



A CLINICAL STUDY ON THE ROLE OF HERBAL COMPOUND SHUNTHYADI CHURNA IN THE MANAGEMENT OF ATISAAR

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ABSTRACT

Ayurvedic literature has through description of ATISAAR1 disease and many formulations decided in charak samhita. Agni in Ayurveda includes the digestive processes of gastrointestinal tract as well as the metabolic processes in the tissues. Ama could therefore be produced by flawed digestion in gastrointestinal tract or in the tissues by

defective metabolic processes. Various drug trials were already carried out on Atisaar, yet there is a lacuna in the management of Atisaar. Aim to take this research project to assess efficacy of described drug. We selected herbal drug only, which is cost effective and easily available to patients. 50 patients of ATISAAR were selected out of which 40 patients completed treatment duration was 5 days only. No complications or adverse effect incurred during treatment. Drug is effective in management of 'Atisaar Patients.'

KEYWORDS: *Atisaar, Shunthyadi Churna.*

INTRODUCTION

With the march of time, most of the dietary habits, social structure, life style, and environment have been changing. Occurrence of Atisaar on large scale is one of the outcomes of this modification. Meaning of word 'Atisaar' is passing of weary Stool². *Madhukosh*

Commentary on *Madhav Nidan* mentioned 'liquid' character of faces in *Atisaar*. Diarrhea frequency, a change to fluid consistency or a mean stool weight the excess of 250 ml day. Though it is curable, the disease is life threatening. Different research fellows in medical field studied the disease with different effective remedies. Still Shunthyadi Churna is a remedy which is effective potent, cheap and easily available herbal, acceptable by any age group. Therefore I selected Shunthyadi Churna for research project. This drug has no adverse reactions seen. While doing this research I came across various Ayurvedic preparations, which gives better relief to patient. Shunthyadi Churna is one of them, which is mentioned by Yog-ratnakar.

Inclusive Criteria

1. Age group 5 to 65 years.
2. All types of Atisaar.
3. Patients suffering with moderate severity of Atisaar upto IInd degree dehydration (degree of dehydration according to international standards.)

Exclusive Criteria

1. Age below 5 years and above 65 years.
2. Patients with IIIrd degree dehydration.
3. Drug induced Atisaar.
4. Atisaar secondary to other serious illness i.e. Grahani Arsia, Jwara Shotha & Arsha, Poison.
5. Patient with serious illness ulcerative colitis, CA colon. Urania were excluded.

Detailed history, clinical examination and other relevant observation were recorded in proforma designed for project.

Laboratory investigations.

1. Complete Blood count.
 2. ESR
 3. Stool Examination
- I. Routine.
 - II. Microscopic.

The above mentioned investigations were done on 0 day and 5th day i.e. in the beginning and on completion of treatment.

Contains of Shunthyadi Churna. Drug Name	Botanical Name	Part Used	Quantity
Shunthi	Zanzibar Offecinale	Mul	500 mg
Chitrak	Plumbago Zylanica	Tvak	500 mg
Ativisha	Aconitum Heterophyllum	Mul	500 mg
Musta	Cyperus Rotundus	Mul	500 mg
Kutaj	Holerrhena Antidysentrica	Tvak	500 mg
Hingu	Ferula Fotida	Niryas	500 mg

Medicine Preparation Details as raw material were subjected to standard test. All Six churnas mixed together.

Dosage.

Adult – 1500 mg two times daily.

Children – 750 mg two times daily.

Dosage form – Churna.

Route of Administration – Oral.

Time of Administration – Two times daily. Before food in take.

Anupana – Lukewarm water.

Assessment Criteria

- 1) Daily follow up taken for change in baseline signs and symptoms.
- 2) Change in frequency and consistency of stools.
- 3) Stool examination

Table 1: Shows Number of Patients according to age groups.

