

KACCHURADI CHOORNA LEPA FOR JWARA (FEVER): A DRUG REVIEW

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ABSTRACT

Kacchuradi Choorna is one medicine indicated in *Jwara* which is explained in *Sahasrayog*. It contains *Kacchur* (*Curcuma zedoaria* Ros (Fam. Zingiberaceae), *Dhatri* (*Emblia officinalis* Gaertn. Syn. (Fam. Euphorbiaceae), *Manjishtha* (*Rubia cordifolia* Linn. (Fam. Rubiaceae), *Yashthi* (*Glycyrrhiza glabra* Linn, (Fam. Leguminosae), *Devdaru* (*Cedrus deodara* (Roxb.) Loud. (Fam. Pinaceae), *Raktachandan* (*Pterocarpus santalinus* Linn.f.(Fam. Fabaceae), *Godanti*(*Gypsum*), *Shilajit* (*Asphaltum punjabinium*), *Hingu* (*Ferula foetida* Regel, (*Ferula narthex* Bioss), *Katuka* (*Picrorhiza kurroa* Royle ex Benth. (Fam. Scrophulariaceae), *Kreeshnajeerak* (*Carum bulbocastanum* W. Koch(Fam. umbelliferae), *Rasna* (*Pluchea lanceolata* Oliver & Hiern. (Fam. Asteraceae), *Tantrini* (*Tamarindus indica* Linn. (Fam. Fabaceae), *Sariva* (*Hemidesmus indicus* (Linn.) R. Br. (Fam. Asclepiadaceae), *Kumkum* (*Crocus sativus* Linn. (Fam.Iridaceae), *Sarja* (*Vateria indica* Linn. (Fam.Dipterocarpaceae), *Karpur* (*Cinnamomum camphoranees* & *Eberm*Fam *Lauraceae*), *Musta* (*Cyperus rotundus* Linn. (Fam. Cyperaceae), *Kankushtha* (*Garcinia Morella*), *Bala* (*Sida cardifolia* Linn Fam *Malvaecae*), *Laja* (*Mimosa pudica* Linn. (Fam. Fabaceae) , *Renuka*(*Vitex negundo* Linn. (Fam. Verbenaceae), *Jala* (*coleus zeylinicus* Fam *Malvaecae*),*Ushir* *Vetiveria zizanioides* Linn.(Fam *Graminae*), *Kushtha* (*Saussurea lappa* C.B. Clarke (Fam. *Compositae*), *Kumari* (*Aloe vera*Tourn.ex Linn), *Ahifen* (*Papaver somniferum* Linn. (Fam. *Papaveraceae*), *Gairik* (*Ochre*), *Jatifal* (*Myristica fragrans* Houtt. (Fam. *Myristicaceae*).

Keywords: *Jwara*, *Kacchur*, *Lepa*, Fever

INTRODUCTION

Ayurvedic classics have described many diseases amongst which *Jwara* stands first, because of its uniqueness to make everyone suffer, since birth to death. *Jwara* being a commonest symptom which accompanies almost all the constitutional diseases has been termed as *Rogadhipati* (king of diseases) by Aacharyas¹. *Jwara* –“*Dehendriymanstapi sarvarogagrajo bali*”¹- It means that the disease is

characterized by raised body temperature. *Santapa* (rise of temperature), *Swedavarodha* (obstruction to perspiration) and *Angamarda* (pain all over the body), as, it is found in all types of *Jwara* can be considered as the *pratyatmaka lakshana*.¹

Fever in children is one of the most common manifestations of illness, which makes the parents to seek medical attention early². In Modern medicine many

potent antipyretic formulations are available but they are having side effect like hepatotoxicity, renal impairment³etc. Ayurvedic medicines use for treating *Jwara* are predominantly *Tikta rasatmaka* hence, are not palatable by children. If we don't treat fever in early stage chances of hyperpyrexia is more which may cause febrile convulsions which leads to brain tissue damage⁴.Therefore, there is need today to manage *Jwara* by *Bahiparimarjan Chikitsa* like

Lepa for safety and efficacy. *Kacchuradi choorna Lepa* is one of the ayurvedic formulation predominantly indicated in *Jwara*¹. It is also indicated in conditions like *Buddhibhrama*, *Hikka*, different types of *Netraroga*, *Peenasa*, *Shiroruja*, *Karnaroga* etc. which has been explained in *Sahasrayoga*⁵.

Aim: *Kacchuradi Choorna* is beneficial in *Jwara*.

