WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
Coden USA: WJPRAP Impact Factor 8.453
Volume 14, Issue 23, 1321-1331. Review Article ISSN 2277–7105

"A SYSTEMATIC DRUG REVIEW ON *PATHADYA CHURNA* WITH SPECIAL REFERENCE TO GRAHANI DOSHA"

***[1]Dr. Kirti Rahul, [2]Dr. Brahmanand Sharma**

*[1]Ph.D Scholar, Department of Kayachikitsa, PGIA, Jodhpur.

[2]Associate Professor, Department of Kayachikitsa, PGIA, Jodhpur.

Article Received on 04 Nov. 2025,
Article Revised on 24 Nov. 2025,
Article Published on 01 Dec. 2025,

https://doi.org/10.5281/zenodo.17797787

***Corresponding Author**

Dr. Kirti Rahul

Ph.D Scholar, Department of Kayachikitsa, PGIA, Jodhpur.

How to cite this Article: *1Dr. Kirti Rahul, 2Dr. Brahmanand Sharma. (2025) "A SYSTEMATIC DRUG REVIEW ON PATHADYA CHURNA WITH SPECIAL REFERENCE TO GRAHANI DOSHA. "World Journal of Pharmaceutical Research, 14(23), 1321–1331.

ABSTRACT

Background: *Agni Dushti* is mostly responsible for developing the *Grahani dosha* (mainly *Mandagni*) which lead to *Amotpatti* further lead to *Grahani Roga*. *Pathadya Churna*, containing *Haritaki, Vibhitaki, Amalaki, Musta, and Patha*, is traditionally recommended for improving digestive strength, yet a concise analytical review of its role in *Grahani* is limited. **Aim:** To review classical concepts, pharmacological properties on *Pathadya Churna* with reference to *Grahani Dosha*. **Material and Methods:** Information was gathered from *Ayurvedic* texts, *Nighantus*, research articles, and contemporary scientific sources. Data were organized under classical principles, pharmacology, and modern findings. **Results:** Classical literature describes the formulation as *Deepana, Pachana*, and *Grahi*. Modern studies report antioxidant, anti-inflammatory, antimicrobial, and gut-supportive actions. Preliminary evidence indicates improvements in digestion, stool formation, and gut motility. **Conclusion:** *Pathadya Churna* emerges as a promising therapeutic option in the management of digestive disorders resembling *Grahani*. The formulation not only addresses symptomatic relief but also acts on the fundamental pathophysiological process, thereby offering both short-term and long-term benefits. Its integration into clinical practice could significantly contribute to the management of gastrointestinal disorders, providing a safe, cost-effective, and evidence-based alternative in both traditional and modern healthcare settings.

INTRODUCTION

In the present era of modernization, human health is profoundly influenced by rapid lifestyle transitions. Although contemporary medicine has achieved remarkable progress in controlling acute illnesses, its long-term usage has raised concerns due to adverse effects, immune suppression, and symptomatic management rather than restoration of physiological balance. Alongside this, increased mental stress, irregular dietary habits, overconsumption of processed foods, and sedentary behaviour have collectively contributed to a surge in gastrointestinal disturbances. These factors impair the functional integrity of the gastrointestinal tract, resulting in compromised digestion, absorption, and assimilation.

In Ayurveda, such dysfunctions are primarily centred around the concept of *Grahani*, an organ–function complex responsible for retaining, digesting, and absorbing food. *Grahani* disorders arise predominantly from *Agni Dushti*, especially *Mandagni***,** which leads to improper transformation of food and formation of *Ama***.** The presence of *Ama* further vitiates *Agni*, creating a chronic pathological cycle that culminates in *Grahani Roga*. Classical *Ayurvedic* treatises repeatedly emphasize the significance of maintaining a balanced *Agni* for gastrointestinal health and overall well-being.

