

A CRITICAL REVIEW ON PUSHYANUGA CHURNA: AN AYURVEDIC POLYHERBAL FORMULATION

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ABSTRACT

Development of a healthy community needs healthy women. However, increased stress and irregular dietic habits has taken a toll on women's health resulting in increased menstrual morbidities especially *Asrigdara*. To treat these menstrual morbidities many formulations are described but *Pushyanuga Churna* is prescribed by most of the *Ayurvedic* Physicians in priority. It's a poly herbal formulation containing more than twenty herbal ingredients and was firstly described by *Acharya Charaka*. It was also described by *Acharya Vagbhat*, *Yogratnakar*, *Van-gasen etc.* In the present review an effort has been made to collect various references of *Pushyanuga Churna* and analyse them in accordance to their ingredients, uses, *Anupan* etc. Present study reveals that there are little differences in ingredients, uses and *Anupan* of *Pushyanuga churna*. Almost all texts indicated *Pushyanuga Churna* in different types of Bleeding disorders, Metrorrhagia, Menorrhagia etc. It can be used in diarrhoea, dysentery, bleeding piles and similar morbid conditions in children.

Keywords: *Pushyanuga Churna*, *Asrigdara*, *Charak Samhita*, *churna kalpana*, Menstrual morbidities.

INTRODUCTION

Ayurveda, the science of life is a holistic approach to healthcare that helps people to lead a healthy and balanced life. To fulfil this, there are various formulations i.e. *Kalpanas* described in the classics. *Churna kalpana* is one of them. *Pushyanuga Churna* is Compound *churna kalpana* comprising of 26 ingredients (25 *Kashtha Dravyas* and one *Rasa Dravya* i.e. *Gairika*). Here is an approach to gather all the references of *Pushyanuga Churna* and to assess their similarity & variability in ingredients and in uses etc. It is described in more than 10 texts. Firstly it was described

by *Acharya Charaka*^[1]. *Pushyanuga Churna* is mainly used in different types of bleeding disorders.^[2] It has drugs with Grahi, Stambhak, Raktashodhak actions. It is astringent, pungent, sweet and bitter in taste. So it cures Metrorrhagia, Menorrhagia, Leucorrhoea, bleeding piles, Diarrhoea etc.^[3] It is widely used in *Asrigdar*. *Asrigdara* is characterized by irregular and excessive menstruation and it can be correlated with dysfunctional Uterine Bleeding. It gives better results with *anupan* like *Kshaudra* and *Tandulodaka*.

OBJECTIVE

To critically analyse *Pushyanuga Churna* in order to appreciate various references of the same in different *Samhitas*

MATERIALS AND METHODS

Present study is based on literary search, *Pushyanugachurna* described in several *Samhitas* like *Charak-samhita*, *Ashtangasamgraha*, *Ashtangahridaya* etc has been under taken to explore difference of ingredients, indication and *Anupana* along with critical analysis of the formula.

RESULT***Pushyanuga churna* in Classics**

In the history of *Ayurveda Pushyanugachurna* was firstly described in *Charak Samhita* as an evident from the quotations of *Yoga ratnakar* and *Brihan-nighanturatnaka*.

Yoga ratnakar^[4] - चूर्णं पुष्यानुगं नाम्नापूर्वमात्रञ्च भाषितम् ,
Brihannighanturatnakar^[5] - चूर्णं पुष्यानुगं नाम पूर्वमात्रेय
भाषितम्

Besides *Charaka samhita* the formulation is also mentioned in various *Samhitas*. (Table No.1)

Namakaran

The *Pushyanuga churna* is named so since the ingredients for the same is mentioned to be procured during *Pushya Nakshatra*. The description regarding collection period of various ingredients of *Pushyanuga churna* can be found in various *Samhitas*. The potency of various ingredients is high during *Pushya Nakshatra* and hence it is prescribed to collect ingredients of *Pushyanuga churna* during *Pushya Nakshatra*.

