



VYOSHADI CHURNA- A DRUG REVIEW

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ABSTRACT Churna is defined as totally dried raw material which is powdered very minutely to make their small size and again filtered through cloth's grid and obtained fine powder is called as "Churna".

Vyoshadi churna is a simple and excellent preparation used by Ayurveda from ancient time. It is used for combating acute and chronic forms of rhinitis, seasonal cold, cough and breathing disorders. It is described by Acharya Chakrapani in Chikitsa Sangrah under Nasa gata roga. This drug is the combination of nine drugs which is commonly used in respiratory disorders. This article reviews the chemical constituents and the experiment based pharmacodynamics of components of Vyoshadi churna.

KEYWORDS : Vyoshadi churna, Breathing disorder, Ayurvedic drug for Allergic Rhinitis.

INTRODUCTION

Churna is the simplest form of Ayurvedic medicine which can be easily prepared and easily affordable. These are solid dosage form of medicine intended for internal use. These are two of types: Simple Churna containing only one medicament and Compound Churna containing two or more than two medicaments. There are different herbal medicines containing churna are prepared in Ayurveda pharmacies for various disorders both in chronic and primary acute conditions. Vyoshadi churna is the most common drug used in Ayurveda practices. The "Vyosh" word is commonly used in Ayurveda for Trikatu (Shunthi, Pippli and Maricha). Vyoshadi churna is the combination of nine drugs. All the nine drugs are used in equal quantity in powder form except Guda (Jaggery). Twak and Ela which are used in ¼ quantity of other ingredients. The powder of these ingredients are properly mixed into a homogenous mixture using a pestle and mortar.

This compound is called Vyoshadi churna. Guda (Jaggery) is used in 4 times of all mixture of powder for tablet preparation. The same when used in granular form will be called Vyoshadi Vatakam. Vyoshadi churna is described by Acharya chakrapani in Chikitsa sangrah under Nasagata roga. The indication of Vyoshadi churna by Acharya chakrapani are; Pinasa (Chronic rhinitis/Allergic rhinitis), Kasa (Cough), Shwasa (Breathing problems), Swarabheda (Hoarseness of voice/Sore throat), Arochaka (Anorexia/Tastelessness). The treaty describes Vyoshadi churna as a treatment option in Nasa gata roga.¹

MATERIAL AND METHODS

Research articles from AYU, IJP, IJAPR, IJRAR Ayurvedic text books were considered, review with key words like Vyoshadi churna, chemical constituents of study drug, pharmacological properties, in vivo study, in vitro study etc.

(Table.1) INGREDIENTS OF VYOSHADI CHURNA

S.N.	CONTENTS	BOTNICAL NAME	FAMILY	RAS	GUNA	VIRYA	VIPAKA
1.	SHUNTHI	Zingiber officinal	Zingiberaceae	Katu	Laghu, snigdha	Ushna	Madhur
2.	PIPPALI	Piper longum	Piperaceae	Katu	Laghu, snigdha, tikshna	Umushnasheet	Madhur
3.	MARICHA	Piper nigrum	Piperaceae	Katu	Laghu, tikshna	Ushna	Katu
4.	CHITRAKA	Plumbago zeylanica	Plumbaginaceae	Katu	Laghu, ruksha, tikshna	Ushna	Katu
5.	TALEESH	Abies webbiana	Pinaceae	Tikta, madhur	Laghu, tikshna	Ushna	Katu
6.	TINTIDEEK	Rhus parviflora	Anacardiaceae	Amla	Laghu, ruksha	Ushna	Amla
7.	AMLAVETASA	Garcinia pedunculata	Guttiferaceae	Amla	Laghu, ruksha, tikshna	Ushna	Amla
8.	CHAVYA	Piper retrofractum	Piperaceae	Katu	Laghu, ruksha	Ushna	Katu
9.	AJAJI (Krishna jeerak)	Carum carvi	Umbelliferae	Katu	Laghu, ruksha	Ushna	Katu
10.	TWAK	Cinnamomum zeylanicum.	Lauraceae	Katu, Tikta, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu
11.	ELA	Elettaria cardamomum.	Zingiberaceae	Katu, madhur	Laghu, ruksha	Sheet	Madhur

PROPERTIES OF INDIVIDUAL DRUG

1. Shunthi

Botanical name: Zingiber officinale.

