



Review Article

CRITICAL REVIEW ON ACTION OF SHADDARANA CHOORNA IN KOSHTAM

Remya R G<sup>1\*</sup>, Ambilikrishna<sup>2</sup>

\*1PG Scholar, <sup>2</sup>Assistant Professor (HOD Incharge), Department of Panchakarma, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India.

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ABSTRACT

Gastrointestinal disorders are nowadays very common in population because of change in their life style, food habits, mental stress. *Koshta* is considered as very important, it is the seat of *Agni* and *Dosha*. *Koshta* is of four kinds namely *Krura*, *Mrdu*, *Madhyama* and *Madhyama* depends upon the quantity of *Dosha*. *Agni* plays an important role in GIT and it is the main factor for metabolism. If *Agni* get hampered due to formation of *Ama* in *Amashaya* and leads to various disease and *Manda Agni* is considered as one of the main *Hetu* for *Vyadhi*. There are numerous Ayurvedic formulation are mentioned by *Acharyas* as in the form of *Kashaya*, *Choorna*, *Arista Asava* having the properties like *Deepana Pachana* for improving the *Agni* which present in the *Koshta* and remove the *Vyadhi*, thereby improve the health of an individual. *Shaddharana choornam* is one of the popular *Ayurvedic* formulation mentioned by ancient *Acharya* which act on *Koshta* especially in *Amashaya* by improving *Agni* by reducing *Ama* and make *Vata Anulomana*. The reference of *Shaddharana Choorna* in *Susrutha Samhita* in *Vatavyadhi Chikitsa*. The overall action of drugs can be reviewed as *Kaphavatahara*, *Deepana Pachana*, *Anulomanam*, *Laghu Rooksha Theekshna Guna*, *Ushna Veerya* and *Katu Vipaka*. The formulation also posses the properties like anti-inflammatory, anti-oxidant, anti-spasmodic, anti-bacterial, anti-pyretic etc. *Shaddharana choorna* administered with proper dose and *Anupana* proves to be effective in reducing *Ama* and thereby increase the *Agni*.

INTRODUCTION

*Shaddharana Yoga*, is a polyherbal Ayurvedic formulation which has been described in the Samhitas like *Susrutha samhita*, *Ashtanga Sangraham*, *Ashtanga Hridayam*. It is indicated in *Amasayagata vata* as well in *Kushta adhikara*. *Acharya Susrutha* mentioned *Shaddharana choornam* in *Vatavyadhi chikitsa* while *Astanga Sangraha* mentioned it in *Kushta chikitsa adhikara*<sup>[1]</sup>.

*Koshta*: *Koshta* is of 4 types - *Krura koshta* {*Vata* predominant}, *Mridu koshta* {*Pitta* predominant}, *Madhyama koshta* {*Kapha* predominant} and *Madhyama* {*Sama dosha*}<sup>[2]</sup>. *Koshta* is the seat of *Agni*. In *Caraka vimana* 2<sup>nd</sup> chapter mentioned, that food like *Asitha*, *Peetha*, *Leeda*, *Khaditha* having gone to *Amasaya* and have been digested there fully by the

proper action of *Agni*, its matured part {*Pakwa rasa*} reaches all the organs through blood vessels<sup>[3]</sup>. *Amasaya* is the seat of *Jataragni*, *Pachaka Pitta*, *Samana Vayu*, *Kledaka Kapha*. Proper digestion is to be happen by the help of above said entities. Among them, *Agni* is considered as superior because the *Jatarangi* is the master of all *Agni*. The *Vridhhi* and *Kshaya* of all other *Agni* depend on the *Jatarangi*. The importance of *Agni* mentioned by *Caraka* as - lifespan, complexion, strength, health, enthusiasm, corpulence, luster, immunity, energy vital breath all these are depend on *Agni* and if the *Agni* get extinguished ones will die and if it functioning properly ones live long free from disease<sup>[4]</sup>. Hence one should maintain *Agni* carefully by taking proper food and drinks. *Agni* which is superior get hampered by *Ama*. *Ama* is an undigested food, which get accumulated in *Amasaya* due to the improper digestion of first *Dhatu*<sup>[5]</sup>. In such condition, food taken by person can't able to digest, further aggravation of *Ama* happened and it hampered the *Agni*.

