

**LAVANA BHASKAR CHURNA – AN AYURVEDIC FORMULATION USED IN THE TREATMENT OF GASTRIC INTESTINAL DISEASE: A REVIEW**

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**ABSTRACT**

In Ayurveda, several types of formulations and dosage forms are available for the treatment of diseases of the gastrointestinal tract. Lavan Bhaskar Churna is a very popular and multipurpose medicine for the common ailment of GIT. Lavan Bhaskar Churna (LBC) is a poly-Herbo-mineral medicine mentioned in various ancient Ayurvedic texts. It is a very popular medicine and indicated as an appetizer, carminative due to its gastro-intestinal stimulant action. This formulation for gastrointestinal disorders is prepared from natural ingredients and herbs which are safe for the human digestive system. Straight from the interpretation of the name this Churna (Powder) is something made of Lavan (Salt) but other than Lavan it also contains other safe, beneficial and easily available ingredients such as Piper species which shows effective results in gastrointestinal diseases. Although Lavan Bhaskar Churna is not mentioned in major classics like Charak Samhita, Sushruta Samhita etc. it is mentioned in various authentic classical texts like Chakradutta, Vangasena Samhita, Sharangdhar Samhita, Gadanigraha, etc. in the

treatment of Agnimandya, Ajeerna, Gulma etc. This article is aimed to review the formulation ingredients and probable mode of action of Lavan Bhaskar Churna and will help the researchers for further research.

**Keywords:** Lavana, Lavan Bhaskar Churna, Churna, Piper species, Piperine, Ama, Ayurveda

## INTRODUCTION

Lavan Bhaskar Churna is an Ayurvedic formulation traditionally used for the treatment of Agnimandya (loss of appetite), Gulma (abdominal distension), Pliha (spleen enlargement), Arsha (haemorrhoids), Grahni (malabsorption syndrome), Hridya Roga (heart disease), Kushtha (disease of the skin), Shotha (oedema), Kasa-Shwasa (asthma) and Vibandha (constipation).[1] Lavan means salt and Bhaskar is sometimes referred to as brilliant and many other times it is used as another name for the sun. LBC is something made of salt, carrying immense power of healing. This comes straight from the interpretation of the name, and in reality, LBC contains many more beneficial ingredients such as Piper species (Fruits of and roots of *Piper longum* & *Piper nigrum*), Jeeraka, Krishna Jeeraka etc.

The Ushna, Laghu, Ruksha Guna, Deepana, Kapha-Vata-Hara Karma (Pharmacological action) of the ingredients expected to increase the power of Rasa (Nutrient fluid) and Dhatvagni (Seven tissue fire), decreases Kapha – Vata (regulatory and functional entities of the body) and further decreases formation of Ama (Toxin or undigested metabolic waste). It has hot potency to stimulate stomach mucosa and other tissue to produce different enzymes. Hence, it helps in digestion and increases appetite, regulating the formation of hydrochloric acid which further help to prevent gaseous distention. It has also been used to lessen the production of Kapha. Piper species also helps to lower cholesterol and triglycerides thus ultimately reducing the risk of heart disease. However, LBC should be used cautionary in Hypertensive patients, as it has an abundant number of various types of salts. Sometimes chest pain due to hyperacidity and indigestion mimic conditions of heart diseases, so this could be the possible reason that Acharya Chakrapani Dutta mentioned it in Hridroga (heart disease). The presence of various Phytochemical con-

stituents of different herbs makes this formulation worth full for gastric trouble, especially digestive problems.

## METHODOLOGY

A systematic review was done from various Ayurvedic Samhita, textbook of Dravya Guna Vigyan and Ayurveda Pharmacopeia of India of contents of Lavan Bhaskar Churna to compile the all aspect of the formulation such as dose, Anupana (vehicle), pharmacological action and its ingredients also.