Family : Zingiberaceae

Synonyms : Nagara, Mahaushadha, Vishwabheshaja, Shringavera,

Katubhadra, Ardraka, Ardrika etc

Part used : Rhizome

Doshagnata: Kapha-Vata Shamaka

Karma : Sheetaprashamana, Shothahara, Swarya, Shleshmahara, Vatashamaka, Shwasahara, Hridya, Vedanasthapana, Nadiuttejaka, Deepana, Pachana, Rochana, Vatanulomana, Shoolaprashamana, Bhedana, Grahi, Vrishya, Jwaraghna etc.

Chemical constituents: It contains an Aromatic volatile oil 1- 5%, which contains Camphene, Phellandrene, Zingiberine, Cineol,

Borneol, Gingerol, Gingerin. Essential oil (rhizomes); Dihydrogingerdione, Gingerdione and gingerol (root); Aspartic acid, Threonine, Senine, Glycine, Cysteine, Valine, leucine and isoleucine (aerial parts and tuber)².

Therapeutic uses: Fever, otalgia, asthma, jaundice, cough, hiccough, diarrhea, anorexia, cardiac disorder, hyperacidity³.

Pharmacological actions: Anti-inflammatory, Antiplatelet, Antioxidant, Anti-rhino viral, Antibacterial, Hypolipidaemic, Analgesic, Antidepressant, Antipyretic, Antiemetic, Antiulcer, Aromatic, Carminative, Stimulant to the Gastrointestinal tract and stomachic, also sialagogue & digestive.

NIGHANTU:-

• Bhavaprakash Nighantu:- Mentioned under Haritkyadi varg.

*Guna-karma:-Ushna, vata-kaphahar, Udarshool. Jeerna sandhi-vata, Atisara, Pratishaya, kasa, Swasa, shirashool, dantshool.*⁴

• Kaidev Nighantu:- Mentioned under *Aushadhadhi varga*.
*Guna-karma:- Laghu, snigdha, Ushna virya, madhur vipaka, mal-sanghrahni, agnideepan, vatakaph nashak, Swasa, kasa vaman.*⁵

• Dhanvantri Nighantu:- Mentioned under *Shatpushpadi varg*.
*Guna karma:- Snigdha, Ushna, vrishya, shoth, kaph-vata har, Aruchi, Swasa, pandurog, shlipad.*⁶

Research Evidence:

- In a clinical trial study ginger was found having anti-Diarrheal properties.⁷
- In a study, Ginger was found to have positive inotropic effect on the in vitro of a sacrificed guinea pig.⁸
- In a double blind, randomized clinical trial ginger was found anti-nauseant and antiemetic.⁹

2. Maricha

Botanical name : *Piper nigrum* Linn.

Family : Piperaceae

Synonyms : *Vellaj, Krishna, Ushan, Suvrit, Maricha* etc

Part used : Fruit

Doshagnata : *Kapha-Vata shamaka*

Karma : *Nadi balya, Kaphaghna, Kapha nissaraka, Sroto shodhana, Deepana, Pachana, Mootrala, Vatanulomana, Lekhana, Nadiuttejaka, Artavajanana, Swedajanana, Srotoshodhana.*¹⁰

Chemical constituents: Piperide characterised as isobutylamide of 11-(3,4-methylenedioxyphenyl)- 2E, 4E, 10E-undecatrienoic acid, N-transferuloyltyramine, Guineensine, N-isobutyl- 2E, 4E, 8Z-eicosatrienamide (fruits); Piperine, Hentriacontan and β -sitosterol (stem);, N-isobutyl-11-(3,4-methylenedioxyphenyl)- 2E, 4E, 12E-tridecatrienamide, Cryptone, Piperonal, Alanine, Arginine, Picecolic acid, Serine, Ascorbic acid, Carotene etc (Plant)

Therapeutic uses: Arthritis, Asthma, Fever, Cough, Catarrh, Dysentery, Vertigo, Throat troubles, Colic, Cholera, Hiccough.

