



## Review Article

## A COMPREHENSIVE REVIEW OF VIDANGADI CHURNA AND ITS ROLE IN AYURVEDIC MEDICINE

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### ABSTRACT

Ayurveda, the ancient Indian system of medicine, adopts a holistic perspective on health, emphasizing the balanced integration of body, mind, and spirit. Among its major disciplines, *Bhaishajya Kalpana* (Ayurvedic pharmaceuticals) is concerned with the formulation, preparation, and quality assurance of medicinal products. Within this field, *Churna Kalpana* refers to herbal formulations in powdered form, which are widely appreciated for their ease of administration, fast absorption, and long shelf life. In Ayurvedic understanding, *Krimi Roga* encompasses diseases caused by internal and external parasites, often resulting from unclean habits, poor dietary choices, and lifestyle imbalances. To manage such conditions, classical texts recommend *Vidangadi Churna*- a traditional polyherbal preparation, with *Vidanga* (*Embelia ribes*) as its principal component. This formulation includes herbs with *Krimighna* (antiparasitic), *Deepana* (digestive stimulant), and *Pachana* (carminative) properties, aimed at eradicating intestinal parasites, strengthening digestive fire (*Agni*), and preventing recurrence. By supporting detoxification and enhancing digestive function, *Vidangadi Churna* showcases the therapeutic potential of Ayurvedic interventions in managing parasitic disorders. Scientific validation and standardization of such classical formulations can enhance their credibility and set the stage for their integration into modern evidence-based healthcare systems.

### INTRODUCTION

Ayurvedic medicine is regarded as the oldest healing system in the world. Different *Acharyas* have elaborated on various types of formulations, including *Panchavidha Kashaya Kalpana*<sup>[1]</sup>. *Churna* stands out as the simplest Ayurvedic formulation, known for being easy to prepare and administer, having a longer shelf life, good therapeutic effectiveness, and better taste, making it suitable for all age groups. *Churna* is a well-established concept in Ayurvedic pharmaceuticals, used both as a direct remedy and as a base for other preparations. Classical texts provide detailed guidelines on their preparation and shelf-life.

In today's context, modern analytical methods are essential to standardize and ensure the consistent quality of different *Churna* formulations over time. *Churna* is extensively described in all *Samhitas*. *Charak* had explained 32 *Siddhatam Pradeha*, which has been taken for application through *Churna Kalpana* (Ca. Su. 3/30).<sup>[2]</sup> *Churna* refers to the powdered form of a single drug or a mixture of two or more drugs that have been powdered separately before being blended homogeneously. *Churna* is a fine powder of medication or a drug mixture, according to the Indian Ayurvedic formulary.

According to *Sharangadhar*, *Churna Kalpana* is an *Upkalpana* (derivative) of *Kalka Kalpana*. the synonyms for *Churna* are *Raja* or *Kshoda*. *Churna* refers to a mixture of powdered herbs or minerals. The dose of *Churna* is mentioned as 12g.<sup>[3]</sup>

*Vidangadi Churna* is one such traditional herbal formulation. This formulation contains ingredients like *Vayavidanga*, *Triphala*, and *Pippali Churna*. *Vidangadi Churna* is a traditional Ayurvedic herbal formulation

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recognized for its strong antiparasitic (*Krimighna*) and detoxifying (*Shodhana*) effects. Ingredients like *Vidanga*, *Triphala*, and *Pippali* play a key role in cleansing the wound, lowering inflammation, and

enhancing tissue regeneration. It can be applied externally as a powder or *Lepa* (paste) and is also taken internally to support systemic purification. [4,5]

