



VIDANGTANDULADI CHURNA VIRECHAK YOGA- DRUG REVIEW

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Article History

Volume 6, Issue S12, 2024

Received: 16 May 2024

Accepted : 20 June 2024

Doi:

10.48047/AFJBS.6.S12.2024.1889-1892

ABSTRACT:

Vidangatanduladi Churna is herbal formulation mentioned in *Charak Samhita*, *Shushrut Samhita*, *Ashtang Sangraha*, *Ashtanga Hriday* and *Vangasen Samhita*. It is indicated in management of disorders like *Gulma*, *Plihodara*, *Shwas*, *Halimaka*, *Bhagandar*, *Arochaka*, *Kapha & Vata Pradhan Vyadhi*. As main ingredient of *Vidangatanduladi Churna* is *Trivrutt* it is considered to be *Sukha Virechak* formulation. This formulation is easily available in market and also easy to prepare on OPD bases. This is an attempt to review *Vidangatanduladi Churna* from different Ayurvedic texts and to evaluate *Rasapanchak*, *Karma* of each ingredient, method of consumption and drug application in *Virechan Karma*.

KEYWORDS: *Vidangatanduladi Churna*, *Virechan Karma*.

INTRODUCTION:

Vidangatanduladi Churna name self indicates it is in the form of *Churna* which means 'Fine Powder'. This drug is combination of powder of Seeds of *Vidanga*, *Vara (Triphala)*, *Yavasukha*, *Kana* and *Trivrut*. This drug can be consumed in two ways, first way is to be licked after mixing it with *Madhu* and *Ghrta* and second way is to be eaten by mixing it with *Guda*. As it is in *Churna* form it gets absorbed easily and shows action in less time. *Vidangatanduladi Churna* is mentioned in *Charak Samhita*, *Sushrut Samhita*, *Ashtang Sangraha*, *Ashtanga Hridaya* and *Vangasen Samhita*. This is *Trivrut Pradhan Yog* hence considered as *Sukha Virechak Dravya*. This study was planned to review *Rasapanchak*, *Karma* of each ingredient, method of consumption and its *Virechan* action.

METHODOLOGY:

The study was done by in depth literature survey through various Ayurveda classical text books like *Charak Samhita*, *Ashtanga Hriday*, *Ashtang Sangraha*, *Vangasen Samhita* & two government gazette books Ayurvedic Formulary of India (AFI) & Ayurvedic Pharmacopoeia of India (API)

Method of Preparation: According to Ayurvedic Formulary of India (AFI). AFI has not mentioned *Vidangatanduladi Churna* but method of preparation of *Churna* was taken from AFI.

General Method of preparation: Drugs mentioned in the *Yoga* are cleaned and dried properly. They are finely powdered and sieved. Where there are a number of drugs in *yoga*, the drugs are

separately powdered and sieved. Each one of them (powder) is weighed separately, and well mixed together. As some of the drugs contain more fibrous matter than other, this method of powdering and weighing them separately them, according to the Yoga, and then mixing them together, is preferred. In industry, however, all the drugs are cleaned, dried and powdered together by disintegrators. Mechanical sifters are also used.

Characteristics And Preservation¹:

The powder is fine of at least 80 mesh sieves. It should not adhere together or become moist. The finer the powder, the better is its therapeutic value. They retain potency for one year¹ and should be kept in air tight containers. Potency of Curna is 1 year is according to *Sharangadhar Samhita Prathamakha, Adhyaya 1; Shloak 51-53*.

Formulation available in market is formed as follows:

Table 1: Ingredient of formulation with quantity.

Ingredient	Quantity
<i>Vidang</i>	1 Shan
<i>Haritaki</i>	1 Shan
<i>Vibhitaki</i>	1 Shan
<i>Aamalaki</i>	1 Shan
<i>Yavakshar</i>	1 Shan
<i>Pippali</i>	1 Shan
<i>Trivrut</i>	3 Shan

Important Therapeutic Uses:

Gulma, Plihodara, Shwas, Halimaka, Bhagandar, Arochaka, Kapha & Vata Pradhan Vyadhi used for *Virechan*.

