ABSTRACT

Ayurveda is science of life. In ayurveda there are three sub pillars of body i.e. food, sleep, celibacy. Among these sub pillars food is most important subpillar. The food is converted into annarasa by the action of Jatharangi on it and then it is processed by different dhatvagni (seven tissue agni). In the result of seven tissue agni mechanism at tissue level, particular tissue absorb the specific nutrients from the annarasa as per need but if any obstruction occurred in channels of the body then according to kedari kulya nyaya or any other maxim (nyaya) related to dhatuposhana, tissue level nutrition also not occurred as well as if we take any medicine for any disease, that medicine can’t reach at the tissue level due to the obstruction of channel that’s why the medicine also can’t fulfill the aim to treat the disease. Thereby for proper nutrition and medication, purification of channels is needed because Shodhana chikitsa has preventive as well as curative importance. For the channel purification purpose aacharya charaka described Haritakyadi churna in rasayana chikitsa first part abhayaamalakiya chapter. By using this mentioned churna, channel purification occurred by which rasayana (rejuvenation) therapy properly work on the body. There are 9 ingredients in this haritakyadi churna having Shrotosodhana properties, antihelminthic properties, vata pitta pacifying properties and medhya properties. In this analytical study we have tried to establish haritakyadi churna as an important channel purification yoga. So it may be used for channel purification before administration of various rasayana dravya, food and medicine in the shrotoavarodha condition to achieve the proper effect of medicine, rasayana and food.
KEYWORDS: Jatharagni, dhatvagni, annarasa, Shrosodhana.

INTRODUCTION
In ayurveda there are three sub pillars i.e food, sleep, celibacy, in those pillars the first and important pillar is “food”. In the ayurveda there are different type of description about food and how to take it. In ayurveda food is called as “Bahyaprana”. What ever food we take as a disciple/proper way, this food first digested due to digestive fire (Jatharagni). Digestive fire is the most important fire (agni) in our body among the 3 type of fire (agni). Due to this digestive fire food particle are converted in to Annarasa (“chyle”). This “chyle” circulated all over the body through the channels (shrotas). After this circulation the chyle should be processed by different dhatvagni /seven tissue agni. In the result of seven tissue agni mechanism/metabolism at tissue-level, particular tissue absorb the specific nutrients from the annarasa (chyle) according to the need. But if any obstruction occurred in channels of the body then according to kedari kulya nyaya or any other maxim (nyaya) related to dhatuposhana, tissue level nutrition also not occurred. Another reason is that if we take any medicine for any disease, that medicine can’t reach at the tissue level due to the obstruction of channel that’s why the medicine also can’t fulfill the aim to treat the disease. If we conclude the above discussion then according to 1st prediction the nutrition of dhatus (dhatuposhana) will not occur properly due to channel obstruction so the disease resistant (immunity) power of that person will be reduced and according to 2nd prediction the medicines will not reach up to the definite target because of channel obstruction so the doshas of body will not be in the equilibrium condition and cause diseases. So by considering both of the predictions purification of channel is necessary for getting proper nutrition of tissues by annarasa that the immunity power may be enhanced as well as the medicine should reach up to the target sites that the doshas could maintain equilibrium condition. The channel purification drug should not decrease the strength of the body. So the channel purification drug should be made of those drugs which should not cause the decrease of the strength of the body during purification process.

According to the above sight of angel “charaka” described channel purification in Rasayana (rejuvenation therapy) first part abhayaamalakiya chapter. In this chapter there is description of haritakyadi churna. By using this mentioned churna channel purification carried out by which the rejuvenation therapy properly effect on the body. So by using this haritakyadi
churna the disease resistance power of a human being is developed and the equilibrium condition of body doshas is maintained.

MATERIAL METHOD
Material related to this topic have been collected from various ayurvedic classical texts as Charaka samhita, Sushruta samhita, Bhav prakash, Dhanvantari nighantu and available commentaries on those texts……………..

After studying the texts regarding the different ingredients of the Haritakyadi churna and going through the different properties of all these ingredients and on the basis of that particular properties of ingredients we analyzed how they work as a shrotoshodhaka formulation.

Aim
• To prove the haritakyadi churna as a best shrotoshodhaka formulation for using before rasayana or in any other desired condition.

Objective
• To show the importance of shrotoshodhana before giving rasayana
• To show the importance of shrotoshodhana on other diseased condition where results are not satisfactory after giving medicine without shrotoshodhana.

Critical analysis
In Ayurveda science, mentioning of the haritakyadi churna in the very beginning of chikitsa shows the aim and importance of this churna. This yoga is given in first chapter of Charaka chikitsa sthan (abhayaamlakiya) for the purification of the channel before using of rasayana. It contains total 9 ingredients.

