



## MULTIDIMENSIONAL THERAPEUTIC USE OF 'YAVANISADAVCHURAN': AN AYURVEDIC LITERARY REVIEW

Suman Lata<sup>1\*</sup>

H.No 642 sector 8 kurukshetra, Haryana-136118

DOI: <http://dx.doi.org/10.24327/ijrsr.20241509.0946>

### ARTICLE INFO

#### Article History:

Received 18<sup>th</sup> July, 2024

Received in revised form 17<sup>th</sup> August, 2024

Accepted 15<sup>th</sup> September, 2024

Published online 28<sup>th</sup> September, 2024

#### Key words:

Ayurveda, Kalka kalpana, Pharmaceutical,  
Pharmacodynamics, Yavanisadavchuran

### ABSTRACT

Now a days, Ayurveda is attracting the people all over the world, due to its safe and natural dosage form along with schooling of superior disease free life style regime. Bhaishjyakalpana, branch of Ayurveda, describes details of pharmaceutical preparations of different dosage form. Choorankalpana is one of the solid dosage form considered as the secondary kalpana of kalkakalpana. In a common language it is known as powder medicine and is used extensively in Ayurvedic treatment. The Ayurvedic classical texts like Charak Samhita, Bhaishjya Ratnawali, Astanga Hridaya, Sarngadhara-Samhita have mentioned this medicine in management of different diseases. Almost all ancient text have recommended the common ingredients of YavanisadavChuran like Yavani, Tintidaka, Nagara, Amalvetasa, Dadima, Badarphal, Dhanyaka, Sauvarchala salt, jeerak (Sweta), Dalchini, Pippali, Maricha, Sugar. In the present study it has been tried to collect the information regarding the properties of ingredients of Yavanisadavachooran from various ayurvedic texts and confer their action through the pharmacodynamics of them. So the main aim of this article is to review drug and collect the information regarding the therapeutic uses of Yavanisadavchuran.

Copyright© The author(s) 2024, This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

### INTRODUCTION

Now a days, Ayurveda is attracting the people all over the world, due to its safe and natural dosage form along with schooling of superior disease free life style regime. BhaishjyaKalpana, branch of Ayurveda, describe details of pharmaceutical preparations of different dosage form. Choorankalpana is one of the solid dosage form considered as the secondary kalpana of kalkakalpana. In a common language it is known as powder medicine and is used extensively in Ayurvedic treatment. The Ayurvedic classical texts like Charak Samhita, Bhaishjya Ratnawali, Astanga Hridaya, Sarngdhar Samhitahave mentioned this medicine in management of different diseases. Yavanisadavachooran is described in Rajyakshma Chikitsa of CharakSamhita. According to Sarngdhar Samhita, itrelievespanduroga (anaemia), grahani (sprue), jwara(fever), chardi(vomiting), shosa(consumption), atisara(diarrheas), pliha (splenic enlargement), anaha (abdominal enlargement), vibandha(constipation), aruchi (anorexia), shula (colic),mandagni (dyspepsia), arshas (piles), diseases of jihwa (tongue) and gala (throat) (1).

Almost all text have recommended the common ingredients of Yavanisadav Churan like Yavani, Tintidaka, Nagara, Amalvetasa, Dadima, Badarphal, Dhanyaka, Sauvarchala salt, jeerak (Sweta), Dalchini, Pippali, Maricha, Sugar. Almost all the ancient text described same ingredients of this formulation. No different opinion found in this regard. The ingredients which are commonly present in Yavanisadavchuran are possessing the action over dosha i.e. Vata-pacifying properties and beneficial in anorexia, improving digestion, resolve problem of constipation etc. In this formulation sita also pacify the pitta dosha also. Yavanisadavchuran is good to manage various digestive problems. Apart from this it is used in respiratory diseases like cough, swasha. The recommended general dose of this formulation is 1-3 gm twice daily with warm water (2). While it is advised to take churan internally, then it is preferable Anupana should be advised to take mixing along with churan to avoid the chances of entering the fine powder into bronchial tree inducing coughing and sneezing. In present study it has been tried to collect the information regarding the properties of ingredients of Yavanisadavachooran from various ayurvedic texts and confer their action through the pharmacodynamics of them. So the main aim of this article is to review drug and collect the information regarding the therapeutic uses of Yavanisadavchuran.

