



1. REVIEW OF LITERATURE

Drug review:

A. Markandika

मार्कण्डिका जयेत् कुष्ठमूर्ध्वधः कायशोधनी ॥ विषदुर्गन्धकासघ्नी गुल्मोदरविनाशनी ।

तन्मूलं तु सरं रक्तपित्ततृणमोहनाशनम् ॥ स्वादु पाकेऽनिलहरं गुरु शुक्रक्षयापहम् ।

कृमिकहप्लीहहर ओपायका टीपन वर्णकृत ॥ मार्कण्डिका कुष्ठहरी ऊर्ध्वधः कायशोधनी।

विषदुर्गन्धकासघ्नी गुल्मोदरविनाशनी ॥ भावप्रकाश – गुडूच्यादिवर्ग

The verse states that *Markandika* is a potent herb that acts as a powerful purifier, cleansing the body both upwards and downwards. It is effective in addressing toxic conditions, foul-smelling cough, and tumors of the abdomen. Additionally, it is beneficial in managing ascites and enlargement of the abdomen.¹

B. Madhurika

तिक्ता स्वादुर्हिमा वृष्या दुर्नामक्षयजित् मिशिः ॥ क्षतक्षीणहिता बल्या वातपित्तासदोषजित् ॥ धन्वन्तरि निघण्टु

मिश्रेया कटुका पाके रसे तीक्ष्णा चाग्निकृत् लघुः । रुक्षोष्णा बद्धविट् हृद्या कृमिशुक्रानिलापहा ॥

फलं दाहारुचिर्छर्दि कासश्लेष्म अनिलप्रणुत् ॥ कैयदेव निघण्टु

मिश्रेया तद्गुणा प्रोक्ता विशेषात् योनिशूलनुत् । आग्निमान्द्रयहरी हृद्या बद्धविट् कृमिशुक्रहत् ॥

रुक्षोष्णा पाचनी कासवमिश्लेष्मानिलान् हरेत् ॥ भाव प्रकाश

Madhurika is usefull in the *Durnama Kshayajit* - chronic respiratory conditions like tuberculosis that cause emaciation, strengthening the body after injuries (*Kshataksheenahita*), improving digestion (*Agnikrut*), supporting heart health (*Hrudya*), relieving female reproductive system pain (*Yonishoolarnut*), addressing worm infestations (*Krumi*), combating constipation (Baddhavit), mitigating *Vata* imbalances (*Anila*), soothing burning sensations (*Daha*), improving appetite (*Aruchi*), and alleviating cough and cold (*Kasa*).^{2,3}

C. Haritaki

व्रण्यं उष्णं सरं मेध्यं दोषघ्नं शोथकुष्ठनुत् । कषायं दीपनं चाम्लं चक्षुष्यं चाभया फलम् ॥ - सुश्रुत संहिता सूत्रस्थान

४६

हरीतकी पञ्चरसाऽलवणा तुवरा परम् । रुक्षोष्णा दीपनी मेध्या स्वदुपाका रसायनी ॥

चक्षुष्या लघुरायुष्या बृंहणी चानुलोमनी । श्वासकासप्रमेहार्षः कुष्ठशोथोदर क्रिमीन् ॥ भावप्रकाश

Haritaki (*Terminalia chebula*), a key herb in Ayurveda, is renowned for its diverse pharmacological properties. Rich in tannins, flavonoids, and glycosides, it exhibits antioxidant, anti-inflammatory, antimicrobial, and hepatoprotective effects. Traditionally used in Eye disorder, *Haritaki* supports



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digestion, detoxification, and rejuvenation. Research highlights its role in neuroprotection, wound healing, and metabolic regulation, including hypoglycemic and lipid-lowering activities. Molecular studies suggest its potential in cancer prevention via apoptosis induction and oxidative stress modulation. *Haritaki* also enhances cognitive function and gut microbiota balance. Its therapeutic potential warrants further clinical validation for integrative medicine applications.^{3,4}

