

NARACHA CHOORNA: A MEDICINE FOR VIBANDHA (CONSTIPATION IN CHILDREN)

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ABSTRACT

Naracha choorna is one medicine which can be indicated in *Vibandha* (Constipation). It is explained in *Sahasrayog*, *Sharangdhar* and *Baishajya Ratnavali*. It contains *Trivruta* Latin Name: *Operculina turpethum* (Linn.) *Silva Manso* Syn. *Ipomoea turpethum* R. Br. (Fam. Convolvulaceae), *Pippali* Latin Name: *Piper longum* Linn. (Fam. Piperaceae) and *Khandasharkara*. Latin Name: (*Saccharum officinale*) (Fam Poaceae). Constipation in Ayurveda is described as *Vibandha* – meaning which is obstructed or bounded in Intestine. It is usually a chronic condition & is described in the context of *Arshas*, *Udara roga* and *Gulma*. It is a feeling of unsatisfactory defecation- hard stools, passage of too large stools or difficult to expel. Functional constipation is defined as constipation that does not have an anatomical (physical) or physiological (hormonal or other body chemistry) cause. It may be caused due a change in diet & fluid intake, no proper toilet training or due to a deviation from usual toilet routines. A person with functional constipation may be healthy, yet has difficulty in defecation. Functional constipation is the most common form of constipation. The “Rome III criteria” is a widely accepted for diagnosis of Functional constipation. It is referred as a symptom of *Apana Vayu vega dharana* and *Purisha vega vidharana* and also has been mentioned in *Udavarta Chikitsa*.

Keywords: *Naracha choorna*, *Vibandha*, *Trivruta*, *Pippali*, *Khandasharka*, *Arshas*, *Udara roga*.

INTRODUCTION

Constipation is considered as one of the most common symptom of GI system. It accounts for about 3 to 30% of visit to pediatric gastroenterologists in developed countries¹, and in India the percentage lies between 5-29². Only a small percentage of children do have an organic cause for constipation. Beyond the neonatal period, the most common cause of constipation is functional and has been called idiopathic constipation, functional fecal retention, and

fecal withholding³. In 17 to 40% of cases constipation starts at the first year of life⁴. Different treatment modalities are available but most commonly used are laxatives. But use of laxatives is associated with side effects such as bloating, abdominal cramps or pain, nausea, vomiting, diarrhea etc⁵. If constipation not treated early may lead to chronic abdominal pain, fecal incontinence⁶ & complication like enuresis, fecal soiling, anxiety etc⁷. Due to the high preva-

lence rate, economic burden and adverse complications on the quality of life makes constipation a major public health issue^{8,9}. So, there is need to find out a drug which is safer, palatable for children & more effective in treating constipation. Hence an effort is made to see the effect of *Naraca choorna* in treating

constipation which has been told in *Sharangdhara Samhita*¹⁰ & *Baishajya ratnavali*.¹¹

AIM: *Naracha Choorna* is beneficial in *Vibandha* (Constipation).

TABLE 1: COMPOSITION OF *NARACHA CHOORNA*

No	Name of Ingredients	Botanical Name	Part Use	Qty
1	<i>Trivruta</i>	<i>Operculina turpethum</i>	Fruit	1part
2	<i>Pippali</i>	<i>Piper longum</i>	Fruit	1part
3	<i>Khandasharkara</i>	<i>Saccharum officinale</i>	Exudate	1 part

PREPARATION METHOD:

- 1) Take all ingredients in powder form.
- 2) Mix all ingredients in equal quantity.
- 3) Mix them till homogenous mixture.
- 4) Keep in air tight container.

Anupan: Honey

Indication: *Vibandha* (Constipation), *Adhmana*, *Udararoga*

The different properties and the characters of the various ingredients of the drug are as mentioned below:

a) *Trivruta*¹²

Latin name – *Operculina turpethum* (Linn.) *Silva Manso* Syn. *Ipomoea turpethum* R. Br.

Family - Convolvilaceae

Classical name - *Trivruta*

Sanskrit synonyms – *Trivrt*, *Triputa*, *Tribhandi*, *Trysra*, *Kotaravahini*, *Kutarana*, *Kumbha*, *Rechani*, *Sarani*, *Sarala*, *Sarvanubhuti*

Hindi name – Nisoth

English name – Indian Jalap

Botanical Description: *Trivrut* is a large perennial twiner with milky juice and fleshy roots, found growing wild nearly throughout the country, ascending to 900 m, also occasionally grown in gardens; the roots being fleshy, care is taken in drying as they decay easily; roots therefore cut into pieces and the cut portions are exposed to sun for a day or so, after which it is finally dried in shade.

