

## PREPARATION OF DEVADARVYADI YOGA CHOORNA: AN AYURVEDIC FORMULATION FOR KAPHAJA KASA (PRODUCTIVE COUGH)

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### ABSTRACT

Kasa is one of the commonest symptoms of respiratory diseases in pediatric practice. The definition of kasa is- The sudden exit of Vayu from the head and throat is named as Kasa (cough). Kasa means sudden movement. Cough is the fifth common symptom for which patients seek care and prevalence rate of which is 25% in children worldwide. Choorna Kalpana is one among the most predominantly used Ayurvedic Pharmaceutical preparation. It is a fine powder of herbs or group of herbs. Devadarvyadi Yoga choorna is an herbal preparation mentioned in Ayurvedic classics for the management of Kaphaja Kasa. On analyzing the clinical features for Kaphaja Kasa, it can be correlated with cough mentioned in the contemporary sciences. The formulation Devadarvyadi yoga contains Devadaru (Cedrus deodara Roxb), Abhaya (Terminalia Chebula Retz), Mustha (Cyperus rotundus Linn), Pippali (Piper Longum Linn) and Vishvabhesaja (Zingiber officinalae) and honey as Anupana. This Formulation was prepared according to the

principles of preparation of Choorna Kalpana mentioned in the Ayurvedic classics and by using modern pharmaceutical equipments. In this article, details of the individual drugs of

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Devadarvyadi yoga choorna and the method of preparation of the formulation have been detailed.

**KEYWORDS:** Choorna, Devadarvyadi Yoga, Pharmaceutical, Cough and Kaphaja Kasa.

## INTRODUCTION

Kasa is a disease that produces a typical sound (Breaking sound of bronze vessel) in the process of releasing Prana and Udana Vayu that is obstructed due to various reasons.<sup>[1]</sup> Kasa is one of the commonest symptoms of respiratory diseases in pediatric Practice. Kaphaja kasa is one among the five varieties of Kasa. If one child in the family is suffering from cough, it affects the other members. This cough from that affected child can also spread to other healthy members through fomites, droplets, poor ventilation and lack of other preventive Knowledge. Cough is the fifth common symptom for which patient seek care and prevalence rate of which is 25% in children worldwide.<sup>[2]</sup>

All the ingredients like Devadaru, Abhaya, Mustha, Pippali and Vishvabheshaja.<sup>[3]</sup> (synonyms of Shunti) were taken accordingly. All the drugs used for the preparation of choornas were selected from the fresh stock and cleaned from dust, stone and other unnecessary substances that might have been mixed with it. Then it was dried properly. They are finally powdered and sieved. Where there are a number of drugs in a yoga, the drugs are separately powdered and sieved. Each one of them is weighed separately and well mixed together. As some of the drugs contain more fibrous matter than others, this method of powdering and weighing them separately according to the yoga, and then mixing together is preferred. The powder is fine of at least 80 mesh sieves. Fineness, homogeneity, dryness are the good qualities of choorna.

The formulation Devadarvyadi yoga choorna contains one part each of Five Herbal drugs and Honey as Anupana and is an active amalgamation for the treatment of Kaphaja kasa or cough. This article highlights the different ingredients and the method of preparation of Devadarvyadi yoga Choorna.<sup>[4]</sup>

## MATERIALS AND METHODS

Ingredients of the formulation are

- 1) Devadaru (Cedrus Deodara)
- 2) Abhaya (Terminalia Chebula)
- 3) Mustha (Cyprus rotundus)

4) Pippali (Piper Longum)

5) Shunti (Zingiber officinalae)

#### **Devadaru (Cedrus Deodara)<sup>[5]</sup>**

It is ever green tree and belongs to Pinaceae family and growing upto 80 m with a broad trunk. Leaves – slender, dark green with wavy margins. Bark thick and fissured at places. Woody oily, aromatic, sapwood white and heart wood light yellowish- brown.

