



DRUG REVIEW OF MRIDWEEKACHANDADI CHURNAM

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ABSTRACT

It is estimated that nearly 30% of women attending the Gynecology OPD are for Abnormal uterine bleeding (AUB). And the prevalence of menorrhagia is 33% out of AUB. Menorrhagia is defined as regular, cyclic bleeding with excess duration (>5 days) or excess amount (>80ml), or both. Menorrhagia may be correlated with *Asrigdara* in *Ayurveda*. *Shonithasthapana* (Heamostatics) is one of the integral parts of the management of menorrhagia. Here, *Mridweekachandanadi churna* mentioned in *Raktapitta Adhikarana* of *Bhavaprakasha* has been selected for the study. The ingredients were collected from a standardized manufacturing company and prepared as per the standardized methods. A research review of each of its ingredients was made. HTPLC and phyto chemical analysis was also done.

Keywords: menorrhagia, *asrigdara*, *Mridweekachandanadi churnam*

INTRODUCTION

It is estimated that nearly 30% of women attending the gynec OPD are for AUB¹. And the prevalence of menorrhagia is 33% out of AUB². Out of 6% of women aged 25 – 44 years with excess menstrual blood loss, 60% are said to undergo a hysterectomy

in the next 5 years³. Menorrhagia is defined as regular, cyclic bleeding with excess duration (>5 days) or excess amount (>80ml), or both. Menorrhagia may be correlated with *Asrigdara* in *Ayurveda*. *Sonithasthapana* (Heamostatics) is one of the integral

parts of the management of menorrhagia. *Charakacharya* has opined that the treatment principles of *Raktapitta* (bleeding disorders), *Raktatisara*, and *Rakta arsas* need to be followed in *Asrigdhara* (*pradeerana of asrik* = excessive flow of blood). Though several *Raktastambhaka* drugs are available in the texts, they have not been researched to assess their effectiveness in *Asrigdhara*. Thus, re-evaluation of facts and the craving for further research will persist till the disease exists. Here, *Mridweekachandanadi churna* mentioned in *Raktapitta Adhikarana* of *Bhavaprakasha* has been selected for the study.

Sloka :

मृद्वीकां चन्दनं लोध्रं प्रियन्गुच विचूर्णयेत् । चूर्णमितल्पिबेत्क्षौद्रवासाससमन्वितम् ।
नासिकामुखपायुभ्यो योनिमेद्वादिवेगितम् । रक्तपित्तं स्रवद् हन्ति सिद्ध एष प्रयोगराट् ।
यच्च शस्त्रक्षतेनैव रक्तं तिष्ठति वेगतः । तदप्येतेन चूर्णेन तिष्ठत्येवावचूर्णितम् ।

Bh.P. U. Ch.9

1. *Mridweeka*
2. *Lodhra*
3. *Chandana*
4. *Priyangu*
5. *Vasa*

The verse says that the *Churna* (powder) form of the first four ingredients in equal quantity, taken along with *Vasa swarasam* and honey is the best to mitigate bleeding disorders of the nose, mouth, anus, penis & vagina. If the *Churna* is spilled over a cut wound that is bleeding, then the bleeding will be arrested immediately.

Methods and materials:-

The ingredients of *Mridweekachandanadi churnam* were purchased from an authorized drug dealer, washed, dried, crushed, and made into fine powder at Kerala samajam factory, till 'vastragalitha (sieved through cloth)' is attained. It is then stored in airtight packets of 12 gm each. *Vasa swarasa* (juice of leaves) preparation maybe educated to the subjects (through steaming the leaves) & the amount is measured appropriately using a measuring cup i.e 48ml. The *Churnam* is advised to be taken with this *Swarasa* and 6ml of honey, twice daily after food.

a. **Dosage form- Churnam**

b. **Dose** – 12gm (1 *karsha*) *Churna* with 48ml *swarasa*+6ml honey, twice after food.

c. **Dosing schedule** – Twice daily after food.

a) **Vehicle** – *Vasa swarasa* and honey.

