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A critical review on *Chardighna Eladi Churna*

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ABSTRACT

Eladi Churna is a poly herbal formulation which has wide variety of applications. Most of the pharmaceutical companies are manufacturing with respect to *Varnya* aspect, while the *Chardighna Eladi Churna* is sparsely available in the market. In the rise of gastro-intestinal issues in the society, a potent formulation like *Eladi Churna* is expected by the common people to ward off their GIT ailments. There are total 11 *Eladi Churna* mentioned in *Bharatha Bhaishajya Ratnakara*. Different *Granthas* have varied ingredients in this formulation, and their therapeutic efficacies also differ depending upon condition of the patient and disease. Some *Yogas* even have mineral composition. *Chardi* is a *Vata Pradhana Tridosha Vyadhi* in which there will be an act of expulsion of gastric contents through the oral cavity. So, the drugs having properties of *Pritvi* and *Ap Mahabhoota* and *Karmas* like *Stambhana*, *Ama Pachana*, *Deepana* are needed to pacify the *Chardi*. An attempt is made here to give new insights on the synergic action of phytochemicals in *Eladi Churna* to revalidate the clinical evidences in the aspect of *Chardi*.

Key words: *Eladi churna, Churna, Chardi, Vomiting Centre*

INTRODUCTION

Ayurveda is the science endowed with several types of mode of preparation including *Churna Kalpana*. *Churna* is the name given to a substance that has been finely pulverized which may be used in diseases like *Grahani Roga, Ama Vikara, Vrana*.^[1] *Churna Kalpana* may be considered as an *Upakalpana* of *Kalka* because dried form of *Kalka* can be considered as *Churna* and many

of the times *Churna* is used to make *Kalka*. Further there are many advantages like easy manufacturing, easy administration and economic than other dosage forms.

Eladi churna is a poly herbal formulation which has wide variety of applications. There are various pharmaceutical companies manufacturing *Eladi Churna* according to different references. Most of which are made with respect to *Varnya* aspect, while the *Chardighna Eladi Churna* is sparsely available in the market. In the rise of gastro-intestinal issues in the society, a potent formulation like *Eladi Churna* is expected by the common people to ward off their GIT ailments. Hence an attempt is made here to throw light on the *Chardighna Eladi Churna*.

MATERIALS AND METHODS

All the literature regarding the use, *Rasa Panchaka*, pharmacological activities, probable mode of action of *Eladi Churna* were compiled from various books and other available sources of information.

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Eladi Churna

A total of 11 Eladi Churnas are mentioned in *Bharatha Bhaishajya Ratnakara* which is shown in Table no 1.

Table 1: Eladi Churna of different references.^[2]

Eladi Churna	References	Ingredients	Indications	Sahapana /Anupana /Bhavana
1.	Brihat Nighantu Ratnakara	Ela Jeeraka Bhoodhatri Sita	Kamala	Bhavana with Godugdha
2.	Yoga Ratnakara (Kshaya)	Ela Teja patra Naga pushpa Lavanga Kharjura Draksha Yashti Sarkara Pippali	Kshaya	Sahapana with Kshoudra
3.	Yoga Ratnakara, Sharangdhara Samhita (madhyama khanda), Gada Nigraha	Ela Lavanga Gaja kesara Kola majja Laja Priyangu Ghana chandana Pippali	Chardi	Sita and Madhu
4.	Chakra Pani, Gada Nigraha	Ela	Kaphaja Mutra krchra	Anupana with Gomutra/ Sura/Kadali Swarasa
5.	Brihat Nighantu Ratnakara	Ela Asmabheda Shilajathu Gokshura Ervaruka bija Lavanathama Kumkuma	Mutra Krichra	Tandula Jala
6.	Yoga Chintamani	Ela Naga kesara Bringam Teja patra Taleesa patra Tuga ksheeri Mridvika	Yuvaprada m Ruchi vardhanam Pumsa param Pleeha roga	