Pharmacological action: Anti-oxidant, Anti-helminthic, Anti-pyretic, Anti-microbial, Anti-inflammatory, Analgesic, CNS depressant, Muscle relaxant, Anti-bacterial, Hepatoprotective, Anticonvulsant, carminative, digestive etc.¹¹

NIGHANTU:-

Bhavaprakash Nighantu:- Mentioned under *Haritkyadi varga*.

*Guna-karma:- Kaphagn, krimihar, aadhman, pravahika, aamashya shaithilya, jeerna Pratishaya, kasa.*¹²

Kaiyadev Nighantu:- mentioned under *Aushadhadhi varga*.

*Guna-karma:- katu, Ushna, madhur vipak, kapha nisaraka, ishat pitta vardhak.*¹³

Dhanvantri Nighantu:- Under *Shatpushpadi varga*.

*Guna-karma:- Katu, tikta, Ushna, pitta-kaph nasak, krimi har.*¹⁴

Research Evidence:

- In this pilot study, *Maricha* was found to be anti-inflammatory, analgesic and anti-bacterial properties.¹⁵

3. Pippali

Botanical name : *Piper longum* Linn.

Family : Piperaceae

Synonyms : *Magadhi, Krishna, Kana, Chapala, Ushana, Upkulya, Shaundi, Vaidehi, Tikshnatandula,* etc

Part used : Fruit, Root

Doshagnata : *Kapha-Vata shamaka*

Karma : *Jantughna, Shirovirechana, Vatanulomana, Balya, Krimighna, Rasayana, Medhya, Vatahara, Deepana, Ksharana, Shoolaprashmana, Mridurechana, Jwaraghna, Vishamajwaraghna, Raktashodhaka, Raktavardhaka, Yakriduttejaka.*¹⁶

Chemical constituents: Piperlongumine, Piperlonguminine (stem & root); n-hexadecane, n-heptadecane, n-octadecane, n-nonadecane, n-eicosane, n-heneicosane, α -thujene, terpinolene, zingiberene, p-cymene, p-methoxy acetophenone, Phenylethyl alcohol and some Essential oil (dried fruit); Piperine, Piplartine, an identified steroids and methyl-3,4,5-trimethoxycinnamate (roots); major alkaloid piperine and sesamine (stem & fruits).

Therapeutic uses: Cough and cold, anorexia, vomiting, dysentery, asthma, bronchitis, gastric disorders, epilepsy, fever, gout.¹⁷

Pharmacological actions: Anti-bacterial, Immuno-stimulator, Kapha-suppression, Anti-inflammatory, Anthelmintic, Antimalarial, Analeptic, Antinarcotic, Hypoglycaemic, Antispasmodic etc.¹⁸

NIGHANTU

Bhavaprakash Nighantu:- Mentioned *Haritkyadi varga*.

*Guna karma:- Ushna, deepan-pachan, vata har, kaphagn, agnimandhya, Udarshool, kasa, Swasa, prasuti jwara, amavata, katishool, gridhasi.*¹⁹

Kaidev Nighantu:- Mentioned under *Aushadhadhi varga*.

*Guna-karma:- Guru, madhur, Rasayana, deepan-pachan, ishat ushana, kapha-vata nashak, Swasa, kasa har.*²⁰

Dhanvantri Nighantu:- Mentioned under *Shatpushpadi varga*.