“Haritakinam churnani saindhav amalake gudam |
Vacham vidangam rajanim pippalim vishwabheshajam||” (Cha.Chi. 1/1/25)
<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Name of the drug</th>
<th>Botanical name</th>
<th>Family</th>
<th>Used part</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Haritaki</td>
<td>Terminalia chebula</td>
<td>Combretaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>2.</td>
<td>Saindhava</td>
<td>Rock salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Aamkakri</td>
<td>Emblica officinalis</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>4.</td>
<td>Guda</td>
<td>Saccharum officinarum</td>
<td>Poaceae</td>
<td>Stem</td>
</tr>
<tr>
<td>5.</td>
<td>Vacha</td>
<td>Acorus calamus</td>
<td>Araceae</td>
<td>Root, Tuber</td>
</tr>
<tr>
<td>6.</td>
<td>Vidanga</td>
<td>Embelia ribes</td>
<td>Myrsinaceae</td>
<td>Fruit</td>
</tr>
<tr>
<td>7.</td>
<td>Rajani</td>
<td>Curcuma longum</td>
<td>Zingiberaceae</td>
<td>Tuber</td>
</tr>
<tr>
<td>8.</td>
<td>Pippali</td>
<td>Piper longum</td>
<td>Piperaceae</td>
<td>Root, Fruit</td>
</tr>
<tr>
<td>9.</td>
<td>Vishwabheshaja</td>
<td>Zingiber officinalis</td>
<td>Zingiberaceae</td>
<td>Tuber</td>
</tr>
</tbody>
</table>

Analytical study has done on the basis of following four points.
1. **Shrotoshodhana** properties
2. **Krimighna** properties
3. **Vata Pitta shamaka** properties
4. **Medhya** properties

### A. **Shrotoshodhana properties** *(Channel purification)*

Shrototorodhana mainly caused due to formation of *aama* to clarify the *aama* we should use such type of medicine which are *deepana*, *pachana* and *vatanulomana* in nature. Due to the *deepana pachana* properties they digest the *aama* and by *vatanulomana* they clear the pathway of channel.

1. **Haritaki**
   - It has properties of cleanses various type of obstruction in the channel of circulation.[1]
   - *Haritaki* stimulates the power of digestive fire (*deepana*), digestive capacity (*Pachana*) and is carminative (*vatanulomaka*). It eliminates aggregated *doshas* from the body.[2]

2. **Saindhava**
   - *Saindhava* helps in elimination of urine and feces in proper way.[3]
   - It increases interest in taking food, light in nature and enhances the digestive power.[4]

3. **Aamkakri**
   - *Aamkakri* fruit has sour, bitter, astringent and pungent tastes. It also has laxative properties.[5]
   - *Aamkakri* have same properties as *Haritaki*. So by *deepana, pachana* of *shrotoshodhana* is also clarifies the channel.[6]
4. **Guda**
   - It cleanses urine and blood. This property shows its channel clarifying nature.[7]

5. **Vacha**
   - It has properties to remove the flatulence and constipation.
   - It also helps in abdominal pain and has properties of purification of urine and feces. So by clarifying the flatus and feces it help in purification of channel.[8]

6. **Vidanga**
   - It helps in digestion and also used in flatulence and constipation.
   - It increases the appetite. So by the *deepana, pachana* properties and removing the flatus and feces it also clears the channel.[9]

7. **Rajani**
   - It helps in purification of channel by cleaning the feces and urine from the body. So it clarifies the channel.[10]

8. **Pippali**
   - The *Pippali* has the properties of purgation. So the excessive harmful material is removed from the body forcefully.[11]

9. **Shunthi**
   - It has the properties to remove constipation and hardness in bowel and colic.[12]
   - The ginger is unctuous, promoter of digestion and it also cure the constipation.[13]
   - It increases the power of digestion and taste towards the food. It also cleanses the tongue and trachea.[14]

**B. Krimighana (Antihelminthic properties)**

Worms present in body causes *dhatukshaya* in two way first they obstruct the channel so proper absorption and assimilation hampered and second they use the nutritive protein of *aahar rasa* resulting in malnutrition which causes decrease immunity and overall strength of body. *Charaka* described three ways of eliminating the worms from the body i’e.[15]

1. Apkarshana
2. Prakrtivighaat
3. Nidan parivarjana
In this study we only discuss about the *apakarshana* and *prakritivighaat* through *haritakyaadi churna*.

*Apkarshana:* Due to the purgative or laxative properties of drug the worms thrown out from the body.

*Prakritivighaat:* Due to properties of drug the nature of worms are affected so worms are removed out from body. *Madhura avastha* is the favourable condition for worms the drugs which are not *madhura* and have the properties of *lawana, katu, tikta, kasyay* causes the unfavourable environment resulting in death of worms.

1. *Haritaki*  
   - *Haritaki* also has the of worm destroying properties by its nature.\(^{[16]}\)  
   - It helps in eradication of intestinal worm due to the *anulomaka* properties.

2. *Saindhava*  
   - *Saindhava* is harmful for the worms due to its opposite nature and it is having salt taste so it counteract the factor responsible for the production of worms.

3. *Aamlaki*  
   - *Aamlaki* posses same properties of *haritaki*.
   - Laxative properties of *aamlaki* expel out worms from the body

4. *Guda*  
   - *Guda* attracts the worms due to its sweet nature and after that due to its mild purgative nature the worms are expelled out from the body.\(^{[17]}\)

5. *Vacha*  
   - It has antihelminthic properties, and has antipoisonous properties.\(^{[18]}\)  
   - It posses *katu, tikta rasa* by which it counteracts the production of worms in the body.

