



STANDARDISATION OF PREPARATION OF CHOORNA WITH SPECIAL REFERENCE TO ATIBALA (*Abutilon indicum*)

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Abstract

Choorna of several varieties of a single or more herbs is the choice of almost all Ayurvedic physicians. The method of preparation of Choorna is the discretion of physician or pharmacists. A standard method is not formulated till today for the preparation of Choorna. We propose a plan of study for standardization in preparation of Choorna. For the same purpose Atibala is preferred because the shrub is easily available in our area. All parts of it are to be studied for choorna. It grows full in less than three months time, it is flowering throughout the year. In this study albino rat is preferred for experiments.

Introduction:

Choorna (fine powder), Avaleha (semisolid compound), Kashaya (decoction), Vatee (tablet), Phanta (coarse powder), are oral preparations regularly prescribed by Ayurvedic physicians. Choorna of several varieties of a single or more herbs is a choice of almost all physicians. Controversies on collection,

cleaning , processing, storage of choorna are accepted by physicians and pharmacists equally due to non availability of a standard method of preparation of choorna .In this contest we proposed a method of standardization for preparing choorna.

We propose Atibala (Abutilon indicum) as an example for standardization of choorna for few reasons. Medical value of Atibala is widely accepted and practiced for garbhavruddhikara (fetus bulk promoting), garbhastapaka (fetus promoting), balya (energetic), Vrumhana (bulk promoting) and for many other conditions.(1,2,3) Plant is easily available in all seasons in tropical countries. It reaches full growth in three months time. All parts of plant are used in different diseased conditions.

Plan of Study

The proposed study is divided into two major group I, & II : In Group I, where the plants are dried under direct sunlight and under II under shelter. The whole plant or its parts are included under group A to F as shown in Table 1. Whole plant, of its parts are collected throughout the year (in each month).

Accordingly there will be a total of 144 sections of experimental groups. Equal number of control groups are also present.

Table 1. Plan of Study

Group I	Group II	Plant Group	Parts used	Months
Direct sunlight	Under shelter	A	Whole plant	1. January
		B	Seed	2. February
		C	Flowers	3. March
		D	Root	4. April
		E	Leaves	5. May
		F	bark	6. June
				7. July
				8. August
				9. September
				10. October
				11. November
				12. December

Process For Preparing Choorna:

Collection:

Ayurvedic scriptures give importance to different season for the collection. The nature of the earth is both cool (saumya) and hot (Agneya). Accordingly drugs of cooling virtues should be culled during the cold seasons of the year, and the heat making once in the hot season, as they do not become divested of their native virtues at those seasons of the year(4). Raja Nigantu

mentioned that whole plants should be collected in Sarath (August – September) season (5,6). RadhaGovindakara specified that collection of plants to be done and after flowering but before fruiting of the plants (7). The present study included the collection and processing of whole plant of parts during all twelve months of the year. This will give us a picture after the treatment, to reach on a conclusion which season or month in which choornan prepared has an effect on patient.

Cleaning:

The whole plants of parts of it, are cleaned in clear water and put it directly under sunlight of kept under shade for drying. After drying it is stored in hut which is exclusively prepared for this purpose called BAISAJJAGARA. (8)

Crushing:

Crushing is done by two methods:

- I. Traditional method by using mortar and pestle. (9)
- II. Modern method by using dry grinder.

According to the literature, powder is sieved through thin cloth (9). The literature is devoid of particle size. We propose to measure the size of the filtered particle. This is expected to increase the knowledge on the required size of the filtered particle. The effect of different sizes could be repeated in the present proposed study.

Vrumhana (bulk promoting) is a major effect of Atibala which could be easily studied in experimental animals.

Exeperimantal Animals

Albino rats weighing 200-250gm are selected for the study. Accurate weighing of animal is done every day in the morning before during and after the treatment. The animal is excluded from the study once it reaches the desired weight (10gm). During the treatment period twenty rats (10 male and 10 female) are preferred in each section. As control animals 10 male and 10 female are used.

This is a total of 288 sections including control under group I, II making a total of 5760 animals.

Drug:

The dosage of Atibala powder in an adult man (60 kg) is 6 gm per day. The equivalent dose in a rat weighting 250 gm is 25 mg/day. That means a single dose is 8.33mg. The drug is administered

directly into mouth after mixing with water. Any animal in experimental group gain the desired weight (10 gm) will be excluded from the study irrespective of the day of study. The study is continued in remaining animals till 90 days, if desired Vrumhana effect is not obtained.

Results:

The results are analyzed and critically evaluated for finding out the efficacy of Atibala. Statistically the results will be compared between control and experimental group.

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