

**MOORVADI CHOORNA: A LITERARY REVIEW**Sunitha G *¹, Gazala Hussain ²¹Final year PG Scholar, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheswara College of Ayurveda & Hospital, Hassan, Karnataka, India²Associate Professor, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheswara College of Ayurveda & Hospital, Hassan, Karnataka, India

*Corresponding Author Email: sunithagopakumar1@gmail.com

DOI: 10.7897/2277-4572.06563

Received on: 15/10/17 Revised on: 29/10/17 Accepted on: 30/10/17

ABSTRACT

Moorvadi choorna is herbal preparation described in the classics. It is indicated in gara visha (garopahatha pavaka) and should be given with proper anupanas like hot water, buttermilk, whey and amla rasa dravya. In present day life style junk food, colouring agents, food additives, and preservatives can be taken as gara visha. This will produce agni vaishmya vikaras (digestive disorder) like obesity, piles, fistula, ascites, etc. These signs and symptoms are same as gara visha. Moorvadi choorna with proper anupana help to overcome these diseases.

KEY WORDS: Moorvadi choorna, Gara visha, Anupana, Food additives**INTRODUCTION**

Gara visha is well explained in traditional books of Ayurveda. *Gara visha* is prepared artificially by the mixture of various substances to produce various diseases. Women in order to gain the love of their husband and women who are intimate with the king instigate by foes administer gara (artificial poison) to king mixed with food. Combination of parts of the body and excreta of different animals, in compatible drugs, ashes and poisonous substance of mild potency is known as gara visha, by that the person become pandu (pale), krisha (emaciated) develops alpagni (weak digestive fire), kasa (cough), swasa (dyspnoea), jwara (fever), upward movement of vata, mahodara (enlarged abdomen), deena vaak (feeble voice), durbala (debilitated), alasa (lazy), sophra (develop swelling), suska pada-kara (dryness of feet and hand), kshayi (emaciation), generally dreams of seeing jackal, cat, mongoose, snake, monkey, trees, and reservoirs which is dry, think that he is black instead of his original white colour or that he become white instead of his original black colour, sees his ears, nose, eyes, etc as rough and distorted¹.

Gara visha is classified under kritrima or samyogaja visha by Acharyas. Two types of gara vishas are explained in our classics as

-**Nirvishadravya samyogakrtam**- Combination of two non-poisonous substances. eg: virudhahara which can be considered as gara.

- **Savisha dravya samyogakrtam**- Combination of poisonous materials which can be termed as kritrima visha².

Acharya Charak has stated that gara visha is Kalantara-avipaki (delayed absorption of digestive material) and produce chronic toxicity. The toxicogenesis of food, milk and drink additives is near about similar to that of gara visha concocted poison as both reduce jatharangi (digestion) and absorption in gastrointestinal tract³. This produces long term hazards in human being due to persistent eating of food containing additives and colouring agents since prolong time.

Moorvadi choorna explained in the classics for the treatments of reduction of digestive fire due to gara visha (*garopahatha pavaka*).

MOORVADI CHOORNA**References**

Ashtanga Hridaya/ Uttarasthana/ 35th chapter
Ashtanga Sangraha/ Uttarasthana/ 40th chapter

Table 1: Ingredients

Ingredients	Botanical name	Rasa	Guna	Veerya	Vipaka	Doshagnatha
Moorva	<i>Marsdenia tenacissima</i>	Thikta Kashaya	Guru Ruksha	Ushna	Katu	Kapha vatahara
Guduchi	<i>Tinospora cordifolia</i>	Thikta Kashaya	Guru Snigdha	Ushna	Madhura	Tridosha hara
Tagara	<i>Valeriana wallichii</i>	Thikta Katu Kashaya	Laghu Snigdha	Ushna	Katu	Kapha vatahara
Pippali	<i>Piper longum</i>	Katu	Laghu Snigdha	Ushna	Madhura	Vata kapha hara
Patola	<i>Tricosanthes dioica</i>	Thikta Katu	Laghu Ruksha	Ushna	Katu	Kapha pitta hara

Chavya	<i>Piper chaba</i>	Katu	Laghu Ruksha	Ushna	Katu	Kapha vata shamaka
Chitraka	<i>Plumbago zeylanica</i>	Katu	Laghu, Ruksha	Ushna	Katu	Kapha vatahara
Vacha	<i>Acorus calamus</i>	Katu Thikta	Laghu Thikshna	Ushna	Katu	Kapha vatahara
Musta	<i>Cyperus rotundus</i>	Thikta Katu Kashaya	Laghu Ruksha	Sita	Katu	Kaphapitta hara
Vidanga	<i>Embelia ribes</i>	Katu Kashaya	Laghu Ruksha	Ushna	Katu	Kaphavata hara

Table: 2 Analysis of drugs in moorvadi choorna

Drug	Karma
Moorva	Jwarahara, Premehahara, Kushtaghna, Chardhighna
Guduchi	Medya, Rasayana, Deepaniya, Grahi, Medohara, Kandughna, Jwarahara, Daha prashamana
Tagara	Vishaghna, Bhootha apasmara nashaka
Pippali	Dipaneeya, Vrsuhya, Rasayana, Kushtaghna, Sulahara
Patola	Vrshya, Varnya, Dipana
Chavya	Deepaniya, Pachaniya, Swasaghna, Kasaghna
Chitraka	Deepaniya, Pachaniya, Grahi
Vacha	Leghaniya, Medhya
Musta	Deepaniya, Pachaniya, Grahi, Lekhana
Vidanga	Krimighna, Deepaniya, Kushtaghna

Method of preparation

All the ingredients are taken in equal quantity. They are pounded separately, sieved and mixed homogeneously.