		Dadima Dhanyaka Jeeraka dvaya Pippali Pippalimula Chavya Chitraka Nagara Maricha Dipyaka Vrikshamla Amlavetasa Ajamoda Aswagandha Kapikachu Sarkara	arshas Swasa Shoola Jwara Deepna Bala varnakara Vataghna Rochana Hridya Kanta-jihwa vishodhana	
7.	Yogaratanakara, Dhanwantara Nighantu	Ela Asmabheda Silajathu Pippali	Mutrakrcha	Tandula Jala/Guda
8.	Brihat Nighantu Ratnakara, Bala Roga Cikitsa	Ela Jalamusta	Chardi Atisara (in children)	Makshika
9.	Yoga Chintamani	Ela Kumkuma Chocha Jatidala yugma Sripushpa Jati phala Mastakya Karahata Nagara Ahiphena Krishna Sita karaja Katurika	Shukra Stambham	Madhu
10.	Rasa Ratnakara	Ela Twak Marica Shunti Pippali Naga Kesar Sita	Yakshma Arshas Grahani Gulma Raktapitta Khaya Kanda Roga Aruchi Pleeha Roga	

11.	Yoga Ratnakara, Brihat Yoga Tarangini	Ela Tuga Ksheeri Chocha Shiva Abhaya Granti Tejapatra Dhanyaka Sita	Amlapita	
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OBSERVATIONS

There are total 11 *Eladi Churna* mentioned in *Bharatha Bhaishajya Ratnakara* from *Yoga Ratnakara*, *Sharangdhara Samhita*, *Gada Nigraha*, *Chakrapani*, *Yoga Chintamani* and *Bala Roga*. The properties and action of each of the ingredients of *Chardighna Eladi Churna*^[3] mentioned in *Sharangadhara Samhita* is detailed in Table no. 2.

Table 2: Properties and action of ingredients of *Eladi Churna*.^[4]

S N	Name of the <i>Dravya</i>	Rasa <i>Panchaka</i>	Karma	Indications	Chemical constituents
1.	Ela	Rasa - Katu, Madhura Guna – Laghu, Ruksha Virya - Sheeta Vipaka - Katu	Kapha- Vatahara, Hridya, Sukra Nasaka, Dipana, Rochana	Hridroga, Kasa, Svasa, Mutrakrc hra, Chardi, Sirashoola , Arshas	Borneol , Camphene, Camphor, Linalool, Menthone, Heptane
2.	Lavanga	Rasa - Tiktha, Katu Guna - Laghu, Snigdha Virya - Sheeta Vipaka - Katu	Kapha- Pittahara Ruchya Dipana Pachana Chakshushya	Trsna, Chardi, Adhmana, Sula, Kasa, Svasa, Hikka, Kshaya	Eugenol, furfural, methyl alcohol, caryophellen e oxide, beta caryophyllen e
3.	Gajakesara	Rasa - Kashaya, Tiktha	Kapha- Pittahara, Pramathi,	Raktasrava, Kushta, Chardi,	Mesuol, mesuarin, mammegin,

		Guna - Ruksha, Tikshna, Laghu Virya - Ushna Vipaka - Katu	Grahi, Pacana, Vishahara , Sothahara	Vasthivikara, Siro Roga, Trishna, Visha Roga	mammeisin, mesuarin
4.	Kolamajja (Badar a)	Rasa - Madhura, Amla Guna - Guru, Snigdha Virya - Sheeta Vipaka - Madhura / Amla	Vata-Pitahara, Hradya, Bhedana	Hikka, Chardi, Stoulya, Pradara, Udara, Atisara	Jujubosides A&B, Zizogenin, Zeatin, frangulofoline
5.	Laja ^[5]	Rasa - Madhura, Kashaya Guna - Laghu, Snigdha Virya - Sheeta Vipaka - Madhura	Tridoshag hna, Balya, Brimhana, Deepana, Laghu Ojovardha ka, Grahi, Rasayana, Medhya, Paushtika.	Chardi, Atisara, Raktapitt a, Madatyay a, Trishna, Medoroga	Alanine, arginine, aspartic acid, glutamic acid, glycine, histidine, lysine, methionine, phenylalanin e, tyrosine, phosphatic acid.
6.	Priyangu	Rasa - Tiktha, Kashaya, Madhura Guna - Guru, Ruksha, Virya - Sheeta Vipaka - Katu	Kapha- Pittahara, Mutra Virajaneeya, Purisha sangraha niya	Raktapitt a, Prameha, Gulma, Jwara, Daha, Trshna	Calliterpeno ne, calliterpenon e, monoacetate , isopropylide nocalliterpen one
7.	Musta	Rasa - Tiktha, Katu, Kashaya Guna - Laghu, Ruksha Virya - Sheeta	Kapha- Pitahara, Dipana, Pachana, Grahi, Lekhana	Jwara, Atisara, Halimaka, Krimi, Trsna, Grahani	Cineol, copadiene, copaene, cyperen, cyprol, beta selinene, sugenol