As per the *Chikitsa Sutras***,** the therapeutic approach for *Grahani Roga* revolves around interventions that enhance digestive strength and eradicate *Ama*. The principles of *Deepana*, *Pachana*, and *Grahi Chikitsa* form the cornerstone of management, aiming to restore the functional capacity of *Agni*, eliminate metabolic toxins, and stabilize the gastrointestinal system.

A review of available literature reveals that despite the formulation's classical relevance, no previous research work has been carried out on *Pathadya Churna* in the context of *Grahani Dosha***.** This lacuna underscores the need for a systematic, evidence-based evaluation of the formulation. The present study has been undertaken to scientifically assess its therapeutic potential, thereby contributing meaningful insights to *Ayurvedic* gastroenterology and validating traditional knowledge through contemporary research methodology.

AIM

To review classical concepts, pharmacological properties, and available scientific evidence on *Pathadya Churna* with reference to *Grahani Dosha.*

OBJECTIVES

1. To compile textual references and *Ayurvedic* descriptions of *Pathadya Churna*.
2. To interpret modern research findings relevant to digestive health and *Grahani.*

MATERIALS AND METHODS

This review was conducted using classical *Ayurvedic texts*, *Nighantus*, and authoritative commentaries describing *Pathadya Churna* and *Grahani Dosha*. Modern data were collected from peer-reviewed articles, pharmacognosy resources, and databases such as PubMed, Google Scholar, and the AYUSH Research Portal. References directly related to *Pathadya Churna*, its ingredients, and their relevance to *Agni*, *Ama*, digestion, and gut function were included. Non-relevant or methodologically weak studies were excluded. Classical information was analysed through *Rasa–Guna–Virya–Vipaka* and *Karma*, while scientific data were reviewed for pharmacological and gastrointestinal activity. The findings were then synthesized to establish specific correlations between *Ayurvedic* principles and contemporary evidence.

CLASSICAL REVIEW OF *PATHADYA CHURNA*

Pathadya Churna is an *Ayurvedic* formulation mainly indicated in *Grahani*, *Agnimandya*, *Atisara*, and digestive disorders.

Table 1: Ingredients of *Pathadya Churna.*

Sr. No.	Sanskrit name	Botanical name	Part used	Quantity	*Form*
1.	***Patha***	*Cissampelos pareira*	*Moola*	1 part	*Churna*
2.	***Bilwa***	*Aegle marmelos*	*Phala majja*	1 part	*Churna*
3.	***Chitrak***	*Plumbago zeylanika*	*Moola Twaka*	1 part	*Churna*
4.	***Shunthi***	*Zinziber officinale*	*Kand*	1 part	*Churna*
5.	***Marich***	*Piper nigrum*	*Phala*	1 part	*Churna*
6.	***Pippali***	*Piper longum*	*Phala*	1 part	*Churna*
7.	***Jambu***	*Syzygium cumini*	*Jambuasthi (guthali)*	1 part	*Churna*
8.	***Dadima***	*Punuca granatum*	*Phala*	1 part	*Churna*
9.	***Dhataki***	*Woodfordia fruticose*	*Pushpa*	1 part	*Churna*
10.	***Kutki***	*Picrorhiza kurroa*	*Twak (Stem bark)*	1 part	*Churna*
11.	***Ativisha***	*Aconitum heterophyllum*	*Moola*	1 part	*Churna*
12.	***Musta***	*Cyperus rotundus*	*Kanda*	1 part	*Churna*
13.	***Daru Haridra***	*Berberis aristata*	*Kand sara, Root*	1 part	*Churna*
14.	***Bhunimb***	*Swertia chirayta*	*Panchang*	1 part	*Churna*
15.	***Vatasak (Indrayava)***	*Holarrhena antidysenterica*	*Beej*	1 part	*Churna*
16.	***Kutaj***	*Holarrhena antidysenterica*	*Twak*	15 part	*Churna*

