

# Significance of *Mishyadi-Choorna* in *Chardi*

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**Abstract:** Acute Gastro-enteritis accounts for millions of deaths each year in young children exhibiting vomiting as a prodromal symptom leading to severe Dehydration associated with electrolyte disturbance and metabolic acidosis, which is the most frequent and dangerous complication seen early in children than adults. Only few of the Anti-Emetic drugs are practiced predominantly in General and Emergency departments which provides symptomatic relief temporarily and fails to treat underlying pathology of Vomiting. Even though Interventions are inevitable towards treating this pathology as Pediatric age group makes it much harder to generate new formulations specially regarding palatability, mode of administration, least dose and quick action according to the age which is to be considered necessarily. *Mishyadi choorna*<sup>1</sup> mentioned in *Chakradatta*, is such a drug of choice and potent medicine to treat acute Gastroenteritis in children which relieves not only the vomiting but also other life threatening condition like electrolyte imbalance by fulfilling all criteria required in Pediatric medication. Hence, this presentation is an effort to explain the significance of action of *Mishyadi-choorna* in *Chardi* in *Baalaroga*.

**Keywords:** Chardi, Aruchi, Ama, Mishyadi Choorna

## 1. Introduction

### Definition<sup>2</sup>:

*Sushrutacharya* defines *chardi roga* as one of the *vegās* which comes out through mouth with much difficulty to evacuate *Doshas*.

In classics *Chardi* mentioned as an individual disease and also as one of the *lakshanas* of certain disease.

### NIDANA<sup>3</sup>:

*Atidrava*, *Atisnighdha*, *Ahridya*, *Atilavana*, *Akala*, *Atimatra-bhojana*, *Ati shrama*, *Udvega*, *Ajeerna*, *Krimi* dosha are common Etiological factors of *Chardi*.

### SAMPRAPTTI<sup>4</sup>:

Vyana vata along with Udana vata will be aggravated due to virudhaahara sevana influences *Doshas* to come out for expulsion through mouth.

### POORVA-ROOPA<sup>5</sup>:

*Praseka* (excess salivation), *Hridayotklesha* (discomfort in the gastric region), *Bhaktasya anabhinandan* (no interest towards food)

### ROOPA:

- *Vataja*<sup>6</sup>*Chardi*: There will be pain in Parshva and Pristha, expulsion of scanty vomitus with more frequency, gets relief after vomiting.
- *Pittaja*<sup>7</sup>*Chardi*: Individual feels Amlata, Katu, Tikta taste in mouth, Daaha, Chosha and Jwara
- *Kaphaja*<sup>8</sup>*Chardi*: Quantity of vomitus will be more with sweetness in mouth, no interest towards food, Shareera gouravata,
- *Sannipatika*<sup>9</sup>*Chardi*: All tridosha lakshana can be seen
- *Agantuja chardi*<sup>10</sup>: vomiting sensation due to bad/foul smell, Douhridyata and Ama.
- *Krimija chardi*<sup>11</sup>: occur due to worm infestation.

### CHARDI in BAALA:

*Kashyapa* in *vedana adhyaya* mentions about *Chardi*<sup>12</sup>. *Vidahi-aharsevan*, *Ajirna* and *Mandagni* forms *Ama* which play significant role in the pathogenesis of *Chardi*. If mother consumes *Atidrava*, *Atisnighdha*, *Ahridya*, *Atilavana*, *Akala*, *Atimatra-bhojana* leads to *Rasadusthi* in turn vitiates *Stanya*<sup>13</sup> and if baby consumes *Dushita stanyait* leads to *Chardi*. Similarly unhygienic condition, bad eating habits, disturbed life style pattern diminish body Immunity results in increased range of Morbidity. *Kaphajachardi* is most common form of Childhood *Chardi*. *Kapha* & *Kaphaj* disorders leading *Kaphajlakshanas* significantly contributes *Chardi* in Children population.