Ingredients of *Pushyanuga Churna*

Patha (*Cissampelos pareira*), *Jambu* (*Syzygium cumini*), *Amra* (*Mangifera indica*), *Shilabheda* (*Bergeria ligulata*), *Rasanjana* (*Berberis aristata*), *Ambashtha* (*Hibiscus sabdariffa*), *Mocharas* (*Salmalia malabarica*), *Samanga* (*Mimosa pudica*), *Vatsaka* (*Holarrhena antidysenterica*), *Bahluka* (*Crocus sativus*), *Ativisha* (*Aconitum heterophyllum*), *Bilva* (*Aegle marmelos*), *Musta* (*Cyperus rotundus*), *Lodhra* (*Symplocos racemosa*), *Gairika* (Red ochre), *Katvanga* (*Myrica esculenta*), *Maricha* (*Piper nigrum*), *Shunthi* (*Zingiber officinale*), *Mridvika* (*Vitis vinifera*),

Raktachandan (*Pterocarpus santalinus*), *Katphala* (*Ailanthus excels*), *Padmakeshar* (*Nelumbo nucifera*), *Ananta* (*Hemidesmus indicus*), *Dhatki* (*Woodfordia fruticosa*), *Madhuka* (*Glycyrrhiza glabra*), *Arjuna* (*Terminalia arjuna*).

Method of Preparation: To prepare this formulation all the ingredients in equal quantities are ground to make fine powder uniformly mix.

Difference of ingredients in various Classics

Pushyanuga churna is as a combination of 26 ingredients mentioned in *Charak Samhita* as *Patha*, *Jambu*, *Amra*, *Shilabheda*, *Rasanjana*, *Ambashtha* (*Patha*), *Mocharas*, *Samanga* (*Manjishtha*), *Vatsakaphala*, *Bahluka*, *Ativisha*, *Bilva*, *Musta*, *Lodhra*, *Gairika*, *Katvanga*, *Maricha*, *Shunthi*, *Mridvika*, *Raktachandan*, *Katphala*, *Vatsakatwaka*, *Ananta*, *Dhatki*, *Madhuka*, *Arjuna*. An investigation into other *Samhitas* has been done to compare the differences of constituent ingredients thereof with the above mentioned ingredients described in *Charak Samhita* (Table no. 2). In *Ashtanga Samgrah*^[17] *Shilodbheda* means *Shilajatu*, *Ambashtha* means *Sahastri*, *Bahumoolika*, and *Madhuk* in the place of *Maricha*, *Macheek* (*Kutaja* fruit) in the place of *Mridwika* and apart from these ingredients rest of the ingredients are same as *charak Samhita*. In *Ashtanga Hridaya*^[18] (*Arunadattacommentary*) *Shilobheda* signify *Shilajatu*, *Anjana* signify *Sauveeranjan*, *Ambashtha* signify *Mayoor Shikha*, *Ananta* signify *Duraalabha* and *Madhook* instead of *Maricha*, *Macheeka* instead of *Mridwika* (In *Vrinda* commentary of *shrikanthadatta Macheeka* is consider as *Devadaaru*) and remaining ingredients are same as in *Charak Samhita*. In *Brihannighantu Ratnakara*^[19] *Padmakeshar* is described in place of *Vatsaka Phala*. In *Vrindamadhav*, *Chakrapani*, *Vangasen Samhita*, *Gadanigraha*, *Yogaratnakar*, *Bhaishajya Ratnavali*, *Ayurveda SarSamgraha*, only two differences are seen i.e. *Samanga* taken as *Lajjalul* and *Padmakeshar* in place of *Vatsak Phala*. In the two different commentary of *Charak Samhita* written by *Chakrapani* and *Gangadhar* separately *Keshar* and *Hingu* is used in place of *Baahluka* respectively.^[20] It is stated in *Bhaishajyaratnavali*^[21] that *Ambashtha* is popular in South region where as *Laxmana* is used instead of *Am-*

bashtha in other region. In Bengal *Varahkranta* is used as *Samanga* and in other parts of the country *Lajjalu* is used instead.^[22]

Uses: *Pushyanuga churna* cures the condition of bleeding piles and diarrhoea. This also cures similar morbid conditions due to exogenous causes, occurring in children. It is effectively used in gynaecological and menstrual morbidities attended with whitish, bluish, yellowish and dark reddish discharges. According to *Yogaratanakar*^[23] and *Brihannighanturatnakar*^[24] it is also prescribed for *Raktappravahika*. In *Yogaratanakar*^[23], *Ashtangasamgrah*^[25] and *Ashtangahridaya*^[26] prescribed *Pushyanuga Churna* for *krimiroga* in children. In *Gadanigraha* it is also prescribed for *Dantot-pattijanya* diseases of children. In *Bhaishajyaratnavali*, *Vangsen*, *Chakradatta*, it is not prescribed for bleeding piles.

