



A PHARMACEUTICO ANALYTICAL STUDY OF AMRUTADI CHURNA

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ABSTRACT

Amrutadi churna is a herbal formulation mentioned in the classical text called chakradatta.^[1] which contains Guduchi, Gokshura, Shunti, Mundi and Varuna. The preparation of churna is explained in the sharangadhara samhitha. In the present study Guduchi churna, gokshura churna, Shunti churna, mundi churna and varuna churna were combined using a khalwa yantra to prepare Amrutadi churna step by step pharmaceutical procedures were carried out following classical references and standard operating procedures(SOPs). Any loss during the process and the total yield discussed briefly. **Materials:** Guduchi, Gokshura, Shunti, Mundi and Varuna. **Methods:** Churna nirmana and mardana. **Results:** Amrutadi churna was prepared. **Conclusion:** This formulation due to fineness of powder Amrutadi churna was very effective in Amavata.

INTRODUCTION

Bhaishajya Kalpana is a branch of Ayurveda that deals with the basic principles of the pharmaceuticals. Ayurvedic classics are the treasure of the internal and external medicaments There are different medications for internal and external use. Ingredients of this churna are Guduchi, Gokshura, Shunti, Mundi and Varuna.

In the present study, Amrutadi churna was prepared following the classical reference, pharmaceutical guidelines and SOP, churna Churna nirmana of all ingredients were prepared standard operating procedure and the processes involved from the purchase of drug to packing were documented in step by step procedure.

MATERIALS AND METHODS**Literature review**

All the data was collected from the classical texts and pharmaceutical procedures involved in the preparation of Amrutadi churna were carried out in P.G Department of Rasa Shastra and Bhaishajya Kalpana, S.V Ayurvedic college, T.TD, Tirupathi.

Total pharmaceutical study was carried out in two stages.

Stage I

Guduchi churna nirmana
Gokshura churna nirmana
Shunti churna nirmana
Mundi churna nirmana
Varuna churna nirmana

Stage II

Preparation of homogenous mixture of Amrutadi churna

Guduchi churna nirmana

Name of the practical: Preparation of *Guduchi churna*

Reference: *Sharangadhara Samhita Madyama khanda* 6/2

Materials: *Guduchi* stem – 100 g

Principle: Pounding and filtering.

Apparatus: *Khalwa yantra*, stainless steel vessel, cloth and weighing machine.

Procedure: *Guduchi* stem was taken in a *khalwa yantra* and pounded.

Pounded material was sieved through a cloth to obtain fine powder.

Observation: Fine powder of *Guduchi* was obtained.

Precautions

- Care should be taken to avoid spillage while pounding.
- Sieving should be done properly to get fine powder

Result**Table No. 1: Showing the result of preparation of Guduchi churna.**

Initial weight	Final weight	Loss in weight	Loss in percentage
100g	70g	30g	30%

Reason for weight loss: loss of material while sieving, pounding and filtering.

Apparatus: *Khalwa Yantra*, stainless steel vessel, cloth, weighing machine

Procedure: *Gokshura* was taken in a *khalwa yantra* and pounded. Pounded material was sieved through a clean cloth to obtain wonderful powder.

Gokshura churna nirmana

Name of the practical: Preparation of *Gokshura churna*

Reference: *Sharangadhara Samhita Madhyama Khanda* 6/2

Materials: *Gokshura* – 100g

Principle: Pounding and filtering

Observations: Fine powder of *Gokshura* was obtained.

Precautions: Care should be taken to avoid spillage while pounding. Sieving should be done properly to get fine powder.

RESULT**Table No. 2: Showing the result of the preparation of *Gokshura churna*.**

Initial weight	Final weight	Loss in weight	Loss in percentage
100 g	80 g	20 g	20%

Shunti churna nirmana

Name of the practical: Preparation of *Shunti Churna*

Reference: *Sharangadhara Samhita Madhyama khanda* 6/2

Materials: *Shunti* – 100g

Principle: Pounding and filtering

Apparatus: *Khalwa yantra*, Stainless steel vessel, cloth, weighing machine

Procedure: *Shunti* was taken in a clean *khalwa yantra* and pounded.