### Ingredients of Mishyadi Choorna:

- *Mishi*
- *Krishnaanajana*
- *Laja*
- *Shruni*
- *Maricha*
- *Makshika*

### Action of Individual Drug:

#### • MISHREYA/ MISHI<sup>14</sup>:

*Sushruta* considered it as *Rakshoghna*. *Sharangadhara* quoted it as *Dipaniya dravya* and hence can be indicated in *Agnimandya*, *Vibandha*, *Krimi*, *Chardi*, *Jvara*, *Shoola*.

Chemical constituents being Riboflavin-Absorption, Choline-Anti-spasmodic, Niacin-improves good cholesterol

Therapeutic indication in *Aadhmaana*: *Mishreya* decoction as Enema.

#### • KRISHNA/PIPPALI<sup>15</sup>:

*Atharva veda* as *Rasayana*, *Kaushika dharma sutra*-in Neonates as it is *Medhya*. *Charaka* as *Vardhamaana Pippali Rasayana*, *Shoola prashamana*, *Hikkanigrahana*, *Triptighna*

Volume 11 Issue 3, March 2022

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Chemical constituents: Charyophyllene–Anti–inflammatory, Anti-bacterial, Anti-microbial, Antispasmodic and it's Therapeutic indication is *Pippali choorna*, Honey with *Sharkara*.

• **DARU HARIDRA/ RASANJANA**<sup>16</sup>:

*Charaka-Arshogna, Kandhugna.*  
*Sushruta-Haridradi, Mustadi.*  
*Vagbhata-Haridradi, Mustadi*

Chemical constituents being Berberine which has Anti inflammatory property.

- **LAJA**<sup>17</sup> (*Oryza sativa*) FamilyGramineae Laja (parched paddy) is a Soft, Light, Whitish, commonly edible food product. According to classics: *Deepana, Laghu, Grahi, Sneha, Kapha-Meda-Chedaka, Balya, Rasayan& Ojo-vardhak.*

• **KARKATA SHRINGI**<sup>18</sup>:

*Sushruta-Kakolyadi and Padmakadi, Charaka-Madhura Skandhas and Vrishya.*

• **MARICHA**<sup>19</sup>:

*Charaka-Dipaniya, Shoolaprashamana, Krimighna.*  
*Sushruta: Pippalyadi, Tryushana.*  
*Vagbhata: Pippalyadi.*  
*Sharangadhara: Chedana, Pramathi.*

Chemical constituent being Piperine-reduces Muscular Pain, Appetizer, Anti-Oxidant, Increases blood circulation

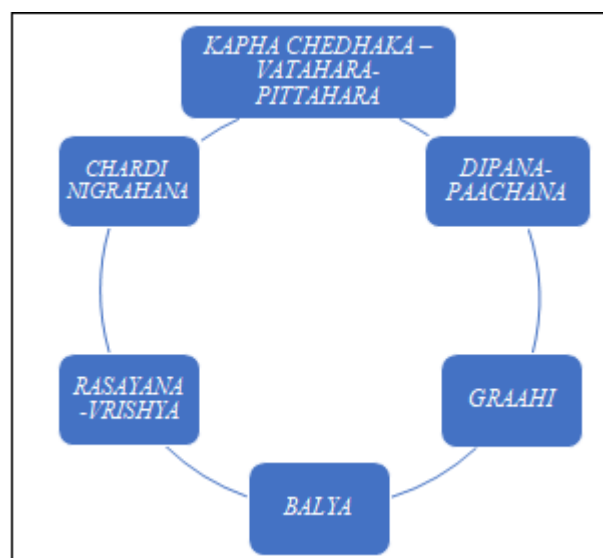
Therapeutic indication in *Grahani*: *Maricha churna* given with Butter milk.