Dose: Though the specific dose is not mentioned in the formula, common dose mentioned for *Churna Kalpana* can be followed. In A.F.I. 1-3 gm. is mentioned as the dose of *Pushyanuga Churna*.^[27]

Anupana: All the classical texts have mentioned *Tandulodak* along with *Madhu* as *anupana* of *Pushyanuga churna*. Another reference regarding use of milk and *Tandulodak* as *Anupana* is also found mentioned.^[28] *Anupana* has a distinguished place in *Ayurveda*. *Anupana* is that which is to be taken after meal or drugs. *Vaidyaka Paribhasha Pradeepa* quotes the utility of *anupana* suggesting that *Anupana* is considered useful because it enhances drug absorption and drug distribution all over the body in no time as oil drop spreads on water in no time.^[29]

Tandulodak: In the text various methods are described to prepare *Tandulodak*. According to *Sharangadhar samhita*, *Tandulodaka* is categorised under *Swaras kalpana*. Whereas, *Vaidyakaparibhasha pradeep* categorised it under *Sheeta Kashaya kalpana*.^[30] In *Sharangadhar Samhita* ratio of *Tandula* and water is 1:8.^[31] In *vaidyak ParibhashaPradeep* two references described the ratio as 1:4 and 1:6 whereas later ratio is used in the reference of *SheetaKashayaKalpana*.^{[32],[33]}

Properties of ingredients of Pushyanuga Churna (Table no.3), **Specific Karma of ingredients of Pushyanuga Churna** (Table no.4)

Samprapti of Asrigdar: Over intake of *Amla*, *Lavana*, *Vidahi Ahara Dravyas* are main causes in *Asrigdar*.^[34]

In *Rogotpatti* Predominant *Dosha* is *Vata-Pitta*, *Dushya- Rakta*, *Artava*, *Rasa*, *Adhishthan- Garbhashaya*, *Artavavahi Srotas*, *Srotasa- Rakta vahi*, *Artavavahi*, *Rasavahi*, *Srotodushti Prakar- Atipravritti*, *Roga marga- Aabhyantar* and *Agnimandya* are *Samprapti Ghataka*.^[35] Due to intake of *hetu* vitiated *Vata* combine with *Rakta* and enhance the amount of *Rakta*. Vitiated *Rakta* accompanied with *Rajah vahi* Uterine vessels enhance the *Raja* in Uterine vessels.^[36] According to *Acharya charak* and *Sushruta*, *Asrigdar* is *Shonitajanya vyadhi*. *Pittavrita Apana vayu* is the main factor for *Rakta atipravritti* in *Asrigdar*.

Probable mode of action of Pushyanuga Churna in Asrigdara:

Pushyanuga Churna mainly comprises of *Tikta*, *Kashaya Ras*, *Katu Vipaka*, *SheetaVeerya* and *Laghu*, *Ruksha*, *guna*. Due to *Tikta* and *Kashaya Ras* it acts as *Grahi*, *Sravahar* and *Stambhaka*, due to *sheeta veerya* it acts as *pittahara* and due to its *Laghuruksha Guna* it cures vitiated *Kapha*. Some ingredients are *yonidoshahara*, *Raktodrekhar*, *Rakta shodhak* *Asragdushtihar*, *dipana*, *Vishahar*. Due to all these properties it helps in *shodhan* of *Dushya*. Presence of *Garbhasthapaniya*, *Raktasthapaka*, *Shothahara*, *vedanashamaka dravya*, improve Uterine condition and reduce inflammation. Due to excessive loss of blood, haemoglobin deficiency, weakness occurs which can be cured with *Balya* and *Shonita Sthapaka Drayas* which are present in *Pushyanuga Churna*. Through all these properties *Pushyanuga Churna* cures bleeding disorders and diseases in which excessive discharge is main symptom like bleeding piles and menstrual morbidities etc.

CONCLUSION

Literary review of *Pushyanuga churna* is done to find various references for analysis of ingredients, uses and *Anupana*. It is one of the precious formulations of *Ayurveda*. When it is used with specific *anupana* like

kshodra and *Tandulodaka*, it is very effective in *pradar roga*, bleeding piles and *Pravahika* etc.