		Vipaka - Katu			
8.	Chanda na	Rasa - Tiktha, Madhura Guna - Laghu, Ruksha Virya - Sheeta Vipaka - Katu	Kapha- Pitahara, Varnya, Dahapras amana	Daha, Jwara, Trsna, Raktapitt a, Visarpa	Alpha santalol, beta santene, santenol, teresantallic acid,
9.	Pippali	Rasa - Katu Guna - Laghu, Snighda, Tikshna Virya - Ushna, Vipaka - Madhura	Vata- Kaphahar a Dipana, Vrsya, Rasayana	Udara, Pliharoga, Gulma, Jwara, Kushta, Sula, Amavatha	Piperine, beta sitosterol, piplartine, piperlongumi nine

DISCUSSION

Chardi is a Vata Pradhana Tridosha Vyadhi in which there will be an act of expulsion of gastric contents through the oral cavity. It also mentioned as an Adharaneeya Vega.^[6] Acharya Susruta explains Chardi as that which covers the mouth by bouts (of foods etc.) causing discomfort by bending the body and Doshas coming out of the mouth is called Chardi.^[7] It is classified as five in number namely Vataja, Pitaja, Kaphaja, Sannipataja and Dwisarthaja.^[8] The Dwisarthaja Chardi concept clearly makes it evident the interrelation of CNS and GIT. The gut-brain axis plays an important role in manifestation of several diseases.

Vomiting or emesis, which is the actual oral expulsion of gastrointestinal contents, is the result of contractions of the gut and the thoraco-abdominal wall musculature. This contrasts with regurgitation, which is the effortless passage of gastric contents into the mouth. The vomiting centre lies in the medulla oblongata and comprises the reticular formation and the nucleus of the tractus solitaries. The vomiting centre can be activated directly by irritants or indirectly

following input from 4 principal areas: gastrointestinal tract, cerebral cortex and thalamus, vestibular region, and chemoreceptor trigger zone (CRTZ)^[9]

Before the occurrence of vomiting, there may be a period of antiperistalsis, in which rhythmic contractions occur up the digestive tract instead of downward direction. This may commence as far down as the ileum, with the anti-peristaltic wave pushing contents of the lower small intestine contents upward into the duodenum and stomach within a few minutes. Then, distension within these upper portions of the gastrointestinal tract generates afferent impulses to the vomiting centre, where the actual act of vomiting is initiated.^[9]

Coming to the Samprapti of Chardi, it is evident that due to the etiological factors Vyana Vata in association with Udana Vata is vitiated and aggravated Vata Dosha brings the contents of stomach and intestine upwards with great speed and ejects through the mouth. So, here we need the drugs which have properties of Pritvi and Ap Mahabhoota and Karmas like Stambhana, Ama Pachana, Deepana to pacify the Chardi.

Here most of the drugs have Madhura and Kashaya Rasa. Madhura Rasa is predominant of Pritvi and Ap Mahabhoota^[10] which are Adhobhagahara. Kashaya Rasa has Stambhana, and Ropana Karma.^[11] In the Chikitsa Sutra of Chardi, Acharya Susruta quoted the use of Kashaya Rasa Pradhana Dravya.^[12] Laghu Guna has the properties of Langhana and Srothoshodhana.^[13] Ruksha Guna results in Stambhana, Shoshana and Rukshana actions.^[14] So, these properties may help in digestion of Ama. In the Chardighna Eladi Churna out of 9 drugs 7 have Langhana Guna and 5 have Ruksha Guna. Most of the drugs have Sheeta Virya and drugs which have Sheeta Virya possess Prahladana, Stambhana and Balya Karma,^[15] indicated in Trishna, Murcha and Daha associated with Chardi. Katu Vipaka Dravyas are indicated in Pittaja and Kaphaja Chardi and in this formulation 6 drugs possesses Katu Vipaka. Hence, it may be invariably used in all types of Chardi. The summary of the action of Chardighna Eladi Churna is depicted in Figure no. 1

