

A REVIEW ARTICLE ON THE EFFICACY OF CHANGERI IN THE MANAGEMENT OF ATISARA

Ritu¹, Miss Ayushi Singh², Miss Sandhya Sharma³

¹Assistant Professor, Department of Dravyaguna Vigyana, DBACH, Mandi Gobindgarh, Punjab, India

²U.G. Scholar, Department of Dravyaguna Vigyana, DBACH, Mandi Gobindgarh, Punjab, India

³U.G. Scholar, Department of Dravyaguna Vigyana, DBACH, Mandi Gobindgarh, Punjab, India

Corresponding Author: drtsingh@gmail.com

<https://doi.org/10.46607/iamj1810032022>

(Published Online: March 2022)

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Article Received: 12/02//2022 - Peer Reviewed: 17/02/2022 - Accepted for Publication: 18/02/2022



ABSTRACT

Atisara is mentioned in major disease conditions of our ancient classical text. It is the frequent outflow of loose stool. It occurs due to frequent use of Guru (heavy), Ushna (hot potency), and indigestible food habits. There are many *Ayurvedic*, and alternative medicine used for the cure of *Atisara*, but some easily available sources are also there which are somewhere not highlighted by the physicians. These drugs can be used in a single form or as a formulation with other drugs. *Changeri* is one of the effective drugs which are capable to cure many digestive problems here is a compilation of the efficacy of *Changeri* in the management of *Atisara*.

Keywords: *Atisara, Changeri, Dravya* etc.

INTRODUCTION

As we all know *Ayurveda* is the Indian system of medical practice for a long time and the ocean of knowledge about all the diseases. *Atisara* is one of the diseases which is mentioned in the *Ayurvedic* text.

Atisara is a well-known disease condition called Diarrhea which loose, watery and possibly more frequent bowel movements resulting in a frequent outflow of loose stool¹. In the *Ayurvedic* classical texts it is

mentioned that intake of *Gumanas* (Beef) is responsible for the occurrence of *Atisara* because it is *Guru* (heavy), *Ushna* (hot potency), *Asatmya* (abnormal diet), *Ashasta* (poor diet), *Virasa* (without any taste) which cause *Mansika Aghata* (Mental trauma) that causes *Mandagni* (decreased potency of digestive fire to digest the food)². In *Strotas Prakarana* symptoms of *Atisara* is mentioned as *Udakvehastrotas*³, *Annvehastrotas*⁴ and *Pureeshvehastrotas*⁵ *Vyadhi* in many ancient *Ayurvedic* classical texts. *Atisara* is also explained as a symptom of many other diseases like *Jwara*⁶, *Prvahika*⁷, *Visuchika*⁸, *Rajyakshma*⁹ etc. There are many drugs and formulations to cure and prevent conditions like *Atisara*. Many of them are frequently used by physicians. Some drugs although effective but remain unidentified or avoided. *Changeri* is a plant that grows in abundance and is very much

effective in the digestive system¹⁰ related to problems but ignored sometimes. It is mentioned as *Vata-Kapha-Shamaka*¹¹ *Dravya* having properties like *Deepniya*¹², *Grahi*¹³ which can help treat conditions like *Atisara*.

Aim and Objectives

- A literary review on *Changeri*.
- A literary review of the efficacy of *Changeri* in *Atisara Roga*.
- A literary review on *Atisara*.

Material and methods

- Importance of *Changeri* acting on *Atisara* from different *Ayurvedic* classical texts.
- A literary review on the other medical properties of this drug in other diseased conditions.

Table 1: Classical categorization of *Changeri*

S. No.	Classical texts	Guna & Varga
1.	<i>Kaidev nighantu</i> ¹⁴	<i>Aushadhi varga</i>
2.	<i>Bhavprakash Nighantu</i> ¹⁵	<i>Shak varga</i>
3.	<i>Nighantu Adarsha</i> ¹⁶	<i>Changeriyadi varga</i>
4.	<i>Madanpal Nighantu</i> ¹⁷	<i>Shak varga</i>
5.	<i>Shodhal Nighantu</i> ¹⁸	<i>Amradi varga</i>

Table 2: Vernacular Names of *Changeri*¹⁹

S. No.	Language	Names
1.	<i>Sanskrit</i>	<i>Changeri</i>
2.	<i>Hindi</i>	<i>Tinpattiya</i>
3.	<i>Bangali</i>	<i>Aam</i>
4.	<i>Punjabi</i>	<i>Khatti Booti</i>
5.	<i>Marathi</i>	<i>Ambuti</i>
6.	<i>Tamil</i>	<i>Puliyare</i>
7.	<i>Malyallam</i>	<i>Puliparel</i>
8.	English	Indian Sorrel