D. Amalaki

वयस्यामलकी वृष्या जातीफलरसं शिवम् ।

धात्रीफलं श्रीफलं च तथामृतफलं स्मृतम् ॥ त्रिव्यामलकमाख्यातं धात्री तिष्यफलाऽमृता ॥ ३८ ॥

हरीतकीसमं धात्रीफलं किन्तु विशेषतः । रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम् ॥ ३९ ॥

हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः । कफं रुक्षकषायत्वात्फलं धाग्यास्त्रिदोषजित् ॥ ४० ॥

यस्य यस्य फलस्येह वीर्यं भवति यादृशम् । तस्य तस्यैव वीर्येण मज्जानमपि निर्दिशेत् ॥ ४१ ॥

Vaysya, amalaki, vrishya, jatifala, shiv, dhatriphala, shrifala, and amritfala are various synonyms of this herb. *Amalak, dhatri, tishyafala* and *amrita* are Sanskrit names of amla. All the effects of this herb are equivalent to *haritaki*. Special features of this herb is to cure bleeding disorders (*rakta pitta*) and diabetes (*prameha*). It is aphrodisiac (*virshya*) and anti-ageing (*rasayan*). Its sour taste is used to pacify vata dosha, sweet taste and cool effects help to pacify pitta dosha and dry (*rookash*) and pungent taste pacifies *kapha* dosha in body. Hence this herb is used to make the equilibrium of *tridosha*. *Virya* of seeds and fruits are also same.⁶

E. Bibhitaki

बिभीतकखिलिङ्गः स्यादतः कर्षफलस्तु सः । कलिदुमो भूतवासस्तथा कलियुगालयः ।

विभीतकं स्वादुपाकं कषायं कफपित्तनुत् । उष्णवीर्यं हिमस्पर्शं भेदनं कासनाशनम् ॥ ३६ ॥

रूतं नेत्रहितं केश्यं कृमिवैस्वर्यनाशनम् । विभीतमज्जातृच्छर्दिफवातहरी लघुः ॥

कषायो मदकृच्चाथ धात्रीमज्जाऽपि तद्गुणः ॥ ३७ ॥

Aksh, karshfala, kalidrum, bhootvaas and *kaliyugalya* are various synonyms of this herb. It has astringent taste and after digestion it is sweet in taste, pacifies *kapha* and *pitta dosha* and possesses cooling effects and hot potency. *Bibhitaki* is used in purgation therapy, cough, eye and hair problems, worm infestation and voice hoarseness. Seed kernel is astringent in taste, narcotic, easy to digest and used to cure thirst. It is also used to pacify *kapha* and *vata dosha* and to induce purgation therapy.⁷

F. Dhanyaka

धान्यकं धानकं धान्यं धाना धानेयकं तथा । कुनटी धेनुका छत्रा कुस्तुम्बुरु वितुन्नकम् ॥ ८६ ॥

धान्यकं तुवरं स्निग्धमवृष्यं मूत्रलं लघु । तिक्तं कटूष्णवीर्यञ्च दीपनं पाचनं स्मृतम् ॥ ८७ ॥

ज्वरघ्नं रोचकं ग्राहि स्वादुपाकि त्रिदोषनुत् । तृष्णा दाहत्र मिश्रासकास काश्यं क्रिमि प्रणुत् ॥ ८८ ॥

आर्द्रन्तु तद्गुणं स्वादु विशेषात्पित्तनाशनम् ॥ ८९ ॥



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It states the names and properties of *dhaniya*. It is known as *dhanyaka*, *dhanak*, *dhanya*, *dhana*, *dhanyak*, *kunti*, *dhenuka*, *chhtra*, *Kusutumburu* and *Vitunnaka*. It is astringent in taste, unctuous, diuretic, light, bitter and pungent in taste. It has hot potency, promotes digestive fire and manages all kind of fever. This pacifies all three doshas, excessive thirst, burning sensation in the body. It controls thinness, cough and respiratory diseases. Fresh *dhaniya* is same in all prospective but has sweet in taste and pacify specially pitta.