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**Shaddharana choornam**

**Properties of each drug<sup>[6,7]</sup>**

| Dravya    | Rasa   | Guna                   | Vipaka  | Virya  | Karma                              |
|-----------|--|------------------------|---------|--------|------------------------------------|
| Citraka   | Katu   | Laghu ruksha theekshna | Katu    | Ushna  | Vatakapha hara, Dipana, Pachana    |
| Indrayava | Tikta kashaya                                | Laghu ruksha           | Katu    | Seetha | Kaphapitta hara, Dipana, Grahi     |
| Patha     | Tikta  | Laghu theekshna        | Katu    | Ushna  | Vatakapha hara, Dipana             |
| Katuka    | Tikta  | Rooksha laghu          | Katu    | Seetha | Kaphapitta hara dipana             |
| Ativisha  | Katu tikta                                   | Laghu rooksha          | Katu    | Ushna  | Tridosahara, Dipana pachana, Grahi |
| Abhaya    | Lavana varjitha Kashaya pradhana pancha rasa | Laghu ruksha           | Madhura | Ushna  | Tridosahara anulomana              |

Dosha karma – Kaphavata samana

Dhatu karma – Rasa pradhana medohara

Agni karma – Pachana Deepana

Srotokarma – Sroto sodhana lekshana

Lakshanika karma – Soola prasamana

**Mode of Action**

The overall action of drugs can be viewed as Kaphavatahara, Deepana pachana, Anulomanam, Laghu rooksha theekshna guna, Ushna veerya and Katu vipaka.

**Based on Rasa**

Katu rasa which is Dipana pachana ruchya, Sneha medo kleda upashoshana

**Based on Vipaka**

Most of the drugs possess Katu vipaka which is Kapha hara.

Tikta rasa which is Kleda medo vasa majja sakrith mootra upasoshaa, Dipana pachana.

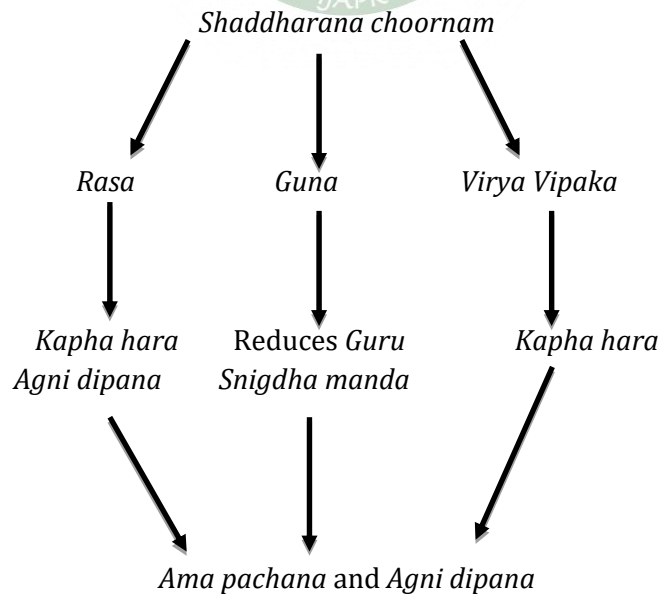
Kashaya which has Kledamedo vishoshana.

**Based on Guna**

The Laghu guna of the Choornam which reduce the Guru guna of the Ama. Rooksha guna reduces the Snigdha guna and Theekshna guna act against the Manda guna. There by the Guna of the Choorna which reduces the Ama in the body and kindles the Agni which is hampered by the undigested food.