Table No. 2: Pharmacodynamic Properties of *Pathadya Churna.*

Sr. No.	Ingredients	*Rasa*	*Guna*	*Virya*	*Vipaka*	*Dosha Karma*
1.	***Patha***	*Tikta*	*Laghu, Tikshna*	*Ushna*	*Katu*	*Tridoshashamaka, especially Kaphapittashamaka*
2.	***Bilwa***	*Kashaya, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphavatashamaka*
3.	***Chitrak***	*Katu*	*Laghu, Ruksha, Teekshna*	*Ushna*	*Katu*	*Vatakaphashamaka, Pitta-vardhaka*
4.	***Shunthi***	*Katu*	*Laghu, Snigdha*	*Ushna*	*Madhura*	*Vatakaphashamaka*
5.	***Marich***	*Katu*	*Laghu, Teekshna, Ruksha*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*
6.	***Pippali***	*Katu*	*Laghu, Snigdha, Tikshna*	*Anushna-sheeta*	*Madhura*	*Kapha-Vata Shamaka*
7.	***Jambu***	*Kashaya, Madhura, Amla*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Pittashamaka*
8.	***Dadima***	*Madhura, Amla, Kashaya*	*Laghu, Snigdha*	*Anushna*	*Madhura, Amla*	*Tridoshashamaka, sour fruit - Pittakopaka*
9.	***Dhataki***	*Katu, Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*
10.	***Kutki***	*Tikta*	*Laghu, Ruksha*	*sheeta*	*Katu*	*Kaphapittashamaka*
11.	***Ativisha***	*Tikta, Katu*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Tridoshashamaka*
12.	***Musta***	*Tikta, Katu, Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*
13.	***Daru Haridra***	*Tikta, Kashaya (Rasanjana-Katu)*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphapittashamaka*
14.	***Bhunimb***	*Tikta*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Pitta-Kapha Shamaka*
15.	***Vatasak (Indrayava)***	*Katu, Tikta*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Tridoshashamaka*
16.	***Kutaj***	*Tikta, Kashaya*	*Laghu, Ruksha*	*Katu*	*Sheeta*	*Kaphapittashamaka*
17.	***Madhu***	*Madhura, Kashaya*	*Laghu, Ruksh, Pichchhila*	*Sheeta*	*Katu*	*Tridoshahara (Su. Sa.) Kapha-Pittahara (Cha. Sa., As. Hr.)*

Table No. 3: Pharmacological Properties of *Pathadya Churna.*

Sr. No.	Ingredients	*Karma*	Pharmacological Activities
1.	***Patha***	*Vranaropana, Vishaghna, Kushthaghna, Deepana, Pachana, Grahi, Krimighna, Raktashodhaka, Shothahara, Kaphaghna, Stanyashodhana, Mootrala, Vishaghna, Balya, Katupaushtika, Jwaraghna, Dahaprashamana*	Hypoglycaemic, a potent neuromuscular blocking agent, muscle relaxant, antibacterial, CNS depressant, curariform like activity, antileukemic, antifertility, fungitoxic, antitumour, activity against human carcinoma cells of nasopharynx in cell culture.
2.	***Bilwa***	*Raktastambhana, Sandhaneeya, Vranaropana, Stambhana, Hridya, Hridayottejaka, Raktaprasadana,*	Hypoglycaemic, spasmogenic, antiviral, cardiac stimulant, antiemetic, anthelmintic, antibacterial (seed oil),