G. Surabhinimba

कैडर्योऽन्यो महानिम्बो रामणो रमणस्तथा । गिरिनिम्बोमहारिष्टः शुक्लशालः कफाह्वयः ॥१३॥

कैडर्यः कटुकस्तिक्तः कषायः शीतलो लघुः । सन्तापशोषकुष्ठाम्रक्रिमिभूतविषापहः ॥१४॥ राजनिघण्टु – प्रभद्रादिवर्ग

M. koenigii is a source of several bioactive compounds, including alkaloids, polyphenol, terpenoids, and flavonoids. *M. koenigii* and its derivatives appear to exhibit appreciable pharmacological activities, like anticarcinogenic, proapoptotic, antiangiogenic, antimetastatic, immunomodulatory, and antioxidant properties. The molecular mechanisms underlying these activities of *M. koenigii* and its derivatives are due to their diversified role in combinations of cell signaling pathways at multiple levels in various diseases. *M. koenigii* and its derivatives mitigate oxidative stress, neurotoxicity, neuroinflammation, neuronal loss, and cognitive dysfunctions.⁸

Taste (*Rasa*) - Astringent, Bitter and Sweet taste

Vipaka (Taste after digestion) - *Katu* (Pungent)

Guna (Qualities) - *Laghu* (light to digest), *Snigdha* (Unctuous)

Virya (Potency) - *Shita* (Cold)

Action (*Karma*) - *Ruchya* (improves taste), *Deepana* (Kindles digestive fire), *Pachana* (Improves digestion), *Vishagna* (Antitoxic), *Varnya* (improves complexion)⁹

H. Trivrut

श्वेता त्रिवृद्रेचनी स्यात्स्वादुरुष्णा समीरहत् । रुक्षा पित्तज्वर श्लेष्म पित्तशोथोदरापहा ॥

श्यामा त्रिवृत्ततो हीनगुणा तीव्रविरोचिनी । मूर्च्छादाह मदभान्ति कण्टोत्कर्षणकारिणी ॥ (भा.प्र)

Operculina turpethum is considered the best herb for easy purgation due to its strong, pungent, and piercing nature, making it effective for weight loss and relieving constipation. It is beneficial in treating worm infestations and infected wounds. The herb is also useful in managing ascites, fever, and inflammation. Additionally, it helps in conditions like anemia and early-stage liver disorders. *Operculina turpethum* is known to support spleen health, particularly in splenomegaly, and is beneficial for heart disorders. It is also effective in managing gout and relieving bloating and abdominal distension.¹⁰

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शुण्ठी रुच्यामवातघ्नी पाचनी कटुका लघुः । स्निग्धोष्णा मधुरा पाके कफवातविबन्धनुत् ॥४२॥

वृष्या स्वर्या बमिश्रासशूलकासहृदामयान् । हन्ति लीपदशोथार्श आनाहोदरमारुतान् ॥४३॥

आग्नेयगुणभूयिष्ठं तोयांशपरिशोषि यत् । संगृह्णाति मलं तत्तु ग्राहि शुण्ठ्यादयो यथा ॥४४॥

विबन्धभेदिनी या तु सा कथं ग्राहिणी भवेत् । शक्तिर्विबन्धभेदे स्याद्यतो न मलपातनो ॥४५॥ (भा.प्र)

Dry ginger is unctuous, promotes digestion, aphrodisiac, hot in potency, balances *Vata* and *Kapha*, sweet in *Vipaka*, cardio-tonic and palatable. Usually, herbs which are *Grahi* (absorbent) are not useful in constipation. But Ginger is an exception. For this, *Bhavaprakasha* says that ginger is absorbent for sure and is a mild laxative. It helps to break down the stool mass but does not help in its expulsion (*na tu mala patane*).¹¹