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Table 1: Compilation of *Pushyanuga churna* with their variants

S.no.	Samhita	Time Period	Rogadhikar	Name
1.	Charaksamhita ^[6]	200 BC	Yonivyapadchikitsa	Pushyanugachurna
2.	Ashtangasamgraha ^[7]	6 th century	Guhyarogapratishedha/Yonirogopchar	Pushyanugachurna
3.	Ashtangahridaya ^[8]	7 th century	Guhyarogapratishedha/Raktayonivyapad	Pushyanugachurna
4.	Vrindamadhava or Siddhayoga(V.M.or S.Y.) ^[9]	9 th AD	Pradaradhikar	Pushyanugachurna
5.	Chakradatta ^[10]	11 th AD	Asragdarchikitsa	Pushyanugachurna
6.	Vangsen(V.S.) ^[11]	12 th AD	Mahilarogadhikar	Pushyanugachurna
7.	Gadnigraha(G.N.) ^[12]	12 th AD	Choornadhikar	Pushyanugachurna
8.	Brihannighanturatnakar(B.N.R.) ^[13]		Striroga/Pradarchikitsa	Pushyanugachurna

9.	<i>Yoga ratnakar</i> (Y.R.) ^[14]	18 th AD	<i>Striirogadhikar /Pradarchikitsa</i>	<i>Pushyanugachurna</i>
10.	<i>Bhaishajyaratnavali</i> (B.R.) ^[15]	20 th AD	<i>Pradarrogadhikar</i>	<i>Pushyanugachurna</i>
11.	<i>Ayurvedasarsangraha</i> (Ayu.S.S) ^[16]	20 th AD	<i>Churnaprakaran</i>	<i>Pushyanugachurna</i> No.1

Table 2: Showing Difference of ingredients in various Classics

No.	<i>Charak Samhita</i>	<i>Ashtanga Samgraha</i>	<i>Ashtanga Hridaya (Arunadatta commentary)</i>	<i>V.M. or S.Y., Chakrapani, V.S.,G.N. , Y.R., B.R.,Ayu.S.S.</i>
1	<i>Shilabheda</i>	<i>Shilajatu</i>	<i>Shilajatu</i>	<i>Shilabheda</i>
2	<i>Rasanjana</i>	<i>Rasanjana</i>	<i>Sauveeranjana</i>	<i>Rasanjana</i>
3	<i>Ambashtha (Patha)</i>	<i>Sahastri or Bahumulika</i>	<i>Mayura Shikha</i>	<i>Patha</i>
4	<i>Samanga (Manjishtha)</i>	<i>Samanga (Manjishtha)</i>	<i>Samanga(Manjishtha)</i>	<i>Lajjalu</i>
5	<i>Vatsakaphala</i>	<i>Vatsakaphala</i>	<i>Vatsakaphala</i>	<i>Padmakeshara</i>
6	<i>Maricha</i>	<i>Madhuka</i>	<i>Madhooka</i>	<i>Maricha</i>
7	<i>Mridvika</i>	<i>Macheeka (Kutajaphala)</i>	<i>Macheeka</i>	<i>Mridvika</i>
8	<i>Ananta</i>	<i>Ananta</i>	<i>Duralabha</i>	<i>Ananta</i>

Table 3: Pharmacological properties of ingredients of *Pushyanuga Churna*

No.	<i>Dravya</i>	<i>Ras</i>	<i>Gun</i>	<i>Veerya</i>	<i>Vipak</i>	<i>Karma</i>
1.	<i>Patha</i>	<i>Tikta</i>	<i>Laghu, teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata, kaphahara,</i>
2.	<i>Jambu bija majja</i>	<i>Kashaya, madhura, amla</i>	<i>Laghu, Ruksha, Sheeta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
3.	<i>Amra</i>	<i>Madhur, Kashaya, Amla</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosahar</i>
4.	<i>Shilabheda</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosahar</i>
5.	<i>Rasanjana</i>	<i>Tikta, Kashaya</i>	<i>Laghu,, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
6.	<i>Ambashtha</i>	<i>Tikta</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphahara</i>
7.	<i>Mocharas</i>	<i>Madhur, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vatapittahara</i>
8.	<i>Samanga</i>	<i>Tikta, Kashaya</i>	<i>Laghu,, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
9.	<i>Padmakeshar</i>	<i>Tikta, Kashaya, Madhur</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
10.	<i>Bahlika</i>	<i>Katu, Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahar</i>
11.	<i>Ativisha</i>	<i>Katu, Tikta</i>	<i>Laghu,, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
12.	<i>Bilva</i>	<i>Kashaya, Madhur</i>	<i>Laghu,, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
13.	<i>Musta</i>	<i>Tikta, Kashaya</i>	<i>Laghu,, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
14.	<i>Lodhra</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
15.	<i>Gairika</i>	<i>Kashaya, Madhur</i>	<i>Snigdha</i>	<i>Sheeta</i>	-	<i>Pittahara</i>
16.	<i>Katvanga</i>	<i>Tikta, Kashaya</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphahara</i>
17.	<i>Maricha</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
18.	<i>Shunthi</i>	<i>Katu</i>	<i>Guru, Tikshna</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Vatakaphahara</i>
19.	<i>Mridvika</i>	<i>Madhur</i>	<i>Guru, Snigdha, Mridu</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Pittahara</i>
20.	<i>Raktachandan</i>	<i>Madhur, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
21.	<i>Katphala</i>	<i>Tikta, Kashaya, Katu</i>	<i>Laghu, Teekshna</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vatakaphahara</i>
22.	<i>Vatsaka</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
23.	<i>Ananta</i>	<i>Madhur, Tikta</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Tridosahar</i>
24.	<i>Dhatki</i>	<i>Katu, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
25.	<i>Madhuka</i>	<i>Madhur</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosahar</i>
26.	<i>Arjuna</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>

