

THERAPEUTIC ACTION OF CHATURBEEJ CHURN IN KATISHOOL.

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Abstract

There are many ayurvedic medicinal herbs which are effective in katishool,externally and internally out of these chaturbeej (Methi ,Chandrashur , Kalajaji and Yavanika) churn(taken internally) is one of the combination described by Bhavprakash in mishrak gana. Kati refers to low back and shool refers to pain so called as lowback pain.It is charactrised by muscle ache,radiating pain from low back to legs and inability to stand upright.It is the commonest complaint, most of people will experience lowback pain at least once during their lives.This work is an approach to pacify the symptoms of katishool by chaturbeej churn.

Keywords : Mishrak gan , chaturbeej, katishool , low back ache .

Introduction

There are many ayurvedic medicinal herbs which are effective in katishool,externally and internally, out of these chaturbeej churn (Methi ,Chandrashur , Kalajaji and Yavanika) is one of the combination (taken internally) described in Bhavprakash nighantu by Bhavprakash in mishrak gana.Kati refers to low back and shool refers to pain so called as low back pain.Kativata,prishtashoola,katigraha or trika shoola, trika graha are other names or conditions mentioned in the classics .Vata is the predominant dosha causing these conditions and are categorised under vataj nanatmaja vyadhis.

Low back pain is the commonest complaint , most of the people will experience low back pain at least once during their lives. It is one of the most common reason for people to miss the work or to go to the doctor . Although it is not life threatening but katishool can be debilitating for many working peoples who

travels daily,doing standing job through out day,hardworkers & aged peoples.

Practically in chaturbeej churn all 4 drugs are easily available in market so the chances of adultration is minimum also chaturbeej are cost effective, mainly used in parshv-katishool,aadhman,agnimandya.In this present study chaturbeej churn will be used for katishool by pacifying the vitiation of katigat vata .

Aims and Objectives

- 1) Literary study of chaturbeej from different nighantu.
- 2) To explain the therapeutic action of chaturbeej churn in katishool.

Materials and methods

- Bhavprakash nighantu
- Dravyaguna vidgyan
- Nighantu Adarsha
- Textbook of kaychikitsa

Thorough study of related materials has become done to compile

information regarding disease and
therapeutic effect of chaturbeej churn in

katishool.

Chaturbeeja Churna

(combination of seeds of methika,chandrashur,kalajaji and yavanika in equal quantity)

	Methika	Chandrashur	Kalajaji	Yavanika
Synonym	Methika,pitbeeja	Chandrika,vaypus pa	Kalaunji,kunchika, upkunchika	Ajwayan,ajamo da,yavani
Family	Leguminosae	Crucifereceae	Ranunculaceae	umbelliferae
Latin name	Trigonella foenum-graecum	Lepidium sativum	Nigella sativa linn	Trachyspermum ammi.
Rasa	Katu	katu,tikt	katu,tikt	katu,tikt
Virya	Ushna	Ushna	Ushna	Ushna
Vipak	Katu	Katu	Katu	Katu
Guna	laghu,snigdha	laghu,snigdha, pichhil	laghu,ruksha, tikshna	laghu,ruksha
Doshkarma	kaphavata shamak	kaphavata shamak	kaphavata shamak, pittakar.	kaphavata shamak, pittakar.
Upyuktang	Beej	Beej	Beej	Beej
Chemical composition	steroidal saponins	glycosides, lepidimide	alkaloids nigellimine	thymol,tannin, saponine, carvacrol
Classical properties	Appetizer , emmenagogue, astringent, diuretic	Appetizer, diuretic ,emmenagogue.	rajorodhanashak, diuretic.	analgesic, laxative
Classical uses	anorexia,fever ,diarrhea,vomiting ,bloating,menstrua l function	low backache	flatulence, dysmenorrhea	flatulence, abdominal pain
Pharmacologica l actions	Anti-diabetic	oestrogenicaction ,anti-oxidant, anti-spasmodic, diuretic.	oestrogenicaction ,anti-histaminic ,anti-bacterial ,spasmolytic.	inhibits platelet aggregation,mu scule relaxant,antioxi dant

Bhavprakasha described chaturbeej as-

Rasa –katu, tikt

Virya –Ushna

Vipak – katu

Guna –

laghu,ushna,snigdha,tikshna,pichhil.