Heart wood contains mainly essential oil which afforded P-methyl acetophenone, atlantone two new sesquiterpenes designated as a b-himachalene, himachalol, cedrinol, taxifolin and cedrusin plant contains allohimachalol, deodarone, a-pinese, cedrol and a-humulene.<sup>[6]</sup> Pharmacological activities of plant include Anticonvulsant, Antihyperlipidemic, Antibacterial, Anti-ulcer, Carminative, Febrifuge.

**Useful parts:** Leaves, Heart wood, Bark

#### **Ayurvedic Properties**

Rasa: Tikta, Katu, Kashaya

Guna: Ruksha, Laghu

Veerya: Ushna

Vipaka: Katu

Doshagnata: Vata Kaphahara

Rogagnata: Vibandhahara, Adhmanahara, Sothahara, Kasaghna, Swasahara, Jwaraghna, Tandrahara, Hikkanihara, Pramehahara, Kandughna, Arsoghna, Vedanasthapana.

#### **Abhaya (Terminalia Chebula)<sup>[7]</sup>**

It is one of the ingredients in Triphala. Well known by name Chebulik myrobalan. It is a large tree and belongs to Combretaceae family with rust-colored or silvery hairs over the younger branchlets. Leaves- mostly sub opposite, distant, ovate or oblong-ovate, 8-20 cm long, deciduous in the cold season. Flowers-dull white or yellowish, with a strong offensive smell, in spikes from the upper axis and in small terminal panicles. Fruits-ovoid or ellipsoidal from the upper axis and in small terminal panicles. Fruits-ovoid or ellipsoidal from a broad base, glabrous, more or less 5 -ribbed when dry.

Chebolic myrobalan is an important source for Tannin. It contains upto 32% of Tannin (Hydrolysable) and on hydrolysis yield chebolic acid and d-galloyl glucose. Other

constituents include Cheblagic acid, Chebulinic acid, gallic acid, Sorbitol, ethyl gallate, Punicalagin terflavin A, Terchebin.<sup>[8]</sup>

**Useful parts:** Fruit rind

**Ayurvedic properties**

Rasa: Kashaya, Madhura, Amla, Katu Tikta (Pancharasa)

Guna: Laghu Ruksha

Veerya: Ushna

Vipaka: Madhura

Doshagnata: Tridosha Shamaka

Rogagnata: Vatavyadhi, Shotha, Vrana, Mukha roga, Kantha Roga, Nadi Daurbalya, Mastishka Daurbalya, Netra Abhishyanda. Drishti Mandhya, Indriya Daurbalya, Agni mandya and shola.

**Mustha (Cyperus Rotundus Linn)**

It is perennial slender herb belongs to Cyperaceae family. Tubers of Musta (Cyperus rotundus) is hard, Ovoid and sometimes elongated, with a wiry stolon attached to the tips, upto 5 cm long and 1 cm in diameter at the thickest part. Surface is dark brown or Black in colour with a number of annular ridges densely clothed with root hair. A transversely cut portion shows a mealy flesh colored surface, differentiated into an outer cortex and a central core region with a number of dotlike structures representing Vascular bundles. It is very difficult to break and if broken also then becomes very small piece. Has got strong aromatic odour and bitter in taste.<sup>[9]</sup>

Tubers yielded cyperene, b-selinine, cypernone, Keto-alcohols, a-rotonol, b-rotonol, essential oil which contains pinene, cineol, linolenic, linolic, oleic, myristic acid, steroic acid and glycerol

**Useful parts:** Kanda (Tuber)

**Ayurvedic Properties**

Rasa: Tikta, Katu, Kashaya

Guna: Laghu, Ruksha

Veerya: Sita

Vipaka: Katu

Doshagnata: Pitta kaphashamaka

- Pitta shamaka due to its sita veerya and Tikta Kashaya rasa
- Kapha Shamaka because of Katu Vipaka and Tikta Kashaya, Katu rasa

Rogagnata: Sitagrahi, Jwaraghna, Trishnahara, Rocaka, Krimighna, Atisaraghna, Pachaka and Dipana.