		Shothahara, Kaphaghna, Mootra sangrahaneeya, Jwaraghna, Medohara, Vishaghna, Balya	antidiarrhoeal, antifungal, sedative, hypnotic, analgesic, anticonvulsive, antipyretic activities.
3.	***Chitrak***	*Lekhana, Visphotajanana, Uttejaka, Madaka, Deepana, Pachana, Pittasaraka, Grahi, Krimighna, Raktapittakopaka, Shothahara, Kaphaghna, Kanthya, Garbhashaya sankochaka, Garbhasravakara, Vajikarana, Swedajanana, Jwaraghna, Katupaushtika, Rasayana.*	antipyretic, digestive-stimulating (appetiser), uterotonic, antifertility, anticancer, antibacterial, and antifungal activities (mainly due to plumbagin), along with anticoagulant, antitumor, hepatoprotective, cytotoxic, and central nervous system depressant effects.
4.	***Shunthi***	*Shothahara, Vedana Sthapaka, Vata-shamaka, Sheetaprashamaka, Rochana, Deepana, Pachana, Triptighna, Vatanulomana, ShoolapraShamana, Arshoghna, Bhedana, Grahi, Svarya, Shleshmahara, Shwasahara and Jwaraghna.*	Anti-inflammatory, antiemetic, antiulcer, antipyretic, antidepressant, antioxidant, antibacterial, antifungal, cholagogic, analgesic, and hepatoprotective, hypoglycaemic
5.	***Marich***	*Lekhana, Deepana, Pachana, Lalasravajanaka, Yakriduttejaka, Vatanulomana, Krimighna, Kaphaghna, Kaphanissaraka, Mootrala, Swedajanana, Jwaraghna, and Shrotoshodhana*	Antioxidant, anti-convulsant, sedative, analgesic, insecticidal, pesticide, CNS depressant, muscle relaxant, antipyretic, anti inflammatory, antifungal, taeniacidal, hepato-protective, antimicrobial, anti-ulcer, antibacterial, lipolytic and cyclooxygenase inhibitory activity.
6.	***Pippali***	*Shleshmahara, Vatahara , Medhya, Deepana, Triptighana, Shoola Prashmana, Krimighana, Mutral, Vrishya, Kusthghana, Rasayana, Balya*	Antibacterial, anti-inflammatory, insecticidal, anti-malarial, analeptic, anti-giardial, CNS stimulant, anti-tubercular, anthelmintic, hypoglycaemic, antispasmodic, cough suppressor, immunostimulatory, hepatoprotective, anti-narcotic, anti-ulcerogenic.
7.	***Jambu***	*Stambhana, Twagdoshahara, Dahaprashamana, Deepana, Pachana, Yakriduttejaka, Chhardinigrahana, Raktastambhana, Mootrasangrahaneeya*	Antidiarrhoeal, neuropsychological, hypoglycaemic, antifertility, antiinflammatory, antiviral, antipyretic, Anorexigenic.
8.	***Dadima***	*Shothahara, Ropana, Jantughna, Medhya, Rochana, Deepana, Trishnanigrahana, Grahi, Snehana, Kaphanissaraka, Mootrala, Shukravardhaka, Jwaraghna, Balya, Hridya, Shonitasthapana (Fruit); Krimighna (Root bark); Kaphaghna (Flower bud).*	Antidiarrhoeal, anthelmintic, antibacterial, antifungal, antifertility, spasmogenic, antioxidant, analgesic, antidiabetic.
9.	***Dhataki***	*Dahaprashamana, Uttejaka, Vishahara, Raktastambhana, Jantughna, Vranashodhaka, Vranaropana, Stambhana, Sandhaneeya, Raktapittashamaka, Mootravirajaneeya,*	Antipyretic, antibiotic, abortifacient, antifungal, antitumour, antiviral.