6. *Vidang*  
   - It has antihelminthic properties by its effect. It is mostly used in ayurveda for the treatment of worms. It kill all the worms in the body and *vidanga* is also considered as a *rasayana* drug by *sushruta*.\(^{[19]}\)
7. **Rajani:-**
   - According to the *dhanvantari nighantu rajani* has worm destroying properties.\(^{[20]}\)
   - *Rajani* is also known as *krimighni*.\(^{[21]}\)

8. **Pippali**
   - It has potency to treat the worm disease.\(^{[22]}\)
   - *Pippali* counter-act the favourable factors for the production of the parasites.
   - By the purgative nature of the *pippali*, the worm come out from the body in the feces.

9. **Shunthi**
   - It is hot in potency by this property. it counteract the production of the worm and it is the promoter of digestion and also cure the constipation.\(^{[23]}\)

C. **Vata pitta shamaka (alleviating) properties**
Main cause of ageing is *vata* and *pitta dosha*. So the drug having *vata pitta* alleviating properties, can hamper of ageing process. *Haritakyadi churna* have *vata pitta* alleviating properties which helps in maintenance of the body.

1. **Haritaki**
   - It promotes longevity and nourishment. It prevents the ageing and prevents (eradicates) all diseases.\(^{[24]}\)
   - *Haritaki* has the properties of pacifying all the *doshas* in the body.\(^{[25]}\)
   - It also has properties as aphrodisiac, weight promotive and strengthening.\(^{[26]}\)

2. **Saindhava**
   - It also pacifies the all elevated three *doshas* in the body and its not harmful for *shukra* and vision.\(^{[27]}\)
   - It has excellent *doshas* alleviating property.\(^{[28]}\)

3. **Amalaki**
   - Aamlaki has properties same as haritaki and it is also aphrodisiac in nature.\(^{[29]}\)
   - It alleviates all *doshas*. Pacifies *vata* due to sourness, *pitta* due to sweetness and coldness, and *kapha* due to roughness and astringency.\(^{[30]}\)

4. **Guda**
   - It promotes strength and is aphrodisiac.
It has properties of not much *pitta*-alleviating and *vata* pacifying.\[31\]
Slightly old jiggery has enhanced qualities and is the most wholesome.\[32\]

5. **Vacha**

- It alleviates *vata dosha*.\[33\]

6. **Vidanga**

- It pacifies *vata* and *kapha dosha*.\[34\]

7. **Rajani**

- *Rajani* alleviates the *kapha* and *pitta doshas* in the body.\[35\]
- It also promotes the strength and complexion of body.\[36\]

8. **Pippali**

- Fresh *pippali* increases *kapha* while the dried one pacifies *kapha*, *pitta* and slightly alleviates *pitta*. It is aphrodisiac in nature.\[37\]
- *Pippali* alleviates the *vata* and *kapha* and fresh *pippali* pacifies *pitta doshas*.\[38\]

9. **Shunthi**

- It is aphrodisiac in nature and alleviates the *vata* and *kapha*.\[39\]

D. **Medhya properties**

Ageing process affects the body as well as mental status. So medicine which is given for *shrotoshodhana* should be also be *medhya* in nature.

1. **Haritaki**

- It suppress the all elevated *doshas* in body and it promotes intellect, sense, perception and vitality.\[40\]
- It has intellect promoting properties.\[41\]
- It does stupefaction of memory as well as intellect and also has rejuvenating properties.\[42\]

2. **Saindhava**

- It is whole some for eye, it alleviates all *doshas* by its properties the *saindhava* also increases the memory and intellect.\[43\]
- It has also rejuvenating properties.\[44\]
3. **Amalaki**
   - *Aamlaki* has same properties as *haritaki*.

4. **Vacha**
   - *Vacha* has intellectual properties by its effect.
   - It promotes growth of physique, mental power and intellect."[^45]

5. **Pippali**
   - It has properties as longevity, memory intellect increase wholesome.
   - It promotes digestion.

This *shrotoshodhan* formulation is not only used for the purpose of *shrotoshodhana* before giving the *Rasayana* but it should be used in another conditions also where proper nutrition is hampered due to the obstruction of channels and drug cannot reach up to the target level. By clearing the channel proper nutrition is established which increase the overall strength of body and when medicine reaches its target site it causes pacification of *doshas*. So the strength of body is increases and strength of *doshas* decreases resulting in healthy status.

**CONCLUSION**

Medicines which have the properties of purification of the channel by nature, having antihelminthic properties or having *vata pitta* pacifying properties and intellect promoting properties should be used before giving the *rasayana* to get the proper effect of *rasayana* and *haritakyadya churna* posses all these properties. This formulation can also used in diseased condition for *shrotoshodhana* where the cannal is obstructed and due to this reason medicine is not responding. It will clear the channel and best result of medicine can be achieved.

**REFERENCES**


