

ROLE OF CHITRAKADI GUTIKA IN GASTROINTESTINAL DISORDERS- A REVIEW

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ABSTRACT

ChitrakadiGutika explained in *Charakasamhita Grahani Dosh Chikitsa Adhyaay* also in *yogaratnakar*. In *Grahani*, *Agni dushti* takes place which generates *Ama*, hence foremost step to treat *Grahani* is *Amapachana*. *Chitrakadi Gutika* is a combination of all *Amapachana* and *Agnideepanadravyas*. It has a vast utilisation in Gastrointestinal diseases like *Arsha* specially *sushkaarsha*. This *ausadhiyoga* has *laghu*, *rukshaguna*, *katurasa*, *katuvipaka*, *ushnaveerya*, acts on *VataKaphadosha* and in *Pittaja avastha* of above diseases with use of different anupan like *Nimbuswarasa*, *Annarrasa* and *Koshna jala*. Following article aims to understand the *Chitrakadi Gutika* and its role in *Grahani* and other GI disorders.

KEYWORDS: *Chitrakadi Gutika*, *Grahani*, *Annavaha Srotas*, *Pureeshavaha Srotas*, *Aampachak*, *Agneepradipak*.

INTRODUCTION

Grahani is an *Ayurveda* terms related to the seat of *Agni* (digestive fire), which help in the metabolism and digestion of food. The ancient text of *Ayurveda* described that ingestion, digestion, absorption and assimilation of *Aahaar* is regulated by *Grahani*. In modern *Grahani* is correlated with Gastrointestinal tract which is hollow organ, Twisting tube from mouth to the anus. When this *Agni* becomes; *mandagni* then improper digestion of ingested food leads pathological condition termed as *Grahani Roga*. *Grahani* is also called as *Pittadhara Kala*.^[1] *Chitrakadi Vati* is commonly used in gastrointestinal disorders mainly arises from *Mandagni*. *Grahani Roga* is one of the disorders which occur due to *Mandagni* which leads to *Ama* (Undigested Food Residue) formation in the body.^[2] Drugs present in the *Chitrakadi Vati* mainly of *Katu Rasa*, *Laghu*, *Tikshana Guna*, *Usna Virya*, *Katu Vipaka*, *Deepana- Pachana- Anulomana- Rochana* properties and have *Kapha-Vata shamak* action, which improves the *Jatharagni* by

relieving *Ama*.^[3] So *Chitrakadi Vati* shows *Amahara* action which can cure *Grahani*. Considering the anatomy and physiology of GI tract it can be correlated with *Annavaha* and *Purishavaha Srotasa* according to *Ayurvedic* parameters.

Annavaha and *Pureeshvaha Srotasa*

Some basic information about these two *srotasas*.

Table 1: *Mulasthanas*.

<i>Annavahastrotasa</i> ^[4]	<i>PureeshvahaSrotasa</i> ^[4]
<i>Amashaya</i>	<i>Basti</i>
<i>VaamaParshva</i>	<i>Vankshana</i>

Table 2: Dushti Karana (Causes).

<i>Annavaastrotasa</i> ^[5]	<i>PureeshvahaStrotasa</i> ^[6]
<i>Atimatrabhojan</i>	<i>Ati-ashana</i>
<i>Akaalebhojan</i>	<i>Adhyashana</i>
<i>Ahitabhojan</i>	<i>Ajeerna</i>
<i>Paavaksyavaigunya i.e., vitiation of digestive fire.</i>	<i>Durbalagni i.e., weak digestion</i>
	<i>Sandhaaranaat</i>
	<i>Krusha</i>

Table 3: DushtiLakshana (Symptoms).

<i>Annavaastrotasa</i> ^[4]	<i>PureeshvahaStrotasa</i> ^[4]
<i>Anannaabhilasha</i> (aversion towards diet)	<i>Krucchrata</i> (difficulty in Excretion)
<i>Arochaka</i> (loss of Taste)	<i>Sa-shabda, Sa-shula Mala</i>
<i>Avipaka</i> (Indigestion)	<i>Ati-grathitam</i>
<i>Chhardi</i> (Vomiting)	<i>Ati-dravam.</i>

Considering the above causes and symptoms, *Ama Pachana* becomes a major step while treating pathologies of above two *strotasas*. Also, *Acharyas* has given treatment of *Annavaastrotasa* as treatment of *AmapradoshajVikara* and that of *PureeshvahaStrotasa* as treatment of *Atisara*, which includes *Amapachana*.

