EFFECT OF HUTHABHUGADI CHURNA IN GI TRACT- A REVIEW STUDY

*Nada E V, Salini P

Department of Prasuthi tantra and Streeroga
PNNM AMC Cheruthuruthy

*Corresponding Author’s Email ID: drnadamuhsin@gmail.com

Abstract

Huthabhugadi Churna is a commonly practiced Ayurvedic formulation mentioned in the text SahasrayogaChurnaprakarana. The ingredients are one part each of Hutabhuga (citraka), Ajamoda, Saindhava, Magadha, Maricha and five parts of Haritaki. It is indicated for important GI tract disorders like Agnimandya and Arsas. Drugs present in this Churna are mainly of Katu Rasa, Laghu, Tikshana Guna, Usna Virya, Katu Vipaka, Deepana-Pachana-Anulomana properties and have Kapha-Vata hara action. It improves the Jatharagni by relieving Ama and Agnimandya. Anupana is Takra or suitable medicines. In this review, it is intended to analyse the different mode of actions in GI tract.

Key words: Huthabhugadichurna, Agnimandya, Arsas, Sahasrayoga, Harithaki

Introduction

GI tract is referred to as Annavahasrotas and Pureeshovahasrotas in Ayurveda. Annavaha Srotas is one of the type of Srotas described in all important Samhitas, it can be considered to Gastro Intestinal Tract except colon from modern view. Mahasrotas and Kostham are described synonymous to Annavaha Srotas. The Pakwashaya (colon) and further part of alimentary tract are included in Purishvahasrotas.
HuthabhugadiChurna is a commonly used formulation for different GI tract disorders. It is mentioned in Sahasrayoga Churna prakarana.4

**Sloka**

हुतभुगमजमोजसैन्धवमागधमररचैस्समापथ्या।  
अम्लोदश्वल्पतोपाण्ड्वशोवह्निमान्द्यर्शोफहरी॥ (स.यो)

**Ingredients:** Chitraka, Ajamoda, Saindhava, Pippali, Maricha- 1 part each

**Hareethaki-** 5 parts

**Anupana:** Takra

**Indication:** Pandu, Arsas, Agnimandya, Sopha

**Method**

To study and understand the importance of HuthabhugadiChurna in treating GI tract disorders, literature survey was done using search engines PubMED and Google Scholar. The Rasapanchaka of the drug is cross checked with the descriptions in Brhatrayis, Laghutrayis and Nighantus.

**Table 1. Composition and method preparation of HuthabhugadiChurna**

<table>
<thead>
<tr>
<th>Sl no.</th>
<th>Sanskrit name</th>
<th>Scientific name</th>
<th>Parts used</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hutabhuga (Citraka)</td>
<td><em>PlumbagoRosea</em> Linn</td>
<td>Root</td>
<td>1 part</td>
</tr>
<tr>
<td>2</td>
<td>Ajamoda</td>
<td><em>Trachyspermumammi</em> Linn</td>
<td>Fruit</td>
<td>1 part</td>
</tr>
<tr>
<td>3</td>
<td>SaindhavaLavana</td>
<td>Rock salt</td>
<td></td>
<td>1 part</td>
</tr>
<tr>
<td>4</td>
<td>Maricha</td>
<td><em>Piper Nigrum</em> Linn</td>
<td>Fruit</td>
<td>1 part</td>
</tr>
<tr>
<td>5</td>
<td>Pippali (Magadha)</td>
<td><em>Piper Longum</em> Linn</td>
<td>Fruit</td>
<td>1 part</td>
</tr>
<tr>
<td>6</td>
<td>Pathya (Haritaki)</td>
<td><em>Terminalia chebula</em> Retz</td>
<td>Fruit pulp</td>
<td>5 parts</td>
</tr>
</tbody>
</table>

The fine powder of all the ingredients above mentioned are mixed together in the prescribed quantity and given in the dose of 3-6 grams.
Table 2. Rasapanchaka of HuthabhugadiChurna\textsuperscript{5, 6} (Pharmacological properties)