Age Groups (in years)	05 – 10	05 – 10	21 – 30	31 – 40	41 – 50	51 – 60	Total
Numbers of Patients	01	20	06	06	09	08	50

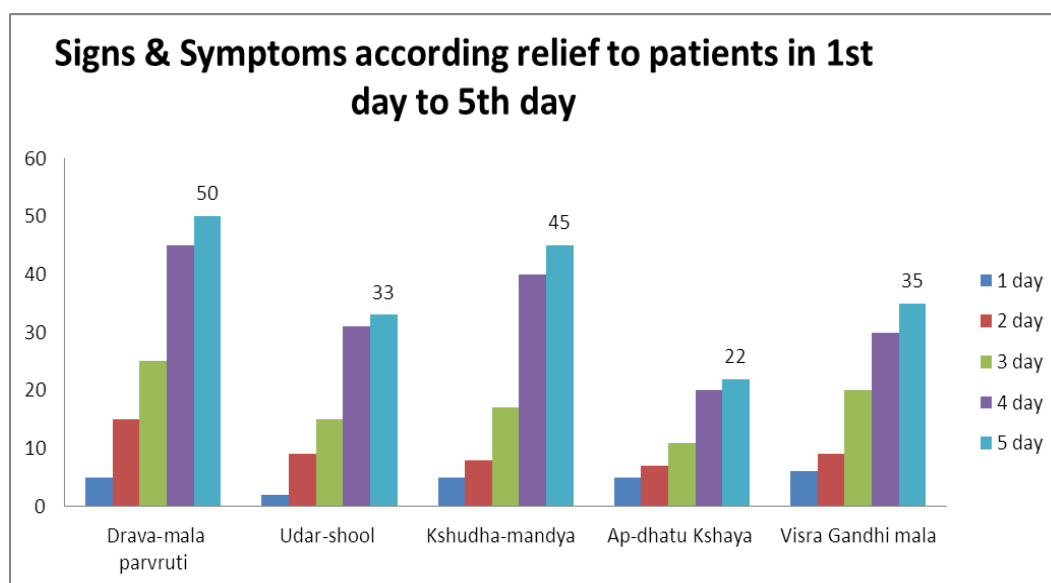
OBSERVATION AND RESULTS

Total **60** Patients were registered, out of which 10 patients drop out and **50** patients completed the treatment. It was observed that, In Shunthyadi Churna, Shunthi, Ativisha, Chitrak, Hingu are Ushna veerya, Kutaj are stamhak & grahi due to its Kashay ras. In Atisaar

Saamawastha, there is agnimandya. These drugs are Agnideepan, Aampachan & Dravshoshan qualities. Hence Effects of Shunthyadi Churna was significant.

Table 2: Shows Signs & Symptoms according relief to patients in 1st day to 5th day.

Signs & Symptoms	No. of Patients on 0 day	1st	2nd	3rd	4th	5th
Uncontrolled Drava-mala parvruti (Loose motions)	50	05	15	25	45	50
		10%	30%	50%	90%	100%
Udar-shool (Pain in abdomen)	33	02	09	15	31	33
		6 %	27%	45%	93%	100%
Kshudha-mandhya (Loss of appetite)	45	05	08	17	40	45
		11%	18%	38%	89%	100%
Ap-dhatu Kshaya (Dehydration)	22	05	07	11	20	22
		23%	32%	50%	91%	100%
Visra Gandhi mala (Foul smelling stool)	35	06	09	20	30	35
		17%	26%	57%	85%	100%



DISCUSSION

- Total 50 patients was observed. As in Shunthyadi Churna has Vat-kafagna properties. Hence very good effect was noted in Atisaar sam awastha. Very less effect was noted in Niram Atisaar.
- Kutaj have been described to have excellent anti-diarrhoeal 6 properties in Ayurved simulates.
- Mustak, Kutaj is Katu (Pungent) and Kashaya (Strigent) in taste (Rasa) and its veerya is sheeta (cold). It has Dipan, Pachan & Grahi qualities. It cures Atisaar, Arsha, Amelesha⁷, etc.

- Shunthi, Hingu, Chitrak, & Ativisha (Pungent) teekshna, Ushna (hot) in veerya, It subsides three doshas and cures Atisaar, Shool, krimiroga⁸.
- Vitiating Jathargni is the main reason for Atisaar above Six drugs acts as to Jatharagni deepana, Aampachana and grahi. So it relieves sign and symptoms of Atisaar patients.
- Conclusion on the basis of this study Shunthyadi Churna is found to be effective in relieving symptoms of Atisaar. There was no adverse reaction seen.

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