Table 4: Showing specific *Karma* of ingredients of *Pushyanuga Churna*

No.	Name of drug	Action	References
1	<i>Patha</i>	<i>Grahi</i>	<i>Priyanighantu, Pippalyadivarga/21</i>
2	<i>Jambu bija</i>	<i>Grahi</i>	<i>Dhanvantari Nighantu 5/78</i>
3	<i>Amra</i>	<i>Asragdushtihara Samgrahi</i>	<i>Bhavprakash Charaka Samhita Sutrasthana4/15;31</i>
4	<i>Shilabheda</i>	<i>yoni roghara</i>	<i>Kaidev Nighantu 1/1146</i>
5	<i>Rasanjana</i>	<i>Vishavikarnashaka</i>	<i>Rasratnasamuchhya3/103</i>
6	<i>Ambashtha</i>	<i>Pakvaatisarnashaka</i>	<i>Kaidevanighantu 1/784</i>
7	<i>Mocharas</i>	<i>Shonitasthapaniya Pravaahikanuta</i>	<i>Charak Samhita sutrasthana 4/18;46, Kaidev Nighantu 1/913</i>
8	<i>Samanga</i>	<i>Yoniroga nashak</i>	<i>Kaidevnighantu 1/1083</i>
9	<i>Padmakeshar</i>	<i>Pittahara</i>	<i>Dhanvantari Nighantu 3/12</i>
10	<i>Bahluka</i>	<i>Vishahara</i>	<i>Dhanvantari Nighantu 4/147</i>
11	<i>Ativisha</i>	<i>Samgrahi</i>	<i>CharakSamhita, Sutrasthana 25/40</i>
12	<i>Bilva</i>	<i>Samgrahi</i>	<i>CharakSamhita, Sutrasthana 25/40</i>
13	<i>Musta</i>	<i>Grahi</i>	<i>Kaidev Nighantu 1/1358</i>
14	<i>Lodhra</i>	<i>Grahi</i>	<i>Dhanvantari Nighantu 3/156</i>
15	<i>Gairika</i>	<i>Shonitasthapani</i>	<i>Charak Samhita sutrasthana 4/18;46</i>
16	<i>Katvanga</i>	<i>Samgrahi</i>	<i>Kaidev Nighantu 1/42</i>
17	<i>Maricha</i>	<i>Jantusantannashaka</i>	<i>Dhanvantari Nighantu 2/186</i>
18	<i>Shunthi</i>	<i>Malanamsamgrahi, Deepan</i>	<i>Kaidev Nighantu 1/1151</i>
19	<i>Mridvika</i>	<i>Pittartidahajita</i>	<i>Rajnighantu aamradivarg/101</i>
20	<i>Raktachandan</i>	<i>Raktodrekahara</i>	<i>Dhanvantari Nighantu 3/5</i>
21	<i>Katphala</i>	<i>Ugradahaahara</i>	<i>Nighantu Adarsha Katphaladivarga pp.524</i>
22	<i>Vatsaka</i>	<i>Shleshmapittaraktsamgrahaka</i>	<i>CharakSamhita, Sutrasthana 25/40</i>
23	<i>Ananta</i>	<i>Samgrahi</i>	<i>Dhanvantari Nighantu 1/161</i>
24	<i>Dhatki</i>	<i>Garbhasthapani krimiraktanuta</i>	<i>Dhanvantari Nighantu 3/90</i>
25	<i>Madhuka</i>	<i>Vedanasthapani</i>	<i>Charak Samhita Sutrasthana4/18;47</i>
26	<i>Arjuna</i>	<i>Raktastravanashak</i>	<i>Kaidevnighantu 1/ 821</i>

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