Doshakarma –

vatanulomak,pittakar,kaphaghna.

Classical properties –

malapravartak,mutrasangrahnaya,swedpravartak.

Classical uses –

agnimandya,aampachan,aadhamanam,parsbhavashool,katishool.

Katishool

Katishool (back ache) is one of the most common ailment .It is widely prevalent these days due to sedentary living habits and hazardous work patterns.As the back bear the weight of the entire body it gives way when it has to carry extra load in the case of persons who are overweight . The occurrence of katishool is like muscular pain at lower back,limited flexibility,shooting and stabbing pain radiating towards leg.it is mainly due to vitiation of vata dosha.

Prevelence- 1) men and women are equally affected

2) commonly found in 30-50 yrs age group

Classification –

1) Acute- sudden onset

2) Chronic pain

Clinical manifestation

- Muscule ache
- Limited flexibility
- Tingling,weakness,numbness

- Shooting and stabbing pain
- Pain that radiates down to leg
- Inability to stand upstraight

Katishool is a result of ---

- Vitiation of Vata ,
- Vitiation of Kapha,
- Aamdosha utpatti
- strotorodha.

kaphadushti ,aamsanchay is happened in body and it results into strotoavarodha.Vata is the predominant dosha causing vayuvimargagaman resulted into katigat vat commonly represented as katishool.Here vata is main for causing pain.

Treatment

In Ayurvedic classics much more management is mentioned independently for Katishool (low back pain). Ayurveda advocates many medicine for the management of this problem as per the disease condition.

As the scholar of dravyaduna I am making efforts for this study and an attempt has been made to evaluate the therapeutic action of a purely compound herbal formulation- i.e Chaturbeeja Churna (combination of seeds of methika,chandrashur,kalajaji and yavanika in equal quantity)

Discussion

Therapeutic action of chaturbeej churn in katishool.

According to Ayurveda Vata Prakopa is the main factor for Katishool , the Vatashamaka(Pacifies Vata), Mridu Shodhana(do urification softly),VedanaSthapana, Shoola hara (relieves pain) actions of Chaturbbeja due to their Snigdha Guna 50% and Ushna Virya(100%) with Vata-Kaphahara Doshakarma(100%) may help to reduce the pain .

Vitiation of Vata gets pacified by Sneha Guna and ushna virya as these are vata dosha suppressant due to having opposite qualities of vata. katu-tikt rasa,ushna virya and katu vipak increases digestive fire which makes aampachan and proper

digestion resulted into vatanulomak action. This breaks strotavrodha by kaphachhedan and kledanashan by ushna virya and kaphaghna property of chaturbeej.

Due to its katu vipak and ushn virya it increases pitta in pittaprakuti patient so that it will be used with dugdha and grita anupan at aapan kala. In the patient of kapha pradhan prakuti it relieves obstruction by ushna virya and katu, tikt rasa and in vata pradhan prakruti due to its ushna virya, snigdha guna and kaphavatahara doshkarma it will reduce shool, thus charbeej will be significantly effective in the symptoms of katishool to relives pain.

The individual ingredient of Chaturbeeja churna is reported for its antispasmodic, analgesic and this

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- spasmolytic activity .It will prove anti-oxidant activity, which by free-radical scavenging, enhances the immunity and general strength of the body. It will increase the pain threshold and facilitates better pain tolerance capacity.
- **Conclusion**
The above review provide the updated information about katishool and chaturbeej churn. The chaturbeej churn shows good antispasmodic, analgesic, anti-oxidant. As described in various treatise of ayurveda, it can be used to pacify the vitiated doshas and for further study to collect data regarding the effect on katishool.
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