

## A CRITICAL REVIEW: - PROBABLE MODE OF ACTION OF CHITRAKADI VATI

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### ABSTRACT

**Background:** There are numbers of classical formulation used by Ayurveda physician for treating various diseases. But mode of action of various formulation is a very critical issue in present days. Chitrakadi Vati is kharaliya rasayan which is Herbo mineral formulation contain herbal origin and mineral origin drugs. Chitakadi vati is most commonly used in Grahani Chikitsa, describe in Charak Samhita. **Aim:** To study probable mode of action of chitrakadi vati. **Material and Method:** Collection and Discussion of critical review of the ingredients of this formulation and probable mode of action of chitrakadi vati by describing the properties of each of the ingredients.

**KEYWORDS:** Chitrakadi vati, Grahani, Agnimandya, Herbo mineral.

### INTRODUCTION

Ayurveda is the science of life, use natural resources to fulfil the fundamental objectives. i.e. Swasthya Rakshanam and Vyadhi Prashaman. This science of manufacturing drug is divided into two branches Rasashastra & Bhaishajya Kalpana. The herbomineral formulation of Ayurveda are specially designed formulation containing combination of herbal & mineral origin drugs.

Chitrakadi vati is a such herbomineral formulation which is mentioned in various Ayurvedic granthas. Chitrak is a Sanskrit word which means Agni (Fire). The preparation is indicated in treatment of Agnimandya, Aamdosha, Grahani.

In this review article, to discuss about the therapeutic indication described in shloka of chitrakadi vati, also discuss about the different pharmacological properties & therapeutic uses of isolated constituents of chitrakadi vati.

**Aim:** To study probable mode of action of ingredients of chitrakadi vati.

### Objectives

- 1) To review content of Chitrakadi vati.
- 2) To discuss about therapeutic uses and pharmacological properties of constituents of Chitrakadi vati.

### MATERIAL AND METHODS

There are many references found in Granthas related to Chitrakadi Vati

#### References of Chitrakadi Vati

1. Charak Samhita<sup>[1]</sup>
2. Bhaishjya ratnavali.<sup>[2]</sup>
3. Yogratnakar.<sup>[3]</sup>
4. AFI part 1.<sup>[4]</sup>
5. Chakradatta
6. Ayurved sar sangrah

From the all the references the most commonly used reference is of Charak Samhita, which is also given in AFI.

### Drug Review

**Table 1: Showing Ingredients of Chitrakadi Vati with their Properties.**

Sr. No.	Ingredients	Rasa	Guna	Virya	Vipak	Karma
1	Chitrak <sup>[5]</sup>	Katu, Tikta	Laghu, Ruksha, Tiksha	Ushna	Katu	Deepan, Pachan, Pittasarak, Grahi
2	Pippalimul <sup>[6]</sup>	Katu	Laghu, Snigdha, Tiksha	Anushnshit	Madhur	Deepana, Pachana Anuloman
3	Sunthi <sup>[7]</sup>	Katu	Laghu, Snigdha, Tiksha	Ushna	Madhur	Deepana, Pachana Anuloman, Rochana
4	Maricha <sup>[8]</sup>	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Deepana, Pachana Anuloman
5	Pippali <sup>[9]</sup>	Katu	LAgahu, Snigdha, Tikshna	Anushnshit	Madhur	Deepana, Pachana Anuloman, Shoolprashaman
6	Hingu <sup>[10]</sup>	Katu	Laghu, Snigdha, Tiksha	Ushna	Katu	Deepana, Pachana Anuloman, Rochana
7	Ajamoda <sup>[11]</sup>	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Deepana, vata Anuloman,

						Shoolhara
8	Chavya	Katu	Laghu, Snigdha	Ushna	Katu	Deepana, Pachana Anuloman, Shoolhara
9	Yavakshra	Katu	Laghu, Snigdha	Ushna	Katu	Deepana, Pachana Shoolahara, Adhmanhara
10	Sarjikshar	Katu	Laghu, Snigdha, Sara	Ushna	Katu	Deepana, Pachana Adhmanhara
11.	Saindhav <sup>[12]</sup>	Lavan	Laghu, Snigdha, Sukshma, Vishada	Ushna	Katu	Deepana, Pachana Rochana, Avidahi
12	Samudra Lavan <sup>[13]</sup>	Lavan	Guru, snigdha	Ushna	Madhura	Deepana, Pachana Rochana, Anulomak, Bhedi
13	Bida Lavan <sup>[14]</sup>	Lavan, Kshar	Laghu, Snigdha, Sukshma	Sheeta	Madhura	Deepana, Pachana Rochana, Anulomak
14	Romak Lavan <sup>[15]</sup>	Lavan	Laghu, Snigdha, Sukshma	Sheeta	Madhura	Deepana, Pachana Rochana, Anulomak
15	Audhbhid <sup>[16]</sup>	Lavan, Tikta, Katu	Laghu, Snigdha, Sukshma	Sheeta	Madhura	Deepana, Pachana
16.	Matulunga Swaras <sup>[17]</sup>	Amla	Snigdha, Laghu	Ushna	Madhur	
17	Dadim Swarasa <sup>[18]</sup>	Amla, Madhur	Snigdha, Laghu	Anushnshit	Madhur	

