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Review Article

AYURVEDA REVIEW ON “DADIMASHTAKA CHURNA” AND ITS CLINICAL IMPORTANCE

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ABSTRACT

Dadimashtaka Churna a polyherbal Ayurvedic formulation mainly used for gastro intestinal problem such as; diarrhea. *Tawaksheeri, Twak, Patra, Ajamoda, Dhanyaka, Ajaji, Granthi, Pippali, Dadima* and *Sita* are the main ingredients of formulation. *Dadimashtaka churna* prepared by mixing various herbs with sugar and traditionally it is recommended to take 3 to 5 grams of formulation with warm water/rice soup after meal. However it should be used cautionary with diabetic patients. The presence of various chemical constituents of different herbs makes this formulation worth full for gastric trouble especially digestive problems. The folklore use of *Dadimashtaka churna* needed to explore to enhance global acceptance of this formulation, considering this fact current article summarizes various aspect of *Dadimashtaka churna*.

Keywords: *Ayurveda, Dadimashtaka Churna, Sita* and Diarrhea.

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INTRODUCTION

The ancient text of India witnessed rich heritage of ayurveda science and it was believed traditionally that natural medicines may cure many of diseases and help to maintain normal health status. The global acceptance of natural medicine increases day by day due to their property to exert lesser side effects as compared to synthetic medicines. In last few decades the experimentally and rationally proved evidences also enhance world wide acceptance of natural remedies. The herbs, herbal formulation, traditional ayurveda formulations, animal products and metallic preparations used as natural remedies. The traditional ayurveda formulations prepared as per the method prescribed by ayurveda formulary. The *Dadimashtaka Churna* is one of the important ayurveda formulation used for intestinal problems such as; diarrhoea, indigestion, dysentery and loss of appetite. This article presented ayurveda perspective on *Dadimashtaka Churna* along with its clinical importance.

- The ingredient of *Dadimashtaka Churna* balances *Rasa-Panchaka* and thus offers *Deepana, Pachana* and *Vatanulomana* properties.
- *Doshprashamana* property of *VataKapha shamaka* pacify *Amadosha*.
- Affect *Jatharagni* and thus relieve *Grahani Dosha*.
- It offers *Tridosha Shamaka* especially *Kapha-Vata Shamaka* properties due to combination of *Doshaghata*.

Chemical composition:

It contains about 14 ingredients and pomegranate (*dadima*) is chief ingredient of *dadimashtaka churna*. It contains carbohydrate, terpenoids, flavonoids and tannins. Calcium oxalate crystal of *Punica grantum*, *Siliceous crystals* due to the presence of *Bambusa arundinacea* and oil globules of *Piper nigrum*. It also consisted of camphene, geraneol, linalool, menthone, myrcene, saibene, terpenoids, citral and sitosterol. The

presence of essential oil and flavanoids also proved in formulation.

Preparation of *Dadimashtaka Churna*

The various herbs used for the preparation of *Dadimashtaka Churna* powder individually and fined by using sieve of 80 mesh size to obtain uniform size of

powdered particle. The pulverized herbs weigh separately and mix together as per the specified quantity. This mixture of various herbs sieved again to get uniform composite mixture of various herbs. The final product in powder form pack and store in cool and dry place.

Table 1: The compositions of formulation (*Dadimashtaka Churna*)

S. No.	Ingredient	Quantity	S. No.	Ingredient	Quantity
1	<i>Tawaksheeri</i>	1 Part	8	<i>Ajaji</i>	2 Parts
2	<i>Twak</i>	2 Parts	9	<i>Granthi</i>	2 Parts
3	<i>Patra</i>	2 Parts	10	<i>Shunti</i>	2 Parts
4	<i>Ela</i>	2 Parts	11	<i>maricha</i>	2 Parts
5	<i>Nagakesara</i>	2 Parts	12	<i>Pippali</i>	2 Parts
6	<i>Ajamoda</i>	2 Parts	13	<i>Dadima</i>	2 Parts
7	<i>Dhanyaka</i>	2 Parts	14	<i>Sita</i>	16 Parts

Properties of *Dadimashtaka churna*:

Roga karma: *Athisara, grahani, ajeerna, agnimandya, arochaka.*

Dosha karma: *Tridoshahara*

Agni karma: *Deepana*

Gunas: *Grahi*

Rasa: *Katu and Tikta.*

Virya: *Ushna.*

Vipaka: *Katu and Madhura.*

Medicinal uses of *Dadimashtaka churna*

- Improves metabolic process
- Promote appetite
- Reduces intestinal infection
- Act as an internal antimicrobial agent
- Help in the management of loose motion and *grahani*
- Control irritable bowel syndrome

