

**ROLE OF BALCHATURBHADRA CHURNA IN BALLYAWASTHA- A  
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**ABSTRACT**

In ancient texts of Ayurveda Balchaturbhadra churna is one of the Ayurveda formulations that has no problems linked to composition of the preparation. The goal of this study is to disapprovingly review the preparation and search the accessible resources to get updates related to this preparation. To realize the aim, various sources like ancient Ayurveda texts, books, journals, online databases and so on were raised. It was experiential that this preparation lasts to be one of the vastly and uppermost administered formulation in treatment of paediatric (childhood) diseases. It is concluded that this preparation lasts to be non-toxic and harmless for management in paediatric cases. It also seems that this preparation stands out to be a possible drug of choice in SARS-CoV2 contagion. This underscores the need of re-entering and re-assessing the preparations in context of present prevailing well-being conditions.

**KEYWORDS:** Balchaturbhadra churna, Ayurveda, paediatric, well. Drug.

**INTRODUCTION**

Balchaturbhadra Churna is an ayurvedic formulation of four herbs. It is used for treating fever, diarrhea, cough, and vomiting that occur in babies. It is also indicated in indigestion, abdominal distension, and abdominal pain. It also gives relief from common cold and mild breathing trouble. It is an effective solution for the most common children's problems.

Among the eight branches of Ayurveda, Kaumarbhrutya deals with the nurturing, hygiene and care of child as well as prophylactic and therapeutic management of diseases in children. Various formulations have been advised in Ayurveda text for therapeutic management of diseases in paediatric population. Among all formulations advised for paediatric disease management, Among the eight branches of Ayurveda, Kaumarbhrutya deals with the nurturing, hygiene and care of child as well as prophylactic and therapeutic management of diseases in children. Various formulations have been advised in Ayurveda text for therapeutic management of diseases in paediatric population. Among all formulations advised for paediatric disease management, (Balchaturbhadra churna) is one of the vastly used formulations and is one of the vastly used formulations.<sup>[1-5]</sup>

#### **BALCHATURBHADRA CHURNA CONTAINS FOUR INGREDIENTS.**

Nagarmotha or Mustak (Nut Grass) – <i>Cyperus Rotundus</i>	25%
Pippali (Long Pepper) – <i>Piper Longum</i>	25%
Ativisha – <i>Aconitum Heterophyllum</i>	25%
Karkataakashringi (Crab's Claw) – <i>Pistacia Integerrima</i>	25%

**All these are powdered in fine form and then sieved properly and given in prescribed dosage.**

#### **MATERIALS AND METHODS**

Being a review article, the sources to obtain the data and information were ancient Ayurveda text, academic books, journals, newsletter, online databases, websites and so on.

#### **Formulation Review**

Balchaturbhadra churna was described firstly in text of Chakradatta authored by Chakrapani in 11th century A.D. Since then, it is observed that this formulation has been included in Gadanigraha, Sharangadhar Samhita, Bhavprakash, Yogratnakar, Bhaishajyaratnavali, Bhaishajya Samhita, Bharat Bhaishajya Ratnakar, Bala Tantra.

There is no documented evidence for Case Series or Clinical Trials with balchaturbhadra churna as interventional drug. In addition to this, the above two case studies had other medicines and treatment modalities administered in conjunction to Balchaturbhadra churna, thus, the outcome is result of association of entire regimen administered. This leads to unclear understanding of the demarcation of therapeutic effect of balchaturbhadra churna. It was observed that Ministry of AYUSH had taken immense efforts to release the home care

guidelines for children and advisory to AYUSH practitioners for prophylactic care in children during COVID19 pandemic. In this advisory, under symptomatic care regimen for child of < 1 year up to 12 years of age, Balchaturbhadra Churna has been advised exclusively for gastrointestinal symptoms. We came across an interesting pre-print of an in-silico study<sup>[6-7]</sup> where the phytochemicals from the ingredients of balchaturbhadra churna were studied with the drug targets of SARSCoV-2. The phytochemicals studied were aconitine, lappaconitine from Ativisha, 2'-hydroxyisorientin from Karkatshrungi and guineesine, piperidine and piperonic acid from Pippali. These phytochemicals hold the potential to bind favourably with the SARSCoV-2 drug targets, thus concluding that Balchaturbhadra churna is a potential drug of choice in management of SARS-CoV-2 infection in paediatric population. There is a need of robust, scientific yet ethical conduct of clinical trials with Balchaturbhadra churna as interventional drug in order to obtain and analyse the human data. It is concluded that Balchaturbhadra Churna is non-toxic as well as high in efficacy and safe to administer in its prescribed therapeutic dose in children. The efforts of Ministry of AYUSH in highlighting balchaturbhadra churna have increased the reach of Balchaturbhadra churna to common public by many folds.

## CONCLUSION

In Day today life, re-viewing and re-visiting are essential to understand the formulation in the context of current prevailing health conditions. Recent era has been improving endless numbers of paediatric patients' disease management and health.

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