### LAVAN BHASKAR CHURNA IN AYURVEDA:

Lavan Bhaskar Churna is mentioned in various authentic texts viz. Bhaishajya Ratnawali [1], Vangase-na Samhita [2], Gada Nigraha [3], Bharat Bhaishjya Ratnakara [4], Brihata Nighantu Ratnakara [5], Rasa Ratnakara [6] having 17 ingredients. In Chakradutta [7], Vrinda Madhava [8] is named Bhaskar Lavana Churna.

Another quotation in classical text of Ayurveda viz. Yoga Ratnakara [9], Bharat Bhaishajya Ratnakar [10] is present containing the same ingredients & almost the same indications and is named as Bhaskar Lavan Churna. This same quotation in Sharangdhar Samhita is mentioned as Lavana Bhaskar Churna. [11] In A.P.I Lavana Bhaskar churna is mentioned as a synonym of Bhaskar Lavana Churna. [12]

### Ayurvedic Properties of Lavan Bhaskar Churna:

Rasa (Taste): Mainly Lavana (Salty)

Guna (Quality): Laghu (Light)

Virya (Potency): Ushna (Hot)

Dosha Karma (Pharmacological action): Pacifies Kapha & Vata dosha

### CONTENTS OF LAVANA BHASKAR CHURNA:[1][2][3][4][5][6][7][8]

Pippali, Pippalimula, Dhanyaka, Krishna Jeeraka, Saindhava Lavana, Vida Lavana, Talisha, Nagakesara, Sauvarchala Lavana, Maricha, Shunthi, Jeeraka, Twak, Ela, Samudra Lavana, Dadima and Amlavet-

asa. Due to the various medicinal properties of these ingredients, it is mentioned in classical texts under the treatment of Gastrointestinal diseases caused by vitiation of Vata & Kapha i.e., Ajeerna, Ag-

nimandhya, Gulma roga etc. Drugs used in the formulation are mentioned in Table 1 and Rasa Panchaka (Ayurvedic Pharmacological action) of the individual drug is mentioned in Table 2.

**Table 1:** Ingredients and composition of Lavan Bhaskar Churna formulation

S. No	Ingredient	English Name	Scientific Name	Part used	Proportion
1.	Pippali	Long pepper	<i>Piper longum</i> Linn	Fruit	04 Part
2.	Pippali mula	Long Pepper	<i>Piper longum</i> Linn	Root	04 Part
3.	Dhanyaka	Coriander	<i>Coriandrum sativum</i>	Fruit	04 Part
4.	Krishnajeerak	Black Caraway	<i>Carum carvi</i>	Fruit	04 Part
5.	Vida Lavan	Black Salt	-	-	04 Part
6.	Talisha	Himalayan Silver Fir.	<i>Abies webbiana</i>	Leaves	04 Part
7.	Naagkeser	Indian rose chestnet	<i>Mesua ferrea</i> L.	Stamens	04 Part
8.	Saindhava	Rock Salt	-	-	04 Part
9.	Sauverchal	Sochal Salt	-	-	10 Part
10.	Marich	Pepper	<i>Piper nigrum</i> Linn	Fruit	02 Part
11.	Jeeraka	Cumin	<i>Cuminum cyminum</i>	Seeds	02 Part
12.	Shunthi	Ginger	<i>Zingiber officinale</i> Roxb	Rhizome	02 Part
13.	Twaka	Cinnamon	<i>Cinnamomum zeylanicum</i>	Bark	01 Part
14.	Ela	Cardamom	<i>Elettaria cardamomum</i>	Seeds	01 Part
15.	Samudra	Sea Salt	-	-	16 Part
16.	Dadima	Pomegranate	<i>Punica granatum</i>	Fruit	08 Part
17.	Amlavetasa	Indian rhubarb	<i>Garcinia pedunculata</i>	Seeds	04 Part

