

SHRIRASAADI CHOORNA FOR ATISARA**(ACUTE DIARRHEA): A DRUG REVIEW**

1. Vd. Vicky Sunil Dalvi

P.G. Scholar in Balrog, Balrog Department, ADAMC ASHTA, SANGLI

2. Vd. Abhijeet J. Bharamgonda ,

Associate Professor, Balrog Department, ADAMC ASHTA, SANGLI

Corresponding Author: Mail id: - vickydalvi111@gmail.com

ABSTRACT

Shrirasaadi choorna is one medicine indicated in Atisara which is explained in Bhaisjya Ratnawali. It contains Saral (*Pinus roxburghii* linn. (Fam. Pinaceae) and Dhataki (*Woodfordia fruticosa* Kurz. (Fam. Lythraceae). Aama and Vata are the major pathological factors of diarrhea. As per Ayurveda consumption of Aam leads Nidaan thus Vata gets vitiated due to the malfunctioning of Saman-Apaan vata which resulted mandya Jathragni and Koshtha Shunyata overall increases Dravata of stool in Pakvashaya & causes Atisara. Atisara involve vitiation of Strotasa such as; Annavaha Udakvaha and Malavaha.

Keywords: Atisara, Choorna, Diarrhoea, Shrirasaadi

INTRODUCTION:

Diarrhea is defined as the passage of the loose or watery stool at least three or more times in a day. However, consistency of the stool is more important rather than the frequency¹. Diarrhea is a major cause of childhood morbidity and mortality worldwide². Globally, there are around 1.7 billion cases of diarrheal disease every year and is the second major killer among the under-five children in the world with an estimation of 760,000 deaths annually³. The organisms associated with the acute diarrhea, in developing countries include Enterotoxigenic Escherichia coli,

Enteropathogenic Escherichia coli, Shigella and Campylobacter jejuni⁴. The occurrence of diarrhoea among the under-five children worldwide has been linked mainly with hygiene and sanitation⁵.

According to Ayurveda classics Atisara concerned with Agnimandya and Aam. The pathogenesis of Atisara includes Agnidusti and Ajeerna both significantly. Other causative factors are described in Ayurveda for Atisara such as; Aharaj, Viharaj, Manasik, Samajik, Vata vitiation, Pitta, Kaphaj, Sannipataj, Aamatisar and Raktatisar^{6,7}. Therefore, there is need today to manage Atisara (Diarrhea) by Ayurvedic Chikitsa for safety and efficacy. Shrirasaadi choorna is one of the Ayurvedic formulation predominantly indicated in Atisara which has been explained in Bhaisjya Ratnawali⁸.

AIM:

Shrirasaadi Choorna is beneficial in Atisara.

ANALYTICAL PARAMETERS -

The Choorna is subjected to examination of physicochemical parameters like loss on drying, total ash, acid insoluble ash, water soluble extract and alcohol soluble extract, qualitative phytochemical tests-

1. The loss on drying was found to be 9.537%
2. The total ash indicating total inorganic content was found to be 3.903%.
3. Acid insoluble ash, which indicates silica was found to be 1.185%.

4. Water soluble extractive value was found to be 6.564%

5. Alcohol soluble extractive value was found to be 6.601%.

Table no.1. Phytochemical screening of Shrirasaadi Choorna

Sr.No.	Test for	Water soluble extract	Alcohol soluble extract
1.	Carbohydrates	Positive	Positive
2.	Reducing sugars	Positive	Positive
3.	Non-reducing sugars	Negative	Negative
4.	Steroid	Negative	Positive
5.	Flavonoids	Positive	Positive
6.	Proteins	Positive	Negative
7.	Amino acids	Positive	Negative
8.	Monosaccharides	Positive	Positive
9.	Pentose	Negative	Negative
10.	Hexose	Negative	Negative
11.	Tannins	Positive	Positive
12.	Alkaloids	Positive	Positive
13.	Cardiac glycosides	Positive	Positive
14.	Cumarin glycosides	Positive	Positive
15.	Saponin glycosides	Positive	Positive

Table no.2 Composition of Shrirasaadi choorna

Sr.no.	Drug	Latin name	Part used	Qty
1.	Sarala	Pinus roxburghii	Stem	1
2.	Dhataki	Woodfordia fruticose	Flowers	1

METHOD OF PREPARATION:

- 1) Raw drugs mentioned above should be clean and dried.
- 2) Take all ingredients in equal quantity.
- 3) Then it is pounded in pulverizer.
- 4) Later the drug is sieved through 100 to 120 no. sieve.
- 5) Mix the all powdered raw drug till homogenous mixture formed.

