

Therapeutic Uses Of *Sitopaladi Choorna* - An Experimental View

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ABSTRACT

Choorna preparations are commonly used by physicians all over the India and Indian subcontinent. *Ajamodadi choorna*, *Ashwagandhadi choorna*, *Avipattikara choorna*, *Dadimashtaka choorna*, *Madhumehari choorna*, *Gangadhara choorna*, *Pushyanuga choorna*, *Triphala choorna*, *Panchasakara choorna*, *Shatsakara choorna*, *Trikatu choorna*, *Brahmi choorna*, *Arjuna choorna*, *Ashoka choorna* and *Yashtimadhu choorna* are few *choorna* preparation which are popularly used in the treatment of various disorders. *Sitopaladi choorna* is one such medicine which is used in the management of Respiratory disorders. *Pratishyaya*, *Pinasa*, *Gala shotha*, Pharyngitis, Laryngitis, Tracheitis, Bronchitis, Bronchial asthma, COPD, Bronchiectasis and Emphysema, are the disorders in which *Sitopaladi choorna* gives good outcome. The ingredients of this formulation are having the actions like, *Dipana*, *Pachana*, *Digestive*, *Kasahara*, *Shwasahara*, Anti allergic, Expectorant, Mucolytic, Bronchodilator, *Vatakapha hara*, *Ushna*, *Vatanulomana*, *Ruchikara*, Anti infection, Anti-bacterial, Bactericidal and *Rasayana* actions.

Present paper highlights about the therapeutic uses of *Sitopaladi choorna* in an experimental view.

Keywords: *Sitopaladi choorna*; *Kasahara*; *Shwasahara*; *Bronchodilator*.

INTRODUCTION

Sitopaladi choorna is commonly used in management of Respiratory disorders. The ingredients like, *Pippali*, *Lavanga*, *Twak*, *Ela* etc., are *Dipana*, *Pachana*, *Ushna guna yukta*, *Kasahara*, *Shwasahara* and Mucolytic actions. As *sitopaladi choorna* contains *Sita* (Cane Sugar), it is palatable for children also. Because of *Katurasa* and *Ushna guna*, it decreases secretion in bronchioles and gives relief from Dyspnoea.

AIM AND OBJECTIVES

To study the therapeutic uses of *Stiopaladi choorna* in scientific and experimental view.

METHODS

The related subject matter is compiled from Research monographs, scientific journals, contemporary literature *Sangraha granthas*, *Samhita granthas*, and from personal clinical experience.

Ingredients 1,2.

1. *Sharkara* or *Sitopala* (Sugar candy) - 16 P
2. *Vamshalochana* (Bamboo Marina) - 8 P
3. *Pippali* (Long pepper) - 4 P
4. *Ela* (Cardamom) - 2 P

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5. *Twak* (Cinnamon bark) - 1 P

Preparation

All ingredients are powdered separately, sieved, mixed and stored.

Actions 3,4,5.

- 1) *Dipana*
- 2) *Pachana*
- 3) *Ushna guna yukta*
- 4) *Madhura and Katu rasa yukta*
- 5) *Kasahara*
- 6) *Shwasahara*
- 7) Expectorant
- 8) Bronchodilator
- 9) Mucolytic
- 10) Appetiser
- 11) Digestive
- 12) *Ruchivardhaka*
- 13) *Agnivardhaka*
- 14) *Swedana (Abhyantara)*

Clinical Indications 6,7.

1. *Tamaka Shwasa*
2. *Kaphaja Kasa*
3. *Agnimandya*
4. All types of *Kasa*
5. *Ajirna*
6. *Mukha dourgandhya*
7. Chronic bronchitis
8. Bronchial Asthma
9. *Pratishyaya*
10. *Pinasa*
11. *Gala Shundika* (Tonsilitis)
12. *Gala Shotha* (Pharyngitis)
13. Deviated Nasal Septum
14. Nasal Polyp
15. Rhinitis
16. Laryngitis
17. Tracheitis
18. COPD
19. Brochiectasis
20. Emphysema
21. Pulmonary edema (As an add on therapy)
22. Pulmonary Koch's (As an add on therapy)
23. Pnemonia

Amayika Prayoga 9,10.