## MATERIALS AND METHODS

### Literature Review

**Table 1: Ayurvedic Pharmacological properties of Vidangadi Churan**

| S.No | Ingredients                                              | Rasa                                       | Guna                          | Virya         | Vipaka         | Karma                                                       |
|------|----------------------------------------------------------|--------------------------------------------|-------------------------------|---------------|----------------|-------------------------------------------------------------|
| 1.   | <i>Vidang</i> [6] ( <i>Embelia ribes</i> Burm)           | <i>Katu, Kasaya</i>                        | <i>Laghu, Ruksha, Tiktsna</i> | <i>Usna</i>   | <i>Katu</i>    | <i>Krimighana, Kushthaghana, Raktashodhak</i>               |
| 2.   | <i>Amalaki</i> [7] ( <i>Embllica officinalis</i> Gaertn) | <i>Amla, Kashaya, Madhura, Tikta, Katu</i> | <i>Ruksha, Laghu</i>          | <i>Sheeta</i> | <i>Madhura</i> | <i>Tridoshajit, Vrishya, Rasayana, Chakshusya.</i>          |
| 3.   | <i>Vibhitaki</i> [8] ( <i>Terminalia belerica</i> Roxb)  | <i>Kashaya</i>                             | <i>Ruksha, Laghu</i>          | <i>Ushna</i>  | <i>Madhura</i> | <i>Kaphapittajit, Bhedaka, Keshya, Kandughna</i>            |
| 4.   | <i>Haritaki</i> [9] ( <i>Terminalia chebula</i> Retz.)   | <i>Kashya, Katu, Tikta. Amla, Madhura</i>  | <i>Laghu, Ruksha</i>          | <i>Ushna</i>  | <i>Madhura</i> | <i>Krimighna, Sarvadoshaprashamana, Kandughna</i>           |
| 5.   | <i>Pippali</i> [10] ( <i>Piper longum</i> )              | <i>Katu, Tikta, Madhur</i>                 | <i>Snigdha, Laghu</i>         | <i>Anusna</i> | <i>Madhura</i> | <i>Vatahara, Kaphahara, Dipana, Rucya, Recana, Rasayana</i> |

**Table 2: Similar Formulation Regarding Vidangadi Churna**

| S.No. | Formulation name               | Classical texts                    | Ingredients                                                                                                                                                                   | Indication                                     |
|-------|--------------------------------|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| 1.    | <i>Vidangadi Churna</i> [11]   | <i>Vangsen</i>                     | <i>Vidang, Yavani, Chitrak, Devdaru, Nagar, Punarnava</i>                                                                                                                     | <i>Plihavidhi</i>                              |
| 2.    | <i>Vidangadi Churna</i> [12]   | <i>Vangsen</i>                     | <i>Vidang, Bhallataka, Chitrak, Amrita, Nagar</i>                                                                                                                             | <i>Ajerna</i>                                  |
| 3.    | <i>Vidangadi Churna</i> [13]   | <i>Ras Ratnakar</i>                | <i>Vidang, Pippli, Ela, Dalchini, Marich, Nagar, Shita</i>                                                                                                                    | <i>Kasa, Swasa, Jwar, Pliha, Pandu, Kshaya</i> |
| 4.    | <i>Vidangadi Churna</i> [14]   | <i>Bharat-bhaishajya-ratnakara</i> | <i>Vidang</i>                                                                                                                                                                 | <i>Krimirog</i>                                |
| 5.    | <i>Vidangadi Churna</i> [15]   | <i>Vangsen</i>                     | <i>Vidang, Triphala, Sunthi</i>                                                                                                                                               | <i>Chardi</i>                                  |
| 6.    | <i>Vidangadi Churna</i> [16]   | <i>Bharat-bhaishajya-ratnakara</i> | <i>Vidang, Yavani</i>                                                                                                                                                         | <i>Sangrahani</i>                              |
| 7.    | <i>Vidangadi Churna</i> [17]   | <i>Yog Ratnakar-Balrog</i>         | <i>Vidang, Ajmoda, Pippli, Tandul</i>                                                                                                                                         | <i>Bal Atisar</i>                              |
| 8.    | <i>Vidangadi Churna</i> [18]   | <i>Vangsen</i>                     | <i>Vidang, Ativisha, Devdaru, Nagar, Indrajao, Vacha, Marich</i>                                                                                                              | <i>Sotha</i>                                   |
| 9.    | <i>Vidangadhya Churna</i> [19] | <i>Gadnigraha</i>                  | <i>Vidang, Chitrak, Nagarmotha, Pipplimool, Devdaru, Dalchini, Chavya, Jira, Vibhitaki, Sunthi, Khadir, Meshshringi, Pippli, Bharangi, Kakdashringi, Sonf, Kachur, Marich</i> | <i>Hridyarog, Kasa, Kanthrog, Kaphajroga</i>   |
| 10.   | <i>Vidangadhya Churna</i> [20] | <i>Charak Chikitsha Sthan</i>      | <i>Vidang, Nagar, Rasna, Pippli, Hingu, Sandhava lavana, Bharangi, Yavashara</i>                                                                                              | <i>Hikka, Kaphavataja Kasa, Vata vayadhi</i>   |

## Drug Review

### 1. *Vidang* <sup>[21]</sup>

Botanical Name – *Embelia ribes* Burm.