Chitrakadi Gutika

Chitrakadi Gutika is a well known combination used in *Grahani Vyadhi*. It is explained in *Charaka Chikitsa* 15,^[7] *Yogaratnakar*^[3] in *Grahanichikitsa* and also by *bhaishaya Ratnakar*^[8] take a same reference from *Charaka Samhita* regarding *Chitrakadi Gutika*. *Grahani* is a disease in which *Agni* derangement is the main event in *Samprapti*. *Chitrakadi Gutika* contains drugs which

have *Deepana, Pachana, Rochana, Vata-anulomana, Shoolahara*, properties which are *Ushna virya, Katu, Lavana, Tikta, Madhura, Amla rasa, laghu tikshna, snigdha grahi guna* prominent with *katu vipaka* and *kaphavatahara* action which improves the *jatharagni* by relieving *Ama*. Due to *Madhura rasa* and *snigdha guna*, it balances the *pitta*. *Tikta* and *Katu* rasa improves the digestion and made the first *Dhatu* in proper form, so the combination will act on the *Rasa Dhatu*. *Deepan, Pachana* and *Grahi* properties decrease *Strotogata Ama* and relieves *Atipravritti*. Drugs like *Marich, Shunthi, Chitraka* etc. are proved as a best *Ama pachaka*. So *Chitrakadi Gutika* shows *Amahara* action which can cure *Grahani Dosha*.^[7]

Content

Table 4: Content of *Chitrakadi Gutika*.^[9]

Ingredient	250 mg <i>Chitrakadi</i> Tablet contain
<i>Chitak</i> – <i>Plumbago Zelyanica</i>	16.66 mg
<i>Ajmoda</i> – <i>Apium Graveolens</i>	16.66 mg
<i>Black Pepper</i> – <i>Piper Nigrum</i>	16.66 mg
<i>Chavya</i> – <i>Piper Chaba</i>	16.66 mg
<i>Hing</i> – <i>Asfoetida</i>	16.66 mg
<i>Pippali</i> – <i>Piper Longum</i>	16.66 mg
<i>Sambhar</i> Salt	16.66 mg
<i>Samudra Lavana</i> – Common Salt	16.66 mg
<i>Sarjika Kshara</i>	16.66 mg
<i>Sauvrchal Lavana</i> – Black Salt	16.66 mg
<i>Sendhava Lavana</i> – Rock Salt	16.66 mg
<i>Vida Lavana</i> – Ammonium Salt	16.66 mg
<i>Suntha</i> – <i>Zingiber Officinale</i>	16.66 mg
<i>Yava Kshara</i> – <i>Hordeum Vulgare</i>	16.66 mg
Lemon Juice or Pomegranate Juice	As per need

Mode of Action**Table 5: Rasa panchaka and it's doshaja karma of Chitrakadi Vati.**^[10,11]

SR. No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Chitraka	Katu, Tikta	Lghu, Ruksha, Tikshna	Usna	Katu	Kapha-vata hara
2	Pippali Moola	Katu	Lagh, Snighdha, Tikshna	Anushnashita	Madhura	Kapha-vata hara
3	Yava Kshara	Katu	Lagh, Snighdha, Sara	Usna	Katu	Kapha-vata hara
4	Sarji Kshara	Katu	Laghu, Ruksha, Tikshna	Usna	Katu	
5	Saurvachala Lavana	Lavana, Madhura	Laghu, Sukshma, Snighdha, Vishada	Usna	Katu	Kapha-vata hara
6	Saindhava Lavana	Lavana	Laghu, Sukshma, Snighdha	Sita	Madhura	Tridosahara
7	Vida Lavana	Lavana, Kshara	Laghu, Sukshma, Tikshna, Vyavayi	Usna	Madhura	Kapha-vata hara
8	Samudra Lavana	Lavana, Kshara, Madhura, Tikta	Guru, Snighdha	Anushnashita	Madhura	Kapha-vata hara
9	Audhbhida Lavana	Lavana, Tikta, Katu, Kshara	Laghu, Tikshna	Usna	Madhura	Kapha-vata hara
10	Shunthi	Katu	Laghu, Tikshna, Snighdha	Usna	Madhura	Kapha-vata hara
11	Maricha	Katu	Laghu, Tikshna, Ruksha	Usna	Katu	Kapha-vata hara
12	Pippali	Katu	Laghu, Tikshna, Snighdha	Anushnashita	Madhura	Kapha-vata hara
13	Hingu	Katu	Laghu, Tikshna, Snighdha	Usna	Katu	Kapha-vata hara
14	Ajamoda	Katu, Tikta	Laghu, Tikshna, Ruksha	Usna	Katu	Kapha-vata hara
15	Chavya	Katu	Laghu, Ruksha	Usna	Katu	Kapha-vata hara
16	Matunga	Amla	Laghu, Tikshna, Snighdha	Usna	Amla	Kapha-vata hara
17	Dadima Rasa	Madhur, Amla	Laghu, Snighdha	Anushnashita	Madhura	Kapha-vata hara