**Table 2:** Rasa Panchaka of Ingredients of Lavan Bhaskar Churna [13][14]

S. No	Ingredients	Rasa	Guna	Veerya	Vipaka	Karma
1.	Samudra lavan	Tikta Madhur	Guru	Sheet- Ushna	Madhura	Kapha-Vatashamaka, Deepana, Bhedana, Anulomana.
2.	Sauverchal lavan	Madhura	Laghu, Vishada, Sukshma, Snigdha	Ushna	Madhura	Vatashamaka, Udgara-Shodhaka, Hridya, Anulomana, Deepana, Pachana
3.	Vida lavan	Lavana	Laghu Ruksha Tikshna	Ushna	Madhura	Vatashamak, Lekhana, Sanghya-prabodhana, Rochaka, Pita-saraka, Shobhaka, Rakta-Kopaka, Kapha-nisharaka, Sweda-janan, Mutral
4.	Saindhava lavana	Lavana	Laghu Snigdha Sukshma	Sheeta	Madhura	Tridosha-hara, Chakshushya, Hridya, Avidahi.
5.	Dhanyaka	Kashaya Tikta Madhura Katu	Laghu Snigdha	Ushna	Madhura	Tridosha hara Balya, Deepan, Pachana, Grahi, Mutrajanan, Jwaraghna, Trishna-nigrehana
6.	Pippali	Katu	Laghu Snigdha Tikshna	An- ushna sheeta	Madhura	Kapha-Vata Shamaka, Medya, Vataanulomana, Shoolprashmana, Mridu-rechaka, Krimighna, Yakrit-Uttejha, Vrishya, Rasayana
7.	Pippali mula	Katu	Laghu	Ushna	Madhura	Kapha-Vatashamaka, Deepana, Bhedaka.

			Ruksha Ushna			
8.	<b>Krishnajeerak</b>	Katu	Laghu Ruksha	Ushna	Katu	Kapha-Vata Shamaka, Hridya, Shotha-hara, Gerbhashya-shodhaka, Stanya-janan, Jwaraghna, Rochana Vatanulomana, Deepana, Grahi
9.	<b>Nagakesara</b>	Kashaya Tikta	Laghu Ruksha	Ushna	Katu	Kaphapitta shamaka, Vedna-sthapana, Sweda-Apnayan, Trishna-nigrehan, Chardi-nigrehana, Shonita-sthapana, Vajikarana, Mutrajanan, Kusthghna, Jwaraghna, Vishaghna
10.	<b>Talisha</b>	Madhura Tikta	Laghu Tikshna	Ushna	Katu	Kapha-Vata Shamaka, Vednasthapana, Rechaka, Deepana, Saleshma-hara, Mutrajanan
11.	<b>Amlavetasa</b>	Amla	Laghu Tikshna Ushna	Ushna	Amla	Kapha-Vata Shamaka, Pita-varadhaka, Rechana, Deepana, Pachana, Bhedana, Mutral, Hridya-uttejaka
12.	<b>Marich</b>	Katu	Laghu Tikshna	Ushna	Katu	Kapha-Vata Shamaka, Lekhaniye, Jwaraghna, Vatanulomana, Deepana, Pachana, Artavajanan, Sweda-janan, Kusthghna, Sroto-Shodhaka, Krimighna
13.	<b>Jeeraka</b>	Katu	Laghu Ruksha	Ushna	Katu	Kapha-Vata Shamaka, Pita-varadhaka, Vednasthapana, Shoth-hara, Lekhana, Rochana, Shool-prashman, Raktashodhak, Mutral, Stanya-janan.
14.	<b>Shunthi</b>	Katu	Laghu Snigdha	Ushna	Madhur	Kapha-Vata Shamaka, Shoth-hara, Triptighna, Shoolprashmana, Shoth-hara, Hridya, Vrishya, Jwaraghna, Amapachaka, Sroto-Shodhaka
15.	<b>Dadima</b>	Madhura Kashaya Amla	Laghu Snigdha	Anushna	Madhura Amla	Tridoshaghna, Shothahara, Ropana, Balya, Medhya, Ruchi-varadhaka, Shonita-sthapana, Kapha-nisharaka, Shukra-varadhaka
16.	<b>Twaka</b>	Katu Tikta Madhura	Laghu Ruksha Tikshna	Ushna	Katu	Kapha-Vata Shamaka, Hridya-Uttejaka, Vajikarana, Vatanulomana, Vednasthapana, Rakta-Shodhaka
17.	<b>Ela</b>	Katu Madhura	Laghu Ruksha	Sheeta	Madhura	Kapha-Vata Shamaka.