Family- Myrsinaceae

Synonyms – *Krimighna*, *Citr tandula*, *Amogha*, *Vella*, *Kairali*, *Tandula*, *Jantuhantri*.

Classical Categorization-

*Charak* – *Krimighna*, *Kusthaghana*, *Trptighana*.

*Sushrut* – *Sursadi*, *Pippalyadi*

*Vāgbhata* – *Sursadi*, *Pippalyadi*

- *Charak* delineated *Vidanga* as the best among the *Krimighana Dravyas*.<sup>[22]</sup>
- *Sushrut* quoted it for *Krimi*, *Kustha*, *Vishanashak*, etc. <sup>[23]</sup>
- He also explained that *Vidanga* acts as *Rasayana* if administered along with *Yasti Churna*.<sup>[24]</sup>
- *Vidanga* is used in colic, worms, anti-fertility drug in traditional medicine.
- Chief active principal Embelin (2,5: dihydroxy-3-lauryl-p-benzoquinone), it is reported to be effective against tapeworm.
- Aqueous extract of fruits shows anti-bacterial activity against *Staphylococcus aureus* and *Escherichia coli*.<sup>[25]</sup>

### Therapeutic uses <sup>[25]</sup>

*Krimi rog*, *Ganda Mala*, *Raktavikara*, *Kustha*, Skin diseases, *Dysuria*, *Vatavikara*, *Paralysis*, *Brain disorders*, *epilepsy*, *Nervine debility*, and *Child debility*.

### 2. *Amalaki* <sup>[26]</sup>

Botanical name- *Emblica officinalis*

Family- Euphorbiaceae

Synonyms- *Amrta*, *Dhatri*, *Vayastha*, *Vayasya*, *Vrysa*, *Tisyaphala*, *Sitaphala*.

Classical Categorization-

*Charaka*- *Jvaraghna*, *Kasaghna*, *Virecanopaga*, *Kusthaghna*, *Vayahsthapana*

*Sushrut*- *Amalakyadi*, *Parusakadi*, *Triphala*

*Vagbhata*- *Parusakadi*

Major chemical constituents-

Root- Ellagic acid, lupeol, oleanoic aldehyde

Bark- Leucodelphinidin, procyanidin, tannin, etc.

Fruit- Vit. C, phyllembelin, linolic acid, indole acetic acid, anyxubsm trigaloylglucose, terchebin, corilagin, ellagic acid, phyllemblic acid, and salts.

### Kinds and Varieties <sup>[27]</sup>

Wild and cultivated varieties are *Vanya* and *Gramya*, respectively. Wild fruits are small, hard, and stony, while cultivated fruits are bigger, fleshy, and

smooth. Various varieties from a locality, production, and quality point of view.

### Therapeutic uses <sup>[27]</sup>

- Cardiac tonic, diuretic, laxative, liver tonic, aphrodisiac, anti-pyretic, hair tonic, nerve brain tonic. etc.
- The juice of fresh fruits is given as a tonic, refrigerant, antiscorbutic, and antibilious remedy.
- Juice with honey as an anthelmintic drug
- Juice is given for burning sensation, dyspepsia, scanty urine, and various diseased conditions.
- Powder of fruits is an effective remedy for hyperacidity, peptic ulcer, gastric troubles, blood impurities, diarrhoea, and dysentery.
- It is used in diabetes, general debility, and as a nervine tonic.

### 3. *Vibhitaki* <sup>[28]</sup>

Botanical name- *Terminalia belerica* Roxb.

Family- Combretaceae

Synonyms- *Aksaphala*, *Kalidruma*, *Karsaphala*

Classical Categorization

*Charaka*- *Jvarahara*, *Kasahara*, *Virecanopaga*

*Sushrut*- *Mustadi*, *Triphala*

*Vagbhata*- *Mustadi*

*Vagbhata* describes it as the best herb for *Swasa* & *Kasa*.

Major chemical constituents

Fruits- Fructose, galactose, glucose, mannitol, rhamnose, beta-sitosterol

Seed- Edible oil

Seed coat- Gallic acid

Bark & Heartwood- Chebulagic acid, ellagic acid

Therapeutic uses <sup>[29]</sup>

- Bark is useful in asthma and leucoderma.
- Fruit is bitter, pungent; used as an anthelmintic, laxative, anti-pyretic, corneal ulcer, leprosy.
- Semi-ripe fruit is given in constipation, and fully ripe and dried fruits is useful in diarrhoea and dysentery.
- The fruits are also useful in internal haemorrhage and biliousness, including burning sensation.
- Oil is considered a good application for the hair.
- The fruits (seedless pulp) are useful for applying as a paste over inflamed and painful organs.
- Seed oil is similarly applied to affected parts.
- Seed oil is topically applied to skin complaints, leucoderma, dermatitis, baldness, and other head (skull) ailments.

