



## Review Article

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### A REVIEW ON AABHADI CHURNA AND ITS MEDICINAL PROPERTIES

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#### ABSTRACT

Ayurveda, the world's oldest and most developed herbal system, offers a wealth of medicinal knowledge. Plants and their extracts play a key role in many medicines. In Ayurvedic Samhitas there are description of different preparations, which are used in musculoskeletal disorders with chronic pain and becoming increasingly popular due to their more effectiveness, and less adverse effects. Aabhadi Churna is an Ayurvedic preparation for Vata Vyadhi, described in Yogaratnakar. This formulation contains 11 herbal medicines. Aabha (*Acacia arabica*), Rasna (*Pluchea lanceolata*), Guduchi (*Tinospora cordifolia*), Shatavari (*Asparagus racemosus*), Shunthi (*Zingiber officinale*), Satahwa (*Anethum sowa*), Ashwagandha (*Withania somnifera*), Hribera (*Juniperus communis*), Vridhadaruk (*Argyreia speciosa*), Yavani (*Trachyspermum ammi*), and Ajmoda (*Carum roxburghianum*) with properties like anti-inflammatory and analgesia. Additionally, some of these herbs possess rasayan guna, which offers immunomodulatory effects. This review article emphasizes the components and medicinal benefits of Aabhadi Churna, particularly in treating musculoskeletal disorders such as sciatica and lower back pain. The study draws from journals published online over the last 20 years, along with references from classical Ayurvedic texts.

**Keywords:** Aabhadi Churna, Rasayan, Sciatica, Vata vyadhi, Musculoskeletal disorders

#### INTRODUCTION

Vatadrute nasti ruja<sup>1</sup> According to Ayurvedic concept, Vata dosha is equivalent to the nervous system and musculoskeletal system, and pain occurs due to vitiation of Vata dosha. Pain is considered the 5<sup>th</sup> vital sign of body<sup>2</sup>, and it is essential for survival but conditions with chronic pain affect an individual mentally, physically, socially and economically. Acharyas were already aware that pain hampers the quality of life so that there are a lot of descriptions of many vedanashamak (pain killer/ pain relievers) formulations in Ayurvedic Samhitas. Aabhadi Churna

is one of the formulations which is indicated in asthisandhigata vikara (musculoskeletal disorders) like gridhrasi (sciatica), katigraha (lower back pain) hanugraha (lock jaw) and manyastambh (torticollis). When these conditions become persistent, they require chronic pain management technique, and most people prefer modern medicine because of their fast relief, accessibility, convenience, and lack of awareness about other options. On the other hand, Ayurveda offers various herbal, Herbo mineral formulations and techniques like Agnikarma, Raktamokshana Panchakarma and Marma chikitsa for chronic pain management.

Aabha Rasna Guduchi Shataveerya Mahoshadham|  
Shatapushpa Ashwagandha cha Hapusha Vridhadaraka||  
Yavani Chajmoda Cha Sambhagani Karyet|  
Sukshmchunam-edam kritva Vidalpatakam Pibet||  
Madhe mansrase yushe takraushnodake va|  
Sarpis ava api leham tu Dhadhi manden va punah|  
Ashtisandhigatam vayum snayu majjashritam chayam |  
Katigraham gridhrasi cha manyastambham hanugraham||  
Ye cha koshtgata rogastar sarvan pranasyet|  
Aabhadyam naam churnantu sarv-vyadhinibharnam|| (Yogaratanakar)

Aabhadi Churna is described in Yogaratanakar which contains 11 herbal medicines, and each of these medicines has analgesic and anti-inflammatory properties with some additional properties like deepana pachana and rasayan guna. Evidence-based medicines are the need of the era<sup>3</sup> So, it is necessary to discuss a drug's potential effectiveness in light of pharmacological data.

Aabhadi Churna is a powdered formulation consisting of 11 herbal medicines mixed in equal proportions. Each component possesses medicinal properties, including anti-inflammatory and analgesic effects, as well as deepana and pachana guna (digestives and appetizer). Churna kalpana is a type of dry kalka (paste). The advantages of this churna kalpana include enhanced bioavailability and the ability to customize dosages.