Dose: 1 Karsha (12g)

Shelf life: 2 months

Table: 3 Properties of anupana of Moorvadi churna

Anupanas	Doshagnata	Properties
Ushnambu (Hot water)	Kapha vata	Removes meda (fat) and ama deepana (stimulates digestive fire), basti sodhanam (cleanses urinary bladder), alleviate swasa (dyspnoea), kasa (cough), jwara (fever) and is always wholesome ⁴ .
Takra (Butter milk)	Kapha vata	Having kashaya amla rasa (astringent and sour taste) deepana (stimulates digestive fire), alleviates sophra (swelling), udara (ascites), arsha (piles), grahani (irritable bowel syndrome), mootra graha (incontinence of urine), aruchi (tastelessness), pleeha (splenomegaly), ghrita vyapath (complication due to ghee intake), pandu (anaemia) ⁵ .
Mastu (Whey)	Kapha vata	Amla-kashaya-madhura rasa (sour, astringent and sweet taste), Laghu (light), removes trishna (thirst) and klama (exhaustion), srotho vishodana (cleanses channels), avrshya (non- aphrodisiac), prahladana (pleasing), preenana (satiating), quickly breaks faeces down, strengthens the body quickly and produce baktha-chandha (desire for food) ⁶ .
Amla rasa dravya (substance having sour taste)	Vata	Causes agni deepthi, hridhya (conductive to heart), pachana (digestive), rochana (appetiser), having ushna veerya (hot potency), preenana (satiating), kledana (slimy), laghu (light), causes aggravation of kapha and pitta, mooda vatanulomana (makes inactive vata move downwards) ⁷ .

DISCUSSION

Today, through different means along with foods and drinks as additives or adulterants many toxic substance are consumed by human being which act similar to gara visha which causes chronic poisoning if consumed persistently for prolong period. Hence the chikitsa sutra of gara visha can be applied for the management of chronic toxicity of such toxicants. Currently there are so many food additives like colouring agents, preservatives, soft drinks, and additives milk adulterant has been used by peoples persistently in the form of junk foods/ since prolong times causes avipakata (indigestion), etc. Moorvadi choorna explained in classics is useful in this condition. It contains ten herbal drugs out of which six drug have deepana property (guduchi, pippali, chavya, chitraka, musta, vidanga) that help in easy digestion. In moorvadi churna most of the drug have thikta kashaya rasa, laghu ruksha guna, ushana veerya, katu vipaka, vata kapha shamaka. The anupanas mentioned for moorvadi choorna all are having deepana property that help to manage the agni mandya caused due to

gara visha. Takra is indicated in gara visha and all agnimandya vikaras like grahani, arshas and udara⁸. Tagara having vishaghna property helps to reduce the artificial poison. Mastu which is sara (laxative) and sroto sodhi (clears the metabolic pathways), helps the evacuation of flatus⁹. It creates desire for food also (baktha chandha). Ushnambu (hot water) which is ama pachaka helps for proper digestion and absorption in garartha person. The amla dravyas having deepana and pachana property and are also good appetisers (rochana). So the combined action of all drugs in the moorvadi choorna along with proper anupana helps in removal of agnimandya due to gara visha.

CONCLUSION

Gara visha is prepared artificially by the mixture of various substances to produce various diseases. Gara visha is classified under *kritrima* or *samyogaja visha* by Acharyas. Acharya Charaka has stated that gara visha is *Kalantara-avipaki* (delayed absorption of digestive material) and produces chronic toxicity. Moorvadi choorna is a herbal preparation explained in the

authentic books of Ayurveda for the treatment of reduction of digestive fire due to *gara visha* (garopahatha pavaka). For better result it should be given with proper *anupanas* like hot water, buttermilk, whey and amla rasa dravya. In present day life style junk food, colouring agents, food additives, and preservatives can be taken as *gara visha*. These will produce *agni vaishamya vikaras* (digestive disorders) like obesity, piles, fistula, ascites, etc. These signs and symptoms are same as *gara visha*. Moorvadi choorna with proper anupana helps in the management of this disease.

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How to cite this article:

Sunitha G and Gazala Hussain. Moorvadi choorna: A literary review. J Pharm Sci Innov. 2017; 6(5): 102-104.
<http://dx.doi.org/10.7897/2277-4572.06563>

Source of support: Nil, Conflict of interest: None Declared

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