- 1) *Tamaka Shwasa* - It is given with *Kanakasava, Poushkaradi Kwatha* and *Mrityunjaya Rasa*
- 2) *Kaphaja Kasa* - It is given with *Tribhuvana Kirti Rasa* and *Pushkaramoolasava*
- 3) *Agnimandya* - It is given with *Hingwashtaka choorna*
- 4) All types of *Kasa* - It is given with *Pippalyasava* and *Mukku mukkatukadi vati*
- 5) *Ajirna* - It is given with *Lashunadi vati* and *Dashamoolarishta*
- 6) *Mukhadourgandhya* - It is given with *Triphala Kwatha Gandusha* 11.
- 7) Chronic Bronchitis - It is given with *Somasava Tribhuvana Kirti Rasa* and *Poushkaradi Kshaya*
- 8) Bronchial Ashtma - It is given with *Shwasa Kuthara Rasa, Pushkaramoolasava*

- 9) *Pratishyaya* - It is given with *Mrityunjaya Rasa* and *Pippalyasava* 12.
- 10) *Pinasa* - It is given with *Dashamoolarishta* and *Naga guti* or *Naradiya Laxmi Vilasa Rasa*
- 11) *Gala shundika* - It is given with *Vrinapahari Rasa*, *Poorna Chandrodaya Rasa* and *Amritottara Kashaya*.
- 12) *Gala shotha* (Pharyngitis) - It is given with *Sheetamshu Rasa* and *Panchatikta Kashaya*
- 13) Deviated Nasal Septum (As an add on therapy) - It is given with *Roudra Rasa*, *Bhattataka vati*
- 14) Nasal Polyp (As an add on therapy) - It is given with *Shodhana Nasya* and *Pushkaramoolasava* and *Roudra Rasa*
- 15) Rhinitis - It is given with *Naradiya Laxmivilasa Rasa* and *Tribhuvana Kirti Rasa*
- 16) Laryngitis - It is given with *Yashimadhu choorna* and *Khadiradi vati* for chewing
- 17) Tracheitis - It is given with *Ananda Bhairava Rasa* and *Pippalysava*
- 18) COPD - It is given with *Siddha Makaradhwaaja Abhraka Bhasma Shataputi*, *Godanti Bhasma* and *Dashamoola Katutrya Kashaya*
- 19) Bronchiectasis - Do -
- 20) Emphysema - Do -
- 21) Pulmonary edema (As an add on therapy) - It is given with Modern management
- 22) Pulmonary Koch's (As an add on therapy) - It is given with AKT
- 23) Pneumonia (As an add on therapy) - It is given with modern management

DISCUSSION

Sitopaladi choorna is commonly used in the management of Upper and Lower respiratory disorders. 13. *Pippali*, *Twak* and *Ela* are *Katurasa yukta*, *Ushna virya*, and *Dipana*, *Pachana* in actions. *Sitopala* is *Madhura rasa yukta*, *Balya*, *Brimhana*, *Raktapittahara*, *Ojaskara* and *Jivaniya* in action. 14. *Sitopaladi choorna* is usually given along with honey. Even in small children, it becomes palatable when given along with honey. Even in acute disorders like Pneumonia, Pulmonary edema and Acute conditions of Pulmonary Koch's, it is given as an add on therapy with modern medications. In upper respiratory diseases, as it acts an *Ushnavirya yukta*, it decreases the congestion in nose, irritation in throat, *Kapha* in *Gala* and *Shwasa nali, kasa* and reduces secretion in respiratory tract 15.. As it contains *Dipana*, *Panchana* drugs, it can be given in *Ajirna* and *Agnimandya* also. However in Pulmonary Koch's, Proper AKT must be given and *Sitopaladi choorna* is given as add on therapy.

CONCLUSION

1. *Sitopaladi choorna* is effective in various Respiratory disorders.
2. With suitable disease specific adjustments, if it is given, it showed desired results.
3. When it is given as add on therapy (E.g.: In Pneumonia and Pulmonary edema patients), it acts supportive to the main modern management.

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