*Guna-karma:- Katu, madhur vipaka, sheet virya, snigdha, tridoshahar, Trishna, jwara, udarro, krimihar, Rasayana, ama dosh har.*²¹

Research Papers:

- *Pippali* has been found to be have hematinic potential in haloperidol induced anemic rats.
- *Pippali Rasayan* was advised to patients suffering from giardiasis. They showed marked improvement in clinical and hematological profile.²²

4. CHITRAK

Botanical name : *Plumbago zeylanica* Linn

Family : Plubaginaceae

Synonyms : *Chitraka, Agni, Vahni, Jvalanaakhya, Krshaanu, Hutaasha, Dahana, Sikhi.*

Part used : Root

Doshagnata : *Kaphvatashamaka,*

*Karma: Deepana, Pachana, Grahi, Shothhara, Kaphvatahara, Shoolhara, Arshohara.*²³

Chemical constituents: Plumbagin, naphthoquinone.

Therapeutic uses: Skin disorders, rheumatoid arthritis, anorexia, piles, anti-helminthic, colitis, ascites and liver diseases.²⁴

Pharmacological actions: Intestinal flora normalizer, stimulates digestive processes, used for dyspepsia. Root paste is applied in order to open abscesses, a paste prepared with milk, vinegar or salt and water, is used externally in leprosy and other obstinate skin diseases. A cold infusion is used for influenza and black water fever.²⁵

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Haritkyadi varga*.

*Guna-karma:- Agni-deepan, kushthar, Rasayana, vata-kapha har, gabhshya sankoch, mandagni, jawara, amavata, amaatisara.*²⁶

Kaiyadev Nighantu:- Mentioned under *Haritkyadi varga*.

*Guna-karma:-Katu-tikta, agni-deepan, katu vipaka, ruksha, laghu, pachan, Ushna virya, shoth, kushth, kapha-pitta shamak.*²⁷

Dhanvantri Nighantu:- Mentioned under *Shatpushpadi varga*.

*Guna-karma:- Agni-deepan, Shothhara, Kaphvatahara.*²⁸

Research Evidences

- A clinical trial study found anti-cancer and anti-depressant properties, it inhibits the apoptosis in human gastric cancer cell.²⁹
- A clinical trial study on sacrificed rabbits found decrease serum cholesterol, LDL, cholesterol and triglyceride when 500mg/kg ethanolic extract of p.zeilanica was administered to hyperlipidemic rabbits.³⁰
- It has tremendous effect on different diseases viz. *Kasa* (Respiratory diseases), *Kushtha* (Skin Diseases), *Shula* (Pain) *Shopha, grahni, shotha, arsha, gulma, pliharoga, pandu, dadru, shlipada, medoroga, bhagandar, kandu, udar roga,* etc. It stimulates digestive power and promote appetite, it is frequently used in the treatment of a number of diseases especially digestive system.

5. TALEESH

Botanical name : *Abies webbiana*

Family : Pinaceae

Synonyms : *Taalisa, Taalisapatra, Taalisha, Patraadhya, Dhaatripatra, sukoodar.*

Part used : Leaf

Doshagnata : *Kaphvatashamak*

Karma:-*Vednastapan, Rochana, Deepan, Vata anuloman, Mutrajannan, Jwarahara.*³¹

Chemical constituents: Essential oil from leaves contains alpha-pinene, l-limonene, delta-carene, dipentene, l-bornyl acetate and l-cadinene, as major constituent. In leaves:- abiesin, n-tricantanol, beta-sitosterol and betuloside are present.³²

Pharmacological actions:- Expectorant, Bronchial, Sedative, Decongestant, Anticatarrhal, Antiseptic, Carminative.³³

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Karpuradi* varga. Guna-karma:- Deepan-pachan, vaatanuloman, kapha nisaraka, grahi, balya, jeerna Swasa, kasa, *Rajyakshma*, Aruchi, agnimandhya, basti vikara.³⁴

Kaiyadev Nighantu:- Mentioned under *Aushadhi* varga. Guna-karma:- *Katu-tikta, krimighna, vata-kapha shamak.*³⁵ Dhanvantri Nighantu:- Mentioned under *Shatpushpadi* varga. Guna-karma:- *Deepan, Swasa-kasa har, kaph-pitta har, mukha rog har.*³⁶

Research Evidence:

- A study found anti-depressant, analgesic, anti-convulsant properties of *Abies webbiana*.³⁷
- A study conducted on rats. Found anti-anxiolytic activity of *Abies webbiana* in behavioral disorders.³⁸

6. TINTIDEEK

Botanical name : *Rush parviflora* Roxb.