\*Corresponding author: Suman Lata

## MATERIAL AND METHODS

### Material

In present study, Ancient texts like CharakSamhita (1100 A.D.), BhaishjyaRatnawali (1900 A.D.), AstangaHridaya (400A.D.), Sarngadhara –Samhita(1400 A.D.), Bharat BhaishjyaRatnakar, various texts of Nighantu and AFI, Journals etc. also have been reviewed thoroughly.

### Method of preparation

Thorough review of ancient ayurvedic texts and journals have been carried out and discussion followed by conclusion done.

### Method of preparation of YavanisadavChuran

Yavanisadavchuran is prepared as per churankalpana i.e. all the ingredients to be taken in given quantity as given in Table no.1. and make fine powder of them then mix thoroughly. Almost all the ancient text described same ingredients of this formulation. No different opinion found in this regard.

Dose :- 1-3 gm twice daily with warm water in adults stated by AFI.

**Table 1** Showing ingredients of Yavanisadavchuran and their quantity.

S.N.	Name of Ingredients	AFI(3)	Parts used
1.	Yavani(Ajavayan)	12 gm	Fruit
2.	Tintidaka	12 gm	Fruit
3.	Nagara	12 gm	Rhizome
4.	Amalvetasa	12 gm	Fruit
5.	Dadima	12 gm	Dry seeds
6.	Badaraphala	12gm	Fruit
7.	Dhanyaka	6 gm	Fruit
8.	Sauvarchala salt	6 gm	-
9.	Jeeraka (Sweta)	6gm	Fruit
10.	Dalchini	6gm	Stem bark
11.	Pippali	48 gm	Fruit
12.	Maricha	6gm	Fruit
13.	Sugar	192 gm	-

**Table 2** Showing the composition of Yavanisadavchuran stated by different ancient classics.

S.N	Name of Ingredients	Astanghridaya(4)	Charak Samhita (5)	Bhaishjya Ratanaval (6)	Bharat Bhaishjya Ratnakar (7)	Sarngdhar-Samhita (8)	AFI (9)
1.	Yavani (Ajavayan)	+	+	+	+	+	+
2.	Tintidaka	+	+	+	+	+	+
3.	Nagara	+	+	+	+	+	+
4.	Amalvetasa	+	+	+	+	+	+
5.	Dadima	+	+	+	+	+	+
6.	Badaraphala	+	+	+	+	+	+
7.	Dhanyaka	+	+	+	+	+	+
8.	Sauvarchala salt	+	+	+	+	+	+
9.	Jeeraka (Sweta)	+	+	+	+	+	+
10.	Dalchini	+	+	+	+	+	+
11.	Pippali	+	+	+	+	+	+
12.	Maricha	+	+	+	+	+	+
13.	Sugar	+	+	+	+	+	+

**Table 3** Showing the pharmacodynamics (rasa, guna, virya, vipaka and dosha karma) of ingredients of Yavanisadavchuran stated by different Nighantu. (Ayurvedicpharmacopoeial text).

Ingredients	Rasapanchak	Dhanwantri Nighantu(10)	Raj Nighantu(11)	Kaiyadev Nighantu(12)	Madanpal Nighantu(13)
Yavani (Trachyspermami)	Rasa	Katu, tikta	Katu, Tikta	Katu	Tikta&katu
	Guna	-	-	Laghutikshna	Tikshnalaghu
	Virya	Ushna	Ushna	Ushna	Ushna
	Vipaka	-	-	Katu	-
	Dosha karma	Kaphavatashamak	Vataarshsleshmanashak	Kaphavatahara	Vatasleshmahara
Tintidika	Rasa	-	Madhur, amal	Amal	Amal
	Guna	-	Laghu	-	Laghuruksha
	Virya	-	Ushna	Ushna	Ushna
	Vipaka	-	-	-	Amal
	Dosha karma	-	Vatahara, raktapittakaphaprakopaka	Kaphahara	Vatahara
Amalvetasa	Rasa	Kshaya, katu	Kshaya , katu	Amal	-
	Guna	Ruksha	Ruksha	Tikshnasnigdhlaghu	Laghu
	Virya	Ushna	Ushna	Ushna	Atiushna
	Vipaka	-	-	-	-
	Dosha karma	Kaphavatahara	-	Vatakaphanashak	Pittakaphadushnam
Shunthi (Zingiberofficinale)	Rasa	Katu	Katu	Katu	Katu
	Guna	Sngdha	Snigdha	Snigdha, laghu	Snighdha
	Virya	Ushna	Ushna	Ushna	Ushna
	Vipaka	-	-	Katu	Madhur
	Dosha karma	Kaphavatashamak	Kaphavatashamak	Kaphavatashamak	Kaphavatanashak
Dadimbeja	Rasa	Madhuramal	Madhuramalkshaya	Madhur	Amal
	Guna	Snigdha	Laghu	Laghusnigdha	-
	Virya	Ushna	Ushna	-	-
	Vipaka	-	-	-	-
	Dosha karma	Kaphapittashamak	Tridoshashamak	Tridoshnashk	Vatakapharaktadoshahara
Kola(Badarphal)	Rasa	Amal	Madhur	Kshayamadhur	-
	Guna	Laghu	-	Laghu	Guru, sara
	Virya	-	Shita	Ushna	Ushna
	Vipaka	-	-	-	-
	Dosha karma	Vatakaphashamak	Vatapittanashak	Vatakaphashamak	Vatahara

