

## 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* (*Cinnamomum zeylanicum*), *Sukshama ela* (*Elettaria Cardamomum*), *Tejapatra* (*Cinnamomum 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.<sup>1</sup> Loss of appetite is when your desire to eat is reduced.<sup>2</sup> 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.<sup>3</sup> 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 *Aruchis*.<sup>4</sup> *Daadimaadi choorna* is one of the *Ayurvedic* medicine indicated in *Aruchi*. It was explained in *Bhaishajya Ratnavali* in *aruchi rogadhikara*.<sup>5</sup>

**Table 1: COMPOSITION OF DAADIMAADI CHURNA<sup>5</sup>**

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

**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 purva-khanda*)

**Table 2:**

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<sup>6</sup>**

**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 glomerous, often spinescent branclets.

**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<sup>7</sup>**

**Latin name** – *Cinnamomnm zeylanicum (T. Nees)*

**Family** - Lauraceae

**Sanskrit synonyms** – *Twak, Darusita, Varanga*

**Hindi name** – *Dalachini, Daruchini*

**English name** – Cinnamon

**Botanical Description** – Small, aromatic tree, sometimes attained a height of 20-25 ft. and sometimes 60 ft.

**Leaves** sub-opposite, variable, large oblong low levels, small and oval at high levels with intermediate sizes and forms.

**Flower** on long peduncles, clustered; brown, in lax panicles.

**Fruit** dark purple, 1.9 cm. long, oblong, ovoid, supported by ribbed accrescent, perianth.

**Bark** reddish brown with watery exarences, rough 1-9 cm. thick, soft, inner blaze brown aromatic.

**Ayurvedic Pharmacodynamics**

**Rasa** – *Katu, Tikta, Madhura*

**Guna** – *Laghu, Ruksha, Tikshna*

**Virya** - Ushna

**Vipaka** - Katu

**Dosha karma** - Kaphavatashamak

**Parts used** – Bark

**c) Sukshma Ela**<sup>8</sup>

**Latin name** – Elettaria Cardamomum (T. Nees.)

**Family** - Zingiberaceae

**Sanskrit synonyms** – Korangi, Triputa

**Hindi name** – Choti Illaychi

**English name** – Lesser Cardamom

**Botanical Description** – A annual herb; rootstock thick, leafy stem, 2.5-4 cm long.

**Leaves** oblong-lanceolate, pubescent beneath.

**Flowers** shortly pedicelled; calyx cylindric, membranous, shortly lobed; corolla-tube shortly exerted, lip larger than the corolla-segments, white sheathed with violet.

**Fruit** subglobose or oblong capsules.

**Ayurvedic Pharmacodynamics**

**Rasa** – Katu, Madhur

**Guna** – Laghu, Ruksha

**Virya** - Sheeta

**Vipaka** - Madhur

**Dosha karma** – Tridosh-shamak

**Parts used** – Fruit

**d) Tejapatra**<sup>9</sup>

**Latin name** – Cinnamomum 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.

**Leaves** glabrous, usually 10-13 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** – Tikta, Madhur

**Guna** – Laghu, Tikshna

**Virya** - Ushna

**Vipaka** - Katu

**Dosha karma** – Vatakaphashamak

**Parts used** – Patra

**e) Sharkara**<sup>10,11</sup>

**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** - Vata-pittashamak

**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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