



Review Article

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A CRITICAL REVIEW ON SUDARSHAN CHURNA

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ABSTRACT

Sudarshan Churna is one of the valuable polyherbal Ayurvedic formulations used to treat all kinds of acute and chronic fevers, fever of unknown aetiology, malaria, typhoid, loss of appetite, jaundice, respiratory infections, cough, debility and breathing difficulties linked with fever. Sudarshan Churna helps to ameliorate digestion and appetite; eliminates harmful toxins from the blood; improves immunity and preserves the body against various infections; promotes diaphoresis and urination. In Sudarshan Churna, *Swertia chirayita* (Roxb. ex Flem.) Karst. is 50% of the total quantity of the remaining other ingredients. It is an esteemed Ayurvedic preparation well known for its antipyretic, antimalarial, antiviral and antidiabetic activity. Various renowned Acharyas have mentioned it in their different classical texts. Acharyas have mentioned its other therapeutic uses, but mainly it has been used in curing different types of Jwara Vikara (fever). Various pharmacological studies have proved antipyretic activity, antimicrobial activity, antioxidant activity, antihistamine activity, analgesic activity and docking study against the SARS CoV-2 of Sudarshan Churna. This article compile review of Ayurvedic literature, an analytical study and pharmacological study of Sudarshan Churna.

Keywords: Sudarshan Churna, Jwara, *Swertia chirayita* (Roxb. ex Flem.) Karst.

INTRODUCTION

Different medicinal plants, being the integrative part of the Indian system of medicine, are better known as “elixirs of life” as they exhibit miraculous effects in treating various ailments among living organisms¹. Sudarshan churna is a vital formulation mentioned in different classical texts. It treats all types of fever, malaria, cold, liver and spleen ailments². *Swertia chirayita* (Roxb. ex Flem.) Karst. is the main ingredient of Sudarshan churna³. But in Sri Lanka, *Swertia chirayita* (Roxb. ex Flem.) Karst. is replaced by *Andrographis paniculata* Nees⁴. Different Acharyas have mentioned this churna in their classical texts.

Literary Review

Sudarshan churna in Ayurveda: Sudarshan Churna is mentioned in classical texts of Ayurveda viz. Sharangdhara Samhita⁵, Yogaratnakara⁵, Yoga Tarangini, Yoga Chintamani, Brihat Nighantu Ratnakara, and Siddha Yoga Sangraha⁶ have 54 ingredients. However, recent texts viz. Rasa Tantra Sara Evam Siddha Prayoga Sangraha⁷ and Ayurveda Sara Sangraha⁸ have renamed Mahasudarshan Churna. Ayurvedic Formulary of India⁹ has quoted the reference of Bhaishajya Ratnavali¹⁰ (44 ingredients). Further, it was also observed that another formulation by the name of Bhedadi Pranita Sudarshan Churna¹¹ (56 ingredients) and Laghu Sudarshan Churna¹² (10

ingredients) are also mentioned in Yoga Ratnakara.

Therapeutic uses: In Sharangdhara Samhita, Yogaratnakara, Yoga Tarangini, Yoga Chintamani, Brihat Nighantu Ratnakara, Siddha Yoga Samgraha, Rasa Tantra Sara Evam Siddha Prayoga Samgraha and Ayurveda Sara Samgraha it is used for the treatment of Sarva Jwara, Agantuja Jwara, Dhatuja Jwara, Visama Jwara, Sannipataja Jwara, Manasa Jwara, Shita Jwara, Ekahik Jwara, Moha, Tandra (drowsiness), Bhrama (delusion), Trishna (polydipsia), Shwasa (asthma), Kasa (cough), Pandu (anaemia), Hridroga (heart Diseases), Kamala (jaundice), Trik-Pristha-Kati-Janu-Parswa Shool (pain).

In Yogaratnakara, Bhedadi Pranita Sudarshan Churna is recommended in Sarva Jwara, Dhatuja Jwara, Vishma Jwara (intermittent fever), Sannipataja Jwara, Shita Jwara, Ekahik Jwara, Moha, Tandra (drowsiness), Bhrama (delusion), Trishna (polydipsia), Daha, Shwasa (asthma), Kasa (cough), Pandu (anaemia), Aruchi (anorexia), Kamala (jaundice), Halimak (chronic obstructive jaundice), Trik-Pristha- Kati-Janu Parswa Shool (pain), Samsargaja Jwara, Vishaja Jwara, Abhigataja Jwara, Dahaja Jwara, Trityak Jwara, Chaturthak Jwara, Pakshik Jwara, Masik Jwara, Vata Roga, Pittaja Vikara, Sirograha (headache), Vari Doshaja Vikara, Dushi Visha, Raja Dosha And Laghu Sudarshan Churna is recommended in Sarva Jwara (all types of fever).

