ABSTRACT
Balachaturbhadra Churna offers a multitude of health benefits for which it has become so popular prescription by Kaumarbhritiya practioners of Ayurveda. It is a combination of four drugs Musta, Pippali, Ativisha and Karkatashringi. This combination was first mentioned in Chakradatta and has been in practice since a millennium. Thus, this review takes the approach to compile the classical references on Balachaturbhadra churna as well as covers the pharmacological action of its ingredients.

KEYWORDS: Balachaturbhadra Churna.

INTRODUCTION
Ayurveda places great emphasis on prevention encourages the maintainance of health through close attention to balance in once life, right thinking. Diet, lifestyle and the use of herbs knowledge of ayurveda enables once to understand how to create this balance of body, mind, and consciousness according to one’s own individual constitution and how to make lifestyle changes to bring about and maintain this balance.

The ayurvedic system of medicine has described various herbal formulations in the treatment of diseases, which play significance role in contemporary health care and in the prevention of various aliment and diseases. Herbal medicine are general considered to be safe and effective agents, therefore, people more and more turns to herbal medicine because they believe that plant medicines are free from undesirable side effect Churna Kalpana is the most pre-dominanty used form of ayurvedic preparation among the fine basic preparations, i.e.
Swaras (Juice), Kalka (Paste), Kwath (decoction), Hima (Cold infusion) and Phant (Hot infusion), Churna can be considered as a dry paste of herbs and so cab considered a part of Kalka preparation.

There are numbers of multidrug formulation’s successfully practice in ayurveda clinics, but most of them are anguished by the lack of date regarding their detailed mechanism of action.

Balchaturbhadra churna offers a multitude of health benefits, it is widely prescribed formulation in ayurvedic pediatric practice which works on respiratory disorders, fever, diarrhoea and vomiting of children. It is a combination of four drugs Musta, Pippali, Atirisha, and Karkatasharingi. This combination was first mentioned in Chakradatta and has been in practice since a millennium.

**Balachaturbhadra Churna in Classical**

<table>
<thead>
<tr>
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<th>Reference</th>
<th>Indication</th>
<th>Other Name</th>
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<td>1.</td>
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<td>Jwara, Atisara, Vrana, Swasa, Vaman</td>
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<td>4.</td>
<td>Bhavaprakasha</td>
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Ingredients of Balchaturbhadra churna.\textsuperscript{[2]}

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Ingredients</th>
<th>Latin name</th>
<th>Family</th>
<th>Parts Used</th>
<th>Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ativisha</td>
<td>\textit{Aconitum Heterophyllum} Wall. Ex Royle</td>
<td>Ranunculaceae</td>
<td>Root</td>
<td>1 part</td>
</tr>
<tr>
<td>2.</td>
<td>Shringi (Karkatashringi)</td>
<td>\textit{Pistacia Integerrima} stew. Ex Brandis</td>
<td>Anacardiaceae</td>
<td>Gall</td>
<td>1 part</td>
</tr>
<tr>
<td>3.</td>
<td>Krisna (Pippali)</td>
<td>\textit{Piper Longum} Linn.</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>1 part</td>
</tr>
<tr>
<td>4.</td>
<td>Musta</td>
<td>\textit{Cyperus rotundus} Linn.</td>
<td>Cyperaceae</td>
<td>Rhizome</td>
<td>1 part</td>
</tr>
</tbody>
</table>

Ayurvedic pharmacological profile\textsuperscript{[3],[4],[5],[6],[7]} and properties of medicinal plants in Balchaturbhadra churna

\textbf{Ativisha (Aconitum Heterophyllum Wall)}

Rasa (taste) ::- Katu (pungent), Tikta (bitter).
Virya (potency) ::- Ushna (hot).
Vipaka (Biotransformed rasa) ::- Katu (pungent).
Doshaghnata (pacifies Dosha) ::- Kapha-Pitta har (pacifies Kapha & Pitta dosha).
Karma (Therapeutic action) ::- Pachana (digestion and metabolism enhancer), Deepana (digestive enhancer).
Vyadhihar (Curative) ::- Atisara (diarrhea), Ama, Vish (poison/toxins), Kasa (cough), Krimiroga (worm infestation), Chardi (vomiting), Amatisara (diarrhea associated with Ama).

\textbf{Properties} ::- Anti-inflammatory, anti-bacterial, anti-oxidant, anti-diarrhoeal.

