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FORMULATION & SUBMISSION OF "AVIPATTIKARA CHURN"

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❖ ABSTRACT

Avipattikara Churna is one of the most effective Ayurvedic formulations to manage health problems due to an imbalance of Pitta dosha like acidity, indigestion and heartburn. These are either due to lack of physical activities, sedentary lifestyle or due to unhealthy eating habits.

Avipattikara Churna helps reduce excessive heat generated due to an imbalance of Pitta dosha and provides a cooling effect inside the body.

❖ KEYWORDS

Shunthi *(Zingiber officinale)*

Maricha *(Piper nigrum)*

Pippali *(Piper longum)*

Haritaki *(Terminalia chebula)*

Vibhitaka *(Terminalia bellerica)*

Amalaki *(Emblica officinalis)*

Musta *(Cyperus rotundus)*

Salt *(Vida Lavana)*

Vidanga *(Embelia ribes)*

❖ INTRODUCTION.

➢ AVIPATTIKARA CHURN.

Avipattikara Churna is one of the most effective Ayurvedic formulations to manage health problems due to an imbalance of Pitta dosha like acidity, indigestion and heartburn. These are either due to lack of physical activities, sedentary lifestyle or due to unhealthy eating habits.
Avipattikara Churna helps reduce excessive heat generated due to an imbalance of Pitta dosha and provides a cooling effect inside the body.

Avipattikara churna is an herbal mineral remedy used in Ayurvedic medicine to treat digestive problems, such as acid reflux, indigestion, constipation, and
gas. The remedy is believed to relieve symptoms of gastrointestinal problems related to excessive Acidity

Avipattikara churna and some of its ingredients have been investigated in
scientific studies. However, most of these studies were performed in vivo (petri dish studies) or in animals. More study is needed to confirm the benefits of Avipattikara churna in humans.

➢ WHAT IS AVIPATTIKARA CHURN ?

Avipattikar churna is an Ayurvedic formulation comprised of powdered herbs. Like many Ayurvedic polyherbal formulations, Avipattikar churna is typically prescribed for gastrointestinal problems
In particular, Avipattikar churna is believed to be tailored for the treatment
of *amlapitta*, an Ayurvedic term that refers to excessive acidity in the stomach. Amlapitta may present as several conditions, including gastritis, heartburn, gastric ulcer, and upset stomach.

✓ Avipattikar churna contains 14 different Ayurvedic herbs

- Shunthi *(Zingiber officinale)*
- Maricha *(Piper nigrum)*
- Pippali *(Piper longum)*
- Haritaki *(Terminalia chebula)*
- Vibhitaka *(Terminalia bellerica)*
- Amalaki *(Emblica officinalis)*
- Musta *(Cyperus rotundus)*
- Salt *(Vida Lavana)*
- Vidanga *(Embelia ribes)*
- Ela *(Amomum subulatum)*
- Patra *(Cinnamomum tamala)*

- Lavanga *(Syzygium aromaticum)*
- Trivrit *(Operculina turpethum)*
- Khanda sharkara (sugar candy)

Avipattikar churna can be found in supplement form. You can also make Avipattikar churna if you have access to all of its ingredients and the ability to grind them into a powdered form.

Almost 50% of Avipattikar churna is comprised of *khanda sharkara*, a traditional form of raw sugar widely used in Ayurvedic medicine. The second major ingredient is trivrit, at 33.33% of the formulation. Lavanga is the third largest component, at 8.33%. The remaining 11 ingredients are minimal in quantity, each representing $1/11^{th}$ of the Avipattikar churna formulation.

❖ HISTORY

Avipattikara Churna is a well-established Ayurvedic herbal remedy, traditionally used to manage digestive issues like hyperacidity, gas, and bloating.

It's a poly-herbal formulation, meaning it's made from a combination of various herbs, known for their ability to support healthy digestion and balance the pitta dosha (one of the three fundamental energies in Ayurveda).

Avipattikara Churna has been a part of the Indian Ayurvedic tradition for centuries, with its use documented in various classical texts.

While specific historical figures aren't directly associated with its creation, the formulation is a testament to the collective knowledge and practice of Ayurvedic practitioners throughout history.

❖ **INGREDIENTS.**

✓ **AVALA :**

- **Synonyms** :- Amalki, Aonla, Malaka.
- **Family** :- Phyllanthaceae , Phyllanthus Emblica.
- **Geografical source** :- Amla, also known as Indian gooseberry, is native to tropical and subtropical regions of Asia, with its primary source being India. It's now cultivated in various other countries:
- **Biological source** :- The biological source of amla, or Indian gooseberry, is the fruit of the Phyllanthus emblica tree. This deciduous tree, also known as Emblica officinalis, belongs to the Euphorbiaceae family.
- **Chemical Constituents** :- Amla (Emblica officinalis) contains various chemical constituents, including high amounts of ascorbic acid (vitamin C), tannins, ellagitannins, Emblicanin A and B, Gallic Acid, Quercetin.

