

ROLE OF CHITRAKADI GUTIKA IN GASTROINTESTINAL DISORDERS- A REVIEW

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ABSTRACT

Yogaratanakar and Charakasamhita Grahani Dosha Chikitsa Adhyaay both explain *Chitrakadi Gutika*. *Amapachana* is the first treatment for *Grahani* because *Agni dushti*, which causes *Ama*, occurs in *Grahani*. *Agnideepanadravyas* and all *Amapachanas* are combined to form *Chitrakadi Gutika*. It's often used in digestive disorders like *arsha*, especially *sushkaarsha*. Using various *anupan* such as *Nimbuswarasa*, *Annarrasa*, and *Koshnajala*, this *ausadhiyoga* acts on *Vata Kaphadosha* and in *Pittaja avastha* of above mentioned disorders. It also contains *laghu*, *rukshaguna*, *katurasa*, *katuvipaka*, and *ushnaveerya*. Understanding the *Chitrakadi Gutika* and its involvement in *Grahani* and other GI illnesses is the goal of the following article.

KEYWORDS: *Chitrakadi Gutika, Grahani, Annavaha Strotas, Pureeshavaha Strotas, Aampachak, Angeepradipak.*

INTRODUCTION

Ayurvedic terminology such as "grahani" refer to the seat of Agni, or "digestive fire," which aids in food digestion and metabolism. *Grahani* is said to control the consumption, digestion, absorption, and assimilation of *Aahaar*, according to the ancient Ayurvedic texts. In modern the gastrointestinal tract a hollow organ that twists from the mouth to the anus, is associated with *Grahani*. A pathological condition known as *Gradhani Roga* results from incorrect food digestion when this *Agni* turns into a *mandagni*. *Pittadhara Kala* is another name for *Grahani*.^[1]

The main cause of gastrointestinal ailments for which *Chitrakadi Vati* is utilized is *Mandagni*.

Grahani Roga is one of the illnesses caused by *Mandagni*, which causes the body to produce *Ama* (Undigested food residue).^[2]

Drugs present in the *Chitrakadi Vati* mainly of *Katu Rasa*, *Laghu*, *Tikshana Guna*, *Usna Virya*, *Katu Vipaka*, *Deepana*- *Pachana* *Anulomana*- *Rochana* properties and have *Kapha-Vata shamak* action, which improves the *Jatharagni* by relieving *Ama*.^[3] So *Chitrakadi Vati* shows *Amahara* action which can cure *Grahani*. Considering the anatomy and physiology of GI tract it can be correlated with *Annavaha* and *Purishavaha Srotasa* according to Ayurvedic parameters.

Annavaha and Pureeshvaha srotasa

Some basic information about these two srotasas.

Table 1: Mulasthana.

<i>Annavahastrotas</i> ^[4]	<i>Pureeshvahastrotasa</i> ^[4]
Amashay	Basti
VaamaParshva	Vankshana

Table 2: Dushti karana (Causes).

<i>Annavahastrotasa</i> ^[5]	<i>Pureeshvahastrotasa</i> ^[6]
Atimatrabhojan	Ati-ashana
Akaalebhojan	Adhyashana
Ahitabhojan	Ajeerna
Paavaksyavaigunya i.e., vitiation of digestive fire	Durbalagni i.e weak digestion
	Sandhaaranaat
	Krusha

Table 3: Dushti lakshana (Symptoms).

<i>Annavahastrotas</i> ^[4]	<i>Pureeshvahastrotasa</i> ^[4]
Anannaabhilasha (aversion towards diet)	Krucchrata (difficulty in Excretion)
Arochaka (loss of test)	Sa-shula Mala
Avipaka (Indigestion)	Ati-grathitam
Chhardi (Vomiting)	Ati-dravam

When treating the pathologies of the above mentioned two srotasas, *Ama Pachana* become a major step while treating pathologies of above two srotasas. Moreover, *Pureeshvaha Srotasa's*

treatment for Atisara, which includes Amapachana, and Annavaastrotasa's treatment for AmpradoshajVikara have been mentions by Acharyas.