A. Draksha⁴

Botanical name: *Vitis vinifera*

Family: Vitaceae

Kula: *Drakshakula*

Gana: – *Charaka - Kanthya, Virechanopoga, Kasahara, Sramahara*

- *Susruta - Parushakadi gana*

- *Vagbhata - Parushakadi gana*

Synonyms: *Mridvika, Gostani*

Vernacular names

Hindi: *Angur*

Kannada: *Drakshe*

Telugu: *Draksha*

Malayalam: *Munthiri*

English: *Grape*

Part used: *Phala*(fruit)

Ayurveda properties - *Rasapanchaka*

Rasa: *Madura kashaya*

Guna: *Guru, Snigdha, Mrudu*

Virya: *Sita*

Vipaka: *Madhura*

Karma (Action):

Doshakarma: *Vatapittasamana*

Rogagnakarma: *Brmhana, Vrshya, Chakshushya, Virechanopoga, Ruchya, Swaryam, Jwaraghnam, Mutrala, Saraka, Kamalahara, Kshayaghna, Raktapittaghna*

Properties: Antioxidant, antihypertensive, antiproliferative, antithrombogenic.

Chemical constituents

Fruit: Catechin, Epicatechin, Beta sitosterol, Ergosterol, Jasmonic acid, Vit C, Anto cyanin, Phenolic acid, Poly phenol,

Dose

Curna 10 - 20gms

Swarasa 20 - 50 ml

Arishta 5 - 10ml

Properties like *sara, bhedini, sramsanam* prevents unwanted clot formation in menstrual blood. *Kshayaghnam* indicates it is a *Santharpanajanya*

dravya as it reduces the *Raktadhadhu kshayam*. *Rakta pittagnam* and *Vatarakta nasanam* shows it cures the vitiated *vata*, *pitta* and *rakta*. *Kamala hara* property indicates a normal blood flow and decreases the incidence of *Panduroga* as the liver is the *moolastana* of *Raktavaha srotas*. Studies prove that Polyphenols present in *draksha* increase and regularize the hormones in the female reproductive system.

B. Chandana⁵:

Botanical name: Santalum album

Family: Santalaceae

Gana – *charaka* : *Dahaprashamana, Angamarda prashamana, Trishnanigrahan, varnya, vishaghna, kandughna*

Susruta: *salasaradi, sarivadi, patoladi, pryangvadi, Guduchyadi*

Vagbhata: *asanadi, patolaadi, sarivaadi, priyangvadi, Guduchyadi*

Vernacular names:

Hindi – safed chandan,

English; sandalwood,

Malayalam - chandana

Synonyms: *Gandhasaara, Srikhanda, Bhadrashriya*

Chemical constituents: oil contains alpha santalols, beta santalol, santenol, teresantalol, nor-tricycloekasantalol; Other parts contain santalic acid, nocacosanol, and plamitone.

Ayurvedic Properties:

Rasa – *Tikta, madhura*

Guna – *Laghu, ruksha*

Virya – *shita*

Vipaka - *katu*

Indications: *Daha, raktapittaghna, trishna har*

Doshakarma: *Kapha pitta shamaka*

Parts used: Heartwood

Important formulations: *Chandanavasavam, chandanadi taila.*

C. Lodhra⁶

Botanical name : *Symplocos racemosa* Roxb.

Family: *Symplocaceae*

Gana – *Charaka*: *Shonitasthapana, Sandhaniya, Purishasangrahaniya, Kashayaskandha*

Susruta: *Lodhradi, Nyagrodhadi.*

Vernacular names

Hindi: Lodhra

Malayalam: Pachotti

Telugu: lodhuga

Tamil: Belli lethi

Kannada: Pacchettu

English: Lodh tree

Synonyms: *sthulavalkala*

Chemical constituents: Bark contains Loturine, Col-loturine, Loturidine, and glycoside.