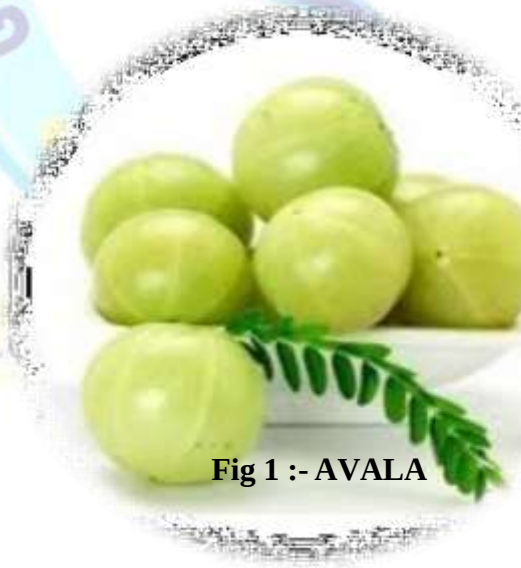

Fig 1 :- AVALA

✓ **HIRADA :-**

- **Botanical Name**:-Terminalia chebula , Haritaki (Sanskrit)
- **Family Name**:- Combretaceae
- **Geographical Source** :- India ,Nepal,Sri Lanka,Myanmar
- **Biological Source** :- It is derived rom the plant Teminalia chebula Rete., which belongs to family of Combretaceae.

- **Chemical constituents** :- Hirada (Terminalia chebula), also known as Haritaki, contains a variety of chenicg constituents, including tannins, flavonoids, alkaloids, Chebulinic Acid, Gallic Aoid Corilagin
Punicalagin, and other compounds.

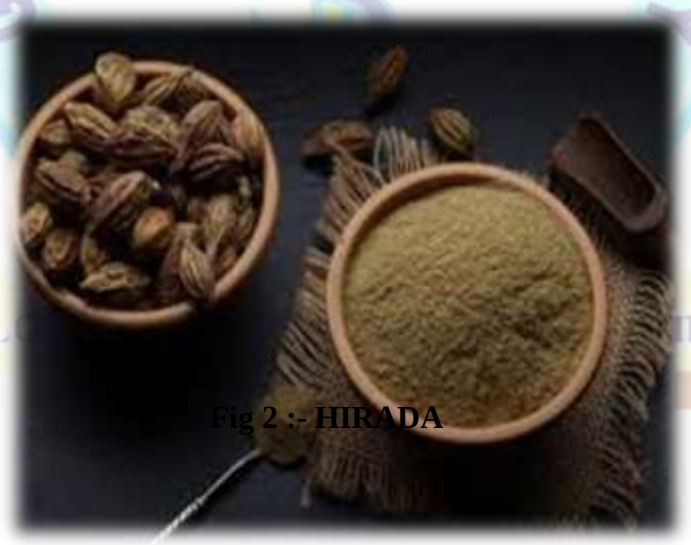

Fig 2 :- HIRADA

✓ **BEHADA :-**

- **Synonym:-** Terminalia bellirica, Bibhitaki,
- **Family** :- Combretaceae.
- **Geographical Source**:- Found commonly in India, Sri Lanka, Nepal, Pakistan, and Southeast Asia.
- **Biological sources:-** It is derived from the plant Terminalia bellirica (Gaertn.) Roxb., which belongs to the family Combretaceae.
- **Chemical Constituents**:- Behada contains various chemical constinuents, including tannins like chebulagic acid.ellagic acid, and Galic acid, as well as glycosides, flavonoids, and other compounds Corilagin.