**4. Haritaki** <sup>[30]</sup>Botanical name- *Terminalia chebula* Retz.

Family- Combretaceae

Synonyms- *Abhaya*, *Amrta*, *Pathya*, *Vijaya*, *Siva*, *Jaya*, *Haimavati***Classical Categorization**Charaka- *Jvaraghna*, *Arsoghna*, *Kasaghna*,  
*Kusthaghna*, *Prajasthapana*Sushrut- *Amlakyadi*, *Parusakadi*, *Triphala*Vagbhata- *Parusakadi***Major chemical constituents**

Fruits- Anthraquinone, glycoside, chebulinic acid, tannic acid, terchebin, Vit. C

Fruit kernel- Arachidic, behenic, linoleic, oleic, palmitic, stearic acids.

Flowers- Chebulin

**Table 3: Varieties and Kinds** <sup>[31]</sup>

| S.no. | Type (Jati)    | Characteristics (Svarupa)        | Utility (Prayoga) | Habitat (Utpattisthala) |
|-------|----------------|----------------------------------|-------------------|-------------------------|
| 1.    | <i>Vijaya</i>  | <i>Alabuvrtta</i>                | <i>Sarvaroga</i>  | <i>Vindhya</i>          |
| 2.    | <i>Rohini</i>  | <i>Virta</i>                     | <i>Vrana</i>      | <i>Vindhya</i>          |
| 3.    | <i>Putana</i>  | <i>Suksma</i> , <i>Asthimaya</i> | <i>Pralepa</i>    | <i>Sindha</i>           |
| 4.    | <i>Amrta</i>   | <i>Mamsala</i>                   | <i>Sodhana</i>    | <i>Madhya Pradesh</i>   |
| 5.    | <i>Abhaya</i>  | <i>Pancarekhayukta</i>           | <i>Netraroga</i>  | <i>Chmparan</i>         |
| 6.    | <i>Jivanti</i> | <i>Svarnavarna</i>               | <i>Sarvaroga</i>  | <i>Saurashtra</i>       |
| 7.    | <i>Cetaki</i>  | <i>Trirekhayaukta</i>            | <i>Recana</i>     | <i>Himalaya</i>         |

**Table 4: Ritu Haritaki**

| S.no. | Season (Ritu)                 | Vehicle (Anupana)            |
|-------|-------------------------------|------------------------------|
| 1.    | <i>Varsa</i> (Rains)          | <i>Saindhava</i> (Rock salt) |
| 2.    | <i>Sarada</i> (Autumn)        | <i>Sarkara</i> (Sugar)       |
| 3.    | <i>Hemanta</i> (Cold/ Winter) | <i>Sunthi</i> (Ginger)       |
| 4.    | <i>Sisera</i>                 | <i>Pippli</i> (Pepper)       |
| 5.    | <i>Vasanta</i> (Spring)       | <i>Madhu</i> (Honey)         |
| 6.    | <i>Grisma</i> (Summer)        | <i>Guda</i> (Jaggery)        |

**Table 5: Anupana according to Dosha**

| S.no. | Dosa         | Anupana                |
|-------|--------------|------------------------|
| 1.    | <i>Vata</i>  | <i>Ghrita</i> (Butter) |
| 2.    | <i>Pitta</i> | <i>Sarkara</i> (Sugar) |
| 3.    | <i>Kapha</i> | <i>Lavana</i> (Salt)   |

**Therapeutic Uses**

- *Rasayana*, Anthelmintic, Asthma, Hiccough, Vesicular calculi, Urinary discharges, Ascites, Inflammation, Tumours, Bleeding piles, Thyroid fever, Leucoderma, Constipation, Anaemia, Elephantiasis, Delirium, etc.
- The unripe fruits are useful in Dysentery and Diarrhoea, and the ripe fruits are Purgative, Tonic, Carminative, and they enrich the blood.
- It strengthens the brain; it is used in Paralysis.
- The bark is endowed with both Diuretic and Cardio-tonic properties.