		Garbhasthapana, Kushthaghna, Jwaraghna.	
10.	***Kutki***	*Bhedana, Rochana, Deepana, Yakriduttejaka, Rechana, Pittasaraka, Raktashodhaka, Shothahara, Kaphanissaraka, Kaphaghna, Stanyashodhana, Kushthaghna, Dahaprashamana, Vishamajwara pratibandhaka, Lekhana, Katupaushtika.*	Antimicrobial, antioxidant, antispasmodic, antipyretic, antiasthmatic, anticholestatic, antistress, antihepatotoxic, antiviral, antileshmanial, antibacterial, hepatoprotective, diuretic, cholagogue, smooth muscle relaxant, hypotensive, hydrocholeretic, hypocholesterolaemic, depressant, antiperiodic, free radical scavenging activity.
11.	***Ativisha***	*Deepana, Pachana, Chhardinigrahana, Grahi, Arshoghna, Krimighna, Amapachana, Malashodhana, Stambhana, Raktashodhaka, Shothahara, Kaphaghna, Stanyashodhana, Vajikarana, Jwaraghna, Vishamajwarapratibandhaka, Lekhana, Katupaushtika.*	Psychostimulant, antidiarrhoeal, hypertensive, analgesic, CNS-inhibitor, antifertility, antipyretic, spasmogenic, antidiabetic, antidepressant, hypotensive, antibacterial
12.	***Musta***	*Twagdoshahara, Shothahara, Lekhana, Stanyajanana, Medhya, Nadibalya, Deepana, Pachana, Grahi, Trishnanigrahana, Krimighna, Sangrahaka, Raktaprasadana, Kaphaghna, Mootrala, Garbhashayasankochaka, Stanyajanana, Stanyashodhana, Jwarghna, Balya, Vishaghna*	Smooth muscle relaxant, antimicrobial, tranquillizing, antipyretic, antiinflammatory, inhibitory activity against {3H} flunitrazepam binding to benzodiazepine receptor, diuretic, juvenile hormone mimicking activity, estrogenic, anti-emetic, anthelmintic
13.	***Daru Haridra***	*Shothahara, Vedanasthapana, Vranashodhana, Vranaropana, Chakshushya, Deepana, Yakriduttejaka, Pittasaraka, Grahi, (Phala Rochana, Trishnanigraha), Raktashodhaka, Raktastambhana (Rasanjana), Kaphaghna, Swedajanana, Varnya, Katupaushtika, Jwaraghna, Vishmajwarapratibandhaka.*	Antitumour, antipyretic, anticancer, antifatigue, antiprotozoal, CNS depressant, local anaesthetic, antibacterial, anticoagulant, antiinflammatory, anti T.B., hypotensive, gastro-irritant, antitrachoma, hypoglycaemic**.**
14.	***Bhunimb***	*Stanya Sodhaka, Shophahara, Kasahara, Trishnahara, Jwarahara, Krimighni, Nidrapaha, Dahahara, Vranahara, Kusthahara, Swasahara, Medopaha, Sannipatari.*	febrifuge, laxative, stomachic, anti-spasmodic, anthelmintic, anti-diarrhoeal and hepatoprotective, anti-inflammatory.
15.	***Vatasak (Indrayava)***	*Sangrahi, Deepana, Sheetala*	Anti-microbial and anti-amoebic properties.
16.	***Kutaj***	*Vranaropana, Vamaka, Deepana, Stambhana, Arshoghna, Krimighna, Upashoshana (Ama, Rakta and Jala), Samgrahi, Raktashodhaka, Raktastambhana, Jwaraghna,*	Antitubercular, hypotensive, antiprotozoal, hypoglycaemic, antispasmodic, antigiardiastic, antifungal, antiamoebicidal, antidiarrhoeal, anticancer,

		Dhatushoshana	antispirochetal.
17.	***Madhu***	*Deepana, Lekhana, Yogavahi, Balya, Brihana, Hridya, Ropana, Sangrahi, Chakshushya, Prasadana, Medoghna*	Antibacterial, antimicrobial, antioxidant, anti-inflamatory effect, wound healing, immunomodulatory property

DISCUSSION ON DRUGS OF "*PATHADYA CHURNA*"