Ayurvedic Pharmacodynamics

Rasa- Madhura, Katu, Tikta, Kashay

Guna – Laghu, Ruksha, Tikshna

Virya - Ushna

Vipaka - Katu

Dosha karma - Kaphavatashamak.

Parts used –Root

b) *Pippali*¹³

Latin name – *Piper longum* Linn

Family - *Piperaceae*

Classical name – *Pippali*

Sanskrit synonyms – Magadhi, Vaidehi, Krishna, Kana, Chapala, Upakulya, Shaundi, Kola

Hindi name – Pipala

English name – Long pepper

Botanical Description – It is a slender, aromatic climber with perennial woody roots, occurring in hotter parts of India from central Himalayas to Assam upto lower hills of West Bengal and ever green forests of Western ghats as wild, and also cultivated in North East and many parts of the South.

Ayurvedic Pharmacodynamics

Rasa – Madhura, Katu, Tikta

Guna – Laghu, Singhdha, Teekshna

Virya – Ushna

Vipaka -Madhura

Dosha karma - Kaphavaatahara

Parts used – Fruit

c) *Khandasharkara*¹⁴Latin name – *Saccharum officinale*Family - *Poaceae*Classical name – *Sharkara*Sanskrit synonyms – *Khanda sharkara*

Hindi name – Cheeni

Botanical Description –

Sugar cane plant is a coarse growing member of the grass family with juice or sap high in sugar content.

This tropical plant is ready in 11-18months.

Stem: The mature stems may vary from 4 to 12 feet

or more The stem has joints or nodes as in other grasses. These range from 4 to 10 inches apart along the aboveground section of the stem. At each node a broad leaf appears which consists of a sheaf or base and the leaf blade.

AyurvedicPharmacodynamics

*Rasa – Madhur**Guna – Guru Singhdha,**Virya - Sheeta**Vipaka – Madhur**Dosha karma – Vaatpittahara***TABLE 2: RASA PANCHAKA**

<i>Dravya</i> \	<i>Trivrita</i> ¹⁵	<i>Pippali</i> ¹⁶	<i>Khandasharkara</i> ¹⁷
<i>Rasa</i>	<i>Katu Tikta</i>	<i>Madhur, Katu, Tikta Kashaya</i>	<i>Madhura</i>
<i>Guna</i>	<i>Laghu, Ruksha, Teekshna TreTikshna</i>	<i>Laghu Singdha, Teekshna Picchal</i>	<i>Guru, Singdha</i>
<i>Virya</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>	<i>Madhur</i>	<i>Madhur</i>
<i>Dosha-Karma</i>	<i>Kaphavatashamak Rechaka</i>	<i>Kaphvaatashamak Dipaneey</i>	<i>Vaatpittashamak</i>

PROBABLE MODE OF ACTION:

General approach includes treatment with oral laxative, dietary modification and toilet training. However close follow up and medication adjustment is necessary.¹⁸ Rectal approach (enema) is faster but invasive, likely to add fear, discomfort and may aggravate defecation avoidance or retention behavior in the child.¹⁹ Usually children receiving the laxatives, purgatives or enemas for constipation will result in reverse constipation due to imbalance in intestinal bacterial flora and the vicious cycle will continue in the constipated child.²⁰

Evidence based pharmacological properties and therapeutic uses²¹:

Samuel et.al investigated the laxative effect of *Operculina turpethum* Linn. leaf extract in mice weighing 28-34 gm. The dried leaves of *Trivrita* were successively extracted with hexane, chloroform and 70% methanol using cold maceration. 200 mg/kg and 400 mg/kg of each extract were administered and castor oil was used as positive control. The treatment of the mice with the extracts and castor oil produced various degrees of wet feces. The chloroform and methanol extract produced a significant (P

< 0.05) dose and time dependent increase in the percentage of wet feces in the treated groups when compared to the negative control group. It is also observed that there is significant (P < 0.05) dose dependent increase in the intestinal motility in the treated mice when compared to the negative control. The treatment of the mice with the extracts did not produce any significant (P > 0.05) change in the intestinal content volume when compared to the negative control. Therefore, validate the potent laxative activity of *Trivrit*.

CONCLUSION

NARACHA CHURNA can be used for treating *Vibandha* (Constipation) from *Ayurvedic* classics. It can be taken in *Ayurvedic* practice for treating chronic constipation. It is easy prepare & dispense due to *choorna* form. As it contains *khanda Shakara* it is palatable for pediatric age group also and hence can be used in pediatric practice also. Also the formulation contains *trivrit*, its action being *sukha virechana* hence can be used in chronic constipation.

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