

## SHRIRASAADI CHOORNA FOR ATISARA (ACUTE DIARRHOEA): A DRUG REVIEW

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### ABSTRACT

*Shrirasaadi choorna* is one medicine indicated in *Atisara* which is explained in *Bhaisjya Ratnawali*. It contains *Saral* (*Pinus roxburghii* linn. (Fam. Pinaceae) and *Dhataki* (*Woodfordia fruticosa* Kurz. (Fam. Lythraceae). *Aama* and *Vata* are the major pathological factors of diarrhea. *As per Ayurveda* consumption of *Aam* leads *Nidaan* thus *Vata* gets vitiated due to the malfunctioning of *Saman- Apana vata* which resulted *mandya Jathragni* and *Koshtha Shunyata* overall increases *Dravata* of stool in *Pakvashaya* & causes *Atisara*. *Atisara* involve vitiation of *Strotasa* such as; *Annavaha*, *Udakvaha* and *Malavaha*.

**Keywords:** *Atisara, Choorna, Diarrhoea, Shrirasaadi,*

### INTRODUCTION

Diarrhoea is defined as the passage of the loose or watery stool at least three or more times in a day. However, consistency of the stool is more important rather than the frequency<sup>1</sup>. Diarrhea is a major cause of childhood morbidity and mortality worldwide<sup>2</sup>. Globally, there are around 1.7 billion cases of diarrhoeal disease every year and is the second major killer among the under-five children in the world with an estimation of 760,000 deaths annually<sup>3</sup>. The organisms associated with the acute diarrhoea, in developing countries include *Enterotoxigenic Escherichia coli*, *Enteropathogenic Escherichia coli*, *Shigella* and *Campylobacter jejuni*<sup>4</sup>. The occurrence of diarrhoea among the under-five children worldwide has been linked mainly with hygiene and sanitation<sup>5</sup>.

According to Ayurveda classics *Atisara* concerned with *Agnimandya* and *Aam*. The pathogenesis of *Atisara* includes *Agnidusti* and *Ajeerna* both significantly. Other causative factors of described in Ayurveda for *Atisara* such as; *Aharaj*, *Viharaj*, *Manasik*, *Samajik*, *Vata* vitiation, *Pitta*, *Kaphaj*, *Sannipataj*, *Aamatisar* and *Raktatisar*<sup>6,7</sup>.

Therefore, there is need today to manage *Atisara* (Diar-

*rhoea*) by *Ayurvedic Chikitsa* for safety and efficacy. *Shrirasaadi choorna* is one of the Ayurvedic formulation predominantly indicated in *Atisara* which has been explained in *Bhaisjya Ratnawali*<sup>8</sup>.

**Aim:** *Shrirasaadi Choorna* is beneficial in *Atisara*.

### ANALYTICAL PARAMETERS-

The *Choorna* is subjected to examination of physico-chemical parameters like loss on drying, total ash, acid insoluble ash, water soluble extract and alcohol soluble extract, qualitative phytochemical tests-

- The loss on drying was found to be 9.537%
- The total ash indicating total inorganic content was found to be 3.903%.
- Acid insoluble ash, which indicates silica was found to be 1.185%.
- Water soluble extractive value was found to be 6.564%
- Alcohol soluble extractive value was found to be 6.601%

**Table 1:** Phytochemical screening of Shrirasaadi Choorna

Sr. No.	Test For	Water Soluble Extract	Alcohol Soluble Extract
1	Carbohydrates	Positive	Positive
2	Reducing sugars	Positive	Positive
3	Non- reducing sugars	Negative	Negative
4	Steroid	Negative	Positive
5	Flavonoids	Positive	Positive
6	Proteins	Positive	Negative
7	Amino acid	Positive	Negative
8	Monosaccharides	Positive	Positive
9	Pentose	Negative	Negative
10	Hexose	Negative	Negative
11	Tannins	Positive	Positive
12	Alkaloids	Positive	Positive
13	Cardiac glycosides	Positive	Positive
14	Cumarin glycosides	Positive	Positive
15	Saponin glycosides	Positive	Positive

All tests were done in AYUSH Approved ASU Drug Testing Laboratories.