Table 1: Ingredients of Sudarshan churna

Ingredients	Sharangdhara Samhita, Yoga Tarangini, Yoga Chintamani, Brihat Nighantu Ratnakara, Siddha Yoga Samgraha, Rasa Tantra Sara Evam Siddha Prayoga Samgraha, Ayurveda Sara Samgraha	Yogaratanakara			Bhaishajya Ratnavali, Ayurvedic Formulary of India	Quantity
		Sudarshan Churna	Bhedadi Pranit Sudarshan Churna	Laghu Sudarshan Churna		
Amalaki	+	+	+		+	1 part
Haritaki	+	+	+	+	+	1 part
Bibhitaki	+	+	+			1 part
Haridra	+	+	+		+	1 part
Daruharidra	+	+	+		+	1 part
Kantakari	+	+	+		+	1 part
Brhati	+	+	+			1 part
Kachura	+	+	+		+	1 part
Pippali	+	+	+	+	+	1 part
Marich	+	+	+		+	1 part
Pippali moola	+	+	+	+	+	1 part
Giloy	+	+	+	+	+	1 part
Dhanvayasa	+	+	+		+	1 part
Kutki	+	+	+	+	+	1 part
Parpata	+	+	+		+	1 part
Musta	+	+	+		+	1 part
Trayamana	+	+	+		+	1 part
Netrabala	+	+	+		+	1 part
Nimba	+	+	+	+	+	1 part
Pushkar moola	+	+	+		+	1 part
Mulethi	+	+	+		+	1 part
Kutaja	+	+	+		+	1 part
Yavani	+	+	+		+	1 part
Indrayava	+	+	+		+	1 part
Bharangi	+	+	+			1 part
Shigru beej	+	+	+		+	1 part
Suddha sphaatika	+	+	+		+	1 part
Vacha	+	+	+		+	1 part
Tvak	+	+	+		+	1 part
Padmaka	+	+	+		+	1 part
Ushira	+	+	+		+	1 part
Chandan	+	+		+	+	1 part
Ativisha	+	+	+		+	1 part
Shalaparni	+	+	+		+	1 part
Prishniparni	+	+	+		+	1 part
Vidanga	+	+	+			1 part
Tagara	+	+	+			1 part
Chitraka	+	+	+		+	1 part
Devadaru	+	+	+		+	1 part
Chavya	+	+	+			1 part
Patola patra	+	+	+		+	1 part
Jivaka	+	+				1 part
Rishbaka(Vidarikanda)	+	+				1 part
Lavanga	+	+	+	+		1 part
Vanshalochna	+	+	+			1 part
Pundarika(kamala)	+	+	+			1 part
Kakoli(Ashwagandha in place of Kakoli)	+	+	+			1 part
Tejapatta	+	+	+		+	1 part
Jatipatra	+	+				1 part
Talishpatra	+	+	+			1 part
Sunthi	+	+	+	+	+	1 part
Murva	+	+	+		+	1 part
Bala	+	+	+			1 part
Trivritta			+			1 part
Ela			+			1 part
Kuchandan					+	1 part
Kesar			+			1 part
Kushta			+			1 part
Shailaja			+			1 part
Shamantaki			+			1 part
Shatavari					+	1 part
Hima			+			1 part
Kaliyaka					+	1 part
Karkatashringi					+	1 part

Sarala					+	1 part
Bilwa					+	1 part
Chirayta	+	+	+	+	+	50% of all the ingredients

In the Bhaishajya Ratnavali and Ayurvedic Formulary of India, it is advised to take in Sarva Jwara, Vishma Jwara (intermittent fever), Vari Doshaja Vikara, Gulma (abdominal lump), Prakrita-Vaikrita Jwara, Antargata-Bahi Jwara, Sama-Nirama Jwara, Soumya-Tikshna Jwara, Viruddha Bhaishajya Jwara, Pliha-Yakrita Vikara (spleen and liver disorders).

Dose: Sudarshan Churna is used 3-6 gm b.i.d. as antipyretic and 1-2 gm b.i.d. as antidiabetic agent¹³.