**Table 3:** Indication of all the Ingredients of Lavan Bhaskar Churna

S. No	Ingredients	Pharmacological Action
1.	Samudra lavan [15]	Ajirna, Shosha, Galaganda, Pandu, Pratisyaya
2.	Sauverchal lavan [13]	Gulma, Shoola, Vibandha, Udavarta, Hridyaroga.
3.	Vida lavan [13]	Shirshoola, Murcha, Apasmar, Aptantrak, Galshoth, Aptantraka, Kampvata, Nadidourbalya, Agnimandhya, Ajeerna, Yakritvikara, Kasa, Parshvashool, Mutraghata, Jwara.
4.	Saindhava lavana [13]	Aruchi, Ajeerna, Shoola, Vibandha, Vishvachi.
5.	Dhanyaka [16]	Atisara, Chardi, Daha, Jvara, Trsna, Ajeerna
6.	Pippali [17]	Shotha, Sheet Yukta, Vedana, Aruchi, Gulma, Udarshoola, Plihavruddhi, Arsha, Raktavikara, Amvata, Vatarakta, Kasa, Shwasa, Hikka, Yakshma, Mootra vikara, Rajorodha.
7.	Pippali mula [18]	Udararoga, Anaha, Gulma, Krimiroga, Vataroga

8.	Krishnajeerak [19]	Agnimandya, Adhmana, Krimiroga, Jirnajvara, Grahaniroga
9.	Nagakesara [18]	Vatarakta, Shopha roga, Vastiroga, Raktapitta
10.	Talisha [20]	Swasa, Kasa, Gulma, Agnimandya, Kasya, Hikka, Chardi, Krimi, Mukharoga, Aruchi
11.	Amlavetasa [14]	Aruchi, Agnimandya, Ajeerna, Gulma, Pliha, Haridradi, Kasa, Hikka, Mutrakricha, Ashmari.
12.	Maricha [21]	Switra, Kilasa, Pama, Shothvednayukta Vikara, Agnimandya, Ajeerna, Yakritvikara, Adhmana, Shoola, Grahani, Hrid Daurbalya, Kasa, Shwasa, Kushtha.
13.	Jeeraka [14]	Shotha, Tvakavikara, Arsha, Netraroga, Aruchi, Vaman, Adhyamana, Udarashoola, Grahni, Krimi, Mutraghata, Ashmari, Swetaprader, Charmaroga.
14.	Shunthi [21]	Amvata, Sandhishotha, Shotha, Vatavyadhi, Aruchi, Chardi, Ajeerna, Agnimandya, Adhmana, Gulma, Grahani, Anaha, Vibhandha, Arsha, Hridroga, Kshata-Kshenna.
15.	Dadima [22]	Mukharoga, Kantharoga, Vrana, Aruchi, Agnimandya, Trishna, Atisara, Krimiroga, Kasa, Amlapitta.
16.	Twaka [14]	Vaman, Nadidourbalya, Pakshaghata, Aamdosha, Udarashoola, Grehni, Arsha, Kasa, Shwasa, Mutrakricha, Garbhashyashethilya, Klebya.
17.	Ela [20]	Shwasa, Kasa, Shaya, Arsha, Mutrakricha, Ajeerna, Atisara, Adhyaman, Udarashoola.

#### **METHOD OF PREPARATION OF LAVAN BHASKAR CHURNA:**

The various ingredients used for the preparation of LBC were powdered individually and fined by using a suitable sieve (120 No.) to obtain a uniform size. The pulverized herbs weigh separately and mix as per

the specified quantity. This mixture of various herbs was sieved again to get a uniform composite mixture of various herbs. The final product is in powder form packed in a suitable sterile bag or container and stored in a cool and dry place.