Properties:

Rasa: *kashaya*

Guna: *laghu, ruksha*

Virya: *katu*

Vipaka: *sheeta*

Indications: *Raktasthamban, Raktapittanashak, atisaara nashak, raktashodhaka, shothahara. (B.P)*

Doshakarma: *Kapha pitta shamaka*

Parts used: Bark

Important formulations: *Lodhrasavam*

D. Priyangu⁷:

Botanical name: *Callicarpa macrophylla*

Family: *Verbanaceae*

Gana – *charaka*: *Mutravirajaniya, purishasangrahaniya*

Susruta: *priyangvaadi, anjanaadi*

Vernacular names:

Hindi: priyangu

Malayalam : chimpompil

English: largeleaf beauty berry

Kannada: Pachettu

Marathi: Lodhra

Synonyms: *Gandhaphali, shyama, phalini, kantha*

Chemical constituents: Root contains volatile oil, and Gandhapriyangu contains hydrocyanic salt. The plant contains phytoconstituents like triterpenoid saponin, B-sitosterol, flavanol, glycoside, rhamnetin, arabinogalactan which aids in the antiallergic and anti-inflammatory properties of the plant.

Ayurvedic Properties:

Rasa : *Tikta, kashaya, madhura*

Guna: *Guru, ruksha*

Virya: sheeta

Vipaka: katu

Indications: *Raktaatisara, moha-daha vimarshini, jwara hara, chardhi hara, Udriktam rakta prashamana. (Dh. Nighantu)*

Doshakarma: *Kapha pitta shamaka*

Parts used: Flower

Important formulations: *Priyangwadi thaila*

E. Vasa⁸:-

Botanical name: *Adhatoda vasica*

Family: *Acanthaceae*

Vernacular names:

Hindi: *adoosa,*

English : *Malabar nut,*

Malayalam : *aadalodakam*

Telugu: *Aadasara*

Synonyms: *Aatarushaka, vrisha, vajidanta, simhaasya*

Chemical constituents: *Vasicine, adhatodic acid*

Ayurvedic Properties:

Rasa – Tikta, kashaya

Guna – Laghu, ruksha Virya – sheeta Vipaka – katu

Indications: *hridya, trithara, arthi hara, shwasa hara, kasa hara, jwara hara, chardi hara meha hara, kushta hara, kshayapaha (Bh.Pr); Raktapitta hara (Vr.Madhava)*

Doshakarma: *Kapha Pitta shamaka*

Parts used: root, leaves, flower

Important formulations: *Vasarishtam, vasavaleha, vasaguduchyadi ks*

Results and discussion: -

Probable mode of action of Drug:

All the ingredients of *Mridweekachandanadi churnam* are *shita virya* (coolant), and hence are *pitta shamana* in nature. The dominant *pitta dosha* in *asrigdara* will be kept under control with this drug. All the drugs are also *Raktapitta hara* in nature, depicting their specific action in this disease and thereby *Asrigdara*. *Lodhra* and *priyangu* find their mention in the *Shonitasthapana Mahakashaya* by *charaka acharya*, which also depicts their action as hemostatic drugs. And also, *Acharya Susruta* has mentioned *Lodhra* and *priyangu* under *Shonitasthapana prayogas* in the chapter *shonitavarnaneeyam*.

Lodhra is mentioned in *lodhradi gana, pittanashaka gana*, and *Nyagrodhadi gana*, which are respectively *kapha hara, pitta hara*, and *pitta rakta hara*. *Priyangu* is mentioned in *pittanashaka gana* and *Priyanguvadi gana* which are both *pitta hara* in nature. Similarly, *draksha* finds its mentioning in the *sramahara* group & *virechanopaga Mahakashāyas* by *Charaka Acharya*, which showcases its action as a super drug to subside *fatigueness*, and as said by *Kashyapa Acharya* that ‘*garbhashayasriji vireka*’, so being a *virechanopaga dravya*, it helps in *Asrigdara*. *Draksha* is also mentioned in *Parushakadi gana* by *Vagbhata acharya*. *Chandana* is kept under *Angamarda prashamana, trishna nigrahana, daha prashamana Mahakashayas* by *Charaka Acharya*, which clearly indicates its action as *pitta hara* and which keeps *fatigueness* under check, *angamarda* being the clinical feature of *Asrigdara*. *Chandana* is also mentioned in *asanadi gana, priyangvadi gana, patoladi gana* and *sarivadi gana* which are *kapha hara, pitta hara, kapha - pitta hara* and *pitta - rakta hara* respectively. *Vasa* is mentioned as *uttama raktapitta hara* in *agrya oushada* by *Charaka Acharya*, which tells about its supremacy in this disease.