<table>
<thead>
<tr>
<th>Sl no.</th>
<th>Drugs</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Huthabhuga</td>
<td>Katu, Tikta</td>
<td>Laghu, Ruksha, Tikshna</td>
<td>Ushna</td>
<td>Katu</td>
</tr>
<tr>
<td>2</td>
<td>Ajamoda</td>
<td>Katu, Tikta</td>
<td>Laghu, Ruksha, Tikshna</td>
<td>Ushna</td>
<td>Katu</td>
</tr>
<tr>
<td>3</td>
<td>Saindhavalavana</td>
<td>Lavana</td>
<td>Laghu, Sukshma, Tikshna, Vyavayi</td>
<td>Ushna</td>
<td>Madhura</td>
</tr>
<tr>
<td>4</td>
<td>Maricha</td>
<td>Katu</td>
<td>Laghu, Ruksha, Tikshna</td>
<td>Ushna</td>
<td>Katu</td>
</tr>
<tr>
<td>5</td>
<td>Pippali</td>
<td>Katu</td>
<td>Laghu, Snigdha Tikshna</td>
<td>Anushnaseeta</td>
<td>Madhura</td>
</tr>
<tr>
<td>6</td>
<td>Pathya</td>
<td>Kashaya predominant Lavanavargithapancha rasa</td>
<td>Laghu,Ruksh a</td>
<td>Ushna</td>
<td>Madhura</td>
</tr>
</tbody>
</table>

Table 3. \textit{Karma} or therapeutis properties of the ingredients

<table>
<thead>
<tr>
<th>Sl no.</th>
<th>Drugs</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Huthabhuga</td>
<td>Kapha-vatahara,Deepana,Pachana,Grahi</td>
</tr>
<tr>
<td>2</td>
<td>Ajamoda</td>
<td>Kapha-VataHara,Deepana, Vatanulomana, Shoolahara</td>
</tr>
<tr>
<td>3</td>
<td>Saindhavalavana</td>
<td>Tridosahahara,Deepana,Pachana,Rochana,Avidahi</td>
</tr>
<tr>
<td>4</td>
<td>Maricha</td>
<td>Kapha-vatahara,Deepana,Pachana,Vatanulomana,Lalasrvajanaka</td>
</tr>
<tr>
<td>5</td>
<td>Pippali</td>
<td>Kapha-vatahara,Deepana,Triptighna,Vata-Anulomana,MriduRechana</td>
</tr>
<tr>
<td>6</td>
<td>Pathya</td>
<td>Tridosaghna, Anulomana, deepana, rasayana</td>
</tr>
</tbody>
</table>

Dosage: 2-10 g

Individual drugs included in different Ganas\textsuperscript{7, 8}
Pathya - Virechanopaga

Chitraka - Lekhanaeeya

Pippali, Maricha, Ajamoda-Deepaneeya

Results:

On analyzing the individual properties of ingredients, it can be stated that the Formulation HuthabhugadiChurna is an apt medicine for most of the GI tract disorders. It is Deepana, Pachana and Anulomana in action. Even though Chitraka, Pippali, Maricha and Ajamoda are Ushna and Tikshna in nature it is balanced by Madhuravipaka of Hareetaki and Saindhava. On the one hand Hareethaki is laxative, Chitraka and Maricha have got antisynergic property.

Probable mode of action of Huthabhugadichurna in GI tract - Ayurvedic view

Probable action on dosha level:

Because of its Laghu, Tikshna, RukshaGunas and Katu, Tikta and Kashaya rasa it subsides the aggrivated Kapha. While by UsnaVirya, Tikshna, SnigdhaGunait counter acts Vata. Due to Kashaya, Tiktha, Madhura rasa, Snigdhaguna, Anushnasitavirya, Madura vipaka it balances the Pitta.

Probable action on Dhatu level:

As prominent rasa of this formulation is Katu Rasa it improves the Digestion and make the Rasadhatu in proper form.

