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## Clinical Indications of *Avipattikara Choorna* an Experiential and Scientific View

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### ABSTRACT:

*Choorna* is a type of formulation in which plant products are mixed in a definite proportion and pulverized before its use. These are given in various disorders with good outcome. *Triphala Choorna*, *Talisadi Choorna*, *Sitopaladi Choorna*, *Laghu Gangadhara Choorna*, *Gangadhara Choorna*, *Trikatu Choorna*, *Lavana Bhaskara Choorna*, *Hingwashtaka Choorna* And *Hingu Vachadi Choorna* are few *Choorna Yogas* which are commonly used in the management of various disorders by Ayurveda physicians. *Avipattikara choorna* is one such preparation which is commonly used in GIT disorders and disorders associated with constipation. It has actions like *Pittahara*, *Virechana*, *Shoolahara*, and antispasmodic actions. It is commonly given in *Amlapitta*, *Pittaja Shoola*, *Perinamashoola*, *Annadrava Shoola*, *Arshas* And *Malabandha*. The present paper highlights about the clinical indications of *Avipattikara choorna* in an experimental and scientific view.

**Key words :** *Avipattikara Choorna*, *Amlapitta*, *Perinama Shoola*.

### INTRODUCTION

In Ayurvedic text, it is clearly Mentioned that, a person with a pre- existing tendency of excessive pitta secretion and takes incompatible, unhygienic, sour and pitta vitiated food and drinks there is mal secretion of pitta this is called *Amlapitta*. *Amlapitta* is mention in Kasyapa samhita, Madhava nidana, Bhavaprakash and Chakradatta. There is no description of *Amlapitta* as a separate disease in text of Charak, Shusruta and Bhagabhatta. Charak has mentioned only the term *Amlapitta* but it is clearly mentioned in Charak chikitsa 15th chapter that *agnimandya* is the root cause of

*Amlapitta* .

*Choorna* preparations are easy to prepare and administer to the body. *Avipattikara choorna* as the name suggests is having least adverse drug reactions. Sometimes when given in larger doses, it produces diarrhea in some patients due to the increased action of *Trivrit*. It is given in the management of various disorders especially *Pittaja* and GIT disorders associated with abdominal pain and constipation.<sup>1,2</sup> *Avipattikar churna* is more potent drugs in the treatment of *Amlapitta* with unknown side effect. In *Avipattikar churna* the drugs are *Madhur Tikta Kasaya*,



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*Katu Rasa Yukta And Madhura Vipaka And Sitavirya. In Amlapitta, tikta amlata udgara, hritkantha daha due to vidagda pitta which is relived by pittasamak rasa, virya, vipaka present in ingredients of Avipattikar churna. Shunthi, pippali, maricha act as dipana and pachana which relive ama like symptom aruchi, gourava, avipaka utklesha.*

### Ingredients

1. *Shunthi - Zingiber officiale*
2. *Pippali- Piper longum*
3. *Maricha - Piper nigrum*
4. *Haritaki - Terminalia chebula*
5. *Vibhitaki - Terminalia bellerica*
6. *Amalaki - Emblica officinalis*
7. *Musta - Cyperus rotundus*
8. *Vidalavana - Vida salt*
9. *Vidanga - Embelia ribes*
10. *Ela - Elattoria cardomomum*
11. *Patra - Cinnamomum tamala*
12. *Lavanga - Sygigium aromatics*
13. *Trivrit - Operculina turpethum*
14. *Sharkara - Sugar*

### Actions<sup>3,4.</sup>

1. *Dipana*
2. *Pachana*
3. *Madhura rasayukta*
4. *Kashaya rasayukta*
5. *Malavatanulomana*
6. *Virechana*
7. *Pittahara*
8. *Shoolaghna*
9. *Antacid*
10. *Antispasmodic*
11. *Laxative*
12. *Ulcer protective*
13. *Ulcer healer*
14. *Soothing to mucous membrane*
15. *Vatahara*

### Indications<sup>5,6,7.</sup>

1. *Amlapitta*
2. *Perinama shoola*
3. *Annadrava shoola*
4. *Duodenal ulcer*
5. *Gastric ulcer*
6. *Hyperacidity syndrome*
7. *Non ulcer dyspepsia*

8. *Flatulence*
9. *Malabandha*
10. *Arshas*
11. *Anaha*
12. *Adhmana*
13. *Atopa*
14. *Udaradaha*
15. *Urodaha*
16. *Amlodgara*
17. *Kukshi Shoola*
18. *Udara*

### Amayika prayoga<sup>8.</sup>

*Amlapitta - It is given with Kamadugha Rasa and Bhunimbadi kashaya.*

*Perinama shola- It is given with Pravala Panchamrita Rasa And Yavadi Kwatha.*

*Annadrava shoola - It is given with Patoladi Kwatha And Mukta Panchamrita Rasa.*

*Duodenal ulcer - It is given with Pravala Panchamrita Rasa And Patoladi Kwatha.*

*Gastric ulcer - It is given with Mukta Panchamrita Rasa And Bhunimbadi Kashaya.*

*Hyper acidity syndrome - It is given with Bhunimbadi Kashaya And Pravala Pishti.*

*Non ulcer dyspepsia - It is given with Lashunadi Vati.*

*Flatulence - It is given with Abhayarishta And Agnitundi Vati.*

*Vibandha - It is given with Abhayarishta.*

*Arshas - It is given with Abhayarishta And Chitrakadi Vati.*

*Anaha- It is given with triphala tablets*

*Adhmana - It is given with Agnitundi Vati.*

*Atopa - It is given with Agnitundi Vati and Usheerasava.*

*Udaradaha - It is given with Patoladi Kwatha and Pravala Pishti.*

*Urah shoola - It is given with Kupilu Hingwadi Vati and Shoolari Vati.*

*Amlodgara - It is given with Kamadugha Rasa.*

*Kukshi shoola - It is given with Agnitundi Vati.*

*Jalodara - It is given with Punarnavadi Mandoora and Pippali Kshirapaka.*

### DISCUSSION

*Avipattikara choorna is commonly used in pittaja disorders and diseases associated with abdominal pain and constipation. It contains mainly Triphala, Trikatu, Vida Lavana, Trivrit And Sharkara. It is having the actions like Pittahara, Malavatanulomana, Virechana, Shoolahara, carminative, digestive, appetizer, antacid, laxative and*

antispasmodic in action. It is commonly given in *Amlapitta*, *Parinama Shoola*, *Annadrava Shoola*, hyper acidity and *vibandha* conditions with good outcome. Disorders associated with abdominal pain like duodenal ulcer, gastric ulcer, flatulence, *kukshi shoola* and intestinal colic are benefitted by the administration of *Avipattikara choorna* with various disease specific adjuvant it gives good results.

## CONCLUSION

*Avipattikara choorna* gives better results in disorders associated with hyperacidity and abdominal pain. When it is given in larger doses it usually produces diarrhea because of *trivrit's* action. With suitable disease specific adjuvant it shows desired results in various GIT disorders. There are least adverse drug reactions after the administration of this formulation. Management of *Amlapitta* by *Avipattikar churna* of Ayurvedic system of medicine is still superior to that of other system of medicine.

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