Chitrakadi gutika

In Grahani Vyadhi, a well-known combination is Chitrakadi Gutika. The explanation of Charaka Chikitsa 15,^[7] is found in Grahanchikitsa by Yogaratnakar^[3] and by Bhaishajya Ratnakar,^[8] who cites the same Charaka Samhita passage on Chitrakadi Gutika.

Agni derangement is the primary symptom in Samprapti illness, known as Grahani. Chitrakadi Gutika contains drugs which have Deepana, Pachana, Rochana, Vata-anulomana, Shoolahara, properties which are Ushna virya, Katu, Lavana, Tikta, Madhura, Amla rasa, laghutikshna, snigdha-grahiguna prominent with katuvipaka and kaphavatahara action which improves the jatharagni by relieving Ama. Due to Madhura rasa and snigdha-guna, it balances the pitta. Tikta and Katu rasa improves the digestion and made the first Dhatu in proper form, so the combination will act on the Rasa Dhatu. Deepan, Pachana and Grahi properties decrease Strotogata Ama and relieves Atipravritti. Drugs like Marich, Shunthi, Chitraka etc. are proved as a best Ama pachaka. So Chitrakadi Gutika shows Amahara action which can cure Grahani Dosha.^[7]

Content

Table 4: Content of *chitrakadi gutika*.^[9]

Ingredient	250 mg <i>Chitrakadi</i> Tablet contain
<i>Chitak</i> – Plumbago Zelyanica	16.66 mg
<i>Ajmoda</i> – Apium Graveolens	16.66 mg
<i>Black Pepper</i> – Piper Nigrum	16.66 mg
<i>Chavya</i> – Piper Chaba	16.66 mg
<i>Hing</i> – Asfoetida	16.66 mg
<i>Pippali</i> – Piper Longum	16.66 mg
<i>Sambhar Salt</i>	16.66 mg
<i>Samudra Lavana</i> – Common Salt	16.66 mg
<i>Sarjika Kshara</i>	16.66 mg
<i>Sauvrchal Lavana</i> – Black Salt	16.66 mg
<i>Sendhava Lavana</i> – Rock Salt	16.66 mg
<i>Vida Lavana</i> – Ammonium Salt	16.66 mg
<i>Suntha</i> – Zingiber Officinale	16.66 mg
<i>Yava Kshara</i> – Hordeum Vulgare	16.66 mg
Lemon Juice or Pomegranate Juice	As per need

Mode of action**Table 5: Rasa panchaka and it's doshaja karma of Chitrakadi Vati.** ^[10,11]

	<i>Dravya</i>	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
1	<i>Chitraka</i>	<i>Katu, Tikta</i>	<i>Lghu, Ruksha, Tikshna</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vata hara</i>
2	<i>Pippali Moola</i>	<i>Katu</i>	<i>Lagh, Snighdha, Tikshna</i>	<i>Anushnashita</i>	<i>Madhura</i>	<i>Kapha-vata hara</i>
3	<i>Yava Kshara</i>	<i>Katu</i>	<i>Lagh, Snighdha, Sara</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vata hara</i>
4	<i>Sarji Kshara</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Usna</i>	<i>Katu</i>	
5	<i>Saurvachala Lavana</i>	<i>Lavana, Madhura</i>	<i>Laghu, Sukshma, Snighdha, Vishada</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vata hara</i>
6	<i>Saindhava Lavana</i>	<i>Lavana</i>	<i>Laghu, Sukshma, Snighdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosahara</i>
7	<i>Vida Lavana</i>	<i>Lavana, Kshara</i>	<i>Laghu, Sukshma, Tikshna, Vyavayi</i>	<i>Usna</i>	<i>Madhura</i>	<i>Kapha-vata hara</i>
8	<i>Samudra Lavana</i>	<i>Lavana, Kshara, Madhura, Tikta</i>	<i>Guru, Snighdha</i>	<i>Anushnashita</i>	<i>Madhura</i>	<i>Kapha-vata hara</i>
9	<i>Audhbhida Lavana</i>	<i>Lavana, Tikta, Katu, Kshara</i>	<i>Laghu, Tikshna</i>	<i>Usna</i>	<i>Madhura</i>	<i>Kapha-vata hara</i>
10	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Tikshna, Snighdha</i>	<i>Usna</i>	<i>Madhura</i>	<i>Kapha-vata hara</i>
11	<i>Maricha</i>	<i>Katu</i>	<i>Laghu, Tikshna, Ruksha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vata hara</i>
12	<i>Pippali</i>	<i>Katu</i>	<i>Laghu, Tikshna, Snighdha</i>	<i>Anushnashita</i>	<i>Madhura</i>	<i>Kapha-vata hara</i>
13	<i>Hingu</i>	<i>Katu</i>	<i>Laghu, Tikshna, Snighdha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vata hara</i>
14	<i>Ajamoda</i>	<i>Katu, Tikta</i>	<i>Laghu, Tikshna, Ruksha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vata hara</i>
15	<i>Chavya</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vata hara</i>
16	<i>Matunga</i>	<i>Amla</i>	<i>Laghu, Tikshna, Snighdha</i>	<i>Usna</i>	<i>Amla</i>	<i>Kapha-vata hara</i>
17	<i>Dadima Rasa</i>	<i>Madhur, Amla</i>	<i>Laghu, Snigdha</i>	<i>Anushnashita</i>	<i>Madhura</i>	<i>Kapha-vata hara</i>