Chitrakadi Gutika is a potent digestive stimulant. It is a traditional remedy for treating indigestion, constipation, flatulence and stomach pain. The active ingredient *Chitraka* prevents mandagni. The carminative nature of the *Gutika* helps in breaking down of food particles in the stomach and intestine, enhances the secretion of the digestive juices and thereby increases the absorption of essential nutrients through the intestines. It helps to eliminate abdominal gas and in turn reduces abdominal distension, bloating and gaseous cramps. It holds high significance in treating a wide range of gastrointestinal disorders like esophagitis, heartburn, diarrhoea, flatulence, peptic ulcer and gastroesophageal reflux disease.

Dose^[12]

The optimum therapeutic dosage may vary from person to person depending upon the age, severity, and condition of the patient.

The maximum dosage of this formulation should not exceed 2000 mg in a day and should depend on a person's weight and health condition 4 Rati = 500mg (1Rati = 125mg)

Dosage^[12]

2 Tablets/Day (each tablet 250mg).

Time of Administration of Druge

After the lunch and dinner.

Anupan^[11]

- Leukwarm water
- Buttermilk

Adverse Effects Of Chitrakadi Vati^[11]

Chitrakadi Gutikai doesn't characterize any side effects when used to treat an individual having *Kapha* disorders. In case, the person has *Pitta* disorders, the formulation may cause hyperacidity, heartburn, burning sensation in

the abdomen and a burning feeling during bowel movements.

It is strictly forbidden from being used during pregnancy or breast-feeding as it can cause abnormalities or birth defects in the growing foetus or the medicine can get passed through breast milk to the new born and cause severe health problems.

Since *Chitrakadi Gutika* has four different types of salt, so in case of overdosage, the higher salt content in it may lead to high blood pressure, diabetes insipidus, gastritis, and hypernatremia.

Dignosis of *Annavaha Srotasa*^[13]

- In Liver function tests elevation in Serum creatinine (SCr) and BUN may be indicative of bleeding from the GI tract.
- Serum measurements of sodium chloride, and potassium are useful to determine electrolyte abnormalities associated with diarrheal illnesses.
- In imaging techniques, Plain and Contrast Radiography used for primary diagnostic technique helpful to evaluate Abdominal Pain. Quick assessment of abdominal masses, esophageal strictures, stones, etc.
- Ultrasonography (USG) and Computed Tomography (CT) is very useful to examine deeper abdominal organs also Magnetic Resonance Imaging is more sensitive than USG and CT to malignancies.
- Endoscopy is Useful for diagnostic evaluation in upper GI bleeding, obstructions, upper abdominal pain, persistent vomiting, and radiographic abnormalities.
- Examination of Stool like color, Ph, consistency, pus cell, crystals etc. are helpful to evaluate any abnormality in GIT and alimentary canal.

CONCLUSION

Gastrointestinal disorder or *Vyadhis of Annadvaha* and *Purishvaha strotasa* as explained by *Ayurveda* can be correlated with *Agni*. *Chitrakadi Gutika* is powerful remedy used for treating a host of ailment like indigestion, loss of appetite, constipation, anorexia, diarrhoea, abdominal heaviness and distension. If take in the proper dosage, one can clearly avoid side effects and enjoy the countless health benefits.

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