



ISSN 2456-3110

Vol 9 · Issue 10

October 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Clinical efficacy of *Vrahat Dadimashtak Choorna* in *Sangrahani* w.s.r. to IBS: A Critical Review

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## ABSTRACT

The purpose of this review article is to have a comparative review of *Sangrahani* with IBS (irritable bowel syndrome) with respect to modern medical science and to evaluate the efficacy of *Vrahat Dadimashtak Choorna* in treating *Sangrahani* w.s.r. to IBS. At present time *Sangrahani* is correlated with IBS based on symptoms like alternate episodes of constipation and diarrhea (*Mahurbadham mahurdravam*), Stool accompanied by the passage of a large amount of mucus (*Mala Niskasana* with *Shabda* and *Manda Vedena*), fatigue (*Durbalata Sadan Alasya*). According to Ayurvedic literature, the potency and efficacy of Ayurvedic classical preparations depend upon the *Rasa Panchaka*, *Desh* (region), *Kal* (time), *Ritu* (season), their preparation method, and route of administration. This article mentions the efficacy of *Vrahat Dadimashtak Choorna* in treating *Sangrahani* w.s.r. to IBS. As per *Acharya Sharangdhar*, *Vrahat Dadimashtak Choorna* is also very useful for the treatment of other disorders like *Atisaar* (diarrhea), *Gulma* (abdominal tumor/abdominal lump), *Mandagni* (Improper digestion), *Kasa* (cough). All the contents of *Vrahat Dadimashtak Choorna* have been evaluated according to the research done by various research scholars. The efficacy has also been tested according to the *Rasa*, *Guna*, *Virya*, *Vipaka* described in Ayurvedic text.

**Key words:** *Vrahat Dadimashtak Choorna*, *Atisara*, *Gulma*, *Sangrahani*, *IBS*

## INTRODUCTION

Ayurveda has described the importance of *Agni* and its importance in detail. *Grahani* is the main site of *Agni* where all metabolic activities take place. *Grahani* means *Grahana* (acceptance of food) and its functions are *Dharana* (storage of food for some time), *Pachana* (digestion), *Shoshana* (absorption) and *Munchan* (forwarded to colon). *Acharya Charak*, *Susruta* and *Vagbhatta* described four types of *Grahani* based on *Doshas*. *Acharya Madhavakar* has explained two more type of *Grahani* i.e., *Sangrahani* and *Gatigrahani*. The

symptoms of *Vyadhi Sangrahani* can be co-related with IBS in modern science. One of the references to the concept of an irritable bowel and *Sangrahani* appeared in the Rocky Mountain Journal on 1950.

The symptoms of IBS in modern science and *Sangrahani* in Ayurveda are similar. The cardinal symptom of *Sangrahani* in Ayurveda is '*Pakvamva Sarujamputi Mahurbadhm Mahurdravam*' and '*Malam Sangraha Sangraha Kadachit Atirechayet*'. The term *Sarujam* indicates pain, *Mahurbadam Mahurdravam* indicates alternate episodes of constipation and diarrhoea and *Malamsangraha Sangraha Kadachit Atirechaat* indicates the change in stool frequency.<sup>[1],[2]</sup>

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Submission Date: 05/09/2024 Accepted Date: 19/10/2024

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.10.22

Symptoms of <i>Sangrahani</i>	Symptoms of IBS
<i>Paksham Masa Dashahadava Nityamvapyathamunchyat</i>	Constipation is the most consistent feature in IBS
<i>Mahurbadham Mahurdravam</i>	Alternate episodes of constipation and diarrhoea
<i>Antrakoojana</i> Abdominal distension increase belching	Abdominal distension increases belching

<i>Mala Niskasana with Shabda and Manda Vedena</i>	Stool accompanied by passage of large amount of mucus
<i>Durbalata Sadan Alasya</i>	Fatigue
<i>Divaprapakopo Ratri santi</i>	Nocturnal diarrhoea absent in IBS
<i>Kati Shoola</i>	Back pain

Ayurveda has a vast range of drugs for the treatment of gastrointestinal disorders. *Vrahat Dadimashtak Choorna* is one of the Ayurvedic medicine for the management of gastrointestinal disorder and metabolic disorder. *Acharya Sharangdhar* has explained *Vrahat Dadimashtak Choorna* is useful for many disorders like *Atisaar* (Diarrhoea), *Gulma*

(Abdominal tumor / Abdominal lump), *Grahani* (Sprue), *Mandagni* (Improper digestion) etc.<sup>[3]</sup>

Ayurvedic properties, Chemical composition and Medicinal Properties of ingredient drugs of *Vrahat Dadimashtak Choorna* are mentioned in following table (Table 1-2).