Sita	Rasa	-	Madhur	-	-
	Guna	-	-	-	Guru
	Virya	Shita	Shita	-	Shita
	Vipaka	-	-	-	-
	Dosha karma	-	Raktapittashamak	-	Vatapittahara
Dhanyaka	Rasa	Kshayatiktamadhur	Madhur, kshaya	Katutiktakshaya	Kshaya
	Guna	Snigdha	-	Laghu	Snigdhlaghuruksh
	Virya	Shita	Shita	Ushna	-
	Vipaka	Madhur		Madhur	Madhur
	Dosha karma	Puttashamak	Pitta shamak	Tridosahara	Tridoshhara
Sauvarchala	Rasa	Katu	Katu	Katu	-
	Guna	Laghu, vishad	Laghu	Laghu	Vishadlaghusukshma
	Virya	Ushna	Ushna	Ushna	Ushna
	Vipaka	-	-	Katu	Katu
	Dosha karma	Vatahara	Vatahara		-
Shwetjeerak	Rasa	Katumadhur	Katu, madhur	Katutikta	-
	Guna	-	-	Laghuruksha	-
	Virya	Shita	Shita	Ushna	-
	Vipaka	-	Madhur	Katu	-
	Dosha karma	-	Vatashamak	Pitta karak	-
Twak (Cinnamomumzeylanica)	Rasa	-	Katu	Katu, Madhur	Katu
	Guna	Laghu, tikshna	Laghu	Laghu	Laghu
	Virya	Ushna	Shita	Ushna	-
	Vipaka	-	-	Katu	-
	Dosha karma	Kaphavatashamak	Kaphashamak	Pitta vardhak	-
Pippali (Piper longum)	Rasa	Katu	Katu, tikta	Katu	Katu
	Guna	Snigdha	Snigdha	Snigdha, laghu	Laghu, snigdha
	Virya	Shita	Ushna	Atyushna	Anushna
	Vipaka	Madhur	-	Madhur	Madhur
	Dosha karma	Tridosahara	Vatakaphahara	Kaphavatahara	Kaphavatahara
Maricha (Piper nigrum)	Rasa	Katutikta	Katu, tikta	Katu	Katu
	Guna	-	Snigdha, ushna	Tikshna, ruksha	Laghu, tikshna, ruksha
	Virya	Ushna	Anushna	Ushna	Ushna
	Vipaka	-	Madhur	Katu	Katu
	Dosha karma	Kaphavatashamak, pittavardhak	Vatakaphahara	Kaphavatahara	Vatakaphashamak

