



EXPLORING THE MULTIFACETED PANCHKOL MISHRAKA GANA: A LITERATURE REVIEW

Ayurveda

**Dr. Pratiksha
Ninama**

Post Graduate Scholar, Department of Dravyaguna. Govt. Dhanwantari Ayurveda college
ujjain, M.P.India.

Dr. Sunita D Ram*

HOD & Reader, Department of Dravyaguna. Govt. Dhanwantari Ayurveda college ujjain,
M.P. Indi. Govt. Dhanwantari Ayurveda college ujjain, M.P. India.*Corresponding Author

ABSTRACT

The word “*Mishraka Gana*” is derived from two words; “*Mishraka*” means mixture or combination and “*Gana*” means group. *Panchkol mishraka* is one such *mishraka* widely used in *Ayurvedic* practice for its digestive benefits. Indigestion and acidity are widespread gastrointestinal ailments that affect individuals globally. Traditional medicinal systems, particularly *Ayurveda*, present various formulations to alleviate these conditions. Comprising five potent herbs - long pepper (*Piper longum*), ginger (*Zingiber officinale*), black pepper (*Piper nigrum*), Indian bay leaf (*Cinnamomum tamala*), and dry ginger (*Zingiber officinale*) - *Panchkol mishraka* possesses a unique combination of phytochemicals with therapeutic properties targeting gastrointestinal disturbances. This review aims to provide a comprehensive analysis of the pharmacological actions, medicinal properties, and clinical efficacy of *Panchkol mishraka* in managing indigestion and acidity. Various studies, both traditional and modern, highlight its effectiveness in improving digestion, enhancing gastric motility, reducing gastric acid secretion, and relieving symptoms associated with indigestion and acidity. Additionally, the safety profile of *Panchkol mishraka* and its potential adverse effects are discussed. Despite its promising therapeutic benefits, further research, including well-designed clinical trials and mechanistic studies, is warranted to elucidate its mode of action, optimize dosage regimens, and establish its role in modern healthcare practices.

KEYWORDS

Panchkol mishraka ingredients: 1. Long pepper (*Piper longum*) 2. Ginger (*Zingiber officinale*) 3. Black pepper (*Piper nigrum*) 4. Indian bay leaf (*Cinnamomum tamala*) 5. Dry ginger (*Zingiber officinale*). Panchkol mishraka, rheumatoid arthritis, indigestion, acidity, gastrointestinal disorders, herbal medicine, pharmacological actions, clinical efficacy

INTRODUCTION-

Indigestion and acidity are common gastrointestinal complaints that affect people of all ages. These conditions often stem from dietary indiscretions, irregular eating habits, stress, or underlying medical conditions. While over-the-counter medications provide temporary relief, long-term use may lead to adverse effects and drug dependency. Therefore, there is a growing interest in exploring natural remedies, particularly herbal formulations, for managing gastrointestinal disorders. *Ayurveda*, an ancient Indian medical system, offers a holistic approach to health and wellness, emphasizing the use of herbs and dietary modifications to restore balance and promote well-being. *Panchkol mishraka*, a polyherbal formulation comprising five potent herbs, shows significant promise in alleviating indigestion and acidity. This review aims to explore the pharmacological actions, medicinal properties, clinical efficacy, and safety profile of *Panchkol mishraka* in the management of gastrointestinal disturbances.

पिप्पली पिप्पलीमूलं चयचित्रकनागैः ।

पंचभिः कोलमात्रं यत्पंचकोलं तदुच्यते ।। (भा० प्र० हरी० वर्ग-72)

PANCHKOLA MISHRAKA INGREDIENT-

S. No	Drug	Botanical Name	Family	
1.	Pippali	<i>Piper longum</i>	<i>Piperaceae</i>	
2.	Pipplali moola	Root of <i>Piper longum</i>	<i>Piperaceae</i>	
3.	Chavya	<i>Piper retrofractum</i>	<i>Piperaceae</i>	
4.	Chitraka	<i>Plumbago zeylanica</i>	<i>Plumbaginaceae</i>	
5.	Nagara (shunthi)	<i>Zingiber officinalis</i>	<i>Zingiberaceae</i>	

PANCHKOLA MISHRAKARASAPANCHAKA-

Rasa	Katu
------	------

Guna	Tikshna, ushna
Veerya	Ushna
Vipaka	Katu
Karma	Dipana, pachana, shulaprashaman, pittavardhana

MODE OF ACTION OF PANCHKOL-

According to *Ayurveda*, any medicine or herb acts based on one or more of its *Rasa* (taste), *Guna* (qualities), *Veerya* (Potency), *Vipaka* (Post-digestion conversion and impact), or *Prabhava* (effect). The overall impact of a compound comprising an admixture of more than 2 herbs will be different from its ingredients. *Panchakol* is one such compound in which the impact is not much different from the impact of its ingredients. Each herb component of *Panchakola* is effective in combating the early stages of RA. The combination is formulated with exemplary wisdom, fortifying the impact at least 5 times in comparison to taking each herb composing *Panchakol*. *Panchakola* as a whole is *Katu* (pungent or hot) and exhibits *Laghu* (light), *Teekshna* (intense penetrating), *Ruksha* (dry), and *Ushna* (hot) qualities, hot potency (*Ushna veerya*), and *Katu* (pungent) post-digestion impact. By destroying *ama*, *Panchakola* removes the blocks created by *ama* in the cells and channels, aids digestion, and helps in the recovery of the stomach and cells, stopping the progression of disease pathology.