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Shahapur, Belgaum-590003 Karnataka-India  
**Central Research Facility**  
Form-50 [See Rule 160-D (f)]

(AYUSH Approved ASU Drug Testing Laboratory Lic.No.IL-8/2011)

Reference No:CRF/160/18-19  
Mfgd/Researcher : Dr.Nisha  
Sample : Shrirasaadi Churna  
Ref : Y.R  
Date : 11/06/2018  
(\* N/A - Not Available)

Date of Receipt:11/06/2018  
Report Date:21/06/2018  
Batch No. : NA  
Sample Qty : 50 gm  
Part/Form : Churna  
Reference No : CRF/160/2018-19



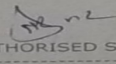
**ANALYTICAL TEST CERTIFICATE**  
(The Drugs & Cosmetic Act 1940 and the rules there under)

**Preliminary Phytochemical Screening:**

TESTS	WATER	ALCOHOL
Test for Carbohydrates	Positive	Positive
Test for Reducing Sugars	Positive	Positive
Test for Non-Reducing Sugars	Negative	Negative
Test for Steroid	Negative	Positive
Test for Flavonoids	Positive	Positive
Test for Proteins	Positive	Negative
Test for Amino Acid	Positive	Negative
Test for Monosaccharides	Positive	Positive
Test For Pentose	Negative	Negative
Test for Hexose	Negative	Negative
Test for Tannins	Positive	Positive
Test for Alkaloids	Positive	Positive

**Test for Glycoside :**

A . Cardiac Glycosides	Positive	Positive
B . Cumarin Glycosides	Positive	Positive
C . Saponin Glycosides	Positive	Positive

ANALYST   AUTHORIZED SIGNATORY 

**Table 2:** Composition of Shrirasaadi Choorna

Sr.	Drug	Latin Name	Part used	Qty
1	Sarala	<i>Pinus roxburghii</i>	Stem	1
2	Dhataki	<i>Woodfordia fruticosa</i>	Flower	1

**Method of Preparation:**

- 1) Raw drugs mentioned above should be clean and dried.
- 2) Take all ingredients in equal quantity.
- 3) Then it is pounded in pulverizer.
- 4) Later the drug is sieved through 100 to 120 no. sieve.
- 5) Mix the all powdered raw drug till homogenous mixture formed.

**Method of application:**

1. Prepared homogeneous mixture of *Shrirasaadi*

*Choorna.*

2. Later, take quantity of choorna in appropriate amount/dose according to the age of child.
3. Mix the choorna with honey upto it looks like lehya.
4. Paste should be of uniform consistency.
5. It should be taken orally twice a day.
6. It good to give medicine to the child after meal.
  - Dose of drug<sup>9</sup>: Vary according to age.
  - Duration: 5 Days
  - *Anupana*: Honey

**Table 3:** Pharmacodynamics of drugs

Sr.no.	Drug	Rasa	Veerya	Vipaka	Guna
1	<i>Sarala</i> <sup>10</sup>	<i>Katu, Tikta, Madhura</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Tikshna, Snigdha</i>
2	<i>Dhataki</i> <sup>11</sup>	<i>Kasaya</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
3	<i>Honey</i> <sup>12</sup>	<i>Madhura, Kasaya</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu(s), Guru(C), Picchila, Ruksha, Yogawahi</i>

**CONCLUSION**

*Shrirasaadi Choorna* contains 2 *dravyas* which posses *Deepana, Grahi, Dahaprashman, Vatanulomana, Daurgandhara* properties mentioned in *Bhaisjya Ratnawali* for *Atisara* in *Choorna* form with Honey which posses *Agnideepana, Pittaprasmana, Sleshmaprasmana, Tridoshaprasmana* properties, which is one of formulation indicated in *Atisara* (Diarrhoea). It can be used in day to day practice as all the drugs are readily available. The dose should be calculated according to the Ayurvedic classics. It is easy to prepare & dispense due its availability in *choorna* form.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Nisha et al: Shrirasaadi Choorna For Atisara (Acute Diarrhoea): A Drug Review. *International Ayurvedic Medical Journal* {online} 2018 {cited January, 2019} Available from: [http://www.iamj.in/posts/images/upload/108\\_110.pdf](http://www.iamj.in/posts/images/upload/108_110.pdf)