

PHARMACEUTICAL STANDARDIZATION OF 'SWITRAHARA CHURNA' AN HERBO-MINERAL TOPICAL FORMULATION

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ABSTRACT

Switrahara Churna is a classical Herbo-mineral formulation mentioned in *Rasa Tarangini Upadhatu vigyaniya Adhyaya* as *lepa* indicated for *Switra*. *Switrahara Churna* contains *Shuddha Kasisa Shuddha Gairika* and *Bakuchi Churna*. The pharmaceutical procedure adopted in this study are *Shodhana, Swarasa and Churna Nirmana, Bhavana, Bharjana* and preparation of *Switrahara Churna* Till now, no research work has been carried out to standardize the method of preparation *Switrahara Churna*. Therefore, the present study has been planned to standardize the method of preparation of *Switrahara Churna* according to the method explained in the classics.

Keyword: *Switrahara Churna, Shodhana, Bhawana*

INTRODUCTION

Rasa Shastra is the pharmaceutical branch of *Ayurveda*. As with any other medical system, the success of *Ayurveda* treatment also depends upon the

quality of medicine prescribed to the patient. An integral part of *Rasa Shastra* lies in the successful pharmaceutical process. Nature possesses immensely

valuable and powerful medicines in the form of metals, minerals and plants. However, most of the drugs as such are not absorbable into the biological system until and unless they undergo certain modification. Some specialized techniques are adopted to make these drugs absorbable and therapeutically viable. These drug manufacturing processes of *Ayurveda* are included in the discipline of *Rasa Shastra* and *Bhaishajya Kalpana*.

Switrahara Churna is a *lepa* preparation mentioned in *Rasa Tarangini* 21st *Taranga Upadhutuvigayniya Adhyaya* and indicated for *Switra*. *Switrahara Churna* contains *Kasisa* (ferrous sulphate), *Gairika* (haematite) *Bakuchi* (*psoralea corylifolia*). *Shodhana* (*Bhavana* and *Bharjana*), *Churna Nirmana* are the main pharmaceutical procedures adopted in the preparation of *Switrahara Churna*. Standardization of drugs at various levels starting from selection and collection of raw material to the final product is essential to produce a safe and efficacious drug. Therefore, in the present study, an effort has been made to highlight the significance of pharmaceutical procedures and standardisation the method of preparation of *Switrahara Churna*

Aim and Objectives

Pharmaceutical standardization of various steps involved in the preparation of *Switrahara Churna*.

Materials and Methods

Chief reference: *Rasa Tarangini*-21st *Taranga Upa-Dhatu Vigyaniya Adhyaya Sloka* No.253¹

The entire preparation of *Switrahara Churna* was carried out in P.G Department of *Rasa Shastra* and *Bhaishjya Kalpana*, S.V Ayurvedic college, T.T.D, Tirupati, Andhra Pradesh,

The entire pharmaceutical study was carried out in three stages:

Stage – I

- *Kasisa Shodhana*.²
- *Gairika Shodhana*³

Stage- II

- Preparation of *Bakuchi churna*.⁴

Stage-III

- Preparation of Homogenous mixture.
- Formation of *Switrahara churna*.

Switrahara Churna preparation

1. *Kasisa Shodhana*:

Procedure

- *Kasisa* was taken in a *khalwa yantra* and pounded to make a fine powder.
- A sufficient quantity of *Bhringraja Swarasa* was added to it.
- Trituration was carried out till it dried completely.
- The same procedure was repeated two more times.

Table 1: Showing the result of *Kasisa Shodhana*

Initial weight	Final weight	Loss in weight	Loss percentage
1000 g	960 g	40 g	4%

2. *Gairika Shodhana*:

- *Ashuddha Gairika* was taken in clean *Khalwa yantra* and pounded to make a fine powder.
- A sufficient quantity of *Go-ghrita* was taken in *Loha darvi* and heated.
- Added fine powder of *Gairika*
- *Bharjana* (frying) procedure was carried out until it attains *Istika varna* (brick red colour)

Table 2: Shows the result of *Gairika Shodhana*

Initial weight	Final weight	Loss in weight	Loss percentage
1000g	970g	30g	3%

3. Bakuchi Churna Nirmana

Procedure:

- *Bakuchi* were collected and checked for any external impurity's worms and insects.