Anupana (Vehicle): Acharyas have mentioned different Anupana (Vehicle) in Sudarshan Churna. According to Acharya Sharangdhara and other Acharyas, this Churna is used with cold water in all types of jwara (fever). In Yoga Ratnakara, Bhedadi Pranita Sudarshan Churna is to be taken with cold water in all Vikaras (diseases), but in Pittaja Vikara, it is to be used with cold water. In Siddha Yoga Sangraha⁸ (Mahasudarshan Churna), and Ayurveda Sara Sangraha¹⁰ (Laghu Sudarshan Churna), it is advised to be taken with lukewarm water.

Analytical Study

Table 2: Organoleptic Evaluation

Organoleptic Parameters	Marketed formulation	House Preparation
Appearance	Powder	Powder
Colour	Yellowish brown	Yellowish brown
Odour	Fragrant	Fragrant
Taste	Bitter	Bitter ¹⁴

Table 3: Physicochemical parameters

Quantitative standards	(%w/w)	(%w/w)
	Marketed formulation	House Preparation
Total ash value	62.90%	61.20%
Acid insoluble ash	18.20%	17.20%
Aqueous soluble ash	8.40%	7.20%
Moisture content	20.10%	23.30%
Alcohol soluble extractives	22.00%	21.70%
Aqueous soluble extractives	31.21%	35.70% ¹⁴

Energy Dispersive X-ray Fluorescence (ED-XRF) of Sudarshan Churna: A study revealed that lead was detected in two samples of Sudarshan Churna made from different manufacturers, using X-ray Fluorescence (XRF) spectrophotometry. It also revealed that 10.644 µg/g and 9.519 µg/g of mercury were detected in Sudarshan Churna using Inductively Coupled Plasma-Mass Spectrometry (ICP-MS) and hydra-C direct mercury analyzer¹⁵.

ED-XRF spectrum of Sudarshan Churna reveals the characteristic peaks at 3.7 keV (due to K α series of Ca), 4.0 keV (due to K α line series of Sc), 4.5 keV (due to K α line series of Ti), 5.9 keV (due to K β series of Cr), 6.4 keV (due to K β series of Fe) and 7.1 keV (due to Keof Fe) which indicates the presence of Ca, Sc, Ti, Cr and Fe in the sample. The study showed that no such heavy toxic metal had been detected in Sudarshan Churna¹⁶.

Pharmacological Study

Antipyretic activity: A study was conducted to evaluate the aqueous extract of Sudarshan Churna for antipyretic activity using two models, one is inducing hyperpyrexia in rats by brewer yeast, and another one is inducing hyperpyrexia in rabbits by typhoid and para- typhoid A. The result showed a significant reduction in body temp. at 200 mg/kg, p.o. *Swertia chirayita* (Roxb. ex Flem.) Karst. is the main ingredient of Sudarshan Churna. Xanthone and triterpenoids are major chemical compounds in *Swertia chirayita* (Roxb. ex Flem.) Karst. Thus, antipyretic activity might be due to Swertiamarin (terpenoid) found in the aqueous extract of *Swertia chirayita* (Roxb. ex Flem.) Karst.¹⁷.

Antimicrobial activity: An *In vitro* study was conducted to assess the anti-microbial activity of Sudarshan Churna. Results revealed that the aqueous extract of Sudarshan Churna had no antibacterial activity. Whereas the acetone, ethanol and methanol extract of Sudarshan Churna shows mild antibacterial activity against *Bacillus subtilis*, *Klebsiella pneumonia*, *Salmonella typhimurium* and the highest antibacterial potential against *Staphylococcus epidermidis*, *Staphylococcus aureus* and *Proteus vulgaris*¹⁸.

The antimicrobial activity of the aqueous extract of Sudarshan Churna (ASC) was conducted using the paper disc diffusion method. The study revealed that aqueous extract of Sudarshan Churna (ASC) (100 µg/disc) is significantly active against gram positive bacterial strains like *Staphylococcus aureus* and gram negative bacteria *Klebsiella pneumonia* and *Escherichia coli*, whereas less effective against gram positive bacteria *Staphylococcus epidermidis* and *Bacillus subtilis* in comparison of standard Ofloxacin (5 µg/disc). Aqueous extract of Sudarshan Churna (ASC) was less effective on *Candida albicans* than Miconazole¹⁹.

A study was performed to evaluate the antimicrobial activity of Sudarshan Churna using the disc diffusion method showed that ethanolic extracts of Sudarshan Churna have more activity against *Pseudomonas aeruginosa* and acetone extract has more significant activity against *Staphylococcus aureus*, while ethanolic extract also showed significant antimicrobial activity against *Staphylococcus aureus*. *Klebsiella pneumonia* showed sensitivity against ethanol and acetone extract. *Bacillus subtilis* shows substantial antimicrobial activity against methanol extract, and *Escherichia coli* was found sensitive to methanol, ethanol and

acetone formulation extracts compared with standard antibiotics²⁰.