### Probable Pharmacodynamics of Chitrakadi Vati

**Table 2: Study of Rasa in the formulation.**

Rasa	No. of Drugs	%
Madhur	2/17	11.76 %
Amla	2/17	11.76 %
Lavan	5/17	29.41 %
Katu	10/17	58.82 %
Tikta	3/17	17.64 %
Kashya	-	

**Table 3: Study of Guna in the formulation.**

Guna	No. of Drugs	%
Laghu	16/17	94.11 %
Ruksha	3/17	17.64 %
Tikshna	7/17	41.17 %
Snigdha	14/17	82.35 %
Sukshma	4/17	23.52 %
Sara	1/17	5.88 %

**Table 4: Study of Virya in the formulation.**

Virya	No. of Drugs	%
Ushna	11/17	64.70 %
Sheeta	2/17	11.76 %
Anushnshit	3/17	17.64 %

**Table 5: Study of Vipak in the formulation.**

Vipak	No. of Drugs	%
Madhur	8/17	47.05 %
Katu	8/17	47.05 %

**Table 6: Study of Karma in the formulation.**

Karma	No. of Drugs	%
Deepana	15/17	88.23 %
Pachana	14/17	82.35 %
Rochna	5/17	29.47 %
Anulomak	9/17	52.94 %
Shoolhara	5/17	29.47 %
Avidahi	2/17	11.76 %

**Table 7: Study of Doshagnata in the formulation.**

Doshagnata	No. of Drugs	%
Kapha vathara	14/17	82.35 %
Tridoshghna	1/17	5.88 %

**Probable mode of action of Chitrakadi vati at different level**

On the basis of physiochemical properties of Chitrakadi vati, probable mode of action can be understood as follow

**1. Grahani**

Ajirna, abhojan, adhyshan, vishmashan, aam etc are the hetus causes the agnimandya which leads to grahani. The word grahani is derived from dhatu'graha' which means to catch, to hold. but due to vitiation of doshas and dhatus, they disturb the function of organ grahani leads to Grahani diseases. Deepan, pachan, anulomak is main treatment in grahani and chitrakadi vati works for these karmas.

Chitrakadi vati contains 88.23% of deepan dravya, 82.35% of pachan dravya which leadst o pachan of ahar and causes the deepan of agni. 94.11% of snigdha guna 64.70% of ushna virya is neutralises the vata dosha and due to madhur rasa of madhur paka it balance the pitta, over all help in increasing agni.

## 2. Agnimandya

In adnimandya, deepan done with ruksha and tikta dravyas. Chitrakadi vati contain 17.64% dravyas are having ruksha property and 17.64% dravya having tikta rasa act as deepan dravya. Also it have 29.47% of rochan dravya, 88.23% of deepan dravya which stimulates jatharagni.

## 3. Aampachan

It contains 52.94% anulomak dravyas which help in to remove Aam dosh from body. 52.94% of ushna virya dravyas inhibits the further aam production.

## DISCUSSION

This review article is mainly focused to Find out the important properties of individual drugs and their possible effects on diseases.

The main objective of this article is to discuss about therapeutic indication described in shloka of chitrakadi vati also discuss about the different pharmacological properties and therapeutic uses of constituents of Chitrakadi vati mineral origin drugs. Chitakadi vati is most commonly used in Grahani Chikitsa, describe in Charak Samhita.

## CONCLUSION

This review has provided knowledge of therapeutic potential, pharmacological action and probable mode of action of Chitrakadi vati.

Chitrakadi vati contains mainly those drugs having deepan, pachan, rochan, shoolprashman properties having ushna virya, katu, tikta, lavan rasa, laghu, tikshna, snigdha guna with madhur and katu vipak. Improving of agni and pachan hence this formulation is important on grahani.

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