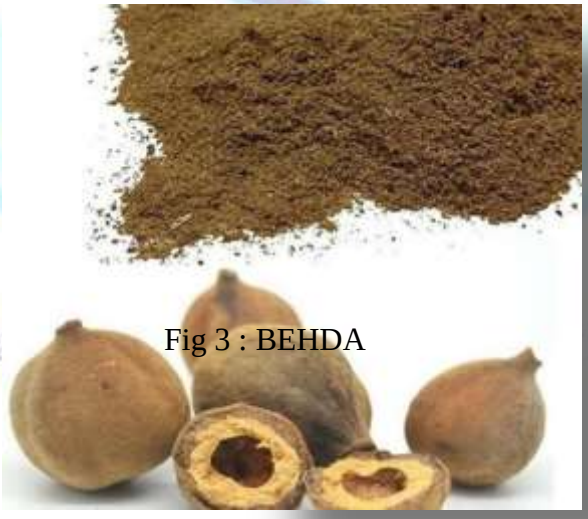

Fig 3 : BEHDA

✓ **SUNT :-**

- **Synonyms:-** Dry ginger, Zingiberis Rhizoma Siccatum, Sunth.
- **Family:-** Zingiberaceae
- **Biological Source:-** It is obtained from the dried rhizome of Zingiber officinale Roscoes belongs to family of Zingiberaceae.
- **Chemical Constituents :-** compounds like gingerols, shogaols, and paradols, and terpene compounds such as zingiberene and bisabolene.

Fig 4 : SUNT

✓ **MISHRI :-**

- **Synonyms:**- Rock sugar, Crystallized sugar, Candy sugar .
- **Family :-** Poaceae (since the original source is sugarcane).
- **Biological source :-** It is primarily derived from sugarcane juice.
- **Geographical Source :-** Widely produced in India, Pakistan, Sri Lanka, Thailand.
- **Chemical Constituents :-** It is primarily composed of crystallized sugar, derived from either sugarcane juice or palm sap.

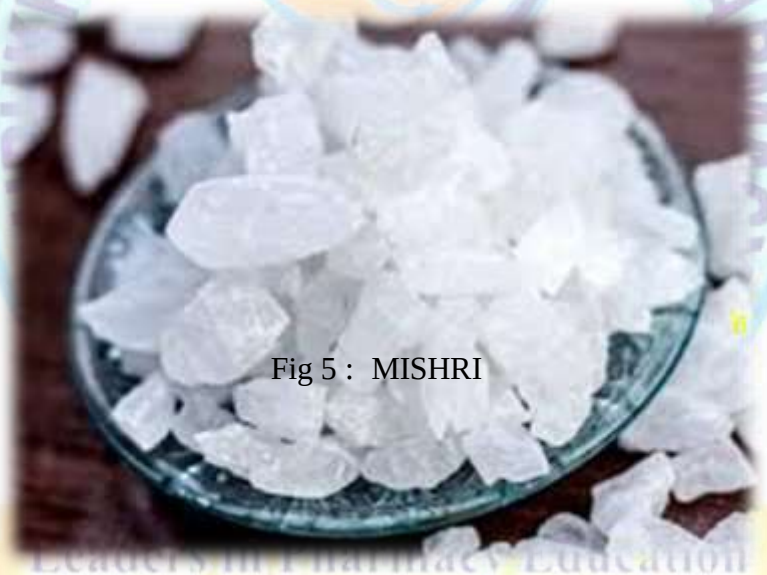

Fig 5 : MISHRI

✓ **PIPPALI :-**

- **Synonyms :-** Piper longum ,Long Pepper, Indian Long Pepper.
- **Family :-** Piperaceae.
- **Geographical Source :-** India (Western Ghats, Assam, Uttar Pradesh, Madhya Pradesh.
- **Biological Source :-** It is derived from the fruit and sometimes root of the plant Piper longum. It is a perennial climber with woody roots and heart- shaped leaves .
- **Chemical Constituents :-** Pippali (Piper) longum contains a variety of chemical constituents, including alkaloids, amides, essential oils, and lignans. Key compounds include piperine, piplartine, piperlongumine, and sesamin.