The constituents of *Vrahat Dadimashtak Choorna* like *Sunthi*, *Jeerak*, *Dhaniya* and *Dadimbeej* having *Deepan* and *Grahi* properties, so it is quite effective in different types of *Atisara*. The *Ela*, *Tvak*, *Tungshir*, *Pippali* and *Jeeraka* of this *Choorna* having *Deepana*, *Rochana* and *Kshayahara* properties. This *Choorn* has *Nagakesar*, *Sunthi*, and *Jeeraka* having *Deepana*, *Grahi* and *Grahnidoshahara* properties. *C. tamala* shows Gastroprotective activity in Experimental gastric ulcers in rats.<sup>[4]</sup>

**Table 1: Ayurvedic and chemical properties of ingredient drugs of *Vrahat Dadimashtak Choorna***<sup>[5],[6]</sup>

SN	Ingredient	Properties	Part used	Chemical composition
1.	<i>Dadimbeeja</i> (Pomegranate) ( <i>Punica granatum</i> )	<i>Rasa - Madhura, Kashaya, Amla.</i> <i>Guna - Laghu, Snigdha</i> <i>Virya - Anushna</i> <i>Vipaka - Madhura, Amla</i> <i>Karma - Rochana, Kandughana, Krimghana, Sangrahi, Kanthaya.</i> <i>Dosha Prabhava - Kapha-Vata Hara.</i>	Seed	punicic acid <sup>[7]</sup>
2.	Misri (crystalline sugar)	<i>Rasa - Madhur</i> <i>Guna - Sheet, Sar, Laghu.</i> <i>Virya - Sheet</i> <i>Vipaka – Madhura.</i> <i>Karma - Ruchya, Dahnut, Moorchchahar, Chhardighna, Jwaraghna.</i> <i>Dosha Prabhava - Vata Pitta Har</i>	-----	crystalline sugar
3.	<i>Pippali</i> (Long peeper) <i>Piper longum</i>	<i>Rasa – Katu.</i> <i>Guna - Laghu, Snigdha, Tikshana.</i> <i>Virya - Anushna.</i> <i>Vipaka - Madhura.</i>	Fruits	piperine, iperonaline, piperettine, asarinine, pellitorine, piperundecalidine, piperlongumine <sup>[8]</sup>

		<i>Karma - Aanahaghna, Vrishya Dipaniya, Shoolprashamniya, Pachaniya, Jwarahara.  Dosha Prabhava - Kapha-Vata Har</i>		
4.	<i>Pippalimula (long peeper root)</i>	<i>Rasa - Katu, Tikta.  Guna - Laghu, Snigdha, Tikshana.  Virya - Ushna.  Vipaka - Katu.  Karma - Aanahaghna, Vrishya, Dipaniya, Shoolprashamniya, Pachaniya, Jwarahara.  Dosha Prabhava - Kapha-Vata Hara</i>	Roots	piperine, iperonaline, piperettine, asarinine, pellitorine, piperundecalidine, piperlongumine
5.	<i>Yawani (Bishop's weed) (Trachyspermum ammi)</i>	<i>Rasa - Katu Tikta.  Guna - Laghu, Ruksha, Tikshana.  Virya - Ushna.  Vipaka - Katu;  Karma - Rochan, Dipan, Jantughna, Anuloman, Vednasthapan.  Dosha Prabhava - Vata Kapha Shamak</i>	Seeds	carbohydrates, tannins, glycosides, saponins, flavone and nicotinic acid <sup>[9]</sup>
6.	<i>Maricha (Black peeper) (Piper nigrum)</i>	<i>Rasa - Katu;  Guna - Laghu, Tikshana; Virya - Ushna;  Vipaka - Katu.  Karma - Chakshushya, Dipaniya, Shoolprashamniya, Krimghana.  Dosha Prabhava - Kapha-Vata Har</i>	Fruits	Piperine, lauratic acid, palmitic acid, ascorbic acid <sup>[10]</sup>
7.	<i>Dhanyaka (Coriander) (Coriandrum sativum)</i>	<i>Rasa - Kashaya;  Guna - Laghu, Ushana, Ruksha;  Virya - Ushna;  Vipaka - Madhura;  Karma - Dipaniya, Pachaniya, Vatanulomaka, Mutral'  Dosha Prabhava - Tridosha Shamaka</i>	Fruits	apigenin, luteolin, diosmin, dihydroquercetin, catechin, chrysoeriol, dicoumarin, 4-hydroxycoumarin (Oganesyan et al., 2007)
8.	<i>Jiraka (Cumin seed) (Cuminum cyminum)</i>	<i>Rasa - Katu.  Guna - Laghu, Ruksha.  Virya - Ushna.</i>	Seeds	cuminaldehyde, limonene, $\alpha$ and $\beta$ pinene, cineole, cymene, $\alpha$ and $\gamma$ terpinene, safranal and linalool <sup>[11]</sup>

