



Review Article

GASTROPROTECTIVE EFFECT OF SAMUDRADYA CHURNA WITH SPECIAL REFERENCE OF PARINAMA SHULA: A CLASSICAL REVIEW

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ABSTRACT

According to several researches on the number of cases of duodenal ulcers, these conditions are believed to affect 5 to 15% of the general population. While dyspepsia is among the most common accompanying symptom of duodenal ulcers, the presentation can range in severity, including gastrointestinal bleeding, gastric outlet obstruction, perforation, or fistula development. This whole entity compared as *Parinama Shoola* is an *Avaranjanya Tridoshaja Vyadhi* caused by *Vata* vitiation, which causes *avarana* in *Kapha* and *Pitta*. It worsens during meal digestion and 3-4 hours after food intake when it gets to the intestines. In modern science, there are drugs for symptomatic relief in the treatment of ulcers (*Parinama Shula*) that have severe adverse consequences over time. In the Current era, there is a critical need to protect the microbiota of the gut as well as digestive health through the use of Ayurvedic formulations both for preventive and therapeutic purposes. Finally, it is discussed the use of one of the Ayurveda Formulation "*Samudradya Churna*" with respect to its role in health and disease. This article reviews the indications, contraindications, pharmaceutical action, adverse events, and other key elements in the clinical setting as relates to the essential points.

INTRODUCTION

Madhavakara is the first author who gave special emphasis to *Shoola roga*. *Shoolas* are classified as *Vataja*, *Pittaja*, *Kaphaja*, *Vata-pittaja*, *Vata-kaphaja*, *Pitta-kaphaja*, *Sannipataja*, *Amaj*, *Parinama Shoola*, and *Annadrava Shoola*. *Parinama Shoola* and *Annadrava Shoola* have been linked to peptic ulcers and have substantial associations with food intake. *Vata* is the primary causal component in every form. *Parinama Shula* is a term used in Ayurveda which refers to a type of abdominal pain or colic caused by digestive disturbances. The term "*Parinama*" means transformation or change, and "*Shula*" refers to pain. According to Ayurveda, *Parinama Shula* is primarily caused by an imbalance in the *Doshas* in the body: *Vata*, *Pitta*, and *Kapha*.

When there is an aggravation or imbalance in the *Vata dosha*, it can lead to digestive issues and abdominal pain. The symptoms of *Parinama Shula* can vary but often include abdominal discomfort, bloating, gas, indigestion, and irregular bowel movements. The pain may be dull, cramp-like, or sharp and may be accompanied by other symptoms such as nausea or vomiting. *Kukshi* (epigastric region), *Jathara-Parshva* (right and left hypochondria), *Nabhi* (umbilical region), *Basti* (hypogastric region), *Stanantra* (retrosternal), and other sites of discomfort are common. To treat *Parinama Shula*, Ayurveda focuses on restoring the balance of the *Doshas* and improving digestion. This may involve dietary changes, lifestyle modifications, herbal remedies, and other Ayurvedic therapies. Gastrointestinal health issues, such as Gastroesophageal Reflux Disease (GERD), peptic ulcers, gastritis, and Irritable Bowel Syndrome (IBS), are common worldwide and these conditions can be influenced by factors like stress, poor dietary choices, smoking, excessive alcohol consumption, and certain medications. *Samudradi churna* is primarily used to improve digestion and alleviate digestive issues such

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as indigestion, flatulence, and bloating. It is believed to enhance digestive fire (*Agni*) and promote the secretion of digestive enzymes. The carminative properties of *Samudradi churna* help in relieving gas and reducing abdominal discomfort. The dosage of *Samudradi Churna* can vary depending on the individual and the specific condition being treated.

Dose and Anupana

It is typically taken in doses of 1-3 grams with warm water, after meals, or as directed.

METHOD OF PREPARATION

The selected contents (table 1) are grinded. Once sieved, mix the powdered ingredients thoroughly to ensure they are well combined. After mixing prepared herbs boil with different liquids cow milk, cow urine and cow's curd. Take it along with *Ghrita* to enhance its effectiveness.

Table 1: Ayurveda Pharmacodynamics [1]