Family : Anacardiaceae

Synonyms : *Tintidi, Tintindeeka, Samaakdana, Sumaak*

Part used: fruit

Doshagnata : *Vatshamak,*

Karma : *Vednastapan, Shothhara, Rochana, Deepan, Jawarahara, Agnimandhya, Atisaara, Grhani, Pravahika.*³⁹

Chemical constituents: Flavonoid, myricetin, quercetin, kaempferol and their 3-o-rhamnosides, hentriacontane, hentriacontanol, beta-sitosterol, lignoceric acid and iso-rhamnatin-3-alpha-L-arvinoside.⁴⁰

Therapeutic uses: Anti-diabetic, bed-wetting, urinary incontinence.

Pharmacological actions: Diuretic, Antidiabetic activity, bedwetting, urinary incontinence.⁴¹

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Aamradiphal* varga.

Guna-karma:- *Grahi, Deepan, Sheet, Rakta-pitta nashak, Pittaj Atisara, Vaman, Hrilash.*⁴²

7. AMLAVETASA

Botanical name : *Garcinia pedunculata*

Family: Guttiferae

Synonyms: *Amlavetas, Vetasaamla, Shatvedhi*

Part used: fruit

Doshagnata: *kaphvaathara*

Karma: *Deepan, Bhedan, Anuloman, pachan.*⁴³

Chemical constituents: Dry fruits (pericarp) contain the benzophenones, pedunculol, garcinol, cambogin, xanthone.

Pharmacological actions: Antiscorbutic, astringent, cardio tonic, emollient. Used in anorexia, dyspepsia, colic, liver and spleen diseases difficult micturition. Cough and other respiratory disorders, ulcers and skin diseases.⁴⁴

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Aamradiphal* varga.

Guna-karma:- *Laghu, malabhedak, amala, agnideepak, ruksha, shool nasak, gulma, plihaarog, udavart, Aruchi, Swasa, kasa.*⁴⁵

Kaiyadev Nighantu:- Mentioned under *Aushadhi* varga.

Guna-karma:- *Ushna virya, tikshna, snighdh, agnideepan, ajirna, shoolrog, vata-kapha nasak, vishatamb aanah har.*⁴⁶

Dhanvantri Nighantu:- Mentioned under *Shatpushpadi* varga.

Guna-karma:- *Kashay, katu, ruksh, Ushna virya, Trishna, kapha-vatanasak, krimi har, arsha, hridaya rog, ashmari, gulma har.*⁴⁷

Research Evidence

- A study of clinical trial found anti-oxidant and anti-stress properties of *Garcinia pedunculata*. It is beneficial in hyperlipidemia.⁴⁸
- A study conducted on rats found significant Hepatoprotective, cardio protective and hypoglycemic activities.⁴⁹

8. CHAVYA

Botanical name : *Piper retrofractum*

Family: Piperaceae

Synonyms : *Chavya, Chavika, Chabh, Chavak.*

Part used : Root, fruit

Doshagnata: *kaphvaathara*

Karma: *Triptighna, deepan, pachan, agnimandhya, ajeerna, shoolprashman, vaatanuloman, yakritutejak, krimighna.*⁵⁰

Chemical constituents: In fruits:- β -cayophyllene(17%), pentadecane (17.6%), β -bisabolene.

Pharmacological actions: Anti-bacterial, anti-microbial.

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Haritkyadi* varga.