		<p><i>Vipaka – Katu.</i></p> <p><i>Karma - Rochan, Dipana, Vatanulomaka, Vednasthapan, Raktashodhaka.</i></p> <p><i>Dosha Prabhava - Kapha-Vata Har</i></p>		
9.	Sonth (Dry zinger) ( <i>Zingiber officinale</i> )	<p><i>Rasa - Katu.</i></p> <p><i>Guna - Laghu, Snigdha.</i></p> <p><i>Virya - Ushna.</i></p> <p><i>Vipaka - Madhur.</i></p> <p><i>Karma - Rochana, Dipan, Shoolprashaman, Raktashodhak, Aampachan Dosha Prabhava - Vata-Kapha Shamak</i></p>	Rhizome	gingerols, shogaols, paradols and zingerone zingeberene, curcumene, farnesene <sup>[12]</sup>
10.	Tugakshiri (Bamboo manna) ( <i>Bambusa arundinacea</i> )	<p><i>Rasa - Madhura, Kashaya.</i></p> <p><i>Guna - Laghu, Ruksha, Tikshana.</i></p> <p><i>Virya - Shita.</i></p> <p><i>Vipaka - Madhur.</i></p> <p><i>Karma - Varnya, Kusthghna, Raktasthambhana, Trishnaanigraha.</i></p> <p><i>Dosha Prabhava - Kapha-Pitta Hara</i></p>	Latex	Oxalic acid, reducing sugar, resins, waxes, HCN, benzoic acid (Ghosh et al., 1938)
11.	Tvak ( <i>Cinnamomum zeylanicum</i> )	<p><i>Rasa - Katu Tikta.</i></p> <p><i>Guna - Laghu, Tikshana, Ruksha.</i></p> <p><i>Virya - Ushna.</i></p> <p><i>Vipaka - Katu. Karma - Rochana, Kandughana, Krimghana, Sangrahi, Kanthaya.</i></p> <p><i>Dosha Prabhava - Kapha-Vata Hara</i></p>	Barks	Cinnamaldehyde, trans-cinnamaldehyde, eugenol, linalool <sup>[13]</sup>
12.	Ela (Cardamom) ( <i>Elettaria cardamomum</i> )	<p><i>Rasa - Madhura Katu.</i></p> <p><i>Guna - Laghu, Ruksha.</i></p> <p><i>Virya - Shita.</i></p> <p><i>Vipaka - Madhura. Karma - Rochana, Dipana, Krimghana.</i></p> <p><i>Dosha Prbhava - Tridosh Hara</i></p>	Fruits	protocatechualdehyde, protocatechuic acid, alpha-terpinyl acetate, linalyl acetate, limonene, linalool, limonene <sup>[14]</sup>
13.	Patra ( <i>Cinnamomum tamala</i> )	<p><i>Rasa - Madhura.</i></p> <p><i>Guna - Ushna, Pichchhila, Laghu.</i></p> <p><i>Virya - Ushna</i></p> <p><i>Vipaka - Katu</i></p>	Leaf	Furanosesquiterpenoids, Furanogermenone, $\beta$ -caryophyllene, sabinene, curcumenol <sup>[15]</sup>