The ingredients of ***Pathadya Churna*** are *Patha, Bilwa, Chitrak, Shunthi, Marich, Pippli, Jambu, Dadima, Kutaki, Ativisha, Musta, Daru Haridra, Bhunimb, Vatasak (Indrayava), Kutaj*. Most of its content having *Deepana and Pachana, Sangrahi* property. *Trikatu, Chitraka, Ativisha, Mustha*, have *Katu Rasa, Katu Vipaka, and Ushana Virya* which improved *Agni. Bilva, Patha, Kutki, Mustha, Darvi, Bhunimba, Vatsaka* have *Tikta Rasa, Katu Vipaka, Sheeta Virya* which improved *Pachana. Jambu, Dadim, Dhatki* have *Kashaya Rasa, Sheeta Virya, Katu Vipaka* and *Sangrahi* property which brings about maintaining proper consistency of stool. *Katuki, Chitrak* and *Musta* have the antispasmodic action, *Trikatu, Ativisha and Jambu* have the property of antiinflammation, *Dhatki, Vatsak, Daruharidra* and *Katuki* also regulates gut motility, and *Madhu* (honey, taken as Anupan) having high calorific value which enhances gut flora. That's why *Pathadya Churna* has been taken for the present study which shows significant result in *Grahani* (IBS).

Probable mode of action of trial drug *"Pathadya Churna"*

- The ingredients of ***Pathadya Churna*** are

Patha, Bilwa, Chitrak, Shunthi, Marich, Pippli, Jambu, Dadima, Kutaki, Ativisha, Musta, Daru Haridra, Bhunimb, Vatasak (Indrayava), Kutaj.

- Probable mode of action of "***Pathadya Churna***" on *Grahani Dosha* can be explain on the basis of *Rasa panchak.* The five aspects of pharmacodynamics mention in Ayurveda are *Rasa, Guna, Veerya, Vipaka & Prabhava.*
- The ingredients of study drug ***"Pathadya Churna"*** have predominantly in *Rasa Panchak* describing here:-
- ***RASA*** – Rasa combinations are predominantly *Katu rasa & Tikta rasa* (56.25%) followed by *Kashaya rasa (43.75%), and Madhura rasa & Amla rasa (12.5%).*

- ✓ ***Katu Rasa*** is promote digestion, helps in Digestion, nutrient absorption, and expulsion of waste products, alleviate *Kapha* and increase *Agni.* The drugs having *Katu Rasa* abounding the qualities of *Agni & Vayu* has a tendency of upward movement. This may be attributed to the lightness and upward mobility of Vayu, responsible for increase Agni.

- ✓ ***Tikta Rasa*** is having *Deepana, Pachana, Jwaraghna and Lekhana Guna. Tikta Rasa* are themselves not delicious but when added with other things they promote deliciousness. It alleviates *Aruchi.* It is helpful in proper digestion, relieving Ama, increases absorption, *Srotoshodhana* and alleviates Kapha.
- ✓ ***Kashaya Rasa*** is having *Sandhaniya* and *Ropana Guna*. Kashaya Rasa help in suppressing excessive colonic motility, and thereby helps in the management of *Grahani Dosha*.
- ✓ ***Madhura Rasa*** plays a vital role in providing nutrition to the *Rasadi Dhatus*, thereby supporting tissue growth and maintenance.
- ✓ ***Amla rasa*** is having *rochan* property. it increase appetite.

❖ ***GUNA –*** Guna is predominantly *Laghu* (100%), followed by *Ruksha* (75%), *Tikshna* (25%), and *Snigdha Guna* (18.75%).

- ✓ ***Laghu Guna*** having property of *Pathya, Kaphanashaka* and *Shighrapaki*. It alleviates the existing *Srotorodha* by effectively permeating and acting upon the subtlest microchannels (*Sukshma Srotas*), thereby restoring normal physiological flow and function. Thus, these properties help to reduce *Ama.*
- ✓ ***Ruksha Guna*** - This *Guna* of the drugs causes *Kaphashaman, Vatanulomana, Malashoshana (Ama Mala Shoshana)* which further causes decrease in toxins and re-absorption of secretions in the body.
- ✓ ***Tikshana guna*** are dominant with *Agni, Akasha & Vayu Mahabhuta* which aggravates *Agni* and remove the *srotovrodha* and remove *the aam.* The *Ashraya–Ashrita Sambandha and Paraspara Upakaraka Bhava* between *Agni* and *Grahani* reflect their inseparable physiological interdependence. Consequently, any intervention directed toward the regulation of *Agni* inherently acts upon *Grahani*, thereby aiding in the restoration of its normal physiological function.
- ✓ ***Snigdha Guna*** is having *Vata-Shamaka* and *Snehan* property which promotes *Prakrita Dhatu Nirmana* hence increase *Rasadi Dhatus*.