Gun-karma:- *Pachan, shool nasak, adhaman, vrikrog, kasa, Pratihaya, galrog.*⁵¹

Kaiyadev Nighantu:- Mentioned under *Aushadhi* varga.

Guna-karma:- *katu rasa, agnideepan, laghu, pachak, kapha-vatahar, krimi har, anaha, udarrog.*⁵²

Dhanvantri Nighantu:- Mentioned under *Shatpushpadi* varga.

Guna-karma:- *Katu, ushana virya, krimi nasak, agnideepak, kapha-vata shamak.*⁵³

Research Evidence

- A study found antibacterial properties of piper retrofractum.⁵⁴
- In vitro study of *Piper retrofractum* found anti-microbial properties in human and animal.⁵⁵

9. AJAJI (*Krishna jeerak*)

Botanical name: *Cuminum cyminum* Linn.

Family: Umbelliferae

Synonyms: *Ajaji, Shukla-ajaji, jeera, dirghjeerak, shveta jeerak*

Part used: Seed

Doshagnata: *Kaphvatashamaka*

Karma: *Lekhan, shothhara, vednastapan, shoolprashman, Grahi, krimighna, deepan, pachan.*⁵⁶

Chemical constituents: Alpha-pinene, D-camphane, D-silvestren, p-cymene, L-cadinene, cedrol, terpineol, acetyl- and isovalerianyl monoterpene ester.

Pharmacological actions: carminative, antispasmodic (used in dyspepsia and diarrhea), stimulant, diuretic, antibacterial, emmenagogue, galactagogue.⁵⁷

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Haritkyadi* varga.

Guna-karma:- deepan-pachan, vata anuloman, stanya janan, adhaman, udar shool, Atisara, jirna jwara.⁵⁸

Kaiyadev Nighantu:- Mentioned under *Aushadhi* varga.

Guna-karma:- *Katu-tikta, ushan virya, laghu, ruksha, sanghrahi, udgar shodhana, kapha nisaraka, agnideepan, gulma, adhaman, vata-kapha shamak.*⁵⁹

Dhanvantri Nighantu:- Mentioned under *Shatpushpadi* varga.

Guna-karma:- *Katu, ruksha, vata har, agnideepan, gulma, adhaman, Atisara, ghrani, krimirog har.*⁶⁰

Research Evidence

- A study conducted on human *Cuminum cyminum* found anti-diabetic and anti-inflammatory activity.⁶¹
- In vitro study found anti-oxidant activities of *Cuminum cyminum*.⁶²

10. Twaka

Botanical name: *Cinnamomum zeylanicum*.

Family: Lauraceae

Synonyms: *Darusheeta, Twak, Utakat, Daalchini, Daaruchini, Swadvi, Twakswadvi, Tamutwaka.*

Part used: Bark

Doshagnata: *Kapha-Vata Shamaka*

Karma : *Lekhana, Kanthashuddhikara, Shleshmahara Ojovardhaka, Hridayauttejaka, Deepana, Pachana, Rochana, Mutrajanana, Vatanulomana, Krimighna, Raktashodhana, Vedanasthapana, Vajikarana* etc.⁶³

Chemical constituents: Linalool, Benzyl acetate, Cinnamic aldehyde, Cinnamyl acetate, Benzyl benzoate, Cinnassiol D1, Cinnassiol D2 and Cinnassiol D3 and their glucosides, Cinnassiol C2 and Cinnassiol C3 and their glucosides, Benzaldehyde, Phellandrene, Pinene, Cymene, Cumic aldehyde, Caryophyllene, Borneol, α -terpineol (leaf, bark, essential oil)

Therapeutic uses: Diarrhoea, gastric irritation, nausea and vomiting, toothache, neuralgia.

