



RAJANYADI CHOORNA- REMEDY FOR GRAHANI DEEPANA: A DRUG REVIEW

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ABSTRACT

Rajanyadi choorna is formulation explained by Vagbatta Acharya and Bhaishjya Ratnavalikara. It is used for wide range of disorders contains 8 ingredients Rajani (Curcuma longa), Daru (Cedrus deodara), Sarala (Pinus roxburghi), Shreyasi (Piper Chaba), Brihathi (Solanum indicum), Kantakari (Solanum xanthocarpum), Prishniparni (Uraria picta), Shatahva (Anethum sowa), Most of the drugs are of Deepana and Pachaka Property and They also possess the qualities like anthelmintic, hepatostimulant action. Thus Rajanyadi choorna helps for Grahani Deepana.

KEYWORDS: Rajanyadi Choorna, Grahani Deepana, Agni, Pachana.

INTRODUCTION

According to Ayurvedic Principles Mandaagni is root cause for all kinds of disease origin. Agni has important role in the physiological functioning of the body, broadly agni has divided into three major categories i.e. Jaataragni, Dhatwagni and Bhutagni.^[1-3] Jaataragni is considered as prime among all the agnis. Agni converts

the aahara dravya into aahara -rasa and with the help of Dhatwagni and Bhutagni the poshak amsha is made available to body.^[4] Hence for treating the agni, Rajanyadi Choorna plays a important role.

AIM

Rajanyadi choorna helps in Grahani Deepana.

Table 1: Composition of rajanyadi choorna.^[5]

Sl. No.	Drug	Latin name	Quantity
1	Rajani	Curcuma longa	1 Part
2	Daru	Cedrus deodara	1 Part
3	Sarala	Pinus roxburghi	1 Part
4	Shreyasi	Piper Chaba	1 Part
5	Brihathi	Solanum indicum	1 Part
6	Kantakari	Solanum xanthocarpum	1 Part
7	Prishniparni	Uraria picta	1 Part
8	Shatahva	Anethum sowa	1 Part

Method of Preparation

All the 8 drugs are taken in equal quantity



All are made into sukshma choorna separately



Mix together homogenously

Method of Storage

Stored in air tight container in dry place.

Shelf Life

Around 6 months.

Table 2: Pharmacodynamics of drugs.

Sl.no.	Ingredients	Rasa	Guna	Virya	Vipaka	Karma
1	<i>Rajani</i>	Tikta, Katu	Ruksha, Laghu	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
2	<i>Daru</i>	Tikta, Katu	Laghu, Snigdha	<i>Ushna</i>	<i>Katu</i>	KaphaVatahara
3	<i>Sarala</i>	Tikta, Katu, Madura	Laghu, Snigdha, Ushna	<i>Ushna</i>	<i>Katu</i>	KaphaVatahara
4	<i>Shreyasi</i>	Katu	Ruksha	<i>Ushna</i>	<i>Katu</i>	Vatahara
5	<i>Brihati</i>	Tikta, Katu	Laghu, Ruksha, Teekshna	<i>Ushna</i>	<i>Katu</i>	KaphaVatahara
6	<i>Kantakari</i>	Tikta, Katu	Laghu, Ruksha	<i>Ushna</i>	<i>Katu</i>	KaphaVatahara
7	<i>Prishniparni</i>	Tikta, Madura	Laghu, Snigdha	<i>Ushna</i>	Madura	Tridosahara
8	<i>Shatahva</i>	Tikta, Katu	Laghu, Ruksha, Teekshna	<i>Ushna</i>	<i>Katu</i>	VataKaphahara

Table 3: Ingredients with its chemical constituents.

