



## SHWETA CHURNA – ANUBHUTA YOGA IN SKIN FUNGAL INFECTIONS

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## ABSTRACT

Among the various medicine preparations of Ayurveda mentioned in the classical texts, many medicines have been proven to be efficacious by clinical research. Apart from the classically described medicines, many formulations are used in some specific places and are unknown to all. These are called *Anubhuta Yogas*. *Shweta churna* contains *Suddha Tankana* and *Karpura* in an 8:1 ratio. This preparation is widely used in Odisha for various fungal infections as a local application. This article is an effort to draw the attention of our new researchers to do clinical studies, research and reviews on the preparation and establish the efficacy of the medicine with evidence.

**Keywords:** *Sweta churna, Tankana, Karpura, Anubhuta Yoga*

## INTRODUCTION

Ayurveda describes a wide range of medicinal preparations in the classical texts, which have been proven to be efficacious and are evidence-based records. Apart from the classical records, many medicines are widely used in specific areas for certain diseases,

which are described as *Anubhuta yoga*. *Shweta churna* is also one of the preparations commonly used in many districts of Odisha, specifically in skin fungal infections. This article has tried to bring atten-

tion to this preparation and present some review data regarding its efficacy.

**Name of the preparation** – *Shweta churna*

**Reference** – *Anubhuta yoga*

**Ingredients** –

1. *Shodhita tankana* (borax) – 1 part
2. *Karpura* – 1/8<sup>th</sup> part

**Method of preparation:** Both ingredients are taken in the specified quantity and triturated properly to obtain a homogenous mixture.

**Indication** - for external application in fungal infections of the skin.

## DISCUSSION

The data of individual components are collected and presented here to help understand the components of *Shweta Churna* and its mode of action.

**Tankana** -

- *Tankana* is also named *Tankanakhara* or *Tankanakshara*. It is *Ushna*, *Tikshna*, with *Sara Guna* and *Katu Rasa*.<sup>1,2</sup> It is used as *Kshara*. Chemically, it is Borax with the chemical formula  $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$ . Borax is alkaline. There are various methods of *Shodhana* mentioned in *Rasa Granthas*.<sup>3,4,5,6,7</sup> The main intention of the *Shodhana* procedure is to make *Tankana* light and puffy so that its moisture content evaporates completely. The most commonly used method for purification described in *Granthas* is by *Agni Samskara* in a simple hot pan followed by exposure to sunlight for drying purposes. Research and reviews show the multiple uses of tankana for various purposes like preventing arthritis, healing swollen throat, mouth and tongue sores, using as eye drops in painful, swollen red eyes, menstrual problems, urinary infections, and enhancing testosterone levels and female libido.<sup>8</sup>
- Apart from these, *Tankana* is used externally for dandruff, warts, skin sores and viral infections like hand and mouth disorders.<sup>9</sup>
- Blessed with powerful detoxifying and *Kshara* (alkaline) qualities, Ayurveda acknowledges *Shuddha Suhaga* as a prominent one-step remedy for various skin conditions. Owing to its blood-

purifying traits, which help eliminate toxins from the blood, it also helps deal with skin infections. It not only helps safeguard the skin from oxidative radical damage due to the sun's harmful UVA and UVB rays but also curtails the risk of the various indications of ageing like blemishes, spots, fine lines, wrinkles, and dark circles. It also effectively treats allergic conditions like psoriasis, pruritis, scabies, acne, pimples, zits, and eczema.<sup>10</sup>

- Research shows that the Local application of *Tankana Bhasma* with *Madhu* is an effective medication for the treatment of *Mukhapaka* (stomatitis).<sup>11</sup>

**Karpura** -

- *Karpura* is a plant product with the botanical name *Cinnamomum camphora*. Its English name is camphor. *Karpura* is not only a fragrant compound due to its properties, but it has also been found to help treat skin diseases of bacterial and fungal aetiology. Camphor oil supports skin problems such as acne, eczema, inflammation, ulcers and wounds, psoriasis, and fungal foot infections.<sup>12, 13, 14, 15, 16</sup>
- Another research study found that the positive uses of camphor on the skin impact the treatment of atopic dermatitis (AD). The anti-inflammatory effect of this compound has been demonstrated through the phosphorylation of transcription activator 1, Janus kinase signal transducer, and extracellular signal-regulated kinase 1/2. The synthesis of chemokines, which play a significant role in the pathogenesis of AD, was reduced.<sup>15</sup>
- In a study, the effect of camphor on penetration into the epidermis was examined. This is important considering the possibility of better absorption of drugs when applied to the skin simultaneously. It has been proved to have a weak effect on transepidermal water loss, a positive phenomenon. Camphor increases penetration through skin layers.<sup>17,18</sup>
- A satisfactory effect of phenocamphor was achieved on mycosis of the feet, legs, and armpits

caused by dermatophytes with a low recurrence rate.<sup>19</sup>

- Hence, camphor has numerous applications related to healing effects on skin diseases, and it improves the penetration of drugs into the epidermis.<sup>20</sup>

## CONCLUSION

*Shweta churna* is a simple combination of *Suddha Tankana* and *Karpura* components in an 8:1 ratio. Its method of preparation is also very easy. From the above studies, it is very clear that both *Tankana* and *Karpura* are significantly effective in treating various skin disorders. When the two drugs are combined, the effectiveness of the medicine increases due to the improvement in its local penetration in the skin layers caused by the effect of *Karpura*. Hence, this combination from *Anubhuta yoga* should be taken up for more clinical studies by new researchers and widely established as an efficacious medicine for external use in various skin fungal infections.

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