



REVIEW ARTICLE

REVIEW ON *NAARASIMHA CHURNA*

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**ABSTRACT**

*Churna* is the fine powder of a completely dry drug filtered through a clean cloth. Though *churnakalpana* is a predominant preparation in pharmaceutical world of *Ayurveda*, it is considered as an *upakalpana* of '*kalka kalpana*'. *Naarasimha churna* is one of the *churna kalpana* mainly contains *Shuddha Bhallataka, Shatavari, Varahikanda, Guduchi, Gokshura, Chitraka, Trikatu, Tila, Vidarikanda, Sharkara, Madhu, Ghruta*. *Naarasimha churna* is one of *churna kalpana* explained by Bhaishajya ratnavali in vajeekarana adhyaya. In this article an attempt has made to review ingredients, method of preparation of *Naarasimha churna*.

**Keywords:** *Naarasimha churna, Shatavari, Guduchi, Shudha bhallataka.*

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## INTRODUCTION:

*Ayurveda* means the 'science of life'. Since ancient time a variety of pharmaceutical dosage form have been used in *Ayurvedic* system of medicine and some of them are in practice even today. *Ayurveda* is a time-tested, trusted worldwide plant based system of medicines and consists of various *Ayurvedic* formulations such as *Asava*, *Arista*, *Ghruta*, *Taila*, *Churna*, *Kwatha* and much more. Among which *churna* is a fine powder consisting of a single drug or a mixture of more than one drug in a dry form. The World Health Organization (WHO) has appreciated the importance of medicinal plants for public health care in developing nations and has evolved guidelines to support the member states in their efforts to formulate national polices on traditional medicine and to study their potential usefulness including evaluation, safety and efficacy<sup>(1)</sup>. *Narasimha churna* is indicated in *Jara*(geriatrics), *Valipalita*(greying of hairs), *Khalitya*(alopecia), *Prameha*(diabetic),

*Pandu*(anemia), *Peenasa*(rhinitis), *Aatadashaku* *sta*(leprosy), *Astaudara*(ascites), *Bhagandara*(fi stula), *Mutrakruchra*(disuria), *Ghridrasi*(sciatica), *Hali* *maka*(jaundice), *Kshaya*(emaciation), *Panchavid* *hakasa*(cough), 80 types of *Vatajavyadhis*, 40 types of *Pittajavyadhis*, 20 types of *Kaphajavyadhis*, *Dwidoshajarogas*, *Sannipajarogas*, *Sarvakusta* and used as a *rasayana*(rejuvenative)<sup>2</sup>.

### **Naarasimha churna in ayurvedic classics:**

*Naarasimha churna* reference is available only in *Bhaishajya Ratnavali*, *Vajeekarana adhyaya*. In *Ayurvedic Formulary of India*, part-1 (AFI) also mentioned the same reference. But in the ingredients slight difference was seen in AFI. The difference is while preparing *Naarasimha churna* as per AFI, *Madhu* and *Ghruta* was not added, but mentioned as *Anupana*.

**According to *Bhaishajya Ratnavali*:  
*Naarasimha churna*.**

**Reference:** *Bhaishajya Ratnavali*, *Vajeekarana Adhyaya*.

**Table no 1 showing the ingredients of *Naarasimha churna***

Sl no	Drug name	Proportion	Botanical name	Part used
1.	Shatavari	1part	Asparagus racemosus	Root
2.	Gokshura	1 part	Tribulus terrestris	Fruit
3.	Varahi kanda	1.25 part	Puereria tuberosa	Rhizome
4.	Guduchi	1.56 part	Tinospora cordifolia	Stem
5.	Sh.bhallataka	2 parts	Semicarpus	Fruit

			anacardium	
6.	Tila	1part	Seasamum indicum	Seed
7.	Shunti	0.5 part	Zingiber officinale	Rhizome
8.	Maricha	0.5 part	Piper nigrum	Fruit
9.	Pippali	0.5 part	Piper longum	Fruit
10.	Sharkara	4.375 part	-	-

**Method of preparation:** The drugs mentioned above are powdered separately, weigh the required quantities of the drugs and mix homogenously. Kept in a *Ghruta lipta Snigdha Bhandā*<sup>(2)</sup>.