Scientific Name	Rasa	Guna	Veerya	Vipaka	Doshagnata	Karma/ Prabhav
<i>Saindhava</i> <i>Lavana</i> Rock salt	<i>Lavana</i>	<i>Laghu</i> , <i>Snigdha</i> , <i>Tikshna</i>	<i>Sheeta</i> (Cold)	<i>Madhura</i>	<i>Tridoshaghna</i>	<i>Agnideepana</i> , <i>Pachana</i> , <i>Ruchya</i> , <i>Netriya</i> , <i>Hridya</i> , <i>Vrishya</i>
<i>Samudra Lavana</i> Sea Salt	<i>Lavana</i>	<i>Laghu</i> , <i>Ushna</i> , <i>Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshaghna</i>	<i>Bhedana</i>
<i>Yavakshara</i> <i>Hordeum</i> <i>vulgare</i> Alkali	<i>Kshara</i>	<i>Laghu</i> , <i>Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatakapha</i> <i>shamaka</i>	<i>Chhedana</i> , <i>Lekhana</i> , <i>Bhedana</i> , <i>Vilayana</i>
<i>Ruchaka</i> Black Salt	<i>Lavana</i>	<i>Laghu</i> , <i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata</i> <i>anulomaka</i>	<i>Gulma</i> , <i>Shula</i> , <i>Vibandhghna</i>
<i>Ruchaka</i> Earthen salt	<i>Lavana</i>	<i>Tikshna</i> , <i>Ushna</i>	<i>Ati</i> <i>Ushna</i>	<i>Katu</i>	<i>Vata shamaka</i> , <i>Pitta vardhana</i>	<i>Vyavayi</i> , <i>Bhedana</i> <i>Deepana</i>
<i>Vida Lavana</i>	<i>Lavana</i>	<i>Tikshna</i> , <i>Ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata</i> <i>Anulomaka</i> ,	<i>Rochana</i> , <i>Shulahara</i> , <i>Hrudroga nashana</i>
<i>Mandura</i> Iron rust	<i>Kashaya</i>	<i>Sheeta</i> , <i>Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Vata</i> <i>Kaphahara</i>	<i>Vrisyam</i> , <i>Sisiram</i> , <i>Ruchiramparam</i> , <i>Deepanam</i> , <i>Pittasamanam</i> , <i>Rakthavidhikaram param</i>
<i>Danti</i> <i>Baliospermum</i> <i>montanum</i>	<i>Katu</i> , <i>Tikta</i>	<i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata</i> <i>Kapha</i> <i>nasak</i>	<i>Vikasi</i> , <i>Deepana</i> , <i>Virechana</i> , <i>Pachana</i>
<i>Trivrutta</i> <i>Operculina</i> <i>turpethum</i>	<i>Kashaya</i> , <i>Madhura</i>	<i>Laghu</i> , <i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphanashaka</i>	<i>Pleehaghna</i> , <i>Udar roga</i>
<i>Amorphophallus</i> <i>campanulatus</i>	<i>Katu</i> , <i>Kashay</i>	<i>Laghu</i> , <i>Ruksha</i> , <i>Tikshna</i>	<i>Ushna</i>	<i>Kapha</i> <i>Vata</i> <i>shamak</i>	<i>Katu</i>	<i>Arsha</i> , <i>Pliha</i> , <i>Gulma</i> and <i>Ashtila</i>

Indications

Nabhi shula, *Yakrut shula*, *Gulma*, *Plihakrut shula*, *Vidradhi*, *Ashthila*, *Vata Kaphajanya shula*.

Anupana: With warm water/ *Ghrita*/ *Mamsa rasa*

It is explained in the classics that *Samudradya Churna* preparation contains 10 ingredients.

Components of Samudradya Churna [Table 1]

1. *Bhaishajya ratnavali Shularoga adhikara* 30/74
2. *Samudradya churna Parinama shula-chikitsa prakaran*, verse 20.

DISCUSSION**Saindhava**

Despite the presence of *Lavan ras*, *Agnidipaka* (stimulates digestive fire), *Shukravardhaka* (improves quality of sperm), *Chakshushya* (beneficial for eye sight), does not increase burning sensation, *Tridhoshanashaka*, and *Madhura* are the attributes in *Rasa*.^[2] The micronutrients found in *Saindhava lavana* include trace elements such as iron, magnesium, zinc, copper, and iodine. These minerals are involved in numerous enzymatic reactions and metabolic processes in the body, which are necessary for the breakdown and utilization of macronutrients like carbohydrates, proteins, and fats.^[3]

Samudra Lavana

Sea salt is used in Ayurveda to enhance digestion. It is believed to stimulate the secretion of digestive juices and improve overall digestive function. However, it is essential to consume salt in moderation and according to individual needs.