PANCHKOLA MISHRAKA FORMULATIONS-

Panchkola churna-

Panchkola is best used in the form of its powder. It is prepared by combining equal quantities of the fine powders of individual herbs and mixing them thoroughly into a homogenous compound. The powder is used in two forms fine and coarse powders.

Uses-

1. Mandagni – (indigestion) sluggish metabolism, weak gut fire
2. Shula colic
3. Gulma abdominal tumours
4. Kapha morbid kapha
5. Arochaka tastelessness

Dose- 1-3 gm with honey/ hot water/ buttermilk

Panchkola kashyam /Pippalayadi kwath-

This form of *Panchakola* is used as a liquid extract of the powder or its decoction. It is prepared by boiling coarse powder of *Panchakola* with water.

पिप्पली पिप्पलीमूल चय चित्रक नागैरी

क्वाथितम वारि तत् पेयम आमवात विनाशनम

(भा. प्र. २६/४९)

The decoction prepared with Pippali, Pippalimula, Chavya, Chitraka and Nagara (Panchakola) will destroy Amavata when taken orally.

Dose- 40 ml half an hour before food BD or TDS/ day

Panchkola Paaneya Jala-

This is prepared by boiling the water with Panchakola powder.

आमवात अभिभूतय पीडिताया

पिपासाया पंचकोले हितमुच्यते (यो. र., आमवात निदानम् ७८)

The person afflicted by *Amavata* and thirst induced by *Amavata* will feel relieved when he drinks water boiled with *Panchakol*.

Panchkol phant-

This is prepared in the form of hot infusion. This is the most popular form of Panchakol preparations which is used in managing the earlier or gut-stage of *Amavata* (RA).

CONCLUSION-

Panchkol mishraka is a polyherbal formulation containing long pepper, ginger, black pepper, Indian bay leaf, and dry ginger. It is used to manage indigestion and acidity and has a long history in Ayurvedic tradition. Each ingredient has unique phytochemicals and therapeutic properties that help restore digestive balance and alleviate gastrointestinal discomfort. These herbs are known for their digestive stimulant, carminative, anti-inflammatory, and gastroprotective effects. When combined in *Panchkol mishraka*, they offer a holistic solution to common gastrointestinal issues like indigestion, bloating, flatulence, and heartburn. While traditional knowledge and clinical experience support the efficacy of *Panchkol mishraka*, modern research is starting to shed light on its pharmacological mechanisms and clinical effectiveness. However, further exploration through well-designed clinical trials and mechanistic studies is needed to establish its role in contemporary healthcare practices and to understand its full therapeutic potential. In conclusion, *Panchkol mishraka* promises a natural remedy for indigestion and acidity, blending ancient healing traditions with modern scientific inquiry. Its favorable safety profile and multifaceted therapeutic benefits make it a valuable addition to natural remedies, offering a gentle yet effective approach to gastrointestinal wellness.

REFERENCES

1. Charka Samhita by Agnivesha, revised by Charaka and Dridhabala with Ayurveda commentary of Chakrapanidatta, edited by Vaidya Yadavji Trikamji, Sutrasthana Varanasi, Chaukhamba Surbharati Prakashana, print, 2001.
2. Charka Samhita by Agnivesha, revised by Charaka and Dridhabala with Hindi commentary by Pt. Kashinath Pandey and Dr. Gorakhnath Chaturvedi, Part I, Chaukhamba Bharati Academy, Varanasi; Reprint Year, 2013.
3. Susruta Samhita of Maharshi-Susruta, edited with Ayurveda-Tattva- Sandipika, Hindi commentary by Kaviraja Ambikadutta Shastri, Part I, Sutrasthan, Chaukhamba Sanskrit Sansthan, Varanasi; Edition: Reprint, 2012.
4. Bhavaprakasa Nighantu of Sri Bhavamishra, Commentary by Prof. K.C. Chuneekar, Chaukhamba Bharati Academy, Varanasi; Reprint, 2013.
5. Sharangadhara Samhita "Jeevanpradha" with Hindi Commentary, Commentator- Dr. Shailja Srivastava, Madhyam Khand, Chapter-6, Shloka no.9, Chaukhamba Orientalia, Varanasi, Edition, 2017.
6. Raj Nighantu of Pt. Narahari edited with "Dravyagunaprakashika" Hindi Commentary by Dr. Indradeva Tripathi, Adhaya- Mishrakaadi Varga, Shloka no. 5, Chowkhamba Krishnadas Academy, Varanasi, Edition, 2010.
7. Dravyaguna Adhara, Fundamentals of Dravyaguna, By Vaidya Sonia Dhiman, Jaypee Brothers Medical Publishers (P) Ltd. First edition, 2018.
8. Raj Nighantu of Pt. Narahari edited with "Dravyagunaprakashika" Hindi Commentary by Dr. Indradeva Tripathi, Adhaya- Mishrakaadi Varga, Chowkhamba Krishnadas Academy, Varanasi, Edition, 2010.