\textbf{Shringi (Karkatashringi) (Pistacia Integerrima a stew. Ex Brandis)}

Rasa (taste) ::- Tikta (bitter), Kashay (astringent).
Guna (properties) ::- Guru (heaviness).
Virya (potency) ::- Ushna (cold).
Vipaka (Biotransformed rasa) ::- Katu (pungent).
Doshaghnata (pacifies Dosha) ::- Kapha Vata har (pacifies Kapha & Vatadosha)
Karma (Therapeutic action) ::- Kasahara (cough relieving) Hikkanigrahana (hiccough relieving)
Vyadhihar (Curative) :- Jwara (pyrexia), Shwasa (breathing difficulty), Urdhavata (obstruction of Vata in the intestine/reverse peristalsis), Trita (thirst/polidipsia), Kasa (cough), Hikka (hiccup), Aruchi (anorexia), Chardhi (vomiting), Atisara (diarrhoea), Raktapitta (bleeding disorders)

Properties:- Anti-inflammatory, anti-bacterial, anti-oxidant, anti-diarrhoeal.

Krisna (Pippali) (Piper Longum Linn.)
Rasa (taste) :- Katu (pungent), Tikta (bitter).
Guna (properties) :- Laghu (lightness), Snigdha (unctuousness), ushna (hotness)
Virya (potency) :- Anushna (neither hot nor cold).
Vipaka (Biotransformed rasa) :- Madhura (sweet).
Doshaghnata (pacifies Dosha) :- Vata Kaphahar (pacifies Vata & Kaphadosha).
Karma (Therapeutic action) :- Deepana (digestive enhancer), Vrisya (aphrodisiac), Rasayna (rejuvenator), Rechaka (osmotic laxative), Pittala (increases Pitta)
Vyadhihar (Curative) :- Swasa (difficulty in breathing), Kasa (cough), Udarroga (ascites), Jwara (pyrexia), Kustha (integumentary diseases), Prameha (diabetes mellitus), Gulma (lump), Arsha (haemorrhoids), Pliharoga (splenic disorders), Shula (pain), Aam Maruta (rheumatism due to Ama), Kshayarog (emaciation).

Properties:- Anti-viral, anti-inflammatory, anti-tumor, neuroprotective, anti-asthmatic, anti-oxidant, hepatoprotective, immunomodulator, anti-platelet, analgesic, bioavailability enhancer, cardioprotective, neuroprotective, antibacterial.

Musta/Nagarmotha (Cyperus rotundus Linn.)
Rasa (taste) :- Katu (pungent), Tikta (bitter), Kashay (pungent)
Guna (properties) :- Laghu (lightness), Ruksha (dryness)
Virya (potency) :- Sheeta (cold)
Vipaka (Biotransformed rasa) :- Katu (pungent)
Doshaghnata (pacifies Dosha) :- Kapha Pitta Rakta-har (pacifies Kapha, Pitta and Raktadosha)
Karma (Therapeutic action) :- Grahi (absorptive), Pachana (digestion and metabolism enhancer), Deepana (digestive enhancer), Swedjanaka (perspiration enhancer), Mutrajanaka
(diuretic), Stanyavardhaka (galactogogue), artavajanak (emmenagogue), Keshvardhak (promotes hair growth), Vranaropaka (wound healer)

Vyadhihar (Curative) :- Trishna (thirst/polidipsia), Jwara (pyrexia), Aruchi (anorexia), Krimihar (worm infestation), Atisara (diarrhoea)


**Method of Preparation**
The rhizome of musta, fruits of Pippali, roots of ativisha, and gall of shringi were collected. Drugs were dried properly by drying, powdered by pulverizer and stored in an air-tight container. The Balchaturbhada Churna was prepared by mixing the powder of above four ingredients in equal proportions.

**Dose**
Dose of Balachaturbhada churna is 1/2 -1 gm as per Bhaisajya Ratnavali.

**Anupana - Honey**
बाऱचातुभद्रक चूर्णम
ghnkrsnnya-mukhyagichura kshndra sahuym |
shishovratisaharrn kshwasakasvarhrmm || 39 ||
(शेष्वरतिसारहन, बालरोगाधिकार; 71/39)

It is taken along with madhu.

**Side Effect**
As such no side effects have been reported but High dose may worsen gastritis.

**CONCLUSION**
Balachaturbhada churna, a polyherbal churna preparation has multiple benefits on various disorders of childrens. It is concluded that mentioned classical references have included same ingredients like ativisha, pippali, musta, karkatashringi in the same proportion and all have indicated it in jwara, atisara, kasa, swasa, vaman except Chakradatta has indicated it in vrana while Yogaratnakara in jwaratisara. Shrangadhara samhita have named it as krushnadi churna.
while Bhavaprakasha named it as Chaturbhadra avleha. Yogaratnakara and Bala tantra have named it has Ghranadi churna, Balachaturbhadrika churna respectively.

REFERENCE