## Ingredients of Aabhadi Churna

Dravya	Latin Name	Properties
Aabha (Babool)	<i>Acacia arabica</i>	Rasa – Kashaya Guna – Guru, Ruksha Vipaka – Katu Virya – Sheeta Chemical composition – Phenol, Arabin, Flavones Used part – Stem bark
Rasna	<i>Pluchea lanceolata</i>	Rasa – Tikta Guna – Guru Vipaka – Katu Virya – Ushna Chemical composition – Iso-rhamnetin, Pluchine, Quercetin Used part – Leaves
Guduchi	<i>Tinospora cordifolia</i>	Rasa – Tikta, Kashaya Guna – Guru, Snigdha Virya – Ushna Vipaka – Madhura Chemical composition – Berberine, Giloin, $\beta$ - sitosterol, Diterpenoid lactones Used part – Stem bark
Ashwagandha	<i>Withania somnifera</i>	Rasa – Tikta, Katu, Madhura Guna – Laghu, Vipaka – Madhura Virya – Ushna Chemical composition - Anahygrine, Cuseohygrine, Anaferine, Tropine, Withaferine Used part – Root
Mahaushadha (Aadrak)	<i>Zingiber officinale</i>	Rasa – Katu Guna- Guru, Ruksha, Tikshana Vipaka – Katu Virya – Ushna Chemical composition – Zingiberene, Zingiberol, Gingerol, Pentadeconic acid Used part – Tuber <sup>3</sup>
Shatapushpa	<i>Anethum sowa</i>	Rasa – Katu, Tikta Guna – Laghu, Ruksha, Tikshana Vipaka – Katu Virya – Ushna Chemical composition – Limonene, Grandisol Used part – Fruit
Ajmoda	<i>Carum roxburghianum</i>	Rasa – Katu, Tikta Guna - Laghu, Ruksha, Tikshana Vipaka – Katu Virya – Ushna Chemical composition – Limonene, Sabinene Used part – Fruit
Yavani	<i>Trachyspermum ammi</i>	Rasa – Katu, Tikta Guna - Laghu, Ruksha, Tikshana Vipaka – Katu Virya – Ushna Chemical composition – Thymol, Terpinene Used part – Fruit
Vridhadaruka	<i>Argyreia speciosa</i>	Rasa – Katu, Tikta Guna - Laghu, Vipaka – Madhura Virya – Ushna Chemical composition -3-coumarin aglycone, Coumarin glycoside Part used - Root
Hapusha	<i>Juniperus communis</i>	Rasa – Katu, Tikta Guna - Laghu, Vipaka – Madhura Virya – Ushna Chemical composition – Apigenin, Limonene Part used – Fruit
Shatavari	<i>Asparagus racemosus</i>	Rasa - Madhura, Tikta Guna - Guru Snigdha Vipaka - Madhura Virya - Sheeta Chemical composition – Saponin Part used- Kanda <sup>4</sup>

## Pharmacological properties of Aabhadi Churna

Aabha	Spasmolytic, Anti-Protozoal, Hypoglycaemic, CNS depressant, antifungal
Rasna	Anti-inflammatory, Antioxidant, Analgesic, Anti oedema Spasmolytic, Anti-implantation
Guduchi	Anti-inflammatory, Analgesic, Antiarthritic, Antioxidant, Anti-stress, Antineoplastic
Shatavari	Anti-inflammatory, Antibacterial, Galactagogue, Anticancer, Diuretic, Antiviral, Phagocytic
Shunthi	Anti-inflammatory, Analgesic, Antiatherosclerosis, Antioxidant, Anti-stress, Antineoplastic, Antipyretic
Shatapushpa	Carminative, Antispasmodic, Antiseptic, Anthelmintic, Antirheumatic
Ashwagandha	Anti-inflammatory, Analgesic, Hypotensive, Antitumour, Antibacterial, Immunomodulator, Antistress, Adaptogenic, anticonvulsant
Hribera	Anti-inflammatory, Anti-rheumatic, Antibiotic Carminative, Digestive, Anthelmintic
Vridhadaruka	Spasmolytic, Anti-viral, Anti-infertility, Antibacterial
Yavani	Antibiotic, Diuretic Antibacterial, Antiseptic
Ajmoda	Anti-inflammatory, Anti diabetic, Analgesic, Antiarthritic <sup>5</sup>

### Critical analysis on the ingredients of Aabhadi Churna

#### Aabha (*Acacia arabica*)

It specially act on asthidhawtagni. Babool pacifies Kapha dosha. It is a source of secondary metabolites like gallic acid, tannins, catechin, which exhibits various pharmacological activities like anti-inflammatory, anti-cancerous, anti-spasmodic, antioxidant properties.