Pounded material was sieved through a cloth to obtain very fine powder

Observations: Fine powder of *Shunti churna* was obtained

Precautions

Care should be taken to avoid spillage while pounding
Sieving should be done properly to get fine powder

RESULT**Table No. 3: Showing the result of preparation of *Shunti churna*.**

Initial weight	Final weight	Loss in weight	Loss in percentage
100 g	80 g	20 g	20%

Mundi churna nirmana

Name of the practical: Preparation of *Mundi churna*

Reference: *Sharangadhara Samhita Madyama khanda* 6/2

Materials: *Mundi phala* – 100 g

Principle: Pounding and filtering.

Apparatus: *Khalwa yantra*, stainless steel vessel, cloth and weighing machine.

Procedure: *Mundi phala* was taken in a *khalwa yantra* and pounded.

Pounded material was sieved through a cloth to obtain fine powder.

Observation: Fine powder of *Mundi* was obtained.

Precautions

- Care should be taken to avoid spillage while pounding.
- Sieving should be done properly to get fine powder

RESULT**Table No. 4: Showing the result of preparation of *Mundi churna*.**

Initial weight	Final weight	Loss in weight	Loss in percentage
100g	80g	20g	20%

VARUNA CHURNA NIRMANA

Name of the practical: Preparation of *Varuna churna*

Reference: *Sharangadhara Samhita Madyama khanda* 6/2

Materials: *Varuna bark* – 100 g

Principle: Pounding and filtering.

Apparatus: *Khalwa yantra*, stainless steel vessel, cloth and weighing machine.

Procedure : *Varuna bark* was taken in a *khalwa yantra* and pounded.

Pounded material was sieved through a cloth to obtain fine powder.

Observation: Fine powder of *Varuna* was obtained.

Precautions

Care should be taken to avoid spillage while pounding.

- Sieving should be done properly to get fine powder

RESULT

Table No. 5: Showing the result of preparation of *Varuna churna*.

Initial weight	Final weight	Loss in weight	Loss in percentage
100g	80g	20g	20%

Amrutadi churna: is a formulation mentioned in *chakradatta Amavata chikitsa*. Fine powders of *Guduchi*, *Gokshura*, *Shunti*, *Mundi* and *Varuna* were taken in a

clean *khalwa yantra* and mixed well to form a homogenous mixture. Then it was preserved in an airtight container.

SHEET NO 1: PREPARATION OF GUDUCHI CHURNA



Image No. 1: *Guduchi Guduchi Churna*.



Image No 2: *Gokshura Gokshura Churna*.



Image No. 3: *Shunti Shunti Churna*.



Image No 4: Mundi Phala Mundi Phala Churna.



Image No. 5: Varuna Varuna Churna.



Image No. 6: Amrutadi churna.

DISCUSSION

A pharmaceutical study was carried out for the preparation of *Amrutadi churna* in two stages to obtain the contents in the described form.

Amrutadi churna contains *Guduchi*, *Gokshura*, *Shunti*, *Mundi* and *Varuna* as ingredients.

The pharmaceutical procedures adopted in this study are *churna nirmana*² and *Mardana*.

अत्यन्तशुष्कं यद्द्रव्यं सुषिष्टं वस्त्रगालितम् ।
तस्याच्चूर्णं रजःक्षोदस्तन्मात्राकर्षसंमिता ॥

The herb, when it is totally dried, pounded and cloth-filtered is called the *churna* (powder). *Raja* and *Ksoda* are its synonyms. The dosage of powder is 1 *karsa* (10gms).

CHURNA NIRMANA

Churna nirmana is one of the fundamental pharmaceutical procedures in Ayurvedic pharmaceuticals, where in crude drugs are converted into fine powder form to enhance their therapeutic efficacy. In the present study, the ingredients of *Guduchi*, *Gokshura*, *Shunti*, *Mundi* and *Varuna* were subjected to *churna nirmana* as per classical guidelines, ensuring uniformity and suitability for further pharmaceutical processing.

During *churna nirmana* the raw drugs undergo mainly physical changes rather than major chemical transformation.