		<i>Karma - Arsoghna, Hrullasa, Rochan, Peenusghna</i> <i>Dosha Prbhava - Kaph Vata Hara<sup>[26]</sup></i>		
14.	<i>Nagakesar (Cobra's saffron) (Mesua ferra)</i>	<i>Rasa - Kashaya, Tikta</i> <i>Guna - Laghu, Ruksha</i> <i>Virya - Anushana</i> <i>Vipaka - Katu</i> <i>Karma- Stambhana, Krimghana;</i> <i>Dosha</i> <i>Prabhava-Vata-Pitta Hara</i>	Seeds	Mesuarin, Mesuein, Ferrxanthone (Walia, S., et.al, 1984)

**Table 2: Medicinal properties of Each Constituents of Vrahat Dadimashtak Choorna<sup>[16]</sup>**

SN	Drugs	Charak	Susruta	P.V. Sharma	Uses in Nighantus
1.	<i>Dadimbeeja</i>	<i>Hridya Chhardinigrha</i>	<i>Parushakadi Gana</i>	<i>Rochan</i>	<i>Grahi, Ruchya, Deepana</i>
2.	Misri				<i>Ruchya,</i>
3.	<i>Pippali/ Pippalimula</i>	<i>Kasahar, Dipniya, Traptighna</i>	<i>Urdhwabhag-Har, Pipplyadigana</i>	<i>Kasahar</i>	<i>Swas, Kasa, Agnivardhaka, Gulmaghna, Kshyapahama</i>
4.	<i>Yawani</i>	<i>Sheetprashamana</i>	--	<i>Shoolprash Amana</i>	<i>Gulmaghna</i>
5.	<i>Maricha</i>	<i>Dipniya, Shoolprashamana KramighnaShirovirechan</i>	<i>Pipplyadigana Tryausna</i>	<i>Deepan</i>	<i>Deepana, Sarvakashara</i>
6.	<i>Dhanyaka</i>	<i>Trashnanigrha Sheetprashamana</i>	<i>Guduchyadigana</i>	<i>Trashnani Grha</i>	<i>Swasakashara, Rochana Grahi</i>
7.	<i>Jiraka</i>	<i>Shoolprashamana Shirovirechan</i>	<i>Pipplyadigana</i>	<i>Deepan</i>	<i>Gulma, Atisaar, Grahani, Kshaya</i>
8.	<i>Sonth</i>	<i>Traptighna, Arsoghna, Dipniya, Shoolprashamana Trashnanigrha</i>	<i>Pipplyadigana Tryausna</i>	<i>Traptighna</i>	<i>Atisaar, Agnivardhaka, Grahaniidosha</i>
9.	<i>Tugakshiri</i>	---	---	---	<i>Kasa, Kshaya</i>
10.	<i>Tvak</i>	---	<i>Eladigana</i>	<i>Chhedana</i>	<i>Swasakashara, Kshaya, Peenus, Aruchi, Hrullasa</i>

11.	<i>Ela</i>	<i>Shwashar, Angamarda  Prashamana, Shirovirechan</i>	<i>Eladigana</i>	<i>Dahaprash  Amana</i>	<i>Swasakashara, Kshaya,  Rochana, Deepana</i>
12.	<i>Patra</i>	---	<i>Eladigana</i>	<i>Chhedana</i>	<i>Peenus, Aruchi, Hrullasa</i>
13.	<i>Nagakasara</i>		<i>Eladigana  Priyangawadigana Anjanadigana</i>	<i>Raktastam Bhana</i>	<i>Atisaara, Agnivardhaka, Grahamivikara</i>

## CONCLUSION

By this all review work, It is concluded that *Vrahat Dadimashtak Choorna* is very good drug to treat *Sangrahani w.s.r.* to IBS. And now, we are now able to justify the claims of old Ayurvedic text on the modern research parameters.

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**How to cite this article:** Mohit Arora, Pavitra Malik. Clinical efficacy of Vrahat Dadimashtak Choorna in Sangrahani w.s.r. to IBS: A Critical Review. J Ayurveda Integr Med Sci 2024;10:133-138. <http://dx.doi.org/10.21760/jaims.9.10.22>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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