#### Rasna (*Pluchea lanceolata*)

Rasna Vataharanam

Acharya Charaka identified Rasna as a key herb for alleviating Vata dosha due to its ushna virya and guru guna, which contrast with the properties of Vata dosha. Various extractives, viz., hexane, ethyl acetate, ethanol, methanol, n-butanol, water, and isolated chemical compounds viz., taraxasterol, taraxasterol acetate, psi-taraxasterol, quercetin, quercitrin, isorhamnetin, neolupenol, neolupeol, sorghumol, sorghumol acetate, boehmerol acetate, moretenol, moretenol acetate, and other constituents from *Pluchea lanceolata*, have been studied for anti-inflammatory and antiarthritic activities<sup>6</sup>. Additionally, Rasna serves as a Rasayana (immunomodulators) and is considered an effective remedy for delaying the aging process<sup>7</sup>.

#### Guduchi (*Tinospora cordifolia*)

Guduchi katuka tikta svadupaka rasayani<sup>8</sup>

Guduchi is considered as Rasayana (immunomodulators) in Ayurvedic Samhitas. It is tridosha shamaka, and due to snigdha guna and ushna virya it is Vatahamaka. Many studies show that Guduchi has anti-inflammatory property modify the role of various chemical mediators of inflammation like histamine and 5 HT during the initial phase of inflammation dry up through attenuation of their formation or through activity at the receptor<sup>9</sup>. Berberine shows anti-inflammatory properties while tinosporaside and sesquiterpenoid glycoside have antioxidant property. It has many medicinal properties such as anti-inflammatory, anti-diabetic, antiarthritic, antioxidant, anti-stress, antileprotic, antimalarial, hepatoprotective, antiallergic and immunomodulatory activities.<sup>10</sup>

#### Shatavari (*Asparagus racemosus*)

Vidarigandhadi gana pittanilapaha<sup>11</sup>

In Ayurvedic samhitas, it is considered as rasayana (immunomodulators), agnivardhini (digestive stimulant) balavardhini (strength enhancer). Plants of Shatavari have a group of steroidal saponins and also contain vitamins A, B1, B2, C, E, Mg, P, Ca, Fe, and folic acid. Study shows that it has anti-inflammatory effect<sup>12</sup>.

#### Shunthi (*Zingiber officinale*)

Nagarm kaphvataghnam vipake maduram katu| Vriskyashanam rochanam hridhyam sneham laghu deepanam<sup>13</sup>

Acharya Sushruta mentioned that Shunthi balances the vitiated Vata and Kapha dosha. Acharya Charaka mentioned Shunthi in Shoolprashaman Mahakashaya. There are 200 phytochemicals identified in ginger, and its bioactive components include tannins, anthocyanins, lubricating oils, and pungent phenolic extracts called sesquiterpenes, gingerols, and shogaols. Shunthi possesses anti-oxidant, anti-inflammatory, anti-arthritis, and neuroprotective properties.

#### Ashwagandha (*Withania somnifera*)

Ashwagandhaanilshlesm shivtrashothkshyapaha| Balya Rasayani tikta kshayoshna-atishukrala|

Acharya Charaka also mentioned Ashwagandha in Balya Mahakashaya and Shoolprashaman Mahakashaya. Ashwagandha is a Rasayana of Ayurveda, a real potent regenerative tonic possessing several pharmacological properties, such as neuroprotective, anti-stress, anti-arthritis, anti-tumour, analgesic, and anti-inflammatory<sup>14</sup> its constituents and metabolites promote the growth of nerves protect against inflammation and cartilage damage associated with osteoarthritis.

#### Shatapushpa (*Anethum sowa*)

Shatapushpa katusitka Tikshn-ushna deepani laghu| Pittla kaphavataghani Medhya Snigdha jwarapaha|| (Kaidev Nighantu)

Shatapushpa possesses anti-inflammatory properties due to chemical constituents like flavonoids, polyphenols, and essential oil. Shatapushpa possesses tikta, katu rasa, ushna virya and katu vipaka. It is useful in Kaphavataj vikara by clearing srotorodha (obstruction of microchannels). It has vata anuloman (carminative) and shoolghana properties. Shatapushpa is rich source of dietary fibres, iron and magnesium. It has arginine to strengthen the body and help in conditions like arthritis<sup>15</sup>.

#### Ajmoda (*Carun roxburghianum*)

Ajmoda tu shoolghani tiktoshna kaphvatajit | (Gad Nigraha)

Acharya Charaka mentioned Ajmoda in Shoolprashaman Mahakashaya (Group of painkiller medicine) and Deepaniya Mahakashaya (Group of appetizer medicines) and Sushrut mentioned in Pipliyadi Gana which possess properties of Vata hara, shoolnashan and aampachana. It possesses analgesic, antibacterial and gastroprotective properties.<sup>16</sup> Seeds of Ajmoda contains an adequate amount of iron and magnesium, its juice extract from petioles can be used in oedema, rheumatic tendencies, gout, overweight, and lack of appetite.<sup>17</sup>

