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EFFECT OF HUTHABHUGADI CHURNA IN GI TRACT- A REVIEW STUDY

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Abstract

Huthabhugadi Churnais 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*, *TikshanaGuna*, *UsnaVirya*, *KatuVipaka*, *Deepana-Pachana-Anulomana* properties and have *Kapha-Vata* haraaction. 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 *Pureeshavahasrotas* in Ayurveda. *AnnavahaSrotas* 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*¹ and *Kostham*² are described synonymous to *AnnavahaSrotas*. The *Pakwashaya* (colon) and further part of alimentary tract are included in *Purishvahasrotas*³.

HuthabhugadiChurna is a commonly used formulation for different GI tract disorders. It is mentioned in *SahasrayogaChurna prakarana*.⁴

Sloka

हुतभुगमजमोजसैन्धवमागधमरिचैस्समापथ्या।

अम्लोदश्वल्पतोपाण्ड्वर्शोवह्निमान्द्यशोफहरी॥ (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 *HuthabhugadiChurnain* 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

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

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^{5, 6}(Pharmacological properties)

Sl no.	Drugs	Rasa	Guna	Veerya	Vipaka
1	Huthabhuga	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu
2	Ajamoda	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu
3	Saindhavalavana	Lavana	Laghu, Sukshma, Tikshna, Vyavayi	Ushna	Madhura
4	Maricha	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu
5	Pippali	Katu	Laghu, Snigdha Tikshna	Anushnaseeta	Madhura
6	Pathya	Kashaya predominant Lavanavarjithapancha rasa	Laghu,Ruksha	Ushna	Madhura

Table 3. Karma or therapeutis properties of the ingredients

Sl no.	Drugs	Karma
1	Huthabhuga	Kapha-vatahara,Deepana,Pachana,Grahi
2	Ajamoda	Kapha-VataHara,Deepana, Vatanulomana, Shoolahara
3	Saindhavalavana	Tridoshahara,Deepana,Pachana,Rochana,Avidahi
4	Maricha	Kapha-vatahara,Deepana,Pachana,Vatanulomana,Lalasrvajanaka
5	Pippali	Kapha-vatahara,Deepana,Triptighna,Vata-Anulomana,MriduRechana
6	Pathya	Tridoshaghna, Anulomana, deepana, rasayana

Dosage: 2-10 g**Individual drugs included in different Ganas^{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. Eventhough *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 antidyenteric property.

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

Probable action on *dosha* level:

Because of its *Laghu, Tikshna, Ruksha* Gunas and *Katu, Tikta* and *Kashaya* rasa it subsides the aggravated *Kapha*. While by *Usna Virya, Tikshna, Snigdha* Gunait counter acts *Vata*. Due to *Kashaya, Tiktha, Madhura* rasa, *Snigdha* guna, *Anushnasitavirya, Madura vipaka* it balance the *Pitta*.

Probable action on *Dhatu* level:

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

Probable action on *Agni* level:

By virtue of its *Deepana* (100%), *Pachana, Rochana* property, *Katu, Lavana, Tikta, Amla* Rasa, *Laghu, Tikshna, Ruksha* guna, 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 *RukshaGuna* 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 *Ama Pachana* causes *Srotomukha Vishodhana*. Drugs like *Maricha, Pippali, Chitraka*, etc. are proved as a best *Ama Pachaka*. So the *Yoga* will act as the *Ama Pachana* and *Agni Deepana*.

Mode of action and phytochemistry of *Huthabhugadi Churna* modern view ⁹

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 antimutagenic.
- 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 donors, 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 HUTABHUGADI CURNA - A POLYHERBAL AYURVEDA FORMULATION

Priyadarshini, Sunil Kumar KN, Pushpendra, Shivarama Holla B, Ravishankar, Basaviah. Chemical analysis and anti-oxidant properties of Hutabhugadi Curna - A polyherbal Ayurveda formulation. J Ayurveda Med Sci. 2016;1(1):41–5.

- ANTI-INFLAMMATORY POTENTIAL OF HUTABHUGADI CHURNA, A POLYHERBAL FORMULATION A REVIEW

Bali HS, Gupta D. Anti-inflammatory potential of hutabhugadichurna, a polyherbal formulation –a review. WORLD J Pharm Pharm Sci. 2020;9(12):700–6.

Dicussion

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 *Vatikarogasit* 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-Ushnaguna* prominent 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*.

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