

VatsakadiKwathaChurna:APolyherbal Formulation For Diarrhea

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Abstract

Herbal medicines are significant and reliable sources for treating various infectious and non infectious diseases. It is well known that infectious diseases account for high proportion of health problem, especially in developing countries. Microorganism has developed resistance to many antibiotics and this have created immense clinical problem in the treatment of infectious disease.

Vatsakadikwathachurna a polyherbal formulation which is known to be antidiarrheal.

The clinical manifestations of Atisara are similar to ‘Diarrhoea’ in modern medicine which is treated with specific Antibiotics and Antispasmodics. After reviewing the properties of the vatsakadikwathachurna ,we can conclude that it possesses anti diarrheal properties and this looks promising in the treatment of diarrhea.

Keywords:-Polyherbal,diarrhea, vatsak (*kutaj*)

Introduction

Diarrhoea is a common gastrointestinal disorder characterized by an increase in stool frequency and a change in stool consistency.¹It remains one of the major health threats to populations in the tropical and subtropical poor countries. In developing countries, the majority of people living in rural areas almost exclusively use traditional medicines in treating all sorts of diseases including diarrhoea. ² Antibiotic resistance has become a global concern ³. The clinical efficacy of many existing antibiotics is being threatened by the emergence of multidrug-resistant pathogens ⁴.

Complementary system of medicine such as Ayurveda, Siddha, Unanai and Chinese medicine have gained its popularity in recent years ⁵. Vatsakadikwathachurna possesses antidiarrheal properties mentioned in the text.⁶

Method of preparation vatsakadikwatha churna⁷

Following ingredients are used for the preparation of Vatsakadikwathachurna

S.No	Ingredients	Latin name	Family	Part used	Quantity
1	Vatsaka	<i>Holarrhena antidysenterica</i>	Apocynaceae	St. bk.	1 part
2	Ativisha	<i>Aconitum heterophyllum</i>	Ranunculaceae	Rt.	1 part
3	Bilva	<i>Aegle marmelos</i>	Rutaceae	Fr.P	1 part
4	Udichya	<i>Pavonia odorata</i>	Malvaceae	Rt.	1 part
5	Musta	<i>Cyperus rotundus</i>	Cyperaceae	Rz.	1 part

Rt.- root, St.bk.- stem bark, Fr. P- fruit pulp, Rz.- rhizome

The coarse powder of all the ingredients are prepared separately and mixed together in the prescribed quantity

Ingredients of Vatsakadikwathachurna and their pharmacological and therapeutic properties

S.No.	Name of the drug	Rasadipanchak & Ayurvedic properties	Pharmacological properties
1	Vatsaka (Kutaj)	Rasa –katu, kashaya Guna - ruksha Virya - sheeta Rogaghanta - arsha, atisar, kushta, jwara Karma - agnideepka, pachaka ⁸	Antidiarrheal ^{9,10,11} Antibacterial ^{12,13}
2	Ativisha	Rasa –katu, tikta Guna - ushna Virya - ushna Rogaghanta - atisara, ama, visha, vamana, krimiroga Karma - agnideepka, pachaka ¹⁴	Antidiarrheal ¹⁵ .

3	Bilva	<p>Rasa –<i>katu,tikta,kashaya</i></p> <p>Guna- <i>snigdha,ushna</i></p> <p>Virya- <i>ushna</i></p> <p>Rogaghanta- <i>atisara,pravahika,grahni, Madumeha,karnaroga,vataroga, kamla,arsha,shotha,jwara</i></p> <p>Karma- <i>agnideepka,pachaka,grahi</i>¹⁶</p>	<p>Antidiarrheal^{17,18,19}</p> <p>Antibacterial²⁰</p> <p>Antiinflammatory²¹</p>
4	udichya	<p>Guna- <i>ruksha, laghu</i></p> <p>Virya- <i>sheeta</i></p> <p>Rogaghanta-<i>atisara,ama,aruchi,hrulasa, Visarpa,hrudyaroga,</i></p> <p>Karma- <i>agnideepka,pachaka</i>²²</p>	Antibacterial ²³
5	Musta	<p>Rasa – <i>katu,tikta,kashaya</i></p> <p>Virya-<i>sheeta</i></p> <p>Rogaghanta- <i>jwara,aruchi,trisha,kapha pitta nashakkrimihar</i></p> <p>Karma- <i>agnideepka,pachaka,grahi,swedajanaka</i>²⁴</p>	<p>Antidiarrheal²⁵</p> <p>Antispasmodic²⁶</p>

Discussion

According to one study, Kutajand bark is capable to kill free living amoebae and it also kills entamoebahistolytica in the dysenteric stools of experimentally infected kittens and the herb is markedly lethal to the flagellate protozoon²⁷. The strong antibacterial activity of the Holarrhenaantidysenterica extract inhibits growth of enteropathogenic Escherichia coli (EPEC) bacteria strains. The EPEC strains are notorious for resisting the activities of multiple antibiotic drugs. The effectiveness of Holarrhenaantidysenterica in treating diarrhea induced by EPEC strains makes it an effective alternative to conventional antibiotic drugs used for treating dysentery²⁸. The medicinal plant could also inhibit formation of bloody stools, a symptom of enterohaemorrhagic Escherichia coli (EHEC) infection.²⁹. Studies suggest that Holarrhena

antidysenterica prevents and treats EPEC infections by prevented bacterial adhesion. The anti-adherence effect of the alkaloids of the herb provides a rational basis for treating diarrhea induced by EPEC infection.³⁰. Holarrhena antidysenterica is also effective in treating multi-drug resistant Salmonella infection, which is an important cause of severe enteric diseases worldwide³¹ Most ingredients have *katu, tikta, kashaya rasa*, and *Kashaya* dominant drugs can be incorporated in the subsequent phases which facilitates for Shoshana (absorption) of liquefied or detoxified, a state produced by Tikta Rasa and Katu Rasa³² The crude extract of *Bilwa* has shown antioxidant³³, effective in experimental models of irritable bowel syndrome and physiological diarrhoea^{34,35}. *Udichya* has shown the antimicrobial activity.³⁶ *Musta* has produced its antidiarrhoeal effect through decreasing intestinal secretions and antispasmodic effect by inhibiting the intestinal motility.³⁷

Conclusion

Pharmacological activities of ingredients of the *vatsakadikwathachurna* has shown its use as, antidiarrheal, antimicrobial, antibacterial, anti-inflammatory and antispasmodic qualities. So this review helps the researcher to explore this formulations for pharmacological activities of the *vatsakadikwathachurna*.

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