Table 1: COMPOSITION OF *KACCHURADI CHURNA*

Sr.	Drug	Latin Name	Part used	Qty
1	<i>Kachoor</i>	<i>Curcuma zedoaria</i> ⁶	Root	1
2	<i>Dhatri</i>	<i>Phyllanthus emblica</i> ⁷	Fruit	1
3	<i>Manjishta</i>	<i>Rubia cordifolia</i> ⁸	Root	1
4	<i>Yastimadhu</i>	<i>Glycyrrhiza glabra</i> ⁹	Root	1
5	<i>Devadaru</i>	<i>Cedrusdeodara</i> ¹⁰	Bark, Heartwood	1
6	<i>Chandana</i>	<i>Santalum album</i> ¹¹	Heart wood	1
7	<i>Godanti</i>	<i>Gypsum</i> ¹²		1
8	<i>Shilajathu</i>	<i>Asphaltum punjabinum</i> ¹³	—	1
9	<i>Hingu</i>	<i>Ferula Narthex</i> ¹⁴	Masculine	1
10	<i>Kutaki</i>	<i>Picrorhiza kurroa</i> ¹⁵	Root	1
11	<i>Krishna jeeraka</i>	<i>Carum bulbocastanum</i> ¹⁶	Fruit	1
12	<i>Rasna</i>	<i>Alpinia galanga</i> ¹⁷	Leaves	1
13	<i>Tantrini</i>	<i>Tamarindus indicus</i> ¹⁸	Fruit	1
14	<i>Sariva</i>	<i>Hemidesmus indicus</i> ¹⁹	Root	1
15	<i>Kumkum</i>	<i>Crocus sativus</i> ²⁰	Stigmen	1
16	<i>Sarjarasa</i>	<i>Shorearobustaa</i> ²¹	Masculine	1
17	<i>Karpoora</i>	<i>Cinnamomum camphora</i> ²²	Masculine	1
18	<i>Mustaka</i>	<i>Cyperus rotundus</i> ²³	Root	1
19	<i>Bala</i>	<i>Sida Cardifolia</i> ²⁴	Root	1
20	<i>Kankusta</i>	<i>Garcinia Morella</i> ²⁵	Root	1
21	<i>Laja</i>	<i>Mimosa pudica</i> ²⁶	Root,	1
22	<i>Renuka</i>	<i>Vitex Negunda</i> ²⁷	Leaves, root, Seed	1
23	<i>Jala</i>	<i>Coeleus zeylinicus</i> ²⁸	Root	1
24	<i>Usher</i>	<i>Vetiveria Zizanioides</i> ²⁹	Root	1
25	<i>Kustha</i>	<i>Saussurea lappa</i> ³⁰	Root	1
26	<i>Kumari</i>	<i>Aloe vera</i> ³¹	Leaves	1
27	<i>Ahiphena</i>	<i>Papaver somniferum</i> ³²	Seed	1
28	<i>Gairika</i>	<i>Ochre</i> ³³	—	1
29	<i>Jatifal</i>	<i>Myristica fragrans</i> ³⁴	Seed	1

Method of Preparation:

1) Raw drugs mentioned above should be clean and dried.

2) Take all ingredients in equal quantity.

3) Then it is pounded in pulverizer.

4) Later the drug is sieved through 100 to 120 no.

sieve.

- Mix the all powdered raw drug till homogenous mixture formed.

Method of application:

- Prepared homogeneous mixture of *Kacchuradi choorna* is evenly mixed with *Matrustanya*⁵ in paste form.
- Paste should be of uniform consistency.
- Then, it should be externally applied over the forehead³⁵.
- Lepa* should be kept over until it dries.
- Once the *Lepa* becomes dried –Don't use again as it becomes *Niveerya*³⁶.

Application of Lepa:

- Do *Lepa* in the *pratiloma* direction³⁶.
- By doing *Lepa* in the *Pratiloma* direction it helps the *Oushadha* to remain there properly and allows it to enter the *romakoopas* and thereby *veerya* entering *svedavahi srotas*.
- Never allow *Lepa* to get dry³⁶.
- Only allowed to dry for *vrana Peedana* otherwise it will have less effect & causes pain.

- Don't do *Lepa* at night³⁶.
- If applied at night due to the *Seeta svabhava* of *rathri kala* the *ooshma* gets *rodha* and it will lead to *Rogavidhi Lepa* can be applied in night, in conditions like *Apakwa Sopha*, *Gambheera Sopha*, *Rakta Sleshma Samudbava*.
- Don't apply *Lepas* which are old³⁶.
- Never apply *Lepa* on & on without removing the earlier one. If applied so causes rise in temp, *vedana, daha & ghanatva*³⁶.
- If a *Lepa* once becomes *Sushka* –Don't use again as it becomes *Nirveerya* Followers
- A *Lepa* once applied becomes *Sushka* it should be removed only after making it *Adra*.
- Once removed apply a little oil & do a slight massage *Prayojana* of -Benefits of *Lepa*³⁷.
- Just like *Agni* getting *shantha* after putting water, *Dosha* also gets pacified after *lepana*³⁸.
 - Breadth: 4 to 5 mm³⁹.
 - Place: Fore Head².
 - Duration: Up to Dry.
 - Removal: After Dry.