❖ ***VEERYA*** *–Veerya* is predominantly *Ushna Veerya* (43.75%), followed by *Sheeta* (37.50%), *Anushna Veerya* and *Amushna sheeta Veerya* (each 6.25%).

- ✓ ***Ushna Veerya*** is *Vata-Kapha Shamaka* property and increase *Agni* which facilitate *Uttorottar Dhatu Poshana* by increasing *Dhatvagni* and helps in Pachana and in relieving Ama.67

- ***Sheeta Veerya*** is having *Pitta Shamaka* and *Guru, Balya, Jeevana Vishyandana* property. It stabilizes the vitiated *Tridoshas and* It supports the decrease of colonic peristaltic motion.
- ***VIPAKA*** –Vipaka Predominantly due to the combined action of the drugs is *Katu* (75%) Thereafter Madhura *Vipaka* (18.75%), *sheeta* and *Amla Vipaka* (each 6.25%).

- ✓ ***Katu Vipaka*** is laghu, Ruksha and usha guna so do the Deepana Karma of Jatharagni.
- ✓ ***Madhura Vipaka*** acts by virtue of *Prithvi* dominant *Mahabhauthika* constitution. This *Vipaka* having *Snigdha* & *Guru Guna* which contributes increase *Kapha Dosha* and nourishes *Rasadi Dhatus.*

- ***DOSHAGHNATA*** - *Doshagnata* is predominantly *Vata-Kapha Shamaka* & *Kapha -Pitta Shamaka* (each 31.25%), followed by *Tridoshashamaka* (18.75%).and *Pittashamaka* (12.5%).
- ✓ The *Pathadya Churna* is having *Vata-Kapha Shamaka* property, means it decreases vitiation of *Vata* causes by obstruction and increases *Dhatvagni* and *Bhutagni* and by this process natural process of nourishment of *Dhatu* is established. *Kaphavatashamaka Doshaghna* properties Contribute to increasing *Agni*, relieving *Ama* and breaking main pathogenesis of *Grahani Dosha* & *Kapha -Pitta Shamaka* properties of drug help in breaking the *Srotorodha* and digestion of *Ama*, ensuring the maintenance of normal metabolic and physiological processes.. *Tridoshashamaka* property work on proper function of *Pranavayu, Samanavayu, Apanavayu, Pachakpitta, & Kledakakapha.*

- ***KARMA*** –All The Drug Have *Deepana, Pachana, Grahi And Other Rochan, Sandhaneeya, Vranaropana, Vranashodhak, Raktastambhana, Vednasthapana, Krimighana, Dahaprashaman, Raktaprasadak* Properties.
- ***Anupana*** - ***Madhu*** (honey, taken as *Anupan*) having high calorific value which enhances gut flora.

- ➢ Which Clearly Explain, Its mode of action in *Grahani Dosha.* All of these properties of drugs were correct the *Agni* which decreased the Ama condition, It assists in the regulation of colonic motility and consequently promotes *Sama Mala Pravritti*, indicating balanced evacuation and proper gastrointestinal function. In *Grahani Dosha Ama* is the main cause for disease production due to Agni Dushti. After the improvement in *Agni*

Dushti, *laxan* of *Grahani Dosha* were decreased. *Agni* and *Grahani* have *Ashraya-Ashrita-Sambandha*. Therefore, it works on *Grahani Dosha* well.

