

Clinical Indications of Lavana Bhaskara Choorna: An Experiential and Scientific View¹

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ABSTRACT

Choorna preparations are popularly used in the treatment of diseases in modern India. They are easy to prepare but can't be preserved more than 6 months, Sitopaladi choorna, Talisadi choorna, Triphala choorna, Avipattikara choorna, Shatsakara choorna, Panchasakara choorna, Ajmodadi choorna, Gangadhara choorna, Lavana Bhaskara choorna, Hingwashtaka choorna and Trikatu choorna, are used in medical practices. Lavana Bhaskara choorna is one such preparation which is usually used in GIT disorders. Agnimandya, Ajirna, Atisara, Pravahika, Grahani, Malabandha, Arochaka and Mandagni are indicated for Lavana Bhaskara choorna. It contains ingredients having the actions like Dipana, Pachana, Grahi, Amahara, carminative, appetizers actions. The present paper highlights about clinical medications of Lavana Bhaskara choorna in an experiential and scientific

Keywords: *ic view; Lavana Bhaskara choorna; Drpana; Pachana; Carminative*

INTRODUCTION

Choorna formulations are easy to prepare however some choornas are not palatable. It is stored airtight, these choornas can be preserved for longer period also. Lavana Bhaskara choorna is dipana, pachana, digestive and carminative and increases agni (Digestive fire) in the body. Thus results in Amapachana and is useful in Sama condition. Most of the ingredients are dipana and pachana and are either salts or aromatic substances containing volatile oil. 1. Thus act as appetizer carminative, anodyne, antacid and Ruchiprada in action. Since this formulation contains some salts, it is helpful to correct electrolyte imbalance by supplementation. As salts stimulate enzymes secretion. It is effective in correcting indigestion.

Actions 2. 3.

- 1) Ushna
- 2) Dipana
- 3) Pachana
- 4) Grahi
- 5) Digestive
- 6) Carminative
- 7) Anodyne
- 8) Laxative

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- 9) Increasing absorption in gut
- 10) Antacid
- 11) Lavana rasayukta
- 12) Vishyanchi
- 13) Increasing digestive juice secretion
- 14) Tikshna
- 15) Kaphavatahara
- 16) Pitta Karaka

Indications 4.5.

- 1) Ajirna
- 2) Agnimandya
- 3) Aruchi
- 4) Atisara
- 5) Pravahika
- 6) Grahani
- 7) Atopa
- 8) Anaha
- 9) Adhmana
- 10) Tripti
- 11) Tandra
- 12) Aveti diarrhoea
- 13) Irritable bowel syndrome
- 14) Regional ileitis
- 15) Intestinal tuberculosis
- 16) Chronic amoebiasis
- 17) Topical sprue
- 18) Indigestion
- 19) Flatulence
- 20) Gastro enteritis
- 21) Amoebic colitis
- 22) Ulcerative colitis

Ingredients

1. Samudra lavana – sea salt 96 gm
2. Souvarchala lavana – sochal salt 60 gm
3. Vada lavana - Black salt 24 gm
4. Saindhava lavana – Rock Salt 24 gm
5. Dhanyaka – (Coriandrum sativum) 24 gm
6. Long pepper – (Piper longum) 24 gm
7. Black pepper – (Piper nigrum) 24 gm
8. Ginger – (Zingibera officinalis) 24 gm
9. Kala jeera – (Coreum carvi) 24 gm
10. Patra – (Cinnamomum tamala) 24 gm
11. Naga Keshar – (Mesua ferrea) 24 gm
12. Talisa patra – (Abies webbiana) 24 gm
13. Amla vetasa – (Solena amplexicaulis) 24 gm
14. White cumin – (Cuminum cyminum) 12 gm
15. Dadma – (Punica granatum) 48 gm
16. Cinnamon – (Cinnamom zeylanicum)
17. Ela – (Elattaria Cardamomum) 6 gm

Amayika Prayoga 5.

1. Ajirna – It is given with Dashamoolarishta.
2. Aruchi – It is given Dadimashtaka choorna.
3. Agnimandya – It is given with chitrakarava and chitrakadi vati.
4. Atisara - It is given with Kutajarishta and bilvavaleha.
5. Pravahika – It is given with Kutajarishta. 6.
6. Graham – It is given with Graham Kapata rasa and Kutajarishta.
7. Atopa – It is given with Triphala tablet or Trivrit leha.7.
8. Anaha – It is given with Triphala tablet and Abhayarishta.
9. Adhmana – It is given with Agnitundi vati and Abhayarishta.
10. Tripti – It is given with chitrakadi vati.
11. Tandra - It is given with Drakshasava.
12. Acute diarrhoea – It is given with Bilvavaleha and Bilvadi vati. 8.
13. Imitable Bowel Syndrome – It is given with Vatsakadi ghana vati and Kutajarishta.
14. Regional ileitis – do.
15. Intestinal tuberculosis – It is given with Anti Koch's treatment.
16. Indigestion – It is given with chitrakasava or Lashunadi vati .
17. Topical sprue - It is given with Mustakarishtha and Nabhi vati.
18. Flatulence - It is given with triphala tablets and Abhayangarishta.
19. Gastroenteritis - It is given with Lashunadi vati and Mastakarishtha .
20. Amoebic colitis - It is given with kutaja ghana vati and Kutajarishta.

DISCUSSION

Choorna yogas are frequently used in clinical practice by Ayurvedic physicians. They are easy to prepare but can be used for 6 months to 1 year. Lavana Bhaskara choorna is one such preparation which is commonly used in GIT disorders and diseases associated with indigestion.9. Diseases like Aruchi, Agnimandya, Ajirna, Atisara, irritative bowel syndrome, topical sprue, Pravahika, Grahmi, gastroenteritis, ulcerative colitis, Amoebic colitis, Regional ileitis, diarrhoeal disorders and dysentery can be treated by this medicine 10..

It contains salts and pungent drugs as ingredients. These drugs are having Dipana, Pachana, Amapachana, Grahi, appetizer, Carminative, amoebicidal, antibacterial and bactireacidal actions. With disease specific suitable adjuvants or with add on therapy, Lavana Bhaskara choorna can be given in various disorders with good outcome.

CONCLUSION

1. Lavana Bhaskara choorna is effective in the management of GIT disorders and diseases associated with indigestion.
2. With suitable disease specific adjuvants, it produces desired outcomes.
3. These were least adverse drug reactions even in patients taking this medicine at ideal dosage for prolonged period.

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