Table 2: The Panchak properties (*Rasa and Vipak*) of various ingredients of *Dadimashtaka churna*:

Name of ingredient	Ras	Vipak
<i>Tawaksheeri</i>	Kashay, Madhur	Madhur
<i>Twak</i>	Katu, Tikt	Katu
<i>Patra</i>	Katu, Tikt	Katu
<i>Ela</i>	Katu, Madhur	Madhur
<i>Nagakesara</i>	Kashay, Tikt	Katu
<i>Ajamoda</i>	Katu, Tikt	Katu
<i>Dhanyaka</i>	Kashay, Tikt, Katu, Madhur	Madhur
<i>Ajaji</i>	Katu	Katu
<i>Granthi</i>	Katu	Madhur
<i>Shunti</i>	Katu	Madhur
<i>Maricha</i>	Katu	Katu
<i>Pippali</i>	Katu	Madhur
<i>Dadima</i>	Kashay, Amla, Madhur	Madhur/Amla
<i>Sita</i>	Madhur	Madhur

Role of *Dadimashtaka Churna* in Intestinal Disease (*Grahani Dosha*):

- *Dadimashtaka Churna* pacify *Agni*, regulates *Jatharagni*. Its *Katu* and *Tikta Rasa* pacify vitiated *Kapha* while *Ushna Virya* of formulation pacifies *Vata Dosha*.
- *Tikshna Guna* and *Ushna Virya* stimulate the *Agni* thus boost appetite.
- Formulation also pacifies *Vayu* and *Akasha Mahabhuta* which stimulates all types of *Agni*.
- It opens up *Sroto avrodha* due to its properties such as; *Laghu, Ruksha, Tikshna Guna* and *Ushna Virya*.

- The removal of *Sroto avrodha* stimulates *Sapta Dhatwagnis*.
- *Katu Vipaka* and *Ushna Virya* of formulation offer *Ama-nashaka* and *Laghutwa* properties which maintain normal state of *Sama Rasa Dhatu* and equilibrium of *Rasa Raktadi Dhatu*.
- It possesses *Amapachaka* property and reduces colonic motility thus helps to manage *Muhurdrava Mala Pravriti*.
- It helps in absorption of food, acts as *Aruchinashaka* and *Kaphanashaka* agent.
- *Dadimashtaka Churna* boosts *Trishna* pacify *Agni dushiti* and control effect of *Ardhpakwa Anna* and *prakupita Pitta* since it possess *Trishnashamaka* and *Anupana* quality.
- *Aruchinashaka* property of the ingredients of formulation offer relief in *Arochaka*.
- *Pitta shamaka* property of *Dadimashtaka Churna* relieves *Mukha Vairasya*.
- Pacification of *Agnimandya* and *Ama* remove formation of bad *purisha*.
- *Agni vraddhikara* and *Vata Kapha hara* property of formulation prevent mucous in *mala*.
- *Dadimashtaka Churna Dadima & Sita* offer *balya* properties thus strengthen *Dhatu* and metabolic activities.

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CONCLUSION

Dadimashtaka Churna is described by Acharya Govind das sen; *Bhaishajya Ratnavali* in *Grahani Rogadhikara*. *Dadimashtaka Churna* with *Koshna Jala* as *Anupana* offer *Laghu*, *Ruksha*, *Tikshna Guna*, *Katu*, *Tikta Rasa*, *Katu Vipaka*, *Ushna Virya* and *Deepana*, *Pachana* properties, these all properties of formulation helps in the management of intestinal disease such as; *Grahani Dosh*. *Dadimashtaka Churna* helps to pacify *Muhurbaddh Muhurdrava mala pravritti*, *Alasya*, *Trishna*, *Balakshaya*, *Arochaka* and *Mukha Vairasya*. *Dadimashtaka Churna* controls *Doshic* properties such as; *Kledaka Kapha*, *Pachaka Pita* and *Samana Vayu*. *Dadimashtaka Churna* improves *Agni* at various stages; *Pachana- Avastha Paka* (*Madhura*, *Amla*, *Katu awastha paka*) *Vipaka*. The literature study revealed that *Dadimashtaka Churna* is very good formulation for the management of diarrhea, dysentery, indigestion and irritable bowel syndrome.