Strong digestive stimulant *Chitrakadi Gutika*. It is a conventional treatment for stomach pain, gas, indigestion, and constipation. *Chitraka*, the active component, stops *mandagni*. Because the *Gutika* has carminative properties, it aids in the breakdown of food particles in the stomach and intestine, promotes the release of digestive fluids, and improves the absorption of vital nutrients via the intestines. It helps to eliminate gas in the abdomen, which in turn bloating, cramping, and distension in the abdomen. It is highly significant in the treatment of a variety of gastrointestinal conditions, including gastroesophageal reflux disease, esophagitis, heartburn, diarrhea, flatulence, and peptic ulcers.

Dose^[12]

Depending on the patient's age, severity, and condition, different people may require different therapeutic dosages. Depending on a person's weight and health, the maximum dosage of this formulation should not exceed 2000 mg per day. 500 mg is the ratio (4 Rati = 125 mg)

Dosage^[12]

2 Tablets/Day (each tablet 250mg).

Time of administration of druge

After the lunch and dinner.

Anupan^[11]

- Leukwarm water
- Buttermilk

Adverse effects of chitrakadi vati^[11]

Chitrakadi Vati's Negative Effects When applied to a patient suffering from Kapha problems, ChitrakadGutikai exhibits no adverse effects. If the patient suffers from Pitta problems, the formulation may result in hyperacidity, heartburn, abdominal burning, and burning when bowel movements are performed. It is absolutely prohibited to use this medication while pregnant or nursing because it may cause abnormalities or birth defects in the developing fetus or because the medication may enter the breast milk of the nursing infant and result in serious health issues. Due to the four distinct types of salt found in *Chitrakadi Gutika*, overdosing may result in hypertension, diabetes insipidus, gastritis, and hyponatremia due to the product's greater salt concentration.

Dignosis of *annavaha srotasa*^[13]

- Elevations of serum creatinine (SCr) and BUN in liver function tests may be a sign of gastrointestinal hemorrhage.
- Electrolyte abnormalities linked to diarrheal diseases can be identified using serum measures of potassium and sodium chloride.
- One useful imaging technique for evaluating abdominal pain is plain and contrast radiography, which is utilized as the major diagnostic method. rapid evaluation of any abdominal tumors, stones, esophageal strictures, etc.
- Computed tomography (CT) and ultrasonography (USG) are excellent tools for looking at deeper abdominal organs, but magnetic resonance imaging is more sensitive to cancer than any of these tests.
- When it comes to radiographic abnormalities, upper gastrointestinal hemorrhage, blockages, upper abdominal pain, and prolonged vomiting, endoscopy is useful for diagnostic evaluation.
- Stool characteristics like as color, pH, consistency, push cell, and crystals are examined.

CONCLUSION

Agni is associated to digestive disorders, or Vyadhis of Annadvaha and Purishvahastrotasa, as described by Ayurveda. ChitrakadiGutika is a potent treatment that is used to treat a wide range of conditions, including distension, anorexia, diarrhea, indigestion, loss of appetite, and constipation. One may certainly prevent side effects and take advantage of the numerous health benefits if they take the recommended dosage.

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