



International Journal of Indian Medicine

www.ijim.co.in



IJIM



International Journal of Indian Medicine

Access the article
online



Conceptual review on Chitrakadi Vati as a Agnideepan in Mahasrotas

Mahendra Ther,¹ Nandane S2, Jangle K,³

1. PG(Scholar) – Swasthritta Bhausaheb Mulak Ayurveda Mahavidyalaya, Nagpur, India
2. PG(Scholar) – Swasthritta Bhausaheb Mulak Ayurveda Mahavidyalaya, Nagpur, India
3. PG(Scholar) – Swasthritta Bhausaheb Mulak Ayurveda Mahavidyalaya, Nagpur, India

Abstract:

Background: Agni is the consistent agent in the process of Paka (digestion). Ingested food is to be digested, absorbed and integrated, which is unavoidable for the maintenance of life, and is performed by the Agni. **Aim of study:** To review drug contents action in *Chitrakadi Vati* as a *Agnideepan in Mahasrotas*. **Materials & methods:** Review was done from various Ayurved textbooks like *Dravyagunvidnyan*, API textbook of CCRAS and published journals, online search. **Discussion:** Agni converts food in the form of energy, which is responsible for all the vital functions of our body. There are numerous Ayurvedic drugs explained to be useful in such a diseased condition; termed as *Deepaniya* (Stomachic) and *Pachaniya* (Digestants). Charaka formulated "*Chitrakadigutika*" (*Chitrakadivati*) with eight out of ten drugs enumerated under *Deepaniya Dashemani* except *Bhallataka* and *Amlavetasa*. **Conclusion :** *Chitrakadi Vati* is found beneficial to improve the digestion power(Agni) of body, it was observed that in many clinical trials it has potential effects in treating anorexia and indigestion or any other disorders of *Mahasrotas vyadhi*.

Key Words: *Chitrakadi Vati, Agni, Digestion, Deepana and Pachana*

Corresponding Author: Dr.Mahendra Ther,

Swasthritta Bhausaheb Mulak Ayurveda Mahavidyalaya, Nagpur, India

Email: mahendra.ther.s@gmail.com



How to cite this article Mahendra Ther, Nandane S, Jangle K. Conceptual review on Chitrakadi Vati as a Agnideepan in Mahasrotas. Int. J Ind. Med. 2020;1(1):38-41.

Introduction:

Agni is the consistent agent in the process of Paka (digestion). Agni is classified into thirteen varieties; i.e. *Jatharagni*, five *Bhutagnis*, seven *Dhatwagnis*.^[1] Therefore, Ayurvedic therapeutics always focuses on restoring normal status of Agni. There are numerous Ayurvedic drugs explained to be useful in such a diseased condition; termed as *Deepaniya* (Stomachic) and *Pachaniya* (Digestants). Agni converts food in the form of energy, which is responsible for all the vital functions of our body.^[2] According to Ayurveda root cause of all diseases is diminished *Jatharagni* (*Mandagni*).^[3] The drugs of this *Deepaniya* groups can be categorized them into three group viz; *Deepaniya* (stomachic), *Pachaniya* (Digestants), and *Deepaniya-Pachaniya* (Stomachic and Digestants) on the basis of main therapeutic activity of herbs included in the group. According to Sharangdhar Samhita, Deepan karma is that, which stimulates *Jatharagni* (*Agni Sandhukshan*).^[4] In the same way *Deepan Dravya* can generate hunger by stimulating *Jatharagni*, in such way that mind will motivate person to eat food, but this stimulation is insufficient for the digestion of that food. *Pachaniya Dravya* digest *Aama* (undigested food) but is unable to perform *Agnideepana*. Action of *Pachan Dravya* can be understood on the basis of *Panchabhautik* constitution of six types Rasa (Taste). *Mahasrotas* as '*Mahachhidram Mahasaranam*'. This clearly means the whole alimentary canal starting from mouth up to anus. '*Mahasrotas*' is place of *Jatharagni*, process of *Awasthapaka* (& hence place for *Udirana of Dosh*) & *Pachana*. *Mahasrotas* is also considered as '*Abhyantar Roga Marga*' among three of *roga marga*. The analysis of *Chitrakadi Vati* drugs^[5] incorporated in the list of *Agrashadhis* (best category of drugs) by Charaka; it appears that he prefers to categorize into following two groups- *Deepana* and *Pachana*. The research studies

regarding ingredients of *Chitrakadi Vati* also show results on gastrointestinal tract.

Aim of study: To review drug contents action in *Chitrakadi Vati* as a *Agnideepan* in *Mahasrotas*.