**Table 4** Therapeutic indication of YavanisadavChuran by Different ancient Ayurvedic texts.

Ayurvedic Texts	Therapeutic Indication
Sarngadhara-Samhita	panduroga (anaemia), grahani (sprue), jwara (fever), chardi (vomiting), shosa (consumption), atisara (diarrhoeas), pliha (splenic enlargement), anaha (abdominal enlargement), vibandha (constipation), aruchi (anorexia), shula (colic), mandagni (dyspepsia), arshas (piles), diseases of jihwa (tongue) and gala (throat) (14).
CharakSamhita	Loss of appetite, constipation, gas abdomen, Hritshula, Parswashula, Kasa, Swasa, Arsha, Grahi, dysentery etc. (15)
BhaishjyaRatnawali	Hritshula, Parswashula, Kasa, Swasa, Arsha, Grahi, dysentery, constipation (16)
Bharat BhaishjyaRatnakar	Arocaka (Tastelessness), Deepak, Pachak, Bloating, mandagni, Hradya, constipation, cough, swasa, grahi, Piles, Parsvasula (17)
A F I	Arocaka (Tastelessness), Grahani (Malabsorption syndrome), Parsva Sula (Internal Neuralgia and (pleurodynia), Vibandha (Constipation), Kasa (Cough), Pliha (Splenic disease), Arsha (Haemorrhoids)(18)

enlargement), anaha (abdominal enlargement), vibandha (constipation), aruchi (anorexia), shula (colic) etc. It acts as vata-kaphahara, support the proper functioning of agni and doing tarpana body tissues, Deepak, Amapachana, Vata-anulomana. Mainly it is prepared with combination of 13 ingredients. Almost all ancient text have mentioned same ingredients. Through the review of literatures it has been revealed that those ingredients are having some specific properties which are effective on doshas. Yavani is enhancing the agni by their usnavirya properties, act as kapha-hara and ama-nashak as well as vata-nashak. Shwetajeerak carries properties of Deepak, pachak, grahi, kapha-vatahara in nature, ruchya. Sauvarchalnamak having hot potency helps in balancing out Vatadosha. Dhanyaka having madhurvipaka, balancing tridosha, it is Deepak, rochak, grahi, hridya, krimighan, trishnahara, mutral and good in cough, swasa. Amalvetasa is good kapha-vatasamak because of their usnavirya property. It also have digestive and antioxidant properties. Tintidika, Dadim and Badar all are kapha-vata-shamak by their usnavirya, agni-dipak, grahi, ama-pachak, ruchya by their amal and madhur rasa. Sunthi has usnavirya so it is kapha-vatashamak. Sita is good pitta shamak. Twak, Pippali, Maricha all are good for balancing tridosha, possess madhur and katuvipaka responsible for good digestion, ama-pachan, possess heavy guna so helps in elimination of urine and stool and good for liver, spleen and pancreas. It also have antiviral, anti-bacterial and antifungal properties so preventing fever, cough, kasa. So Yavanisadavchuran became able to balancing all the doshas in body, to secrete digestive juices and get entry to sukshmasrotas to flow all over body to enhance the all over health of body.

**Images of Different ingredients of YavanisadavChuran**



**DISCUSSION**

The popular ayurvedic compound medicine Yavanisadavchuran has been mentioned in different ancient texts as panduroga (anaemia), grahani (sprue), jwara (fever), chardi (vomiting), shosa (consumption), atisara (diarrhoeas), pliha (splenic

**CONCLUSION**

From above discussion it could be concluded that Yavanisadavchuran is ama-pachak, tridosha-shamak, having good digestive properties, vatanulomak (carminatives), rechak (cathartic), sula-har (anti-spasmodic), vedana-stapak (analgesic) agent, possess antiviral, expectorant properties



,good for liver, spleen and pancreas health. So the claim of our ancient texts regarding the therapeutic uses and effectiveness found very much logistic and justified.

Conflict of interest

The author declare no conflict of interest.