Table 2: Pharmacodynamics of drugs

Sr.no.	Drug	Rasa	Veerya	Vipaka	Guna
1	<i>Kachoor</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>
2	<i>Amalaki</i>	<i>Pancharasa alavan</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Laghu, Rukshya, Sheet</i>
3	<i>Manjishtha</i>	<i>Madhur, tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Guru, Rukshya</i>
4	<i>Yastimadhu</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Guru, Snigdha</i>
5	<i>Devadaru</i>	<i>Tikta, Katu, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rukshya, Laghu</i>
6	<i>Chandana</i>	<i>Tikta, Madhur</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
7	<i>Godanti</i>	–	–	–	<i>Sheet</i>
8	<i>Shilajathu</i>	<i>Madhur, tikta, katu</i>	<i>Sheet</i>	<i>Katu</i>	<i>Snigdha, Guru</i>
9	<i>Hingu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tiksnha</i>
10	<i>Kutaki</i>	<i>Tikta</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
11	<i>Krishnajeeraka</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rukshya</i>
12	<i>Rasna</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Guru</i>
13	<i>Tantrini</i>	<i>Amla</i>	<i>Ushna</i>	<i>Amla</i>	<i>Snigdha, Ushna</i>
14	<i>Sariva</i>	<i>Madhur, Tikta</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Guru, Snigdha</i>
15	<i>Kumkum</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Snigdha, Laghu</i>
16	<i>Sarjarasaa</i>	<i>Katu, Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Snigdha, Ushna</i>
17	<i>Karpoora</i>	<i>Tikta, Katu, Madhur</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
18	<i>Mustaka</i>	<i>Tikta, Katu, Kashay</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
19	<i>Bala</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Laghu, Snigdha</i>

20	<i>Kankusta</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Laghu, Snigdha</i>
21	<i>Laja</i>	<i>Kashay, Tikta</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
22	<i>Renuka</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
23	<i>Jala</i>	<i>Tikta, Katu</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Rukshya</i>
24	<i>Usheera</i>	<i>Tikta, Madhur</i>	<i>Sheet</i>	<i>Katu</i>	<i>Rukshya, Laghu</i>
25	<i>Kushtha</i>	<i>Tikta, Katu, Madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Rukshya, Tikshna</i>
26	<i>Kumari</i>	<i>Katu</i>	<i>Sheet</i>	<i>Katu</i>	<i>Snigdha, Guru</i>
27	<i>Ahiphena</i>	<i>Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Rukshya, Vyavayii</i>
28	<i>Gairika</i>	<i>Madhur,</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Sheet</i>
29	<i>Jatifal</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Snigdha, Ushna</i>

PROBABLE MECHANISM OF ACTION:

In the chapter *Dhamnivyakaranadhyaya*⁴⁰ Acharya Sushruta explains *dhamanis* (artery) which are *oordhwagata*, *adhogata*, and *tiryakagata*. Here he explains four *tiryakgamisiras* (veins). Out of these four, each divide gradually hundred and thousand times and thus becomes innumerable. By this the body is covered like network bound and pervaded their openings are attached to hair follicle which carry sweat and replenish *rasa* inside and outside. Through them only the *Veerya* of *Abhyanga*, *Snana*, and *Lepa* enter the body after being transformed in skin

The physicochemical properties of a drug in a topical dosage from affect that drugs transdermal delivery and topical bioavailability. The molecules of the formulation after penetrating through the stratum corneum and hence into viable epidermis and dermis produce its characteristics pharmacological⁴¹. *Kacchuradi Choorna* having the chemical components are flavonoids which is the inhibitor of the metabolizing enzymes such as phospholipase A₂, Cyclooxygenase (COX), Lipoxygenase (LOX) and it reduces the Arachidonic acids (AA), Prostaglandines (PG), Leukotrienes (LT) and Alkaloids, In this way it breaks the pathogenesis of fever & decreases fever.

CONCLUSION

Kacchuradi Choorna contains 16 *sheeta viryatmaka* and 13 *ushna viryatmaka dravyas* mentioned in *Sahasrayoga* for *Jwara* in *Lepa* form, which is one of formulation indicated in *Jwara* (Fever). It can be used in day to day practice as all the drugs are readi-

ly available. It is easy to prepare & dispense due its availability in *choorna* form.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Rohit Natekar et al: Kacchuradi Choorna Lepa For Jwara (Fever): A Drug Review. International Ayurvedic Medical Journal {online} 2018 {cited March, 2018} Available from: http://www.iamj.in/posts/images/upload/669_674.pdf