- They were taken in *Khalwa yantra* and pounded.
- Pounded material was sieved through a cloth to obtain a very fine powder.

Table 3: Shows the result of the preparation of *Bakuchi Churna*.

Initial weight	Final weight	Loss in weight	Loss percentage
1000g	850g	150g	15 %

4. Preparation of Switrahara Churna

Materials: – *Sudhha Kasisa* -1 part, *Sudhha Gairika* - 1 part, *Bakuchi Churna* -1 part

Procedure: *Sudhha Gairika*, *Sudhha Kasisa*, *Bakuchi churna* were taken in *Khalwa Yantra* and mixed

properly to form a Homogenous mixture. After trituration, the final product was smooth, brownish red in colour.

Images Showing pharmaceutical procedure:

Shodhana of Kasisa

			
<i>Ashuddha Kasisa</i>	<i>Adding Bringraja Swarasa</i>	<i>Bhringaraja Swarasa Bhavana</i>	<i>Shuddha Kasisa</i>
			
<i>Ashuddha Gairika</i>	<i>Go-ghrita Bharjana</i>	<i>Shuddha Gairika</i>	<i>Shuddha kasisa Shuddha Gairika Bakuvhi Churna</i>
			
Mixing properly form homogeneous mixture	<i>Switrahara Churna</i>		

Observations:

- The weight of *Kasisa* is decreased after *Shodhana* due to spilling during *Bhavana*.
- After *Bhavana* the colour of *Kasisa* was ash green.
- *Asudha Gairika* was light red.
- After *Shodhana*, *Gairika* turned into a Brick red colour (*Istika varna*).
- After the trituration of *Shuddha Kasisa*, *Shuddha Gairika* and *Bakuchi Churna* final product were smooth, brownish red in colour.

Results:

- After *Shodhana Kasisa* weight loss:
- Initial weight = 1000g
- Final weight = 960g
- Weight loss = 40g
- Weight loss in% = 4%
- The weight of *Kasisa* is decreased after *Shodhana* due to spilling during *Bhavana*.
- After *Bhavana* the colour of *Kasisa* was ash green.
- After *Shodhana Gairika* weight loss:
- Initial weight = 1000g
- Final weight = 970g
- Weight loss = 30g
- Weight loss in % = 3%
- *Gairika Shodhana* was done according to the method that was mentioned in *Ayurveda Prakasha*, which includes *Bharjana* of *Gairika* with *Goghrita*. Removal of moisture content is the purpose of *Goghrita Bharjana* of *Gairika*.
- The weight of *Gairika* decreased after *Shodhana* due to spillage during the process. It was observed that *Ashudha Gairika* was light red after *Shodhana*, it turned in to brick red colour (*Istika varna*).
- *Bakuchi* was made into a fine powder, according to the reference mentioned in *Sharangadhara Samhita Madhyama Khanda*.
- *Shuddha Kasisa*, *Shuddha Gairika*, *Bakuchi Churna* were mixed in equal quantity to obtain the homogenous mixture of *Switrahara Churna*. It was observed after triturating the final product was smooth, reddish-brown.

CONCLUSION

Pharmaceutical standardization helps in developing standard manufacturing procedures without disturbing the efficacy and safety profile of the drug. The pharmaceutical procedure involved in *Switrahara Churna* is *Shodhana* like *Bhawana* and *Bharjana* and *Churna Nirmana*. The procedure of *Shodhana* removes the toxins of *Kasisa* and reduction of its compactness. *Shodhana* of *Gairika* removes its *Gurutvam*, *Churna Nirmana* and *Vastragalitam* procedure helps in size reduction and making the drug more bioavailable.

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