Sl.no.	Ingredients	Chemical constituents
1	<i>Rajani</i>	1% Volatile oil, resin, curcumin (responsible for the colour)
2	<i>Daru</i>	Dark coloured oil and resin
3	<i>Sarala</i>	Latex called 'Gandhabijora', turpentine oil (20%)
4	<i>Shreyasi</i>	Glucosides like scindapsin A & scindapsin B, sugars and fixed oil.
5	<i>Brihati</i>	Root and fruit contain wax, fatty acids and alkaloids namely solanine and solanidine
6	<i>Kantakari</i>	Alkaloid solenin, potassium chloride, potassium nitrate, iron, and organic acids, fruits contain solenocarpin.
7	<i>Prishniparni</i>	Phytochemical compounds like alkaloids, flavanoids, steroids, terpenoids, phenols, and saponins
8	<i>Shatahva</i>	Minerals, acid insoluble ash, and moisture. essential oil known as Dill oil. contents of a-b pinene, terpene

Probable Mode of Action

Most of the drugs in Formulation are of Deepana and Pachaka Property with Katu, Tikta Rasa and Katu Vipaka, They also possess the qualities like anthelmintic, hepatostimulant action. Thus Rajanyadi choorna may help in Grahani Deepana, which interne helps in treating agni and preventing other disorders which origin due to agnimandya. Other actions like Vatanulomana is achieved by Haridra and Devadaru with their laxative nature and Sarala is given for enema in intestinal obstruction and Shatahva is used in flatulence and Balavarnakara action is achieved by Haridra as its complexion enhancer, useful in urticaria. Devadaru is a very good wound cleaner and healer, Useful in skin diseases as it has diaphoretic property and Haridra act on rasa and rakta dhatu, and act as varnya as its useful in skin diseases, Being ushna, Kantakari increases perspiration.

Classical Indications

1. **Atisara:** Brihati is ushna veerya, Deepana, Pachana, astringent, and anthelmintic. It is therefore used in indigestion, colic, anorexia and worm infestation. Prishniparni being an appetizer, antidiabetic, deflatulant, and astringent. It is used in dipsia, flatulence, diarrhea, bleeding piles and sprue. It also acts on rakta dhatu level.

2. **Jwara:** As Haridra is pithasamaka and aamapachaka, It is useful in high fever. Shreyasi is digestive and relieves amadosha. As Devadaru is diaphoretic and digestant, useful in chronic fever caused by vata – kapha. Brihati is febrifuge, hence it is used in fever caused by vata – kapha. Kantakari is febrifuge due to Tikta rasa, mainly effective in kapha vataja Jwara. Prishniparni is febrifuge and refrigerant, hence it is used in fever and burning sensation. The action on rasa dhatu helps to reduce fever. Shatahva is febrifuge and alleviates VataKapha

3. **Swasa:** Sarala is useful in acute and chronic bronchitis and tuberculosis. Shreyasi balances kapha, hence useful in asthma Brihati reduces asthma. Kantakari stops hiccups and also helps in asthma, chronic rhinitis, cough, pneumonia, hoarseness of voice. Powder of this drug with honey is given to children in chronic bronchitis.

4. **Kamala:** As Haridra is of Tikta rasa, act as appetizer, laxative, cholagogue, it is used for treating hepatitis. Sarala is a hepatostimulant.

5. **Pandu:** Haridra is useful in worm infestation. It acts on rakta and medha, hence cures anemia. Due to

Tikta, Katu rasa Devadaru is effective in destroying the cause factor of worms. Sarala acts on helminthes especially tapeworm. Shreyasi is useful in anorexia and worm infestation Brihati is anthelminthic. It acts on rasa dhatu. Irritant nature of Kantakari helps in dewormification Shatahva improves taste, appetite stimulant and digestive and used in anorexia.

6. **Kasa:** Due to Tikta, and tikshna properties, Haridra is useful as an expectorant, Reduces kapha developed due to drinking milk. Inhalation of turmeric smoke reduces kapha. Devadaru is an expectorant by snighda, Tikta and Katu properties. in Kaphaja Kasa oil is given along with dry ginger and yavakshara due to aromatic property, it alleviates the foul smell of phlegm and hiccups caused by vata and kapha, and useful in chronic cough and cold. Sarala reduces kapha, excellent remedy for rhinitis, cough and sore throat. Kantakari is a drug of choice on vataja Kasa, it is an expectorant and demulcent. Prishniparni and Shatahva are expectorant in action.

CONCLUSION

Rajanyadi Choorna contains 8 ingredients, most of the ingredients are of Katu, Tikta Rasa and Katu Vipaka with Ushna Veerya Thus Acts as Deepaka and Pachaka Proving itself as the best remedy for Grahani Deepaka It is easy to prepare & dispense due its availability in choorna form.

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