Information of Each Ingredient:

Table 2: Details of Each Ingredient

DRUG NAME	LATIN NAME/ FAMILY NAME	RASA	VIRYA & VIPAK	KARMA	DOSHAGHATA
<i>Vidanga</i>	<i>Embelia ribes</i> <i>Myrsinaceae</i>	<i>Katu Rasa</i>	<i>Ushna</i> <i>Katu</i>	<i>Anulomana,</i> <i>Deepan, Krimighna</i>	<i>Kapha Vata Shamak</i>
<i>Haritaki</i>	<i>Terminalia chebula</i> <i>Combretaceae</i>	<i>Madhur,</i> <i>Amla, Katu,</i> <i>Tikta, Kashya</i>	<i>Ushna</i> <i>Madhur</i>	<i>Anulomana,</i> <i>Chakshushya,</i> <i>Deepana, Hridya,</i> <i>Medhya, Rasayana,</i>	<i>Tridosha Shamaka</i>
<i>Vibhitaki</i>	<i>Terminalia bellirica</i> <i>Combretaceae</i>	<i>Kashaya</i>	<i>Ushna</i> <i>Madhur</i>	<i>Bhedaka,</i> <i>Chakshushya,</i> <i>Keshya, Kriminruta,</i> <i>Kasahara</i>	<i>Kapha</i> <i>Pitta</i> <i>Kshamaka</i>

Amalaki	<i>Phyllanthus emblica.</i> Linn Euphorbiaceae	Madhur, Amla, Katu, Tikta, Kashya	Sheeta Madhur	Rasayana, Anuloman	Tridoshahara
Yavashara	<i>Hordeum vulgare</i> Poaceae	Madhur, Kashay, Tikta	Sheet Katu	Purishkrit, Vrishya, Balya, lekhan Vatakar	Kapha, Pitta and Vataghna
Kana	<i>Piper longum</i> Piperaceae	Katu	Anushnashit Madhur	Vataanulomana Deepana, Pachana, Ruchya, Vatahara, Vulaprasamana	Pittashamak Kaphavatghna
Trivrit	<i>Operculina terpethum</i> Convolvulaceae	Tikta, Katu	Ushna Katu	Sukhavirechana, Shothahara, Jwarahara	Kapha Shamak, Vardhak Pitta Vata

Therapeutic Indication of *Vidangatanduladi Churna*²⁻⁵:

Table 3: Therapeutic Indications of Formulation in different Ayurvedic Texts

Indication	<i>Charak Samhita</i>	<i>Sushrut Samhita</i>	<i>Ashtang Sangraha</i>	<i>Ashtang Hriday</i>	<i>Vangasen Samhita</i>
<i>Gulma</i>	+	+	+	+	+
<i>Plihodar</i>	+	+	+	+	+
<i>Shwas</i>	+	-	-	-	-
<i>Halimak</i>	+	+	+	+	-
<i>Arochak</i>	+	-	+	+	-
<i>Bhangandar</i>	-	-	-	-	+
<i>Kapha Vikar</i>	+	+	+	+	+
<i>Vata Vikar</i>	+	+	+	+	+
<i>Kasa</i>	-	-	+	+	-

Method Of Consumption:

There are two methods of consumption as follow;

1. *Lehya- Churna* should be mixed with *Madhu & Ghrita* in double proportion of *Churna*.
2. *Khadita-Churna* should be mixed with *Guda* in double proportion of *Churna*.

DISCUSSION:

Out of 15 *Ayurvedic Texts* this formulation were found in *Charak Samhita, Sushrut Samhita, Ashtang Sangraha, Ashtang Hridaya* and *Vangasen Samhita* these 5 Texts. While going through all classical texts *Vidangatanduladi Churna* is mentioned under *Virechan Kalpa* of *Trivrut* with different indications in each *Samhita*. Acharya Charak has mentioned this formulation under

'Modak' form of drug while all other authors has mentioned it in 'Churnna' form. While explaining 'Modak' form of formulation Acharya Charak has suggested to mix it with 'Gud'. This Modak form is indicated in *Gulma, Plihidar, Shwas, Halimak, Arochak, Kapha* and *Vataj Vikar*.

Dose of formulation is not mentioned in of the classical texts. During clinical evaluation it was observed that it can be given in following doses:

1. *Nitya Virechan*- 10gm Daily at *Nishakale*
2. *Shodhanag Virechan*- *Mrudu Koshtha*- 40gm
 - *Madhyam Koshtha*- 60gm
 - *Krur Koshtha*- 80gm

Most of the ingredients of the formulation have *Katu, Tikta* and *Madhur Rasa, Ushna Virya* and *Katu* or *Madhur Vipak* with *Karma* like *Deepan, Pachan, Anuloman, Bhedan, Purishakrit, Sukha Virechak*. These properties are useful for any *Virechan* drug. It is observed that properties of formulation are same like *Virechak* drug also this drug is mentioned under *Virechan Kalpa Adhyay* hence this drug is useful in *Virechan*.

CONCLUSION:

Vidangatanduladi Churna was mentioned in various texts which indicates clinical acceptance in *Ayurveda* for *Virechan*. Detail learning of each ingredient gives more information about action of *Vidangatanduladi Churnain* body. Detail learning gives knowledge about formulation, efficacy, doses, method of consumption & indications. This review might help clinicians and researchers to get the compendious idea of *Vidangatanduladi Churna*.

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