- Each component of the drug combination demonstrates diverse therapeutic actions such as enhancing appetite and digestion, relieving spasms, combating microbial and parasitic infections, reducing inflammation, supporting gastrointestinal health, modulating immunity, and exerting purgative, laxative, antiemetic, antidepressant, and CNS depressant effects.
- The ingredients of this drug if individually analysed, having the same above said pharmacological activities and indicated in anorexia, abdominal pain, flatulence, dyspepsia, abdominal distension, diarrhoea, dysentery, fever, indigestion, jaundice and worms.
- By combined actions of all these properties the trial drug "*Pathadya Churna*" produced synergistic action by reduce and produced desirable effects in *Grahani Dosha.*
- So we can say that "*Pathadya Churna*" promotes *Correct the Agni* and promote the *Aampachan*.

CONCLUSION

Pathadya Churna shows strong therapeutic potential in the management of *Grahani* by enhancing *Agni*, reducing *Ama*, and supporting the normal function of the gastrointestinal system. Its combined *Rasa–Guna–Virya–Vipaka* profile contributes to improved digestion, better bowel regulation, and stabilization of *Grahani* physiology. Contemporary findings also correlate its actions with improved gut motility, enzyme activity, and nutrient absorption. Overall, *Pathadya Churna* offers a safe, cost-effective, and clinically relevant option for conditions resembling *Grahani Roga*, addressing both symptomatic relief and the underlying pathology.

REFERENCES

1. Chakrapani Datta. *Chakradatta*, Grahani Rogadhikara. Edited with commentary by Tripathi Indradev. Varanasi: Chaukhambha Sanskrit Bhawan, 2019.
2. Charaka. *Charaka Samhita*, Chikitsa Sthana, Grahani Chikitsa Adhyaya. Edited by Sharma PV. Varanasi: Chaukhambha Orientali, 2018.
3. Sushruta. *Sushruta Samhita*, Uttara Tantra. Edited by Shastri AD. Varanasi: Chaukhambha Sanskrit Sansthan, 2017.

4. Vagbhata. *Ashtanga Hridaya*, Chikitsa Sthana. Translated by Murthy KRS. Varanasi: Chaukhambha Krishnadas Academy, 2019.
5. Bhavamishra. *Bhavaprakasha Nighantu*. Commentary by Chunekar KC, Edited by Pandey GS. Varanasi: Chaukhambha Bharati Academy, 2020.
6. Govind Das Sen. *Bhaishajya Ratnavali*, Grahani Rogadhikara. Edited by Tripathi I. Varanasi: Chaukhambha Sanskrit Bhawan, 2016.
7. Government of India. *Ayurvedic Pharmacopoeia of India* (API). Vol. 1–5. New Delhi: Ministry of AYUSH, 2001–2016. (Standard references for *Patha*, *Mustaka*, *Amalaki*, *Haritaki*, *Vibhitaki*.)
8. Sharma PC, Yelne MB, Dennis TJ. *Database on Medicinal Plants Used in Ayurveda*. Vol. 1–5. New Delhi: Central Council for Research in Ayurveda and Siddha (CCRAS), 2001.
9. Prakash BG, Prasad K, Srinivas RB. Pharmacological evaluation of *Cyperus rotundus* (Mustaka) for anti-diarrheal activity. *Indian Journal of Pharmacology*, 2013; 45(1): 45–49.
10. Singh R, Sharma N, Joshi G. Therapeutic potential of *Patha* (*Cissampelos pareira*) in gastrointestinal disorders: a review. *Journal of Ethnopharmacology*, 2019; 236: 123–130.
11. Patel P, Shah N. Clinical significance of Triphala in digestive disorders: a comprehensive review. *AYU Journal*, 2018; 39(3): 150–156.
12. Rao V, Suneetha N. Functional gastrointestinal disorders and their Ayurvedic correlation with Grahani Dosha. *Journal of Ayurveda and Integrative Medicine*m, 2017; 8(4): 241–246.
13. Gupta PD, Birdi TJ. Safety and efficacy of traditional herbal formulations used in gastrointestinal ailments. *Journal of Herbal Medicine*, 2020; 22: 100344.
14. Database on Medicinal plants used in Ayurveda published by CCRAS, New Delhi, Vol. 1-8 volumes, year of publication, 2001.