Table 3: Synonyms of *Changeri* according to different classical texts

S. No.	Synonyms	B.P.N. ²¹	M.P.N. ²²	S.N. ²³	K.N. ²⁴	N.A. ²⁵
1.	<i>Amlalonika</i>	-	+	+	+	-
2.	<i>Amladonika</i>	-	-	-	+	-
3.	<i>Amlika</i>	-	+	+	+	-
4.	<i>Amrool</i>	+	+	-	+	+
5.	<i>Chatahuparni</i>	-	-	-	+	-
6.	<i>Changeri</i>	+	+	+	+	+

7.	<i>Dantshatha</i>	-	+	-	+	-
8.	<i>Kshudramlika</i>	-	+	-	+	-
9.	<i>Khatkala</i>	+	+	-	-	-
10.	<i>Kshudra</i>	-	-	+	-	-
11.	<i>Khatti Booti</i>	+	-	-	-	+
12.	<i>Lonika</i>	-	-	+	-	-
13.	<i>Rajmota</i>	-	-	-	+	-
14.	<i>Sibargi</i>	+	-	-	-	-
15.	<i>Indian Sorrel</i>	+	+	-	-	+

Table 4: Action and uses of *Changeri* in different Classical texts

S. No.	Classical texts	Actions& uses
1.	<i>Madanpal Nighantu</i> ²⁶	<i>Deepan, Pitajannan, Ruchya, Kaphavata Nashak</i>
2.	<i>Nighantu Adarsh</i> ²⁷	<i>Vatakaphaghna</i>
3.	<i>Bhavprakash Nighantu</i> ²⁸	<i>Rochak, Deepan, Grahi, Vatakapha Nashak, Grahi, Arsh, Kushtha, Atisara</i>
4.	<i>Shodhal Nighantu</i> ²⁹	<i>Deepana, Arshoghna</i>
5.	<i>Kaidev Nighantu</i> ³⁰	<i>Deepan, Pitavardhak, Kaphavata Vikaraghan</i>

Table 5: *Rasapanchaka* of *Changeri* in Different Classical texts

S.No.	Classical texts	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Madanpal Nighantu</i> ³¹	<i>Amla</i>	<i>Ushna-Rooksha</i>	-	-	<i>Deepana, Pitajanna, Ruchya, Kaphavata Nashak</i>
2.	<i>Nighantu Adarsh</i> ³²	<i>Madhura, Amla</i>	-	<i>Ushna</i>	<i>Madhur</i>	<i>Vata-Kaphaghna</i>
3.	<i>Bhavprakash Nighantu</i> ³³	<i>Amla</i>	-	<i>Ushna</i>	-	<i>Rochak, Deepan, Grahi, Vata-Kapha-Nashak</i>
4.	<i>Shodhal Nighantu</i> ³⁴	<i>Madhura, Amla, Kasaya</i>	<i>Ushna, Laghu</i>	-	-	<i>Deepana, Arshoghna</i>
5.	<i>Kaidev Nighantu</i> ³⁵	<i>Amla Kshaya Madhura</i>	<i>Laghu</i>	-	-	<i>Deepan, Pitavardhaka, Kapha-Vata-Vikarghna</i>

Table 6: Taxonomical classification of *Changeri*³⁶

S. No.	Taxonomical classification	<i>Oxalis corniculata</i> Linn.
1.	Kingdom	Plantae
2.	Clade	Tracheophytes
3.	Order	Oxalidales
4.	Family	oxalidaceae
5.	Genus	Oxalis
6.	Species	O. corniculata
7.	Botanical name	Oxalis corniculata Linn.

Table 7: Botanical description of *Changeri*

S. No.	Botanical Description	<i>Changeri</i>
1.	Habit ³⁷	Annual and perennial herbs with stems prostrate or suberect rooting all the nodes.
2.	Leaves ³⁸	Trifoliate, leaflets often cuneate-obcordate, small petioles much longer than the leaflets.
3.	Flowers ³⁹	Axillary on fairly long peduncles. Flowers pale yellow

4.	Fruits ⁴⁰	An elongated capsule, beaked, hairy. Seeds brown or reddish-brown, ovoid or ellipsoid, transversely ridged
5.	Flowering and Fruit-ing time ⁴¹	Most of the year
6.	Chemical constitu-ents ⁴²	Malic acid, tartaric acid, citric acid, itexin, isovitexin
7.	Image	

Therapeutic indications

Grahni, Arsh, Kushtha, Atisar etc.