**Dosage:** *Ardhapala* for one month.

**Anupana:** Milk

**Indication:** *Jara, Valipalita, Khalitya, Prameha, Pandu, Adhyavata, Peenasa, Aatadashakusta, Astaudara, Bhagandara, Mutrakruhra,*

*Ghrdrasi, Halimaka, Kshaya, Panchavidhakasa, 80 types of Vatajavyadhis, 40 types of Pittajavyadhis, 20 types of Kaphajavyadhis, Dwidoshajarogas, Sannipajarogas, Sarvakusta and used as a Rasayana.*

**According to Ayurvedic Formulary of India, part-1: *Naarasimha churna*.**

**Reference:** Ayurvedic Formulary of India, part-1

**Table no 2: showing the ingredients of *Naarasimha churna***

Sl no	Drug name	Proportion	Botanical name	Part used
1.	Shatavari	1part	Asparagus racemosus	Root
2.	Gokshura	1 part	Tribulus terrestris	Fruit
3.	Varahi kanda	1.25 part	Puereria tuberosa	Rhizome
4.	Guduchi	1.56 part	Tinospora cordifolia	Stem
5.	Sh.bhallataka	2 parts	Semicarpus anacardium	Fruit
6.	Tila	1part	Seasamum indicum	Seed
7.	Shunti	0.5 part	Zingiber officinale	Rhizome
8.	Maricha	0.5 part	Piper nigrum	Fruit
9.	Pippali	0.5 part	Piper longum	Fruit

10.	Sharkara	4.375 part	-	-
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**Method of preparation:** *The drugs mentioned above are powdered separately, weigh the required quantities of the drugs and mix homogenously. Kept in a Ghrutalipta Snigdha Bhandra.*

**Dosage:** 1.5g

**Anupana:** Milk, honey, ghee.

**Indication:** *Jara, Valipalita, Khalitya, Prameha, Pandu, Adhyavata, Peenasa, Astadashakusta, Astaudara, Bhagandara, Mutrakruchra, Ghrdrasi, Halimaka, Kshaya, Panchavidhakasa, 80 types of Vatajavyadhis, 40 types of Pittajavyadhis, 20 types of Kaphajavyadhis, Dwidoshajarogas, Sannipajarogas, Sarvakusta and used as a Rasayana.*

**Table no 3 : showing differences in both references:**

SL.NO:	REFERENCE	INGREDIENTS	ANUPANA
1.	Baishajya Ratnavali	<i>Madhu and Ghruta are included</i>	<i>Ksheera</i>
2.	AFI, Part-1	<i>Madhu and Ghruta are not included</i>	<i>Ksheera, Madhu, Ghruta.</i>

**Table no 4: showing therapeutic properties of individual ingredients:**

SL.NO:	NAME OF THE INGREDIENTS	THERAPUETIC PROPERTIES	EFFECTS
1.	<i>Shatavari<sup>3</sup></i>	<i>Rasa : Tikta, Madhura Guna :Guru, Snigdha Veerya :sheeta Vipaka :Madhura Doshagnatha: Vatapittashamaka</i>	<i>Aphrodisiac, galactagose, ophthalmic, rejuvenator, appetiser</i>
2.	<i>Gokshura<sup>4</sup></i>	<i>Rasa :Madhura Guna :Guru, Snigdha Veerya :sheeta Vipaka :Madhura Doshagnatha: Vatapittashamaka</i>	<i>Appetiser, Digestive, Expectorant, Anti-inflammatory, aphrodisiac.</i>

3.	<i>Varahikanda</i> <sup>5</sup>	<i>Rasa : madhura,tikta</i> <i>Guna : guru, snigdha</i> <i>Virya : sheeta</i> <i>Vipaka :katu</i> <i>Doshagnata : kaphavatahara</i>	Anthelmintic, good for voice, hairs, colour, immune stimulant, antioxidant
4.	<i>Guduchi</i> <sup>6</sup>	<i>Rasa : tiktha</i> <i>Guna : guru, snigdha</i> <i>Veerya : ushna</i> <i>Vipaka : madhura</i> <i>Doshagnatha : Tridoshashamaka</i>	Anti bacterial, Antimicrobial, antipyretic, anti inflammatory, anti allergic, analgesic, immuno stimulant, antioxidant
5.	<i>Bhallataka</i> <sup>7</sup>	<i>Rasa : madhura</i> <i>Guna : guru, snigdha</i> <i>Virya : ushna</i> <i>Vipaka :madhura</i> <i>Doshagnata: kaphavatashamaka</i>	Nervine, digestive, carminative, anthelmic, purgative, liver tonic, respiratory stimulative, aphrodisiac
6.	<i>Citraka</i> <sup>8</sup>	<i>Rasa: katu</i> <i>Guna : laghu, ruksha, tikshna</i> <i>Veerya : ushna</i> <i>Vipaka: katu</i> <i>Doshagnata: kaphavatashamaka</i>	Anti bacterial, anti oxidant, anti viral, antifungal, carminative, anthelmintic,
7.	<i>Tila</i> <sup>9</sup>	<i>Rasa: katu,tikta,madhura</i> <i>Guna : guru,snigdha</i> <i>Veerya : ushna</i> <i>Vipaka: katu</i> <i>Doshagnata: kaphapittashamaka</i>	Promote hair growth, Anthelmintic, carminative, aphrodisiac
8.	<i>Shunti</i> <sup>10</sup>	<i>Rasa: katu</i>	Acrid, Thermogenic,