**Properties of Drugs:**

PROPERTY & DRUGS	MISHI	MARICHA	PIPPALI	RASANJANA	KARKATASHRINGHI
BOTONICAL NAME	Foeniculum vulgare	Piper Nigrum	Piper longum	Berberis aristata	Pistacia integerrima
FAMILY	Umbelliferae	Piperaceae	Piperaceae	Berberidaceae	Anacardaceae
RASA	Madhura ,Katu,Tikta,	Katu	Katu	Tikta ,kashaya	Kashaya –Tikta
GUNA	Laghu,Ruksha	Laghu,Tikshna	Laghu,Snighda	Laghu ,Ruksha	Laghu,Ruksha
VIRYA	Sita	Ushna	Ushna(ardha) ,shita(ardha)	Ushna	Ushna
VIPAKA	Madhura	katu	Madhura	Katu	Katu
KARMA	Kapha-vata hara, Dipana-pachana, Hridya, vrishya	Kapha-vata hara, Vrishya Dipana Pramathi	Vata –sleshmahara, Dipana Vrishya Rasayana	Kapha –pittahara, Chedhana	Kapha- Vatahara Vrishya Grahi Dipana
PART USED	Fruit	Fruit	Fruit,Root	Root,Stem,Fruit ,Rasanjana	Galls
DOSE	F- P:3-6gms, Oil-5-10gms, Distillate -20-40mls	0.5-1gms	0.5-1gms	Rasanjana -1-3gms	1-3gms

**Mode of Action**

*Rasa-Katu, Tikta, Kashaya, Guna-Laghu, Ruksha, Virya-Anushna-sheeta*



**MATRA:**<sup>20</sup>

*Sushruta samhita:*  
*Ksheerada-anguli parvadvaya grahya*  
*Ksheerannada-Kolasthi (seed of Kernel of Jujuba fruit)*  
*Annada-Kola matra.*  
*Sharangadhara & Yogaratnakara-1 Month-1 Ratti.*

**SAMAANA YOGA:**

- *Choorna* individually
- *Choorna Daditta+Pippali+Makshika*
- *Sita +Chandana+Makshika*

**ANUPANA:**

*Madhu, Ghrita.*  
Honey<sup>21</sup> has been shown to hamper the growth of food-borne pathogens such as *E. coli* & *Salmonella*, *Staphylococcus aureus* and *Pseudomonas aeruginosa* and has Wound healing property.  
Ghee Highly calorific (64 c & 17 grams of sugar), Anti-oxidant, Helpful for good fat.

**SAHAPANA:**

*Takra, Ushnajaala-Amapachaka, Kaphachedaka, Agnideepaka, Aruchihara, Shoolahara.*

**2. Discussions**

Nausea and vomiting are common sequelae of a multitude of disorders that can range from mild to severe conditions. Even though Interventions are inevitable towards treating this pathology, Pediatric age group makes it much harder to generate new formulations in regardance with Palatability, Mode of administration, Least dose, Quick action according to the age. Many researches were done on each ingredients of this formulation has shown significant action in alleviating intestinal infection like Fruit extraction of Pepper inhibits *Escherichia coli* and increases permeability of intestinal cells and *Laja* has good portion of digestible nutrients, Rich in Carbohydrate (88%), Low fat (0.2%), Protein (8.6%), Low salt, Low cholesterol, Easily digestible and greater coefficient of Digestibility as compared to Wheat and other Rice products. Immediate source of energy.<sup>19</sup>To manage Chardi in Pediatric group which are caused due to Gastro intestinal disturbances classics has explained numerous formulations which rectify with their action by *Deepana, Paachana, Chedana, Anulomana, Ruchi vardaka* with their convenient palatability like *Madhura rasa dravyas* and with easy administration as *Choorna or Gutika* etc, with proper *Anupana* with honey and *Ushna jala*. Classical formulation has a unique view and action to rectify each and every discomfort in Pediatric group which can be self felt by Children but failed to express like Evening Colic and Indigestion.

**3. Conclusion**

*Mishyadi choorna* mentioned in *Bhaishajya ratnavali, Balarogadhikara* is such a drug of choice and potent medicine to treat acute gastroenteritis in children which relieves not only the vomiting but also other life threatening condition like dehydration and Hypoglycemia as it contains huge energy sources like *Laja, Ghrita, Madhu* which restores energy. It also fulfils all criterias required in pediatric medication like, Palatability, easy mode of administration and Least dose required in pediatric medication. Hence understanding action, efficacy through *Rasa, Veerya, Vipaka* and practicing classical medicine has promising results to prevention and cure chardi in present days.

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