**5. Pippli** <sup>[32]</sup>Botanical name- *Piper longum*

Family- Piperaceae

**Varieties-**

- There are 4 types of *Pippli* as incorporated textual sources of Indian medicine (Materia medica), viz. *Pippli*, *Gajapippli*, *Saimhali* and *Vanapippli*.
- *Gajapippli* is classically named as *Cavya*, which is botanically identified as *Piper chava* Hunter.

**Chemical composition**

Dried fruits – yield 0.7% essential oil

Fruits- Piperine 4-5%, piperidine alkaloids, monocyclic sesquiterpenes 15.5%, sesamin, Pipalsterol

Root- Piperlonguminine, steroid, glycoside

Other- Triacotane, dihydrostigmasterol, unidentified steroid.

### Therapeutic Uses

- Abdominal distention, ascites, colic, cough, emaciation, fever, piles, weakness, cough, bronchitis, asthma, worms.
- The study conducted on the drug *Pippli* has shown antitubercular activity.
- Piperine isolated from the drug possesses anti-colic and analeptic potentialities.
- Analgesic when applied locally for muscular pain and anti-inflammatory.
- It is used as an emmenagogue and abortifacient, and for miscellaneous purposes as an anthelmintic and in dysentery and leprosy.
- It is specifically used in asthma, cough, and chronic fever (*Jirna jvara*).
- It belongs to the valuable *Rasayana* group of drugs.
- It is frequently used in liver disorders, splenic enlargement, anaemia, heart complaints, gout, rheumatism, brain and nerve complaints, dysmenorrhoea, seminal disorders, general debility, etc.
- The use of *Pippli* in the mode of *Yogvahi* (synergistic or potentiating way) may be preferred.

### DISCUSSION

*Vidangadi Churna* is a classical Ayurvedic formulation known for its strong *Krimighna* (antiparasitic) and *Shodhana* (detoxifying) properties. It contains a blend of herbs including *Vidanga* (*Embelia ribes*), *Triphala* (a mix of *Amalaki*, *Haritaki*, and *Vibhitaki*), and *Pippali* (*Piper longum*). Each ingredient contributes uniquely, making the formulation effective for a range of digestive and systemic issues. *Vidanga*, the primary component, has long been used in Ayurveda to eliminate intestinal parasites. It is particularly helpful in children and individuals with weak digestive fire (*Agni*). Modern studies also support its efficacy against helminths and protozoal infections. *Triphala* serves as a gentle laxative, antioxidant, and rejuvenative agent. It aids in the removal of metabolic waste (*Ama*), supports digestion, and promotes tissue repair. *Pippali* improves digestion, enhances nutrient absorption, and increases the potency of other herbs. Its anti-inflammatory and immunomodulatory actions make it useful in chronic gut and systemic disorders. *Vidangadi Churna* can be used both internally for detox and deworming, and externally as a *Lepa* for wound healing.

Its topical use helps cleanse wounds, reduce inflammation, and support tissue regeneration. The formulation reflects Ayurveda's holistic approach—addressing root causes, not just symptoms. In the face of increasing drug resistance, it provides a promising herbal alternative. However, despite its widespread traditional use, scientific validation is still needed. More clinical research is essential to standardize dosage, confirm active compounds, and ensure safety. Bridging traditional knowledge with modern science could enhance its integration into current healthcare systems.

### CONCLUSION

*Vidangadi Churna*, prepared following the classical guidelines of texts like *Yoga Ratnakar* and *Bhaishajya Ratnavali*, is widely recognized for its powerful *Krimighna* (antiparasitic) action. Its main ingredients—*Vidanga*, *Triphala*, and *Pippali*—work together synergistically to eliminate *Krimi* (parasites), detoxify the body, and restore digestive and systemic harmony. This formulation is referenced in several classical Ayurvedic collections for its effectiveness not only in managing parasitic infections but also in treating conditions such as gastrointestinal disorders, skin diseases, chronic wounds, and systemic infections associated with microbial imbalances. Though often cited in the context of *Nadivranarogadhikar* (sinus and wound-related ailments), *Vidangadi Churna's* core efficacy lies in addressing parasitic causes that contribute to prolonged illness and slow healing. Its versatility through both internal consumption and external application enhances its ability to control infections, reduce inflammation, and promote tissue regeneration. Overall, *Vidangadi Churna* remains a vital herbal remedy in Ayurveda, known for its strong antiparasitic, detoxifying, and healing properties, supporting health across a range of diseases.

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