METHOD OF APPLICATION:

1. Prepared homogeneous mixture of Shrirasaadi Choorna.
2. Later, take quantity of choorna in appropriate amount/ dose according to the age of child.
3. Mix the choorna with honey upto it looks like lehya.
4. Paste should be of uniform consistency.
5. It should be taken orally twice a day.
6. It good to give medicine to the child after meal.

Dose of drug⁹: Vary according to age.

Duration: 5 Days

Anupana: Honey

Table no.3. Pharmacodynamics of drugs

Sr.no.	Drug	Rasa	Virya	Vipaka	Guna
1.	Sarala ¹⁰	Katu, tikta, madhur	Ushna	Katu	Laghu, Tikshna, Snigdha
2.	Dhatakik ¹¹	Kashay	Shita	Katu	Laghu, Rukshya
3.	Honey ¹²	Madhur, kashay	Shita	Katu	Laghu, Guru, Picchila, Ruksha, Yogwahi

CONCLUSION :

Shrirasaadi Choorna contains 2 dravyas which posses Grahi, Dahaprashman, Vatanulomana, Deepana, Daurgandhara properties mentioned in Bhaisjya Ratnawali for Atisara in Choorna form with Honey which posses Agnideepana, Pittaprashmana, Sleshmaprashamana, Tridoshaprashamana properties, which is one of formulation indicated in Atisara (Diarrhoea). It can be used in day to day practice as all the drugs are readily available. The dose should be calculated according to the Ayurvedic classics. It is easy to prepare & dispense due its availability in choorna form.

REFERENCES :

1. World Health Organization. The treatment of diarrhoea: a manual for physicians and other senior health workers [Internet]. Worla Health Organization. Geneva; 2005 [cited 2015 Aug 20].
2. Open defecation is a leading cause of infectious diarrhea leading to death "WHO | Diarrheal diseases" Who.int. Archived from the original on 1 April 2014. Retrieved 10 March 2014

3. World Health Organization WHO | Diarrhoeal disease [Internet]. Factsheet No 330. World Health Organization 2015 Available from; <http://www.who.int/mediacentre/factsheets/fs330/en/>.
4. Piyush Gupta, PSN Menon, Siddharth Ramji, Rakesh Lodhi, PG Textbook of Paediatrics, Section-36, Infections and systemic disorders, Jaypee Brothers Medical Publishers Ltd., New Delhi, Volume-2, Page no- 1389
5. UNICEF. How WASH relates to health, education and development. Water, Sanitation and Hygiene. 2015 [cited 2015 Aug 20].p. 1 Available from: <http://www.unicef.org/wash/index/healthandeducation.html>
1. 6.Shah Late SJ. Salinan G.S. et al, API Textbook of Medicine", Association of Physicians of India, Bombay, 1999, Sixth Edition, 64.
6. B. S. Sharma, the Efficacy of Dhania Panchal Katha in Acute Diarrheal in Children, IJAPR, 2016, 4(1): 44.
7. Prof. Venimadhava Ashwini Kuma Shastri, Shishya Renewal, Balarogachikitsa Adhyaya 71/39, Chaukhamba Kruhsnadas Academy, Varanasi, page no.- 670
8. Dr. Inderdev Tripathi, Yogaratnakara, Balarogadhikaar Adhyaya, Kruhsnadas Academy, Varanasi verse- 39- 41, page no.-839
9. Dr. P.V.Sharma, Dravyaguna vijnana, Chapter- 4, Chedanadi varga (Sleshmaputihara), Chaukhambha bharati academy, VARANASI, 2005, Vol-II, Pg. no- 308-309
10. Dr. P.V.Sharma, Dravyaguna vijnana, Chapter- 5, Deepanadi varga (Stambhana), Chaukhambha bharati academy, VARANASI, 2005, Vol-11, Pg. no- 472- 473
11. Ministry of Health and Family Welfare, Government of India, The Ayurvedic Pharmacopoeia of India, The controller of publications civil lines, Delhi, 2009, Part-I, Volume-VI, First edition, Page no- 215