Materials & methods: Review was done from various Ayurved textbooks like *Dravyagunvidnyan*, *API* textbook of *CCRAS* and published journals, online search.

Chitrakadi Vati:^[6]

Chitrakadi Vati is an Ayurvedic medicine which is available in the tablet or vati form in the market. It is very beneficial to improve the digestion power (Agni) of body, it was observed that it has potential effects in treating anorexia and indigestion. This Ayurvedic medicine has the digestive and detoxifying properties and removes the accumulated toxins in the body.

Preparation: The fine powder of above-mentioned ingredient is triturated with lemon juice or pomegranate juice and a paste is prepared. Further it is rolled into tablet form, dried and preserved. It can be given in the 500mg dose thrice a day, maximum upto 2 gms.

Anupana: Warm water, butter milk

Important Therapeutic Uses: *Agnimandya* (Digestive impairment), *Amdosha* (Products of impaired digestion and metabolism / consequences of *Ama*), *Grahani* (Malabsorption syndrome).

चित्रकं पिप्पलीमूलं द्वौ क्षारौ लवणानि च ।

व्योषं हिङ्गवजमोदां च चव्यं चैत्र चूर्णयेत् ॥९६॥

गुटिका मातुलुङ्गस्य दाडिमस्य रसेन वा ।

कृता विपाचयत्यामं दीपयत्याशु चालनम् ॥९७॥ इति

चित्रकाद्या गुटिका चरकसंहिता चि.१५/९६-९७

Table no. 1 Rasapanchaka of Content of *Chitrakadi Vati* ^[7]

S.no	Dravya	Rasa	Guna	Virya	Vipaka	Qn.
1.	<i>Chitraka</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshana</i>	<i>Usna</i>	<i>Katu</i>	<i>1 part</i>
2.	<i>Pippali moola</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshana</i>	<i>Anushnasita</i>	<i>Madhura</i>	<i>1 part</i>
3.	<i>Yava kshara</i>	<i>Katu</i>	<i>Laghu, Snigdha, Sara</i>	<i>Usna</i>	<i>Katu</i>	<i>1 part</i>
4.	<i>Sarji kshara</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>1 part</i>
5.	<i>Saurvachala lavana</i>	<i>Lavana</i>	<i>Laghu, Snigdha, Sukshma, Vishada</i>	<i>Ushna</i>	<i>Katu</i>	<i>1 part</i>
6.	<i>Saindhava lavana</i>	<i>Lavana</i>	<i>Laghu, Snigdha, Sukshma</i>	<i>Sita</i>	<i>Madhura</i>	<i>1 part</i>
7.	<i>Vida lavana</i>	<i>Lavan, Kshara</i>	<i>Laghu, Sukshma, Tikshna, Vyavayi</i>	<i>Usna</i>	<i>Madhura</i>	<i>1 part</i>
8.	<i>Samudra lavana</i>	<i>Lavana, Kshar, Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Anushnasita</i>	<i>Madhura</i>	<i>1 part</i>
9.	<i>Audbhida lavana</i>	<i>Lavana, Tikta, katu</i>	<i>Laghu, Tikshna</i>	<i>Usna</i>	<i>Madhura</i>	<i>1 part</i>
10.	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Usna</i>	<i>Madhura</i>	<i>1 part</i>
11.	<i>Maricha</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Usna</i>	<i>Katu</i>	<i>1 part</i>
12.	<i>Pippali</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Anushnasita</i>	<i>Madhura</i>	<i>1 part</i>
13.	<i>Hingu</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Usna</i>	<i>Katu</i>	<i>1 part</i>
14.	<i>Ajamoda</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Usna</i>	<i>Katu</i>	<i>1 part</i>
15.	<i>Chavya</i>	<i>Katu</i>	<i>Laghu, Ruksha,</i>	<i>Usna</i>	<i>Katu</i>	<i>1 part</i>
16.	<i>Matulunga rasa</i>	<i>Amla</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Usna</i>	<i>Amla</i>	<i>QS</i>
17.	<i>Dadima rasa</i>	<i>Madhura, Amla</i>	<i>Laghu, Snigdha</i>	<i>Anushnasita</i>	<i>Madhura</i>	<i>QS</i>

Discussion:

Charaka while explaining gruels differentiated both the *Deepana* and *Pachana* separately. The gruel prepared with *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka* and *Sunthi* stimulates appetite and relieves (colic) pain. The gruel prepared with *Kappittha*, *Bilwa*, *Changeri*, *Takra* and *Dadima* is digestive and astringent. Similarly, the management of *Grahani*- a major *Agnivikara* (hypo-function of digestive fire) Charaka formulated "*Chitrakadigutika*" (*Chitrakadivati*) with eight out of ten drugs enumerated under *Deepaniya Dashemani* except *Bhallataka* and *Amlavetasa*. Rest of the drugs are incorporated along with two *Ksharas* (alkali) and five *Lavanas* (salts). *Pachana* of

