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Review Article



A Review of an Ayurvedic Polyherbal Formulation *Rajanyadi Churna*

Sachin Praksh Gwalani*, Mayuri Sunil Patil

Associate Professor, Dept. of Kaumarbhritya, SMBT Ayurved College & Hospital, Nashik, Maharashtra, India.

Abstract

Rajanyadi Churna is a very popular drug between Ayurveda consultants dealing with children. *Vagbhata* has described this drug under *Balaroga* in the management of *Dantodbhedajanya Vyadhi*. It is useful in various conditions arising during primary dentition in children. It is also said that *Rajanyadi Churna* can be used in all types of diseases arising in children due to its *Agni Deepana* properties. The present review tries to explain the properties of *Rajanyadi Churna* and its usefulness in *Dantodbhedajanya Vyadhi* along with its clinical significance.

Keywords: Ayurveda, *Rajanyadi Churna*, *Balaroga*, *Dantodbhedajanya Vyadhi*

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*Corresponding author

1. Introduction

Rajanyadi Churna is a polyherbal formulation widely used in many pediatric disorders due to its various pharmacological activities. It is one of the commonly used Ayurvedic formulations in pediatrics. It was first described in Ayurvedic classics of *Ashtang Sangraha & Ashtang Hridaya*. It contains *Rajani*, *Daru*, *Sarala*, *Sreyasi*, *Brihati*, *Prishniparni* & *Kantakari*, etc. It is mentioned under the treatment of *Dantodbhedajanya* diseases. *Rajanyadi churna* is *Grahani Deepana* means it improves digestion and nutrient absorption, it is carminative & regulates direction of *Vata Dosha*, it gives strength and good skin complexion. It can treat *Atisara*, *Jwara*, *Shwas*, *Kamla*, *Paandu* and *Kaasa*. It can be used in all pediatric disease conditions. It is given after mixing with honey and cow ghee. (1)

2. Method of preparation (1):

a) *Rajani* (*Curcuma longa* Linn.)

- b) *Devadaru* (*Cedrus deodara*)
- c) *Sarala* (*Pinus roxburghii* Sarg)
- d) *Sreyasi* (*Piper chaba* Linn.)
- e) *Brihati* (*Solanum indicum* Linn)
- f) *Kantakari* (*Solanum xanthocarpum* Schrad)
- g) *Prishniparni* (*Uraria picta* Desv)
- h) *Satahwa* (*Anethum sowa* Kurz)

Powders of above ingredients are mixed well in equal quantities to prepare the *Rajanyadi Churna*. It is administered after mixing with honey and cow ghee.

3. Properties of *Rajanyadi churna*:

Rajanyadi churna is a poly-herbal formulation; contains eight herbs, the properties of these herbs is described in **Table 1**.

Table 1. Properties of ingredients of *Rajanyadi Churna* (2)

S. No.	Ingredients of formulation with part used	Ayurvedic Properties	Indications
1	<i>Rajani</i> (<i>Haridra</i>) rhizome	<i>Tikta Katu, Laghu, Katu vipak, Ushna, Kapha & pitta dosha shamak, Varnya, Lekhaniya,</i>	<i>Vishaghna, Pramehaghna, Kushthaghna, Paandughna, Vranropak, Krimighna</i>
2	<i>Devdaru</i> heartwood	<i>Tikta, Laghu, Katu vipak, Ushna, Kapha & Vaat dosha shamak</i>	<i>Vibandha and aadhman nashak, Shothahar, Aampachak, jwarhar, Pramehaghna, Peenasa nashan,</i>

			Kaasahar, kandughna
3	Sarala heartwood	Madhur-Tikta Katu, Katu Vipak, Ushna, Laghu, Snigdha, Kapha & Vaat Dosha nashak, Rakshoghna	Karnaroghar, Kantharog nashak, Akshi rog nashak, Swedahar, daahashamak, kaasaghna, Murchhahar, vranropak
4	Sreyasi (Gajapippali) Fruit	Katu, Katu vipak, Ushna, Vaat & Kapha dosha nashak, Hridya, agnivaradhak	Atisaarnashan, Shvasahar, Kantharog nashak, Krimighna
5	Brihati whole plant	Katu-Tikta, Katu Vipak, Ushna, Kapha & Vaat Dosha naashak, Graahi, Hrudy, Pachak	Aruchinashak, Kushthaghna, jwarahar, shwaashar, Shoolprashaman, Kaasaghna
6	Kantakari Whole plant	Katu-Tikta, Katu Vipak, Ushna, Kapha & Vaat Dosha shamak, Sara, Deepan, Laghu, Ruksha, Paachak	Kaasahar, Shwaashar, Jwarahar, Peenasahar, Paarshvashoolaghna, Krimighna, Hrudroghar
7	Prishniparni root or whole plant	Madhur-Tikta, Madhur Vipak, Ushna, Tridoshaghna, Vrushya	Atisarahar, Daahashamak, Jwaraghna, Shvaashar, Rakta-atisaar nashak, Tushnashamak, Chhardighna
8	Shatavha fruit	Katu, Katu Vipak, Ushna, Laghu, Tikshna, Vaat kapha Dosha shamak, Pitta dosh Vardhak, Deepak	Jwarahar, Vranropak, Shool prashaman, Akshiroghar

4. Discussion

Rajanyadi churna is described under management of *Dantodbhedjanya vyadhi* that is diseases occurring during primary dentition in children. According to *Kashyap Samhita*, this is a period when complementary foods are introduced along with milk; due to this *Agni* becomes unstable during this period and may cause many diseases. Hence even deciding the dose of any medicine during this period is difficult and the status of *Agni* must be considered before deciding any medicine³.

Rajanyadi churna is a *Grahani Deepana* medicine which means it improves digestion and helps in absorption of nutrients through the gut. It also facilitates movements of *Vaat Dosha* downwards thus relieving discomfort. Hence it is very useful in *Dantodbhedjanya Vyadhi* where *Agni* is mainly affected. (1-3)

5. Conclusion

The ingredients of *Rajanyadi Churna* possess *Ushna veerya* thus decreases *Kapha* and *Vaat Dosha*. At the same time most of the drugs offers *Mrudu veerya* which balances *Pitta Dosha* to ignite the digestive power. Childhood being a *Kapha Dosha* dominant stage requires *Kaphaghna* drugs which also clearing channel. Children are very delicate hence one can't use very *Teekshna* drugs as they can decrease *Bala*. The composition of *Rajanyadi Churna* is a balanced combination which contains *Kaphaghna* medicine without any *Teekshna Guna* thus can be given to delicate children. It also contains some *Balya* drugs like *Prishniparni*, hence can be used in multiple conditions and also used as *Rasayana* drug after remission of diseases in children.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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