

**SAMYAK PRAYOGAM SARVESHAM SIDDHIRAKHYATI KARMANAM WSR TO  
PUSHYANUGA CHURNA****Bishnupriya Mohanty<sup>1</sup>, Siddhi Satish Pednekar<sup>2</sup>, Sangram Keshari Das<sup>3</sup>.**<sup>1</sup>MD(Samhita), Ph.D. (Basic Principle), Professor & Head. Department of Sanskrit Samhita and Siddhanta.<sup>2</sup>IV B.A.M.S.<sup>3</sup>Professor & Head; Dravyaguna Vijnana. Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa. 403103.**Corresponding Author:** [drbishnupriyadas@gmail.com](mailto:drbishnupriyadas@gmail.com)<https://doi.org/10.46607/iamj2611072023>**(Published Online: July 2023)****Open Access**

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Ayurveda is an ancient health science that helps in the eradication of diseases as well as maintaining the health of a healthy person. The main purpose of it is to maintain the health of healthy individuals and cure the disease of diseased ones. There are a number of classical formulations successfully practiced by Ayurveda physicians for treating various ailments. One such multidrug classical formulation is *Pushyanuga Churna* which is a widely practiced Ayurveda formulation. *Pushyanuga Churna* is a traditional *Ayurvedic* formulation prescribed for the treatment of various female reproductive disorders like Swetapradara, Asrigdara, U.T.I., etc.

**Keywords:** *Pushyanuga Churna*, *Swetapradara*, *Asrigdara*, Haemostatic medicine.**INTRODUCTION**

*Ayurveda*, the science of life, is a holistic approach to healthcare that helps people to lead a healthy and balanced life. To fulfill this, there are various formulations. *Churna* is a formulation made up of fine me-

dicinal plant powders which can be single or in combination. *Pushyanuga Churna* is one of the renowned formulations mentioned in various texts of Ayurveda. It comprises 26 ingredients (25 *Kashtha*

Dravyas and 1 Rasa Dravya). *Pushyanuga Churna* is mainly used for bleeding disorders. It has drugs with *Grahi, Stambhak, and Rakta Shodhaka's* actions. It is astringent, pungent, sweet, and bitter in taste. It is widely used in *Asrigdara*.

**Nomenclature:**

The *Pushyanuga Churna* is named so since the ingredients are procured during *Pushya Nakshatra*. The

potency of various ingredients is high during *Pushya Nakshatra*, and hence it is prescribed to collect ingredients of *Pushyanuga Churna* during *Pushya Nakshatra*. It is also *beneficial*, and *Pushtikaraka* is therefore named so<sup>1-2</sup>.

**INGREDIENTS:**

S.N.	Drug	Rasa	Guna	Virya	Vipaka	Karma
1	Patha	Tikta	Laghu, Tikshna	Ushna	Katu	Tridosahara
2	Jambu	Kashaya, Madhura	Laghu, Ruksha, Sheeta	Sheeta	Katu	Kapha-Pittahara
3	Amra	Madhura, Kashaya	Laghu, Ruksha	Sheeta	Katu	Kapha- Pittahara
4	Shilabhedha	Tikta, Kashaya	Laghu, Snighdha	Sheeta	Katu	Tridosahara
5	Rasanjana	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha - Pittahara
6	Ambastaku	Tikta	Laghu, Tikshna	Ushna	Katu	Tridosahara
7	Mocha Rasa	Madhura, kashaya	Laghu, Snigdha	Sita	Madhura	Vata - Pittahara
8	Samanga	Tikta, kashaya	Laghu, Ruksha	Sheeta	Katu	Kapha - Pittahara
9	Padma Kesara	Tikta, Kashaya, Madhura	Laghu	Sheeta	Katu	Kapha - Pittahara
10	Vahlik	Katu, Tikta	Snighdha	Ushna	Katu	Tridosahara
11	Ativisha	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kapha - Pittahara
12	Musta	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Kapha- Pittahara
13	Bilwa	Kashaya, Madhura	Laghu, Ruksha	Sheeta	Katu	Kapha -Pittahara
14	Lodhra	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kapha - Pittahara
15	Gairika	Madhura, Kashaya	Guru, Snigdha	Sheeta	Madhura	Kapha Vata Hara
16	Katphala	Katu, tikta, kashaya	Laghu, Tikshna	Sheeta	Katu	Vata - kaphahara
17	Marica	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha - Vatahara
18	Sunthi	Katu	Guru, Tikshna	Ushna	Madhura	Vata - Kaphahara
19	Mrdvika	Madhura	Guru, Snighdha, mridu	Sheeta	Madhura	Pittahara
20	Rakta Chandana	Madhura, tikta	Laghu, ruksha	Sheeta	Katu	Kapha - Pittahara
21	Katvanga	Tikta, Kashaya	Ruksha	Sheeta	Katu	Kaphahara
22	Vatsaka	Tikta, Kashaya	Laghu, ruksha	Sheeta	Katu	Kapha - pittahara
23	Ananta	Madhura, Tikta	Guru	Sheeta	Madhura	Tridosahara
24	Dhataki	Katu, Kashaya	Laghu, ruksha	Sheeta	Katu	Kapha - Pittahara
25	Madhuka	Madhura	Guru, snighdha	Sheeta	Katu	Tridosahara
26	Arjuna	Kashaya	Laghu, ruksha	Sheeta		Kapha -Pittahara

### PREPARATION:

To prepare this formulation, all the ingredients in equal quantities are ground to make fine powder and uniformly mixed together to form *Churna*<sup>3</sup>.

### INDICATION:

- *Yonidosha*
- *Rajodosa*
- *Rakta pradara*
- *Arsha*
- *Krimiroga* in children
- *Pravahika*

### DOSE:

Though the specific dose is not mentioned in the formula, the common dose mentioned for *Churna Kalpana* can be followed. In A.F.I. 1-3 gm.

### ANUPANA:

*Pushyanug churna* is prescribed along with *Madhu*, and then *Tandulodak* is used as *Anupana*—another reference regarding the use of *Ksheera* and *Tandulodak* as *Anupana* is also found. *Anupana* is considered beneficial because it promotes the absorption and distribution of medication in the body<sup>4</sup>.

### MODE OF ACTION:

The formulation consists of 26 distinct herbs that contain *Kashaya*, *Tikta rasa*, *Katu Vipaka*, *Laghu* and *Sheeta Guna*, and *Sheeta Virya* properties. Due to *Kshaya* and *Tiktarasa*, it acts as *Grahi* and *Stambhana*. Due to *Shita Virya*, it has *Pittashamak* property, and due to its *Laghu* and *Ruksha guna*, it has *Kaphahara* action. It is an excellent haemostatic medicine due to the astringent property of the ingredients, and it works especially in the female's genito-urinary system<sup>5-6</sup>.

### SIDE EFFECTS AND CONTRAINDICATIONS:

Side effects - *Vibandha*, constipation, *Agnimandhya*. It is contraindicated in pregnant women carrying a male child in the womb.

### CONCLUSION

*Pushyanuga Churna* is a conventional *Ayurvedic* formulation that has drugs with *Sthambhana* karma. It has antifungal & anti-bacterial action. *Pushyanuga Churna* is the best one with the *Anupana* of *Tandulodaka*. *Tandulodaka* plays an important role & gives better results in any type of *pradara*, especially *Rakta pradara*. *Rakta pradara* is a condition where drugs with mainly *Sthambhana* action should be used in which *Pushyanug churna* plays the key role to control heavy bleeding. It is very effective in bleeding piles and *Pravahika* etc.

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