Ama and *Agnideepana* are the two activities attributed to this herbo-mineral formulation. Malfunction of *Agni* i.e. *Mandagni* causes improper digestion which leads to *Grahani* Dosh. ^[8] *Grahani* is *Mahasrotas Vyadhi*. The word *Grahani* is derived from *Dhatu 'Graha'* which means, to catch, to hold or to get. According to Ayurveda *Vata*, *Pitta*, and *Kapha* are susceptible to imbalance and vitiation. In turn, they vitiate other structural and functional elements of the body. *Samana Vayu*, *Pachaka Pitta* and *Kledaka Kapha* are the main *Doshas* confined to the organ *Grahan*. *Chitrakadi Vati* also shows results on gastrointestinal tract. So the yoga is to be

Review Article

prescribed in case of *Grahani Dosh/Roga* or *Ama* arise diseases by observing *Prakruti*.

Probable Mode of Action of *Chitrakadi Vati* in *Mahasrotas*:

Acharya Charaka states that, *Chitrakadi Vati*, because of its *Laghu, Tikshna, Ruksha Gunas and Katu, Tikta - Rasa* (dominant with *Agni, Vayu* and *Akasha Mahabhuta*) it subsides the aggravated Kapha. While, by *Usna Virya* and *Tikshna, Snigdha Guna* it counteracts *Vata*. Due to *Madhura rasa (Snigdha guna, Anushnasita virya, Madura vipaka* it balance the *Pitta* overall it help in increasing *Agni* in *Grahani, Agnimandya* disease. *Deepana, Pachana* and *Grahi* property and also by the virtue of *Ruksha Guna* decreases *Srotogata Ama* and *Pichhilata* and relieves *Ati Pravritti*. By virtue of its *Deepana, Pachana, Rochana* property, *Katu, Lavana, Tikta, Amla Rasa, Laghu, Tikshna, Ruksha guna, Usna virya* it stimulates *Jatharagni* which turn by turn stimulates all other *Agnis*.^[9]

Conclusion:

The ingredients of *Chitrakadi Vati* can be administered in *Grahani Roga* or *Ama* arise diseases by observing *Prakruti, Desha, Kala, Vaya*, and *Avastha* of the patient and *Roga Bala*. *Chitrakadi Vati* is found beneficial to improve the digestion power (*Agni*) of body, also it effective in the treatment of *Grahani*. it was observed that in many clinical trials, it has potential effects in treating anorexia and indigestion or any other disorders of *Mahasrotas vyadhi*.

References:

1. Sashtri Kashinath, Pt, Chaturvedi Gorakhnath., Charaka Chikitsa verse 15/4. Varanasi: Chaukhamba Bharti Academy; 2004; p. 452.
2. Tripathi B. Astanga Hridayam. Nirmala Hindi Commentary. Chapter 12, verses 17, 1-2, Reprint 2003, Varanasi: Chaukhamba Sanskrit Pratishthan. 2004; 434
3. Tripathi B. Ashtang Hrudaya with Sarvangsundar and Ayurvedrasayan Tika, Nidansthan chapter 12/1, Chaukhamba Publication ED, 2010 page no.513
4. Pandit Parshuram Shastri, Sharangdhar Samhita Gudharthadipika tika, Pratham Khand chapter 4/11, page no.37, Chaukhamba Orientalia ED, 2002, 31
5. Sashtri Kashinath, Pt, Chaturvedi Gorakhnath., Charaka Chikitsa verse 15/96-97. Varanasi: Chaukhamba Bharti Academy; 2004; p. 467
6. CCRAS. The Ayurvedic Formulary of India. 2nd Ed. New Delhi: Govt. of India, Ministry of Health and Family Welfare; 2003 Part I. Vol I. p .465
7. Vaidya Bapalal G, Nigantu Adarsha, Vol-I &II, II Edition, Varanasi, Chaukhamba Bharati Academy, 2013. Pg 232
8. Vd. Y.T. Acharya, Charaka Samhita, Commentary Chakrapanidatta edited by, Chikitsa Sthana 15/42-44. Chaukhamba Surbharati Prakashana, Varanasi, 2009. 324
9. Rupalal Mishra, Bhavprakash Vidyotini Tika, Brahmashankar Mishra,. Purva Khand chapter 6/212, page no190,191, Chaukhamba Sanskrit Bhavan, ED, 2010. 23