### Vridhadaruka (*Argyrea speciosa*)

Virshyo Vatamvatarsh Shothmehakaphranut |

It is an important drug in Ayurveda with Rasayana (immunomodulators) property. In Sanskrit Vridhadaruka means anti-aging. It has anti-oxidant, anti-inflammatory, anti-rheumatic, immunomodulatory, adaptogenic and hepatoprotective properties<sup>18</sup>. A variety of chemicals belonging to the classes ergoline alkaloids, lipids, flavonoids, steroids and triterpenoids have been isolated from the plant. Studies show the roots of Vridhadaruka possess immunomodulatory activity, and chronic administration of its ethanolic extract significantly ameliorated the total white blood cell count and also restored the myelosuppressive effects induced by cyclophosphamide. It has also been used in arthritis as well as antioxidants.

### Yavani (*Trachyspermum ammi*)

Yavani katutikshanoshna Vatashleshmdijayan | Hanti gulmodarm shoolum deepyatashuchanalam || (Dhanvantari Nighantu)

Acharya Charaka mentioned Yavani in the Shool Prashaman Mahakashaya (Group of painkiller medicine). Yavani is known for its anti-inflammatory properties, attributed to its active compounds, carvacrol and thymol. Studies show that carvacrol can help reduce inflammation by inhibiting the production of inflammatory markers like TNF-alpha and interleukins. It has proven effective in decreasing inflammation in animal models of arthritis and colitis. Similarly, thymol also has anti-inflammatory effects, as it lowers the expression of inflammation-related genes and reduces levels of inflammatory markers.<sup>19</sup> This makes Yavani a valuable natural remedy for various inflammatory conditions. Its use in traditional home remedies in India for joint pain and inflammation highlights its effectiveness.

### Hapusha (*Juniperus communis*)

Hapusha Katutiktoshna guruvatablasjit| Pradarodar vidbandhshoolguruarshsham hita|| (Raj Nighantu)

Hapusha (*Juniperus communis*) is utilized in the Ayurvedic system of medicine as a key ingredient in several significant formulations, including Hinguvachadi Churna, Hingvadi Churna, Kumaryasava, Narayana Churna, Nityanand Rasa, and Trayodasanga Guggulu. It contains a variety of chemical compounds, such as flavonoids, volatile oils, and coumarins. Research indicates that it possesses anti-inflammatory, analgesic, and antioxidant properties. Traditionally, its berries, aerial parts, fruits, and bark are used to address conditions like leucorrhoea, amenorrhoea, arthritis, rheumatism, and painful swellings.<sup>20</sup>

### DISCUSSION

Aabhadi Churna is noted for its effectiveness in conditions such as Gridhrasi (sciatica), Katigraha (lower back pain), Hanugraha, and Manyastambh, which are all associated with the musculoskeletal system. These conditions commonly present symptoms like stiffness, pain, and restricted joint movement, attributed to the vitiation of Vata Dosha according to Acharya.

Most of the ingredients in Aabhadi Churna possess ushna virya, which helps counteract the cold qualities of Vata. Herbs like Ashwagandha and Shatavari serve as nervine tonics, nourishing the nervous system, reducing inflammation, and alleviating pain in conditions such as sciatica and other neuropathies. Guduchi, Vridhadaruka, Ashwagandha, and Shatavari are recognized as Rasayana, promoting strength, immunity, and healing, which contribute to longevity. Rasna helps relax stiff muscles and reduces spasms. Shunthi, Ajmoda, and Yavani aid in aampachana

(elimination of free radicals), which decreases oxidative stress in the body. Since oxidative stress is linked to cartilage damage, chronic inflammation, and accelerated aging, its reduction is beneficial for musculoskeletal disorders. Shunthi contains bioactive compounds like gingerol and shogaol, which inhibit pro-inflammatory mediators, while Yavani, rich in thymol, effectively reduces muscle spasms and pain.

Aabhadi Churna is a combination of 11 Ayurvedic medicine along with these anupana like madh (fermented drinks), mansras, takra (butter milk), sarpi (ghee), and lukewarm water are also described. Anupana are the substances which enhance the medicinal properties.

### CONCLUSION

Aabhadi Churna has proven effective for various musculoskeletal disorders, including Gridhrasi (sciatica), Katigraha (lower back pain), Hanustambha (Lock jaw), and Manyastambh (Torticollis). The formulation contains ingredients that possess both analgesic and anti-inflammatory properties, while some also exhibit Rasayana property, providing a comprehensive approach to pain relief. Moreover, Aabhadi Churna shares several key ingredients with other well-known formulations used for musculoskeletal issues. Therefore, additional clinical trials are essential for further assessment of its therapeutic potential.

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