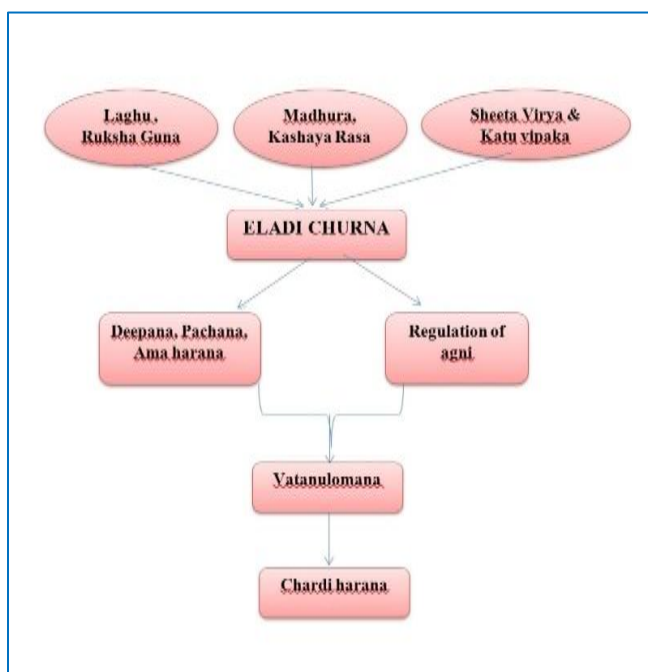


Figure 1: Summary of action of Chardighna Eladi Churna.

The efficacy of antiemetic drugs is predicted on their ability to act as antagonists at receptor sites within the vomiting centre and associated regions.^[9] Borneol was shown to be an effective antagonist of acetylcholine in a study by Cabo *et al.* (1986) and perhaps this compound imbues cardamom with its antiemetic property. The eugenol present in *Lavanga* has anti-ulcer activity based on its ability to stimulate the synthesis of mucous. (Jose Roberto santin *et al.*). The studies regarding *Gajakesar* showing that it has antispasmodic activity (Prasad *et al.*), antiulcerogenic activity (Gopalakrishnan *et al.* 1980). Antiulcer activity of *Badara*^[16] has proved and also it contain proanthocyanidins which has action on serotonin mechanism.^[17]

Essential oils are reported to have effects at the psychological, physiological and cellular level (Dobetsberger 2011) and this *Yoga* contain *Chandana*, *Ela*, *Lavanga* which are the source of essential oil. The treatment with the *Manaso Anuguna Gandha* of these drugs may be considered. In a study conducted on antiemetic activity, *Piper longum* (81.65%) and *Syzygium aromaticum* (87.81%) inhibition was recorded with standard drug domperidone.^[18] Ferrulic acid has serotonin antagonistic effect^[19] which is

present in *Laja* and *Piper longum*.^[20] Studies show that gastroprotective action of *Cyprus rotundus* is related to its inhibition of gastric motility and endogenous prostaglandins may play an important role.^[21] Oral treatment of *Santalum album* stem hydro alcoholic extract demonstrated good level of gastric protection in rats by effectively inhibiting physically (stress) and chemically (both local irritant and drug - NSAID) induced gastric ulceration.^[22] Further, *Laja* will act as prime source of energy as it contains starch. Studies proved that it has antacid and antiemetic property while it is one among the *Chardighna Dashaimani* of *Charaka Samhita* along with *Badara*.

CONCLUSION

Different references have variation in their ingredients and thus therapeutic efficacy is also non-identical. So, depending upon the condition of patient and the disease, most suitable *Eladi Churna* should be selected. *Chardighna Eladi Churna* mentioned by *Sharangdhara Samhita* is a very potent formulation having action on both CNS and GIT system. This formulation has to be validated with further research in a more scientific background. Drugs which are present in *Eladi Churna* possess serotonin receptor inhibition activity also. In chemotherapy cytotoxic drugs cause stimulation of 5-HT₃ receptors, which may trigger the vomiting center. So, in the adverse effects of chemotherapy also this formulation may be used. Hence, it can be concluded that *Eladi Churna* is very effective for the management of *Chardi*. Further studies are needed for the better explanation of its efficacy, and the necessary information about pharmaceutical modification of the same combination in different dosage forms.

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