Probable action on Agni level:

By virtue of its Deepana (100%), Pachana, Rochanaproperty, Katu, Lavana, Tikta, AmlaRasa, Laghu, Tikshna, Rukshaguna, and Usnavirya it stimulates Jatharagni which in turn stimulates all other Agnis.
Probable action on Srothodushti:

- The combination by the virtue of Deepana, Pachana, Anulomana property, Laghu, Snigdha, Sukshmaguna, Katu, Lavana, Tikta Rasa and Usnavirya relieves Sanga type of Dusti.
- Anulomana property relieve from Vimarga-gamana type of Dusti.
- Deepana, Pachana and Grahi property and also by the virtue of Ruksha Guna decreases SrotogataAma and Pichhilata and relieves AtiPravritti.

Probable action on Ama level:

By virtue of its Deepana, Pachana, Rochana property, Katu, Lavana, Tikta Rasa, Laghu, Tikshna, Rukshaguna, Usnavirya, will stop the further Ama production and help into break the basic pathology. This AmaPachana causes Srotomukha Vishodhana. Drugs like Maricha, Pippali, Chitraka, etc. are proved as a best AmaPachaka. So the Yoga will act as the AmaPachana and Agni Deepana.

Mode of action and phytochemistry of Huthabhugadi Churna modern view

Huthabhugadi Churna contains 5 herbal and a mineral ingredient of different chemical nature. On chemical analysis, it contains Carbohydrates, Polysaccharides, Ribose, Saccharides, Coumarin, Tannins etc.

- Carbohydrates perform numerous roles in living organisms.
- Polysaccharides serve for the storage of energy, and as structural components.
- Ribose is an important component of coenzymes and the backbone of the genetic molecule known as RNA.
- The related deoxyribose is a component of DNA.
- Saccharides and their derivatives include many other important biomolecules that play key roles in the immune system, fertilization, preventing pathogenesis, blood clotting, and development.
- Coumarin has clinical medical value as an edema modifier.
- Coumarin and other benzopyrones, such as 5, 6-benzopyrone, 1, 2-benzopyrone, diosmin, and others, are known to stimulate macrophages to degrade extracellular albumin, allowing faster resorption of Saponins.
- Tannins are anticarcinogenic and antimitogenic.
- Tannins and related compounds inhibit superoxide radicals. The growth of many fungi, yeasts, bacteria, and viruses was inhibited by tannins. Tannins thus serve as a natural defense mechanism against microbial infections.
- Phenolics are antioxidants with redox properties, which allow them to act as reducing agents, hydrogen donators, and singlet oxygen quenchers.
- Antioxidants block the process of oxidation by neutralizing free radicals. It has been suggested that the antioxidant activity of plants might be due to their phenolic compounds. In addition to their roles as antioxidants, these compounds exhibit a wide spectrum of medicinal properties, such as anti-allergic, anti-inflammatory, anti-microbial, anti-thrombotic, cardio-protective and vasodilatory effect.

**Researches**

- **CHEMICAL ANALYSIS AND ANTI-OXIDANT PROPERTIES OF HUTABHUHADI CURNA - A POLYHERBAL AYURVEDA FORMULATION**


- **ANTI-INFLAMMATORY POTENTIAL OF HUTABHUHADI CHURNA, A POLYHERBAL FORMULATION A REVIEW**


**Discussion**

Along with its effectiveness in GI tract disorders, *HuthabhugadiChurna* can be used in other systemic disorders like PCOD, fibroid uterus etc. especially in stage of *Mandagni*. In *Vatikarogas* it can be used in *Kaphavrtavastha*.
Conclusion

This particular yoga contains mostly those drugs which have Deepana-Pachana, Rochana, Vata-anulomana, Sothahara, properties which are Usnavirya, Katu-Kashaya-Tikta-Lavanarasa, Laghu-tikshna-Ushnagunaprominent with Katu-Madhuravipaka. This yoga shows actions at different levels. The research studies regarding ingredients of Huthabhugadi Churna also show excellent results on gastrointestinal tract disorders like Grahaniroga. So the yoga can be prescribed in many GI tract diseases by observing Prakruti, Desha, Kala, Bala, Vaya, Avastha of the Roga and Rogi.

References