DAADIMAADI CHURNA - A MEDICINE IN ARUCHI (LOSS OF APPETITE) IN CHILDREN

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ABSTRACT

Appetite means desire for food or drink, a desire to satisfy bodily needs. In children for proper growth and development proper intake of food is needed which depends on appetite. Loss of appetite is when your desire to eat is reduced. In Ayurveda loss of appetite can be considered as aruchi, in which individual suffers from loss of taste in food and loss of appetite. Daadimaadi churna is one medicine indicated in Aruchi (Loss of Appetite). It was explained in Bhaishajya Ratnavali in aruchi rogadhikara. Daadimaadi churna helps in increasing appetite and improves taste in children. It contains Daadima beeja (Punica Granatum), Twaka (Cinnamommm zeylanicum), Sukshma ela (Elettaria Cardamomum), Tejapatra (Cinnamommm Tamala) and Sharkara (Saccharum Officinarum).

Keywords: Daadimaadi Churna, Aruchi, Loss of Appetite, Daadima beeja

INTRODUCTION

Growth is an essential feature that distinguishes a child from an adult. The terms “Growth” & “Development” are often used together, but are not interchangeable because they represent two different facets of dynamics of change, i.e. quantity & quality. In order to maintain proper growth and development, appetite of an individual is of utmost important.¹ Loss of appetite is when your desire to eat is reduced.² Loss of appetite or dyspepsia is very common symptom found in pediatric age group accounting to 50% children and it is seen in association with constipation, worm infestation, vitamin B12 deficiency, UTI which are very common problems in children.³ In Ayurveda it can be considered as Aruchi. Aruchi is a condition in which, an individual is not interested to eat food and it is mainly rasa pradoshaja vikara. Kapha & rasa dushti is predominantly present in Aruchi.⁴ Daadimaadi choorna is one of the Ayurvedic medicine indicated in Aruchi. It was explained in Bhaishajya Ratnavali in aruchi rogadhikara.⁵

Table 1: COMPOSITION OF DAADIMAADI CHURNA⁵

<table>
<thead>
<tr>
<th>S N</th>
<th>Name of Ingredients</th>
<th>Botanical name</th>
<th>Part Use</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Daadima Beeja</td>
<td>Punica Granatum</td>
<td>Fruit</td>
<td>2 part</td>
</tr>
<tr>
<td>2</td>
<td>Twak</td>
<td>Cinnamommm zeylanicum</td>
<td>Bark</td>
<td>1 part of whole drug</td>
</tr>
<tr>
<td>3</td>
<td>Sukshma ela</td>
<td>Elettaria Cardamomum</td>
<td>Fruit</td>
<td>(Equal quantity of all drugs)</td>
</tr>
<tr>
<td>4</td>
<td>Tejapatra</td>
<td>Cinnamommm Tamala</td>
<td>Leaves</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Sharkara</td>
<td>Saccharum Officinarum</td>
<td>Exudate</td>
<td>3 part</td>
</tr>
</tbody>
</table>

Preparation Method

- Take all ingredients in powder form.
- Mix all ingredients in above quantity.
- Mix them till homogenous mixture.
- Keep in air tight container

Anupan: Ushna jala

Dose: Before food (BF) or with first bolus of food TDS

According to age like (Sharangdhar Samhita purvakhandha)
Age | Drug dose
--- | ---
3y | 3gm
4y | 4gm
5y | 5gm
6y | 6gm
7y | 7gm
8y | 8gm and so on

**Indication:** *Aruchi* (Loss of Appetite)
The different properties and the characters of the various ingredients of the drug are as mentioned below:

a) **Daadima beeja**

**Latin name** – *Punica Granatum*
**Family** - Punicaceae
**Sanskrit synonyms** - Phalamla
**Hindi name** – Anardana, Anar
**English name** - Pomegranate

**Botanical Description:** *Daadima* is a shrub or small tree deciduous glamerous, often spinescent branchlets.
**Leaves** – opposite or subopposite, often fascicled on short petioles, oblong or obovate.
**Fruits** - large globules, crowned by the somewhat tubular limb of the calyx, with a coriaceous rind; pulp red and juicy, sometimes white and seeds are angular.

**Ayurvedic Pharmacodynamics**

**Rasa** – Kashaya, Amla, Madhura

**Guna** – Laghu, Snigdha

**Virya** - Ushna

**Vipaka** – Madhur/Amla

**Dosha karma**- Tridosh hara

**Karma** – Rochan, Hridya, Tridoshhara, Grah

**Parts used** – Seed

b) **Twak**

**Latin name** – *Cinnamomnm zeylanicum* (T. Nees.)
**Family** - Lauraceae
**Sanskrit synonyms** – Patraka
**Hindi name** – Tejapatta, tamalpatra
**English name** – Bay leaf

**Botanical Description** – A moderate-sized tree attaining a height upto 25 ft.
**Leaves** glabrous, usually10-13 cm. long, very variable in breadth, opposite, rarely alternate, shining above, leathery, rarely elliptical and obtuse, 3-nerved from the base.
**Flowers** unisexual numerous 0.5-0.6 cm. long.
**Fruit** 1.25 cm. long, peduncle and calyx small, 1.25 cm. and the later usually 0.6 cm. diameter with truncate lobes; drupes ovoid, globose, black when ripe, seated on persistent base of perianth.

**Ayurvedic Pharmacodynamics**

**Rasa** – Katu, Madhur

**Guna** – Laghu, Ruksa

**Virya - Sheeta**

**Vipaka - Madhur**

**Dosha karma** – Tridosh-shamak

**Parts used** – Fruit
d) **Tejapatra**

**Latin name** – *Cinnamomnm Tamala* (Nees.)
**Family** - Lauraceae
**Sanskrit synonyms** – Patraka
**Hindi name** – Tejapatta, tamalpatra
**English name** – Bay leaf

**Botanical Description** – A moderate-sized tree attaining a height upto 25 ft.
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Ayurvedic Pharmacodynamics

Rasa – Tikta, Madhur
Guna – Laghu, Tikshna
Virya - Ushna
Vipaka - Katu
Dosha karma – Vatakaphashamak
Parts used – Patra

e) Sharkara10,11
Latin name – Saccharum Officinarum
Family - Poaceae
Sanskrit synonyms – Sharkara
English name – Sugar

Description – When the solid form of ikshurasa is refined it forms sharkara, which is commonly uses as sugar. It is in crystal form and white in colour.

Ayurvedic Pharmacodynamics

Rasa – Madhur
Guna – Guru, Singhdha,
Virya - Sheeta
Vipaka - Madhur
Dosha karma - Vatapittashamak
Parts used – Exudate

CONCLUSION

Loss of appetite is a symptom and not a disease commonly found in children in which loss of desire of food and loss of food taste are symptoms. In Ayurveda, it can be correlated with Aruchi. It can be physiological or psychological. Daadimaadi churna is one of medicine for Aruchi from ayurvedic classics. It can be taken in Ayurvedic practice. It is easy to prepare & dispense due to churna form and also due to sweet taste it is easily palatable in children.

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