Antioxidant Activity: *In vitro* and *In vivo* antioxidant activity of Sudarshan Churna were evaluated using ABTS and TBARS assays, respectively. Results revealed that *In vitro* antioxidant activity of 0.5 µg of Sudarshan churna was equivalent to 14.45 µg of standard TROLOX. The percentage inhibition against the radical formation was 50.93±0.53%. The Sudarshan Churna showed a statistically significant decrease in the serum level of TBARS in the test rats compared with the control group, confirming that Sudarshan Churna has strong antioxidant activity²¹.

Analgesic activity: A study was conducted to evaluate the analgesic effect of Sudarshan Churna using acetic acid-induced writhing in male Wistar rats. Wistar rats were assigned into three groups (n=6) control (distilled water), positive control (diclofenac sodium, 25 mg/kg) and test (Sudarshan Churna, 0.8 g/ml). Abdominal muscle contractions are induced in rats by intraperitoneal injection of 0.6 ml of a solution of acetic acid (10ml/kg) to all the groups. Results revealed that Sudarshan Churna showed 32% inhibition of writhing, while standard drug diclofenac showed 41% inhibition of writhing in experimental animals²².

Antihistamine activity: The antihistamine effect of Sudarshan Churna was studied using three groups of rats (n=6 in each) as control (distilled water), positive control (Chlorpheniramine 0.67 mg/kg) and test group (Sudarshan Churna 0.8 g/kg) by administering 50 µl of 200 µg/ml histamine dihydrochloride subcutaneously injected and area of the wheal formed were calculated. Sudarshan powder induced a significant antihistamine effect in the test group (47.5%; t=0.004, p<0.05) and chlorpheniramine in the treated group (40.37%; t=0.04, p<0.05)²³.

Docking study: Sudarshan Churna acted as a lead against the SARS CoV-2, and its constituent had good anti-SARS CoV-2 activity. Good docking results were observed with 45 ligands against 6M0J and 55 ligands against 6LU7 protein²⁴.

Management of Diabetic Mellitus (Case report): A 48 year old male patient was diagnosed with Type 2 DM with sugar levels FBS- 366 and PPBS – 614 mg/ml. He was advised with a judicious combination of Jamun Beej (*Syzygium Cumini*), Gudmar Patra (*Gymnema sylvestre*), Nagarmotha Churna (*Cyprus rotundus*), Giloy Churna (*Tinospora cordifolia*) and Sudarshan Churna with lukewarm water as Anupana (Vehicle). After taking the formulation for three months, his sugar level reached the normal range²⁵.

DISCUSSION

This review article has compiled different Ayurvedic texts and various research articles presented on the internet about Sudarshan Churna. Sudarshan Churna is a very potent Ayurvedic medicine having antipyretic activity, antimicrobial activity in splenomegaly, antimalarial activity, antiviral activity, and antidiabetic activity. Sudarshan Churna is mentioned in various Ayurvedic texts with different ingredients and therapeutic uses. It has been used for multiple types of diseases, specially Jwara (fever). Sudarshan Churna contains *Swertia chirayita* (Roxb. ex Flem.) Karst. as its main ingredient, the antipyretic activity of this Churna might be due to swertiamarin (terpenoid) found in the aqueous extract of *Swertia chirayita* (Roxb. ex Flem.) Karst. According to Ayurveda, Jwara (fever) is a Pitta Pradhana Vyadhi and *Swertia chirayita* (Roxb. ex Flem.) Karst. is a Pitta Virechana

Dravya.

Sudarshan Churna has potent antimicrobial activity, which might be due to various secondary metabolites such as flavonoids and sterol. The polyherbal preparation of Sudarshan Churna possesses the good antioxidant potential and can be a beneficial therapeutic agent for diseases associated with oxidative stress. Various polyphenols like gallic acid, flavonoids, quercetin etc. might be responsible for the antioxidant properties of Sudarshan Churna.

Sudarshan Churna reduces Dhatu Agnimandya by increasing Dhatu Agni due to its Tikta Rasa Pradhanta. Tikta Rasa possesses Deepana-Pachan-Kleda-Meda-Lekhan-Vasa-Lasika-Sweda-Mutra-Slesma-Pita Shoshan property. Sudarshan Churna helped in lowering the glucose level in blood and urine.

CONCLUSION

This review article has compiled complete information about the Sudarshan Churna. Various pharmacological studies have been proved on the Sudarshan Churna, and many are yet to be explored, so this article will help the research scholars to examine this formulation further.

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