**Table 4:** Therapeutic Indications of Lavan Bhaskar Churna [1][2][3][4][5][6][7][8]

S. No	Indication	C.D	B. R	G. N	V.S	B.B. R	V.M	B.N. R	R. R
1.	Vatika Gulma	+	+	+	-	+	+	+	+
2.	Vatika Shoola	+	+	+	+	+	+	+	+
3.	Agnimandya	+	+	+	+	+	+	+	+
4.	Arsha	+	+	+	+	+	+	-	+
5.	Grahni	+	+	+	+	+	+	-	+
6.	Kushtha	+	+	+	+	+	+	-	+
7.	Bhagandara	+	+	+	+	+	+	-	+
8.	Hridya roga	+	+	+	+	+	+	+	+
9.	Aamdosha	+	+	+	+	+	+	+	+
10.	Udaroga	+	+	+	+	+	+	+	+
11.	Pliha	+	+	+	+	+	+	-	+
12.	Ashmari	+	+	-	-	+	+	-	+
13.	Kasa- Shwasa	+	+	+	+	+	+	-	+
14.	Krimi roga	+	+	-	+	+	+	-	+
15.	Mutrasharkara	+	+	-	-	+	+	-	+
16.	Pandu roga	+	+	-	-	+	+	-	+
17.	Shotha	-	-	-	+	-	-	-	-
18.	Shataroga	-	-	-	-	-	-	-	-
19.	Vatarakta	-	-	-	+	-	-	-	-
20.	Shosha	-	-	+	-	-	-	-	-
21.	Shaya	-	-	+	-	-	-	-	-

## DOSE:

Though the specific dose is not mentioned in the formula, the common dose mentioned for Churna Kalpana can be followed. In A.F.I. 1-3 gm. is mentioned as the dose of LBC. [12]

## ANUPANA:

Takra, Mastu, Sura, Sidhu, Shukta, Kanjika, Jangam Mamsa rasa [1][2][3][4][5][6][7][8] Anupa Mamsa rasa [2][3]

## SAFETY PROFILE:

LBC is considered safe if taken in the recommended dosage, but it contains a high content of salt, so it may result in an increased intake of sodium. Therefore, it should not be consumed by people on a salt-restricted diet or with elevated serum sodium levels.

## Research studies on LBC:

Wange M, et.al., (2013) studied that LBC (Agnideepan chikitsa) is highly effective in Grahni Roga. Nine patients out of fifteen patients got markedly symptomatic improvement and the extent of relief in Aruchi (Anorexia) was 67.64%, in Agnimandya (Indigestion) it was 69.23%, in Trushna (Excessive thirst) it was 66.66%, Chardi (Nausea & Vomiting) 70.965 % relief and Adhyaman (Abdominal Distention) 58.82% relief while in case of Asamyaka mala pravrutti (Proper and timely passage of stool) 58.62% relief was observed. [23]

Jyoti S, et.al., (2018), evaluated that LBC in combination with Sajjikshar (An alkaline medicine prepared from the water-insoluble ash of *Caroxylon grifithi* Moq.) and Navasadar (Ammonium Chloride) can be used in the management of Poly Cystic Ovarian Syndrome (Beejkoth or Garbhash-gat Granthi). Because of Vata-Kapha Dosha Vriddhi and Pitta Shaya the physiological process of menstruation gets disturbed resulting in Anartava (Amenorrhoea). The Deepana (Increase in Appetite), Pachana (Stimulate Digestion) properties of LBC elevate the Jatharagni (Digestive fire), Dhatwagni (Seven Tissue Fire) as well as Artvagni. So Vata-Kaphahara Dravya along with the property of Kshara (Alkali) may be effective for treatment. [24]

## DISCUSSION

Today, due to change or irregularity in diet and diet timings and also sedentary lifestyle, one is always under tremendous mental stress. Faulty lifestyle leads to an interruption in Dincharya and Ritucharya (daily regime) which leads to vitiation of Dosha, which is responsible for Jathragni Dushti (Digestive impairment) and formation of Ama (Toxin) that results in disease occurrence. The LBC is a poly-herbo-mineral Ayurvedic formulation described in classical text, traditionally used for digestive impairment, malabsorption, dyspepsia etc.