The drugs in the formulation are *thikta-kashaya rasa pradhana*, thereby pacifying *pitta* and *kapha*, and all the drugs are *katu vipaka*, thereby pacifying *kapha*, by *virya* all are *sita virya* thereby highly pacifying *pitta* and in effect acting as *Raktasthapana*. Hence *Mridweekachandanadi churnam* may work well to decrease the *kapha pitta dosha* and thereby reduce the amount of bleeding and the number of clots, in a controlled manner. As per a research study⁹ on the action of **vasicine**, it was seen that the maximum concentration of the drug was monitored in the uterus within 10 minutes of administration and was maintained for upto 30 minutes. This is in conformity with the pharmacological action of *vasicine* in its onset, duration, and manifestation of selective tonic action on the uterus. Accumulation of the drug in other smooth and skeletal muscles was noticed 90 min after administration. There was no appreciable accumulation of the drug in the liver. It is noteworthy that *vasicine* is very selective in its action and accumulation

in the uterus. Here in this formulation, though *vasa* are used as an *anupana*, it is used in sufficient quantity (48ml) to exert its action. As per a study¹⁰, the ethanolic extracts of **Symplocos racemosa** exhibited hypolipidemic activity, and hepatoprotective activity, and restored the depleted liver antioxidants. It significantly reduced the testosterone level which was found to be elevated in PCOS induced by letrozole in rats. It significantly restored the levels of estrogen, progesterone, and cholesterol. It also significantly stimulated serum FSH and LH levels. In short, *lodhra* has the ability to keep the hormonal levels under check and also monitored the peripheral estrogen activity by correcting liver dysfunctions, thereby the hormonal imbalance induced menorrhagia can be controlled by *lodhra*. *Lodhra* is also *grahi* with its *kashaya rasa* and hence is a good hemostatic drug. In another study¹¹ on **Vitis vinifera** & *Chicorium intybus*, the inhibition of brain lipid peroxidation by the extracts was found to be highly significant ($p < 0.001$) at the selected doses and was comparable to the standard drug. On the basis of the results, it was concluded that *Vitis vinifera* possesses potential anti-stress activity. Thereby *Vitis vinifera* has got the potential to pacify tiredness commonly seen in menorrhagia patients. As per another study¹², *Vitis vinifera* is a proven drug to increase ferritin levels in the body, if given continuously for 20 days. As per a study¹³ **Callicarpa macrophylla** is a potent blood purifier, antipyretic, anti-burning, and anti-poisoning. Thus, it reduces inflammation-induced menorrhagia.

Madhu/ Honey has *Sheeta Guna*, having *Madhura* and *Kashaya Rasa* which are contradictory to the properties of *Daha* and *Pitta*. It is mentioned in *Rakta Sthapana Mahakashaya* and *Sandhaniya Mahakashaya*. *Madhu* contains lysozymes which lyse certain microorganisms, e.g., some Staphylococci and Gram-negative organisms, by breaking up cell walls & hygroscopic nature of *Madhu* (by the potassium content) withdraws the moisture from the bacteria. Due to these both properties, *Madhu* plays bactericidal action. *Madhu* can act as a *Yogawahi dravya* which means when used with other medicine it captures the properties of other medicine. Thus, it proves that it is a good blood purifier & adjuvant (enhances the properties of other medicines). Thus, the study drug *mridweekachandanadi churnam* is having the action of hemostasis, especially in a controlled manner. It is said in *yogaratanakara* that bleeding of any sort shouldn't be stopped at once as it may create other complications, which implies that a controlled way of achieving hemostasis seems more appropriate. The HTPLC study also showed significant spikes with the mixture of *Mridweekachandanadi churnam* and *Vasa swarasam*. And the phytochemical analysis specifies the presence of phenols, which are Haemostatic in nature.