### **Pippali (Piper Longum Linn)**

It belongs to Piperaceae family. It is Ascending or prostrate climber.

**Fruit:** Big variety pippali has straight blunt spikes of grayish brown colour measuring 3 to 4 cm in length and upto 8mm in diameter. The spike is composed of minute baccate fruits closely packed around a common axis. The spikes are often supported by a short stalk. Easily breaks, has got very strong and spicy odour, taste is pungent.

Short variety is less than 2 cm long and upto 5 mm in diameter, having a rough body surface with dark brown or greenish black color. It has got strong and spicy odour.

**Root:** Transversely cut pieces of root is 0.5 to 1 cm thick, sometimes branched in Zigzag fashion. On breaking becomes short pieces or powdery. Odour is Characteristic and very strong and taste is pungent.

Fruit yielded Piperine, Piplartine, Pipernonaline, Piperondecalidine, n-hexadecane, n-heptadecane, n-octadecane, n-nondecane, n-eicosene, a-thujene, Zingiberene, P-cymene and Terpinolene. Root yielded piperine, Piperlongumine and Piperlunguminine.<sup>[10]</sup>

**Useful parts:** Fruit

### **Ayurvedic Properties**

Rasa: Katu

Guna: Tikshna Laghu Snigdha

Veerya: Anushna

Vipaka: Madhura

Doshagnata: Kaphavata Shamaka, Kaphahara due to Katurasa and Vatasamaka because of Madhura Vipaka

Rogagnata: Deepana, Rasayana, Virshya, Rechaka, Swasahara, Kasahara, Jwarahara, Kushtaghna, Pramehahara, Arshoghna, Sulanashaka.

**Shunti (*Zingiber officinalae*)<sup>[11]</sup>**

It belongs to scitaminae family. An erect perennial herb with aromatic rhizome. Stem-erect, leafy, 15-150 cm tall. Leaves – subsessile, linear-lanceolate or lanceolate, acuminate, glabrous, 10-30 cm long. Flowers-shoot up to 12 cm long, clothed with sheaths, bracts 2-5 cm\* 2 cm, light green, corolla tube light yellow, lip orbicular, dull purple with creamy blotches.

Monoterpene hydrocarbons sesquiterpene hydrocarbons oxygenated mono and sesquiterpene phenyl propanoids.

**Parts used:** Rhizome

**Ayurvedic Properties**

Rasa: Katu

Guna: Guru, Ruksha, Tikshna

Veerya: Ushna

Vipaka: Madhura

Doshagnata: Vata-Kaphahara, Deepana, Bhedana

Rogagnata (Therapeutic Indication)

Ajeerana, Agnimandya, Amavata, Chardi, Shoola, Swasa, Kasa, Hridroga, Slipada, Sotha, Arsa, Anaha, Udara, Vibandha.

**Collection and authentication of raw drugs**

All the above-mentioned drugs were collected from K. Raghavan and Sons, Karunagapally, Kerala and Raw drug is identified by Pharmacognost and Authentication of the medicine by Senior Medical officer ISM (Rtd) and choorna finally powdered and sieved and packed by Vagbhada Ayurveda Chikitsa Kendra, Karunagappally, Kollam, Kerala (Outward No: Vag/2024/14 to19) and the drug analysis and standardization was done at CARE Kerala, Kondotty, Thrishur, Kerala (Test Report No: RA24-25/0160/R0430) and Antimicrobial study done at Adhrysa Life Science Private Limited, Navi Mumbai, Maharashtra (Ref: ALPL/COA/AM/0524).