Therapeutic uses of *Changeri*

- **Arsha** – The leaves of *Trivrit, Danti, Changeri* and *Chitraka* are fired in a mixture of *Ghee* and gingelly oil. Then they are mixed with curd and taken orally.⁴³
- **Unmade** – Juice of *Changeri Kanjika* and jaggery (equal parts) shall be churned together and administered orally.⁴⁴
- **Oxalis** is the best herb rich in vitamin C and it is best used in the treatment of scurvy.⁴⁵
- Leaf extract or juice is used for treating burns, insect bites and various skin eruptions.⁴⁶
- Decoction of these herbs is used for gargles.⁴⁷
- External paste of leaves is used as an antidote for the poisoning caused by snake bites, *Dhatore*, mercury and arsenic.⁴⁸
- Leaf paste is applied over the forehead externally to relieve headaches.⁴⁹
- Crushed leaves are used to reduce inflammation.⁵⁰
- Leaf extract mixed with oil and its local massage is used in relieving insomnia.⁵¹
- It is used in the pacification of *Vata* and *Kapha Dosha*.⁵²
- **Shotha** – its paste is locally applied which act as a pain killer and get relieved from burning sensation.⁵³

DISCUSSION

From the vast treasure of *Ayurveda*, we choose *Changeri* for review the reason behind this is to collect evidence-based knowledge and give a contribution to *Ayurvedic* literature. *Changeri* is a very common plant that can grow easily in lawns area, spare plant pots and anywhere in slightly moist soil. It is quite appealing due to its taste. Like most of the plants around us, *Changeri* is also ignored by everyone, as it has many health benefits, and it is a part of many *Ayurvedic* formulations⁵⁴. It is mostly considered as *Deepana*⁵⁵ (only enhance digestive fire) and *Ruchya*⁵⁶ (appealing) *Dravya*, but *Acharya Bhavmishra* also considers it *Grahi*⁵⁷ (act as storage of food particle in the stomach for its proper digestion). Maybe due to its *Grahi Karma* he states that it is useful in *Atisar*⁵⁸ (Diarhea). As we already discussed in the introduction that *Atisar* can be an individual disease or can be the symptoms of other disorders. In the *Ayurvedic* classical texts Guru (heavy), *Ushna* (hot potency), *Asatmya* (abnormal diet), *Ashasta* (poor diet), *Virasa* (without any taste) which cause *Mansika Aghata* (Mental trauma) that causes *Mandagni* (decreased potency of digestive fire to digest the food) which is responsible for the occurrence of *Atisar*⁵⁹. The drug *Changeri* is basically of *Amla Rasa*⁶⁰ (sour) which is *Agni* and *Prithvi Mahabhuta Pradhana* (earth-fire-qualities-dominance) which makes this plant easy to digest because it is the quality of *Agni* and *Prithvi Mahabhuta* that it stimulates digestive fire and promote the digested food to go downward for excretion. This *Amla Rasa* enhances

digestive fire and helps indigestion. *Madhura*⁶¹ and *Kasaya Rasa*⁶² are also observed by some *Ayurvedic Acharya's*. *Madhura Rasa* is *Prithvi* and *Jal Mahabhuta Pradhana*. The nature of both of these *Mahabhutas* is having downward movement. They provide bulk to the food particles and give them shape. At last, *Kasaya Rasa* is *Vaya* and *Prithvi Mahabhuta Pradhana*. The combination *Vayu* and *Prithvi* give food particles a shape and helps in the downward movement of digested food particles. While considering *Changeri's* other properties like its *Guna* which is *Laghu* (light), *Ushna* (hot) and *Ruksha* (dry) we again conclude that its *Guna* is of *Vayu* and *Agni Mahabhuta Pradhana*. The *Virya* of *Changeri* is *Ushna* (hot potency) which is again *Agni Mahabhuta Pradhana* and *Changeri* is *Madhura Vipaki* which shows the dominance of *Prithvi* and *Jala Mahabhuta*. In *Changeri* we have four *Mahabhuta* combinations. All the four *Mahabhuta's* work in this sequence, *Prithvi* give bulk to the food particles and promote them to move downward, *Jal* binds the food particles with one another and give shape to them also it helps to maintain the moisture in the gut. *Agni* helps in the proper digestion of food particles. *Vayu* helps in the movement of food particles and give a proper environment for digestion also it helps the excretion of waste material from the body and supplies the required nutrients to the cells. *Atisar* is a diseased condition having symptoms like watery stool and abdominal pain, both of these symptoms having disturbed *Mahabhuta (Prithvi-Ja-Vayu-Agni)* combination in the body which we pronounced *Atisar*. Now we can easily say that *Changeri* can help in the treatment of *Atisar*.

CONCLUSION

After studying the reasons behind *Atisar* occurrence and qualities of *Changeri* we can say that if *Changeri* used as the line of treatment for *Atisar* it will give good results. We also request to other research scholars kindly give attention to the plants like *Changeri* and take their health benefits.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Ritu et al: A Review Article On The Efficacy Of Changeri In The Management Of Atisara. International Ayurvedic Medical Journal {online} 2022 {cited March 2022} Available from: http://www.iamj.in/posts/images/upload/680_686.pdf