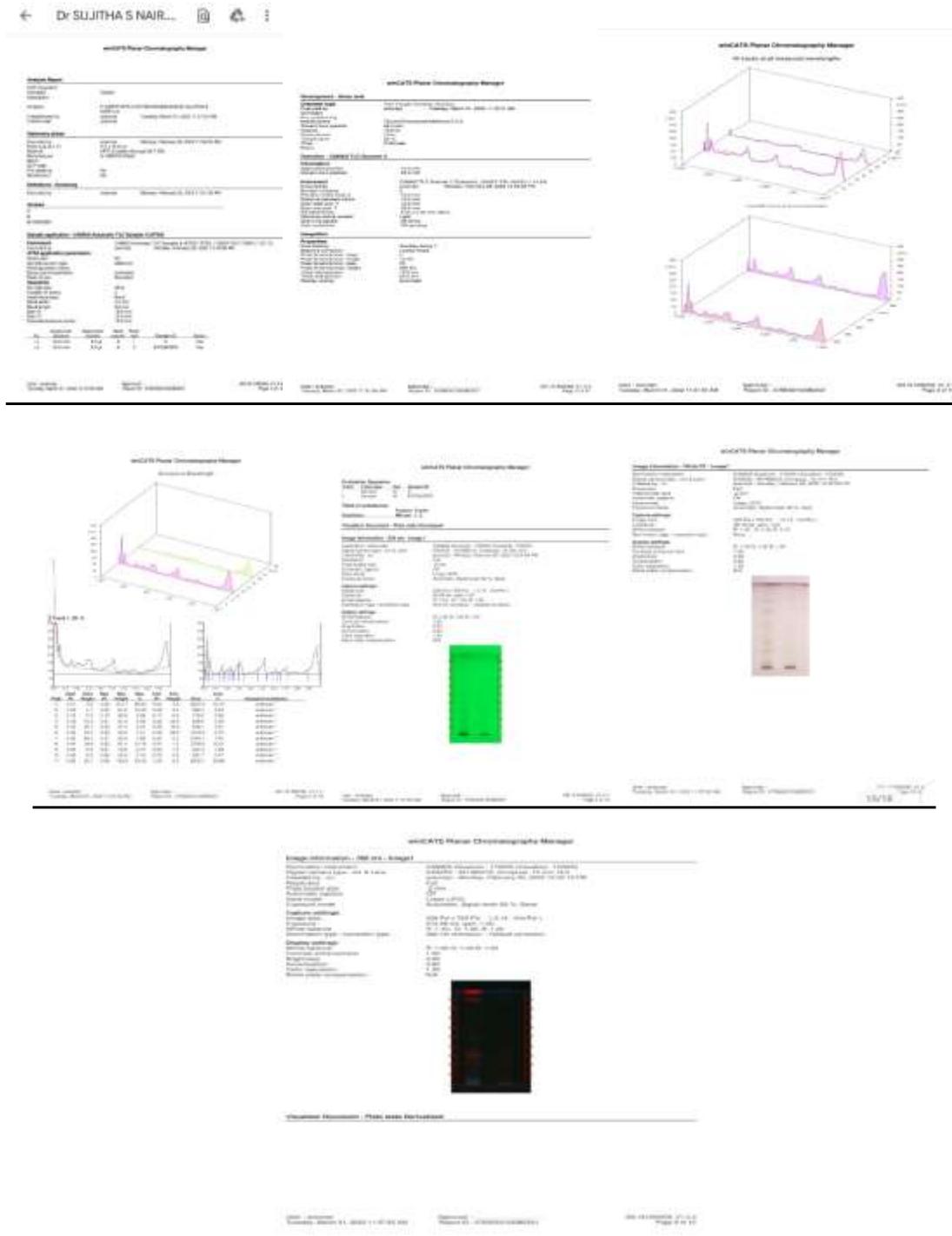
CONCLUSION

Thus, *Mridweekachandanadi churnam* maybe considered a potential drug for bleeding disorders, especially menorrhagia.

Physiochemical analysis



HTPLC



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