All *Lavanas* in general are said to increase taste, *Vishyandakara*, *Rochana*, *Pachana* (digestive), *Sramsana* (laxatives), and to possess the character of pacifying aggravated *Vata*.^[2,4]

Lauha and Mandur

Herbomineral formulations have been developed to potentially mitigate various side effects by combining herbal extracts with processed and micro-fined minerals. This unique processing technique leads to the formation of herbomineral complexes, which can exhibit advantageous properties. When these complexes come into contact with digestive juices, they undergo a colloidal transformation, enhancing their absorption rate in the body. Additionally, these formulations may act as catalysts, aiding in the absorption of other essential nutrients and potentially assisting in the correction of certain disease processes.^[5]

Mandura Bhasma, which is the incinerated form of iron (Fe₂O₃), has properties that can help balance and pacify aggravated *Pitta dosha* in the body, thereby improving digestion and metabolism. It is believed to have a positive impact on the normal functioning of *Pitta dosha*, leading to improved digestive processes and metabolic activities. There is also indirectly related to the mechanism of absorption of iron in the gastro-intestinal tract by the process of *Deepana* and *Pachana*.^[6]

Danti (*Baliospermum montanum*) and *Trivrutta* (*Operculina turpethum*) are believed to stimulate the digestive fire (*Agni*), thereby improving digestion and metabolism. It helps enhance appetite, promotes the secretion of digestive enzymes, and supports efficient nutrient absorption. They possess purgative properties

and are used in Ayurvedic practices for its ability to induce bowel movements. They are known for its digestive properties and are used to treat digestive disorders. It helps in the breakdown and assimilation of food, relieving symptoms like indigestion, bloating, and flatulence. It helps eliminate accumulated toxins and waste materials from the intestines, promoting detoxification. They are considered to have anti-inflammatory properties that can help reduce inflammation in the body. It may be used in conditions associated with inflammation, such as arthritis, joint pain, and skin disorders. They are traditionally used as an anthelmintic agent to eliminate intestinal worms and parasites.^{[7],[8]}

Surana (Elephant Foot yam) as pungent and astringent to taste, which triggers *Ushna* or heat in the body and reduces the *Doshas* of *Kapha* and *Vaata*. It is indicated in *Nabi shula*, *Pliha shula*, *Yakrith*, *Gulma*, *Vidradi*, *Ashtila* and *Shula*. Various studies have indicated a range of potential benefits associated with this particular substance. Firstly, it has been suggested that it could enhance the motility of the gastrointestinal tract, thereby promoting better digestion and overall gut health. Additionally, it may possess flatulence relieving properties, offering relief from discomfort caused by excess gas. Moreover, there is evidence to suggest that this substance exhibits cytotoxic effects, potentially serving as a means to target and destroy cancer cells. Furthermore, it has been observed to exhibit antibacterial and antifungal activity, which could be valuable in combating microbial infections. Additionally, it shows promise in preventing liver damage and displays antioxidant properties, which may help protect cells against oxidative stress. Furthermore, it may possess astringent qualities, potentially useful in tightening and toning tissues. Furthermore, its anti-inflammatory properties have been highlighted, suggesting potential applications in reducing inflammation. Moreover, it may have analgesic properties, offering potential relief from pain. Lastly, there are indications that it could have anthelmintic properties, potentially assisting in combating parasitic worm infections. These findings collectively suggest a diverse range of possible benefits associated with this substance, warranting further exploration and investigation. On mice, elephant yam extract was tested for analgesic efficacy. Elephant yam could lower prostaglandin synthesis, which is responsible for inflammation. As an add-on medication, it may be used to minimize the side effects of traditional analgesics.^[9]

Evidence Based Studies

There is no prior evidence of the *Samudradya Churna* as a whole formulation being used in digestive diseases, but the components offer wonderful

therapeutic qualities that clinicians can use and have significant results. The components have scientific evidence that they can be used to treat gastrointestinal diseases without causing adverse effects.

Precautions should be taken by patients having Hypertension, Oedema, Renal disorders etc.

CONCLUSION

Samudradya Churna is a unique classical formulation with roots in Ayurveda. Its purpose is to alleviate excess aggravated *Vata* and *Kapha doshas*, specifically in the context of gastrointestinal disorders such as Duodenal Ulcers. The *Churna* is primarily employed for chronic digestive issues, wherein the body experiences an accumulation of toxins called *Ama*. If left untreated, this condition can contribute to the development of serious ailments like ulcers and malabsorption, resulting from impaired digestive fire. Thus, it prevents as well as cure through the proper secretions of the enzymes purifying channels. *Tikshna Guna* is known for its *Shodhana* (purifying) action, improving digestion, and its ability to cure anorexia and boost metabolic activities. It also imparts sharpness, relieves dullness, and clears toxins from the body. *Ushana Guna* provides *Swedana* (sudation) effect, which helps relieve general symptoms of cough and cold. It also potentiates *Pitta* (the metabolic principle) and *Agni* (digestive fire), thereby improving metabolic activities within the body. *Laghu Guna* causes a feeling of lightness and improves the circulatory process by allowing substances to easily migrate through *Stroats* (minute channels). It also helps relieve obstructions in the minute channels. *Lavana* (salt) aids in weight control by balancing minerals that can hinder cravings and remove fat cells. The overall effect of *Guna* and *Rasa* in the formulation corrects digestion and pacifies *Doshas*, thereby

relieving pain. Thus, it has gastroprotective properties giving health to the gut microbiota.

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