**Based on Virya**

Most of the drugs possess Ushna virya which reduces Kapha vata.



**Modern View**

Any microbial growth in GIT, any inflammation of smooth muscle of GIT, decreased digestion power such condition the properties like anti-inflammatory, anti-oxidant, anti-spasmodic, anti-bacterial, anti-pyretic, anti-fertility, anti-ulcerogenic, hepato protective, effective in dyspepsia and chronic diarrhea

which are present in the drugs of Shaddharana choornam is effective.

**Dose, Duration and Mode of Administration**

**Dose:** 3gm (Dharana) before food

**Duration:** Acc to Acharaya Susruta 7 days

Long usage of *Shaddharana choornam* may leads to increasing *Rooksha guna* which in turn leads to aggravation of *Vata* and produce *Upadrava*. It is hot in nature so should be used with caution in summer and in *Pitta prakriti* person.

**Mode of administration:** In form of *Choorna, Kashaya, Gulika*

**Availability in market:** *Shaddharana choornam, Shaddharana tablet.*

### Therapeutic Uses

According to *Susrutha samhitha - Shaddharana Yoga* should be used in *Amashayagata Vata* after the administration of *Vamana karma*, for the next seven days for improving the status of *Agni*.

According to *Ashtanga Sangraha - Udara, Gulma, Kushta, Koshta anila, Adhyavata, Grahani, Premeha*

According to *Ashtanga Hridayam: Meha, Sopha, Pandu, Ajirna, Krimi.*

**Other indication:** Rheumatic fever, rheumatic arthritis, ankylosing spondylosis, stiffness, fibromyalgia, skin disease like lichen planus and psoriasis.

### Anupana

*Sukhambu - Amashaya gata vata*

*Gomutram - Udara, Gulma, Kushta, Koshta anila, Adhyavata, Grahani.*

*Amruthotharam kashayam, Rasnasaptakam kashayam, Dasamoola harithaki lehyam.*

### Similar Yoga mentioned by different Acharya

In *Astanga Sangraha Kushta chikitsa*, instead of *Abhaya Acharya* use *Darvi*.

In *Astanga Hridayam*, in *Kushta chikitsa patadi gana* is mentioned as similar as *Shaddharana choornam* but *Dharana pramana* is not mentioned.<sup>[6]</sup>

In *Vaidya manorama* instead of *Kutaja, Aragwadha* is used and mentioned as *Mahavyadhi prasamana*.

### DISCUSSION

*Shaddharana Yoga* contains six drugs. This formulation is useful in *Amashayagata Vata* after the administration of *Vamana karma*, for the next seven

days for improving the status of *Agni*. *Shaddharana choornam* possess quality like *Katu tikta kashaya rasa, Laghu ruksha theekshna guna, Ushna virya, Katu vipaka, Vatakapha hara* and *Dipana pachana*. *Shaddharana choornam* is *Ruksha* in nature which helps to remove the *Leena dosha* from *Dhatu* and *Srotos*. Properties like anti-inflammatory, anti-oxidant, anti-spasmodic, anti-bacterial, anti-pyretic, anti-fertility, anti-ulcerogenic, hepato protective, effective in dyspepsia and chronic diarrhea which helps to maintain the digestion and as well as to protect the GIT from infection.

### CONCLUSION

*Ama* is the main cause for reducing *Agni bala* that which gives favour circumstances for all infections to invade the systems and make the body more prone to get disease. *Ama* is considered as main cause for diseases. *Shaddharana choorna* with its mode of action through *Rasa panchaka* properties proves to be effective in reducing *Ama* and thereby increase the *Agni*.

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#### \*Address for correspondence

**Dr. Remya R G**

PG Scholar,  
Department of Panchakarma,  
Govt. Ayurveda College,  
Thiruvananthapuram, Kerala,  
India.

Email:

[drremyarems@gmail.com](mailto:drremyarems@gmail.com)

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