The process of *churna nirmana* lead to reduction in particle size, which increases the surface area of the drug. This enhances availability of active phytoconstituents during administration.

Drying process prior to *churna nirmana* reduces moisture content, there by minimizing microbial growth and enzymatic degradation.

POWDER

Definition

A powder is a dry, finely divided solid dosage form containing one or more drugs with or without excipients, intended for internal or external use.

Preparation of powder

Selection and cleaning of raw materials
Drying of the drugs to remove moisture
Pulverization into fine powder
Sieving to obtain uniform particle size
Mixing of ingredients in the required proportion
Packaging and storage in air tight containers

Characteristics

Dry and finely divided
Uniform particle size
Free from moisture and contaminants

Advantages

Easy and economical to prepare
Better stability than many liquid preparations
Flexible dosing
Rapid onset of action due to faster dissolution

Disadvantages

Hygroscopic powders may absorb moisture
Dose measurement may be inaccurate if not properly standardized

Classification of powders

1. Internal powders
2. External powders

Storage

Store in well closed air tight containers
Protect from moisture, heat, and direct sunlight

Churna nirmana plays key role in this formulation, because the efficacy of the drug depends on fineness of the powder. *Mardana* is important for the homogenous mixture of drugs.

- Fine powders of *Guduchi*, *Gokshura*, *Shunti*, *Mundi* and *Varuna* were taken in a clean khalwa yantra and mixed well to form a homogenous mixture. Then it was preserved in air tight container.
- ***Guduchi*^[3]** has *tikta*, *kashaya rasa*, *Guru*, *Snigdha guna*, *ushna virya* and *Madhura vipaka*. It is *tridosha shamaka*, *vata shamaka* because of *ushna virya* and *Madhura vipaka*, *pitta hara* due to *Madhura viapaka* and *tikta kashasya rasa*. *kapha shamaka* because of *ushna virya* and *tikta*, *kashaya rasa*. it is indicated in *jwara*, *Prameha*, *Krimi*, *Arshas* and *Pandu*. it has *Rasayana*, *Deepana Medhya* properties.
- ***Gokshura*^[4]** has *Madhura rasa*, *guru*, *snigdha guna*,

sheeta virya and *madhura vipaka*. It is *vata* and *kaphaghna*. It has *rasayana*, *vrshya*, *rochana*, *deepana* properties. It is indicated in *Shula*, *Asmari*, *Hridroga Svasa*, *Kasa* and *Prameha*.

- ***Shunti*^[5]** has *katu rasa*, *laghu*, *snigdha guna*, *ushna veerya* and *madhura vipaka*. It has *deepana*, *pachana*, *rochaka*, *vatanulomana*, *shoola prashamana*, *truptighna* properties. It is indicated in *Amavata*, *Aruchi*, *Ajeerna*, *Shotha*, *Sandhivata*, *Vata vikara*. Gingerols and shogaols alkaloids of ginger have anti-inflammatory property which help in reducing joint pain.
- ***Mundi*^[6]** has *Madhura*, *tikta*, *katu rasa*, *Laghu-ruksha guna*, *ushna virya* and *katu viapka*. it is *tridosahara* it is indicated in *Mutrakrichra*, *Pandu*, *Galaganda*, *Vata roga*, *Agni mandya*, *Prameha* and *Amavata*
- ***Varuna*^[7]** has *Kashaya*, *madhura*, *katu rasa*, *ruksha-laghu guna*, *ushna virya* and *katu vipaka*. it is *vata kapha hara* It is indicated in *Mutrakrichra*, *Gulma*, *Asmari*, *Vatarakta*.
- All the *dravya* used in the formulation possess various therapeutic properties which are useful in the management of *Amavata*. When combined these drugs are expected to show synergistic action in the body.

CONCLUSION

Pharmaceutical standardization is an important requisite for the establishment of an efficient drug.

The pharmaceutical procedure involved in this study is *churna nirmana* and *Mardana*. *Churna nirmana* procedure helps in size reduction there by making the drug more bio available. The ingredients of *Amrutadi churna* are having *Shoolaghna*, *Shothaghna*, *Sandhigraha*, *Sparshaasahishnuta* properties which are beneficial for the management of *Amavata*.

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