J. Khanda Sita

सिताखण्डोऽतिमधुरश्चक्षुष्यछर्दिनाशनः । कुष्ठव्रणकफश्वास हिक्कापित्तसदोषनुत् ॥१०९॥ Raja Nighantu Paniyadi Varga
According to Raja Nighantu, crystallized natural sugar is considered *Chakshushya*, meaning it is beneficial for eye health. It is also useful in managing vomiting (*Chardi*), skin disorders (*Kushta*), and healing ulcers and wounds (*Vrana*). Additionally, it helps relieve respiratory conditions associated with excessive sputum (*Kapha Shwasa*), as well as persistent hiccups (*Hikka*). It is effective in treating bleeding disorders (*Pittasra*) and acts as a natural detoxifier (*Doshanut*), helping to balance bodily toxins.¹²

2. SUPPORTIVE DOCUMENTS FOR STUDY

Sr. No.	Title of The Article & Author	Findings of the Study	Remark of Scholar
1	A Clinical Study of Haritaki Mixed with Gavya Ghritain Vibandha with special reference to Samyoga Guna - Monalisa Hansda et all. July 2022. ¹³	It emphasizes the significance of Samyoga Guna (the quality of combination) in enhancing therapeutic outcomes. Results indicate potential improvements in bowel movement and overall digestive health among participants.	- Small sample size - Analytical study is not done. - The findings could pave the way for further research into natural treatments for digestive issues, promoting a holistic view of health management.
2	An open-label, prospective clinical study to evaluate the efficacy and safety of	After 14 days of treatment, mean weekly bowel movements significantly increased from 10.19 to 18.29 (P<0.05). Toilet time decreased from 11.02 to 8.70 minutes (P<0.05), indicating improved efficiency in bowel evacuation.	This study highlights TLPLAY012008, an Ayurvedic formulation, as a potential treatment for functional constipation. Significant



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	TLPL/AY/01/2008 in the management of functional constipation - Renuka Munshi et all. – July 2011. ¹⁴	Additionally, stool quality improved, with Bristol stool form scores rising from 2.97 to 4.61 (P<0.05). These findings suggest enhanced gastrointestinal function and improved stool consistency with treatment.	improvements in bowel movements and symptoms suggest its effectiveness. The trial reported no serious adverse events, ensuring a favorable safety profile. However, larger studies are needed to confirm long-term efficacy and safety across diverse populations. These findings emphasize the role of traditional medicine in managing digestive health.
3	Clinical Evaluation of Three Source Drugs of Trivrut on Purishaja Anaha (Constipation): Randomized Comparative Double- blind Clinical Study- Rasika Kolhe et al. March 2018. ¹⁵	The study assessed the efficacy of Operculina turpethum, Marsdenia tenacissima, and Operculina petaloidea in treating Purishaja Anaha (constipation). Operculina turpethum demonstrated the best outcomes, with moderate improvement in 36.67% of patients and mild improvement in 70%. In contrast, Marsdenia tenacissima showed insignificant results in 63.33% of cases. Overall, Operculina turpethum and Operculina petaloidea were more effective than Marsdenia tenacissima.	The randomized, double-blind design ensures credibility, and the statistical analysis strengthens its findings. Operculina turpethum emerged as the most effective, while Marsdenia tenacissima showed minimal benefits. However, the small sample size and short treatment duration highlight the need for larger, long-term studies to confirm these results.
4	The effect of a fennel seed extract on the STAT signaling and intestinal barrier function- Barun Das et al. July 8, 2022. ¹⁶	This study found that fennel seed extract enhances intestinal barrier integrity by increasing TEER and tight junction proteins in T84 cells and DSS- induced colitis mice. It significantly reduced phosphorylated STAT1, inhibiting inflammatory signaling. Mice treated with the extract showed lower ulcer indices and reduced inflammation. These findings suggest fennel seed extract as a	This study provides compelling evidence for the protective effects of fennel seed extract on intestinal barrier function and inflammation. By demonstrating its ability to enhance TEER, upregulate tight junction proteins, and inhibit STAT1 activation, the research



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		potential adjunctive therapy for IBD, protecting gut integrity and modulating inflammatory pathways.	highlights its potential as an adjunctive therapy for inflammatory bowel disease (IBD). The findings bridge traditional herbal medicine with modern molecular research, warranting further clinical studies to validate its therapeutic efficacy.
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