**Apparatus used for the preparation**

Impact pulverizer: It is used for size reduction of the drugs

Tray driers: For drying the herbs and powder

Mass Mixers: For mixing the powders

### Method of Choorna Preparation

Devadarvyadi yoga choorna was prepared by using different parts of medicinally important herbal drugs such as heart wood of Devadaru (Fig 1), Fruit Pulp of Abhaya (Fig 2), Root of Mustha (Fig 3), Fruit Pulp of Pippali (Fig 4) and Root of Shunti (Fig 5). All the herbal drugs were taken in equal quantity and was cleaned and dried properly. Later they were weighed and made into fine powder separately (Fig 6). The whole mixture is mixed homogeneously in a pulverizer and was filtered through sieve number 85 (Fig 7) The Final product (Fig 8) was carefully packed and was made ready for dispensing (Fig 9). This method of preparation of choorna is according to the Ayurvedic formulary of India.



**Fig 1: Devadaru - Heart Wood.**



**Fig 2: Abhaya – Fruit.**



**Fig 3: Mustha – Rhizome.**



**Fig. 4: Pippali – Fruit.**



**Fig 5: Shunti- Rhizome.**



**Fig 6: With The Help Of Pulverizer Machine – It Powdered.**



**Fig 7: All Choorna's Mixed Together.**



**Fig 8: Final Product Of Devadarvyadi Yoga Choorna.**



**Fig 9: Labeled And Packed Chorna Ready For Distribution.**

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#### **Precautions taken<sup>[12]</sup>**

- a) All the ingredients were dried and powdered separately
- b) The fineness of the powder was preferably 80 mesh size per square inch or still finer.
- c) Powders tend to deteriorate soon due to their hygroscopic nature, hence was preserved in airtight containers. Powders which are not packed airtight will lose their potency in 2 months while well packed and preserved powders can be kept active for 1 year.

#### **Duration of Preparation: 1 day**

#### **Organoleptic parameters of Finished product**

Colour: Light brownish colour

Consistency: Fine powder

Smell: Characteristic smell

Taste: Characteristic taste

#### **DISCUSSION**

Kasa is one of the commonest symptoms of the respiratory tract. Hoarse phonetic sound is identification for the disease kasa. It is produced by the morbid vata dosha and kapha dosha in the Pranavaha Srotas. The aggravating factors for this are excessive exposure to dust, smoke, pollens, cold environment and intake of Abhishyandi and Sheetha Aahara. This will increase the production of kapha and its causes the obstruction to vatagati and resulting in Kaphaja Kasa.

Cough with expectoration, throat congestion, Peenasa are the most common symptoms seen in children with Kaphaja Kasa. In Ayurvedic therapeutics, drugs are used in both forms, crude as well as processed and converted into different pharmaceutical forms. Such preparations should not only be effective but also easy to dispense, administer and agreeable to the patient. Choorna is one such form which is an allied Kalpana of Kalka. For the Preparation of choorna with multiple drugs it is advised to powder the drugs individually, because each drug differs from the other in its constituency and constituents. Hence, they are to be separately powdered and mixed together at the end only, to avoid pharmaceutical problems. Individual powdering also helps in obtaining homogeneous mixture as it facilitates through miscibility of the components.

Choorna does not require any special technique for preparation; hence it is economical compared to other pharmaceutical forms. It can be easily administered to patients who cannot swallow solid dosage forms especially in small children, who refuse to swallow solid forms and also will reduce the risk of choking. As the particle size is very minute, Choorna will get easily dissolved in the body fluids, thereby facilitating greater and quicker absorption in lesser time.

Devadarvyadi Yoga Choorna with its unique combination of various herbal drugs, by virtue of the properties and action of the individual drugs, could be used efficiently in the management of Cough. Anupana mentioned for the medicines are Madhu.

## CONCLUSION

Plants have been used for the medicinal purposes by man ever since he started to care himself. Choorna is one of the pharmaceutical preparations in Ayurveda which is convenient to prescribe in required amount. Ayurveda has been always acknowledged as providing holistic care through safer drugs and more compatibility with the physiological flora of human body. Today, according to the increasing demands, new techniques are being adopted for preparing drugs in large scale using less time and manual work. So, it is absolutely necessary to prepare and standardize the formulations mentioned in the Ayurvedic classics using modern equipment's and technologies. To keep this ancient science in pace with modern period, is essential for the propagation of Ayurveda and also in providing better health care.

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