		<p><i>Guna : laghu, snigdha</i>  <i>Veerya : ushna</i>  <i>Vipaka : madhura</i>  <i>Doshagnata:</i>  <i>vatakapha-shamaka</i></p>	carminative, laxative, digestive,
9.	<i>Maricha</i> <sup>11</sup>	<p><i>Rasa : katu</i>  <i>Guna : laghu, teekshna,</i>  <i>ruksha</i>  <i>Veerya: ushna</i>  <i>Vipaka : katu</i>  <i>Doshagnata:</i>  <i>kaphavatashamaka</i></p>	Anthelmintic, carminative, digestive, rubefacient, stimulant, stomachic
10.	<i>Pippali</i> <sup>12</sup>	<p><i>Rasa :katu</i>  <i>Guna :laghu ,ruksha</i>  <i>Veerya :ushna</i>  <i>Vipaka :katu</i>  <i>Doshagnata:</i>  <i>kaphavatashamaka</i></p>	Antibacterial, anti- inflammatory, immune stimulatory
11.	<i>Vidarikanda</i> <sup>13</sup>	<p><i>Rasa : madhura</i>  <i>Guna : guru, snigdha</i>  <i>Viryra : sheeta</i>  <i>Vipaka :madhura</i>  <i>Doshagnata:</i>  <i>tridoshahara</i></p>	Aphrodisiac, good for voice,diuretic,rejuvintor.
12.	<i>Sharkara</i> <sup>14</sup>	<p><i>Rasa : madhura</i>  <i>Guna : guru, ruksha</i>  <i>Viryra : sheeta</i>  <i>Vipaka :madhura</i>  <i>Doshagnata:</i>  <i>tridoshahara</i></p>	Aphrodisiac, immune stimulant, antioxidant
13.	<i>Madhu</i> <sup>15</sup>	<p><i>Rasa : madhura, kashaya</i>  <i>Guna : guru, ruksha</i></p>	Appetiser,cardiactonic, immuno booster.

		<p><i>Virya : sheeta</i> <i>Vipaka : katu</i> <i>Doshagnata:</i> <i>tridosahara</i></p>	
14.	<i>Ghruta</i> <sup>16</sup>	<p><i>Rasa : madhura</i> <i>Guna : guru, snigdha</i> <i>Virya : sheeta</i> <i>Vipaka : madhura</i> <i>Doshagnata:</i> <i>tridosahara</i></p>	Good for vision, aphrodisiac, appetiser.

#### DISCUSSION:

According to *Bhaishajya Ratnavali*, *Madhu* and *Ghruta* considered as a ingredients but the author of AFI has taken same reference, not mentioned as as ingredients but considered as *Anupana*. *Madhu* and *Ghruta* are in 2.19 and 1.01 parts respectively. So the *churna* may get semisolid in consistency. Table no 4, showing the drugs present in this formulation are possessing the properties Anti bacterial, anti microbial, Anti helmintic, rejuvenating, Anti fungal, Hair growth promoter, good for hair colouring, Immunobooster, appetiser, digestive etc. Even though adhikhara of this formulation is vajeekarana indicated in *Khalithya*. The efficacy of this formulation can be explored by conducting various experimental & clinical studies .

#### CONCLUSION:

*Naarasimha churna* is one of the *vajikarana* yoga mentioned in the *Bhaishajya Ratnavali*.

All the ingredients are having the therapeutic qualities like *Rasayana*, *Vajikarana*, *Keshya*, *Agnideepaka* etc., the person who will intake this *churna* attains strength like lion, can run like horse, will become more aphrodisiac to produce offspring like cubs. Hence the name came to this *yoga* as *Naarasimha churna*<sup>17</sup>.

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