *Escherichia coli*, *Pseudomonas aeruginosa* and *Salmonella typhi*.

SIDE EFFECTS OF LONG TERM USE

Most of the herbs in this formulation have *Kashaya rasa*, *Shit guna* and *Stambhana karma* so taking it for a long time has the potential to *Vata* vitiation. Due to which *Vibandh*, *Anaha* and *Vata rogas* can occur.

CONCLUSION

Pushyanuga churna is a conventional *Ayurvedic* formulation which has drugs with *Stambhana karma*. It has antifungal & anti bacterial action. *Pushyanuga churna* is the best one with *Anupana* of *Tandulodaka*. In which *Tandulodaka* plays important role & gives better results in any type of *pradara* especially *Rakta pradara*. There are multiple drugs in *Ayurveda* to cure this condition. *Raktapradara* can be observed with specific symptoms like amount and duration of bleeding, inter menstrual bleeding, pain, burning sensation, pallor,

and weakness. This is a condition where the drugs with mainly *Sthambhana* action should be used in which *Pushyanug churna* plays key role to control heavy bleeding. It is very effective in bleeding piles and *Pravahika* etc.

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