### Mode of action of drugs

When Jathragni is diminished, the formation and utilization of Dhatu become incomplete, and Ama is produced. LBC regulates Jatharagni (Digestive Fire), by its Tikshna Guna (Sharp action), it enhances the function of Pitta, which ultimately stimulates Jatharagni and turn-by-turn stimulates all other Agnis which reduces Ama (toxins) formation in the stomach and intestine thus boost appetite. The ingredients have Katu (Pungent) and Tikta (Bitter) Rasa which pacify vitiated Kapha (Phlegm) while the Ushna virya (Hot Potency) and Tikshna guna (Sharp action) of formulation pacifies Vata Dosha due to which it removes present Srotoavrodha (Obstruction in channels) as it penetrates minutest Srotas (Micro and macro channels like passages in the body). Also, Katu rasa (Pungent taste) has the property of "Shonitasanghatabhedana" (Thrombolytic activity) which break down the clot and reduce serum cholesterol and low-density lipoproteins. [25]

Katu -Tikta Rasa, Laghu-Ruksha (Harsh/Dry)-Tikshna Guna, acts as Agnidipaka (Improves appetite), Amapachaka (Metabolic activation) and offer Ama-nashaka (Removes Toxins) and Laghutwa properties which maintain a normal state of Rasa dhatu (Nutrient Fluid) and equilibrium in Rasa-Raktadi Dhatus (The seven bodily tissue). The Amapachaka property reduces colonic motility and manages "Muhurdrava Mala Pravriti" thus LBC is a classical Ayurvedic Churna for good digestion, effective in relieving bloating and distention of the stomach. It

also has mild laxative action, therefore, relieving constipation and related complaints.

Lavan (Salt) acts as a catalyst during the digestive process. It is hygroscopic and provides lubrication. Lavana helps soften food and make it easily digestible, increasing the secretion of saliva and gastric juices. It acts as carminative and digestive. Other than Lavana, the formulation contains Piper species (Fruits and roots of *P longum* and *P nigrum*) as main ingredients. Maricha and Pippali both have a bioactive component Piperine. It is Hepatoprotective [26], analgesic [27], gastroprotective [28] & influences digestive fire & reduces Kapha. Piperine has various pharmacological potencies including antioxidant [29] and anti-inflammatory actions [30]. It enhances the bioavailability of the drug and nutrients in the body.[31]

## CONCLUSION

Lavan Bhaskar Churna is formulated for treating indigestion, flatulency and stimulating appetite. The Churna possess Katu, Tikta Rasa, Laghu, Ruksha, Tikshna Guna, Katu Vipaka, Ushna Virya and Deepana, Pachana properties which help to restrict pathological progression of Ajeerna (Indigestion), Gulma (Abdominal distention), Agnimandhya (Loss of appetite) etc. It detoxifies the body and aids in the elimination of toxic chemicals from the body. The piper species in the formulation has a curative effect on respiratory and digestive problems. Katu, Ushna, Laghu, Tikshna properties lower cholesterol and triglycerides. Thus, ultimately reduces the risk of heart disease by retardation of the process of atherosclerosis and emboli formation. The mixture of salts in it helps cure hyperacidity and soothes stomach irritation due to hyperacidity. Though very few clinical research studies are performed so far it is commonly used by Ayurvedic physicians in the treatment of conditions like abdominal distension, spleen enlargement, haemorrhoids, malabsorption syndrome, indigestion and constipation etc. Therefore, there is an urgent need to do preclinical and clinical studies to generate the data related to toxicity and pharmacology, along with synergistic and antagonistic action

with common Ayurvedic and Allopathic medicine to make it globally acceptable medicine for general gastrointestinal troubles.

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