



AN INTEGRATED REVIEW OF *AVIPATTIKAR CHURNA*

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Abstract

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Avipattikar Churna is a classical *Ayurvedic* polyherbal formulation widely prescribed for *Amlapitta* (acid-peptic disorders), constipation, piles, urinary disorders, and *Prameha*. It is composed of *Triphala*, *Trikatu*, *Trivat*, *Musta*, *Vidanga*, *Ela*, *Patra*, *Lavanga* and *sarkara*. Preclinical studies demonstrate antisecretory and gastroprotective effects, while clinical evidence is preliminary. This review compiles classical references, pharmacological basis, quality control standards, and available research to highlight its therapeutic potential and future scope.

Keywords: *Avipattikar Churna*, *Triphala*, *Trivrita*, hyperacidity

Introduction

Gastrointestinal disorders, particularly acid-peptic diseases, remain prevalent worldwide. *Ayurveda* describes *Amlapitta*¹ as a *Pitta*-dominant disorder characterized by symptoms² such as *hrid-daha* (heartburn), *utkleda* (nausea), *ama-udgara* (acid eructation) and *urdhvaga vata* manifestations. *Avipattikar Churna*, mentioned in classical texts and standardized in the *Ayurvedic* Formulary of India (AFI), is one of the most prescribed formulations for this condition³. Despite its extensive use, systematic evaluation of evidence is limited, warranting critical review.

Materials and Methods

This review integrates data from classical *Ayurvedic* texts, AFI monographs, preclinical pharmacological studies, and available clinical research published in PubMed, AYUSH research journals, and allied sources.

Classical Review

Composition^[3] (as per AFI)

- *Sunthi* (*Zingiber officinale*) – 1 part
- *Maricha* (*Piper nigrum*) – 1 part
- *Pippli* (*Piper longum*) – 1 part
- *Haritaki* (*Terminalia chebula*) – 1 part
- *Bibhitiki* (*Terminalia bellirica*) – 1 part
- *Amaliki* (*Phyllanthus emblica*) – 1 part
- *Musta* (*Cyperus rotundus*) – 1 part
- *Vida-lavana* – 1 part
- *Vayvidanga* (*Embelia ribes*) – 1 part
- *Ela* (*Elettaria cardamomum*) – 1 part
- *Patra* (*Cinnamomum tamala*) – 1 part
- *Lavanga* (*Syzygium aromaticum*) – 11 parts
- *Trivat* (*Ipomoea turpethum*) – 44 parts
- *Sarkara* (cane sugar) – 66 parts

Indications: *Amlapitta*, *Agnimandya*, *Malabandha*.

Dose: 10 g/day in divided doses with water, honey, or milk.

Ayurvedic Pharmacology (Rasapanchaka)

- *Rasa: Madhura, Tikta, Katu - Guna: Laghu, Snigdha*
 - *Virya: aata*
 - *Vipaka: Madhura*

- *Prabhava: Pitta-shamaka, Anulomaka*

The combination balances aggravated *Pitta*, regulates bowel movement, and relieves hyperacidity.

Pharmacological & Experimental Studies

Preclinical Evidence^{4, 5, 6}

In rat models, *Avipattikar Churna* significantly reduced gastric volume, free/total acidity, and ulcer index, showing results comparable to ranitidine.

Constituents like *Triphala* provide mucosal protection, while *Trikatu* enhances digestion and bioavailability.

Trivat contributes mild purgative action, preventing constipation and clearing excess *Pitta*.

Clinical Studies

An open-label trial combining *Avipattikar Churna* with *Sutasekhara rasa* in *Urdhwaga Amlapitta* (n=133) showed symptomatic improvement⁷.

Comparative studies with *Samsaptak Churna* also reported favourable outcomes. However, systematic reviews emphasize that robust randomized controlled human data are still lacking^{8,9}.

Pharmaceutical and Quality Aspects

AFI prescribes specific identity, purity, and strength standards: Loss on drying ≤7%,

total ash $\leq 6\%$, water-soluble extract $\geq 53\%$, total sugars $\geq 39\%$ (1.)

Quality control and stability studies confirm safety and shelf-life under GMP conditions.

Safety and Contraindications ¹⁰

- High sugar content makes it unsuitable for diabetic patients.
- At higher doses, loose stools or abdominal cramping may occur.
- Should be used cautiously during pregnancy/lactation.
- Possible drug interactions with pH-dependent medications.

Discussion

Avipattikar Churna, a poly-herbal formulation commonly prescribed in *Ayurvedic* therapeutics reflects an integrative approach: cooling, carminative,

mild laxative, and *Pitta*-pacifying. It has a wide range of therapeutic indications such as *Agnimandya* (Digestive impairment), *Vibandha* (Constipation), *Amlapitta* (Hyperacidity), *Arsha* (Piles), *Mutraghata* (Urinary retention) and *Prameha* (Diabetes mellitus) etc. Preclinical studies validate its antisecretory and gastroprotective potential, while at the same time clinical data are also encouraging.

Conclusion

Avipattikar Churna is a time-tested *Ayurvedic* formulation for acid-peptic disorders. Its safety, accessibility, and multi-targeted action make it valuable in practice. However, modern evidence remains preliminary, and future research should focus on rigorous clinical trials and phytochemical standardization.

Recommendation

More randomized controlled trials with standardized formulations are needed.

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