## References

1. Prof. K.R. Srikantha Murthy, Sarngadhar –Samhita of Acharya Sarngadhar, Pratham khanda, Ch.6 Jaikrishandas Ayurveda Series no. 58, Varanasi, Chaukhambha Orientalia, Reprint 2012 pg 97.
2. Anonymous The Ayurvedic Formulary of India. Part-1. 2nd ed. New Delhi: Ministry of Health and Family Welfare, Department of ISM &H; 2003, pg.341.
3. Anonymous The Ayurvedic Formulary of India. Part-1. 2nd ed. New Delhi: Ministry of Health and Family Welfare, Department of ISM &H; 2003, pg.342.
4. Dr. Brahmanand Tripathi, Astanga Hridayam of Srimad-vagbhata, Edited by Nirmala Hindi Commentary, Chikitsa Sthana, Ch.5, Shloka No.55-57, Delhi, Chaukhamba Sanskrit Pratisthan, Reprint 2022, pg 624.
5. Acharya Priyavrit Sharma, Charaka Samhita of Agnivesh, (Vaidya Manorama Hindi commentary), vol 2, Series 24, Chikitsa Sthana, Chapter 8 Shloka 145-148, Delhi, Chaukhamba Sanskrit Pratisthan, Reprint 2002, pg .223.
6. Ayurvedacharya Sri Rajeshwara Dutt Shastri, Bhaishjya Ratnavali of Sri Govindadas Sena, Kashi Sanskrit Series 152, Ch.18, Shloka 21-24, Edition 14th, Varanasi, Chaukhamba Prakashak, Reprint 2021, pg 483.
7. Shri Nagindas Chhaganlal Shah, Bharat Bhaishjya Ratnakar, Mahaveer Ayurvedic Series 4, Ch.2 Shloka 5757, Vol. 4, Delhi, B. Jain Publishers Pvt. Ltd., Reprint 2012, pg 289.
8. Prof. K.R. Srikantha Murthy, Sarngadhar –Samhita of Acharya Sarngadhar, Pratham khanda, Ch.6 Jaikrishandas Ayurveda Series no. 58, Varanasi, Chaukhambha Orientalia, Reprint 2012 pg 97.
9. Anonymous The Ayurvedic Formulary of India. Part-1. 2nd ed. New Delhi: Ministry of Health and Family Welfare, Department of ISM &H; 2003, pg. 343.
10. Acharya Priyavrit Sharma and Dr Guruprasad Sharma, Dhanwantri Nighantu, Jaikrishandas Ayurved Series 40, Varanasi, Chaukhambha Orientalia, Edition 3<sup>rd</sup>, Reprint 2002, pg., 79, 81, 82, 83, 85.
11. Dr Indradeva Tripathi, Raj Nighantu, Krishandas Ayurved Series 5, Varanasi, Chaukhambha Krishandas Academy, Edition 6th, Reprint 2002, pg., 354, 368, 373, 494, 141, 153, 197, 200, 202, 252.
12. Acharya Priyavrit Sharma and Dr Guruprasad Sharma, Kaiyadeva Nighantu, Jaikrishandas Ayurved Series 30, Varanasi, Chaukhambha Orientalia, Edition 1st, 1979, pg., 58, 61, 66, 67, 219, 220, 290.
13. Dr J.L.N. Shastri, Madanpala Nighantu, Jaikrishandas Ayurveda Series 207, Varanasi, Chaukhambha Orientalia, Edition 2010, Reprint 2017, pg 301, 306, 308, 385.
14. Prof. K.R. Srikantha Murthy, Sarngadhar –Samhita of Acharya Sarngadhar, Pratham khanda, Ch.6 Jaikrishandas Ayurveda Series no. 58, Varanasi, Chaukhambha Orientalia, Reprint 2012 pg 97.
15. Acharya Priyavrit Sharma, Charaka Samhita of Agnivesh, (Vaidya Manorama Hindi commentary), vol 2, Series 24, Chikitsa Sthana, Chapter 8 Shloka 145-148, Delhi, Chaukhamba Sanskrit Pratisthan, Reprint 2002, pg .223.
16. Ayurvedacharya Sri Rajeshwara Dutt Shastri, Bhaishjya Ratnavali of Sri Govindadas Sena, Kashi Sanskrit Series 152, Ch.18, Shloka 21-24, Edition 14th, Varanasi, Chaukhambha Prakashak, Reprint 2021, pg 483.
17. Shri Nagindas Chhaganlal Shah, Bharat Bhaishjya Ratnakar, Mahaveer Ayurvedic Series 4, Ch.2 Shloka 5757, Vol. 4, Delhi, B. Jain Publishers Pvt. Ltd., Reprint 2012, pg 289.
18. Anonymous The Ayurvedic Formulary of India. Part-1. 2nd ed. New Delhi: Ministry of Health and Family Welfare, Department of ISM &H; 2003, 343.

### How to cite this article:

Suman Lata.(2024). Multidimensional therapeutic use of ‘Yavanisadav Churan’: An Ayurvedic Literary Review. *Int J Recent Sci Res.* 15(09), pp.5010-5015.

\*\*\*\*\*