Pharmacological actions: Anti-spasmodic, Antiallergic, Antioxidant, Antifungal, Antimicrobial, Antibacterial, Insecticidal, Lipolytic, Mutagenic, expectorant, Anti-complement.⁶⁴

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Karpuradi varg*.
Guna-karma:-Ushna, vaatulanomana, ghrahi, deepan-pachan, gharbhashya-utejak, shonitshapak, krimighna.⁶⁵
Dahnvantri Nighantu:- Mentioned under *Shatpushpadi varga*.
Guna-karma:- *Laghu, tikshna, Ushna virya, kapha-vata shamak, vish nasak, kanth-mukh rog nasak, hridya-basti shodhana*.⁶⁶

11.Ela

Botanical name: *Elettaria cardamomum*

Family: Zingiberaceae

Synonyms: *Sukshma, Sukshmaela, Tuttha, Korangi, Dravidi, Truti, Tripiti*

Part used: Seed, Fruit, Oil

Doshagnata: *Tridoshashamaka*

Karma: *Deepana, Pachana, Vatanulomana, Shirovirechana, Hridya, Balya, Mukhashodhana, Rochana, Duragandhanashana, Kaphanissaraka, Mutrajanana*, etc.⁶⁷

Chemical constituents:

(essential oil of fruit and leaves) α -penene, Sabinene, Myrcene, Limonene, Cymene, Cinoel, Methyl heptenone, Linalool, Linyl acetate, α & β -terpineol, α -terpinyl acetate, Borneol, Geraniol, Nerol, Neoloidol, Heptacosane, Camphene, Terpinene, E-4,8-dimethyl,1,3,7-nonatriene.

Therapeutic uses: anti-analgesic, halitosis, toothache, skin disorders, chronic ulcer and pruritis.⁶⁸

Pharmacological actions: Anti-inflammatory, Analgesic, Antibacterial, Antimicrobial, Antispasmodic, Hepatoprotective.⁶⁹

NIGHANTU

Bhavaprakash Nighantu:- Mentioned under *Karpuradi varga*.
Guna-karma:- *Deepan-pachan, mutral, vaatulanoman, kasa -Swasa har, kshya, arsha, mutrakrich, Atisara, adhmaan, Udarshool*.⁷⁰
Danvantri Nighantu:- Mentioned under *Shatpushpadi varga*.
Guna-karma:- *Deepana, Pachana, Vatanulomana*.⁷¹

CLINICAL EVIDENCES

- In this study, *Vyoshadi vati* was administered in 30 children with complains of *Pratishyaya* has found Decongestant, Bronchodilator, Antitussive, Antiviral, Antibacterial, Antiallergic, Appetizer, Digestive stimulant properties. It conclude that it is used in *Pratishyaya* (allergic rhinitis) without any side effective.⁷²
- In this study, *Vyoshadi vati* were administered in 2-8 years age of 30 children of *Pratishyaya*. Dose were administered 100 mg/kg/day in equally divided for 7 days. It shows significant effects on *Pratishyaya* without any side effects.⁷³

DISCUSSION

Vyoshadi churna has nine ingredients in which major ingredients have *Katu, Amla* and *Madhur rasa, Laghu, Ruksha guna, Ushna Virya* and *katu Vipaka*. On the basis of research evidences and pharmacological actions. *Vyoshadi churna* ingredients have anti-inflammatory, antimicrobial, anti-bacterial, anti-allergic and expectorant properties. Hence, this drug can provide protection against respiratory disorders like; allergic rhinitis etc. *Vyoshadi churna* is more beneficial in the runny nose, sneezing, congestion and nasal irritation. It reduces inflammation and irritation of the nasal mucosa, which gives relief

from the most of the common allergic symptoms.

CONCLUSION

Vyoshadi churna has *Ushna* (hot) potency, mainly pacifies *Vata dosha* and *Kapha dosha* and normalize the *Agni* (Digestive fire). From the above properties of ingredients of the *Vyoshadi churna*, we conclude that *Vyoshadi churna* can be used in the treatment of respiratory disorders. The constituents of *Vyoshadi churna* that are important potential medicine in *Ayurveda* can be used without any side effects.

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