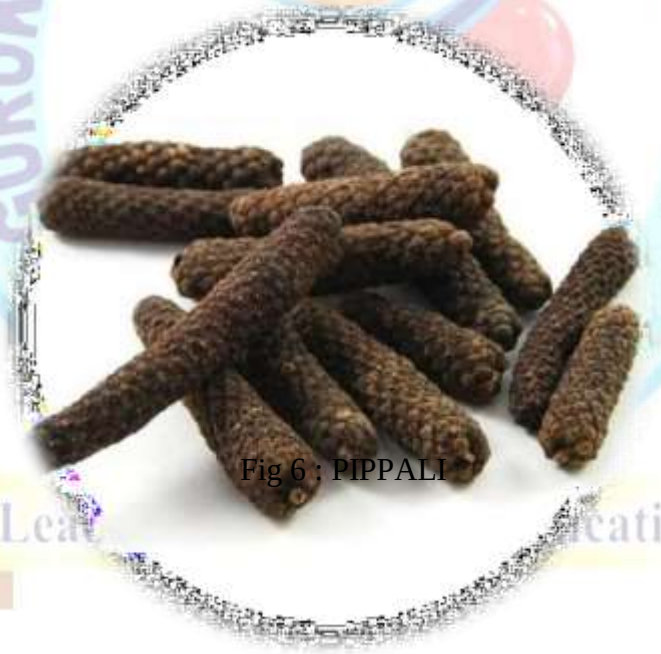

Fig 6 : PIPPALI

✓ **ILAYACHI :-**

- **Synonyme :-** Green Cardamom, True Cardamom, Lesser CardamomSources.
- **Family :-** Zingiberaceae (Ginger family)
- **Geographical** :- Southern India (especially the Western Ghats), (Kerala, Karnataka, Tamil Nadu)
- **Biological source** :- It is obtain from deried fruits of grand belong family of Zingiberaceae.
- **Chemical Constituents** :- 1,8-Cineole (Eucalyptol) – Main aromatic compound Terpinyl acetate, Linalool . Cardamom's chemical composition primarily includes essential oils, proteins, fixed oils, and starch.

Fig 7 : ILAYACHI

✓ **TEJPATTA :-**

- **Synonyms** :- Indian Bay Leaf, Tamalpatra, Cinnamomum tamala, and Indian cassia.
- **Family** :- Lauraceae (Laurel family)
- **Biological Source** :- It is dried leaves of Cinnamomum tamala (Buch.-Ham.) Nees & Eberm.
- **Geographical Source** :- Native to India especially:Sikkim,Assam,Arunachal Pradesh.
- **Chemical Constituents** :- Essential oils (major component: Cinnamaldehyde). Tejpatra (Cinnamomum tamala), also known as Indian Bay Leaf or Malabar Bay Leaf, contains several important chemical constituents

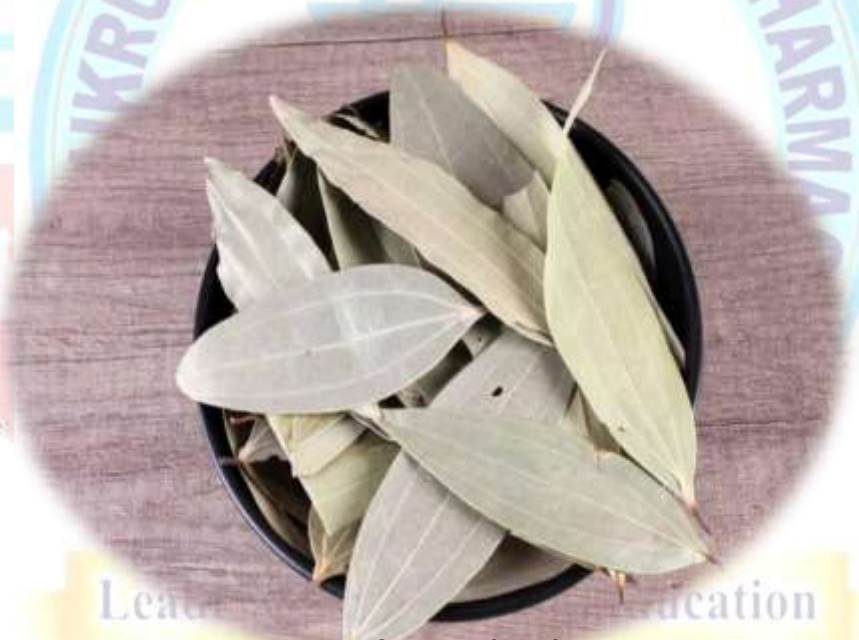

Fig 8 : TEJPATTA

✓ **BID LAVAN :-**

- **Synonym** :- Vitex negundo , Bid Lavan .
- **Family** :- Lamiaceae
- **Biological Source** :-It consists of the dried leaves (sometimes roots and seeds) of Vitex negundo Linn.belongs to family Lamiaceae.
- **Geographical Source** :- Native to South and Southeast Asia, Russia
- **Chemical Constituents** :- Flavonoids: Casticin, Isocasticin, Alkaloids, It's prepared using a specific method, often involving the mixture of rock salt, sajjikshar, and powders of haritaki and amalaki, heated to create an ash-like form.

Fig 9 : BID LAWAN

✓ **DALCHINI :-**

- **Synonym** :- Cinnamon
- **Family** :- Lauraceae
- **Biological Source** :- It is the dried inner bark of the tree Cinnamomum zeylanicum Blume. Belongs to family Lauraceae
- **Geographical Source** :- Native to Sri Lanka (Ceylon).kerala,kannad.
- **Chemical Constituents** :- Volatile oils (0.5–1%), Cinnamaldehyde, Eugenol ,Tannins, Mucilage. key components include eugenol, cinnamyl acetate, and caryophyllene. Cinnamon also contains other minor constituents like linalool and benzyl benzoate.

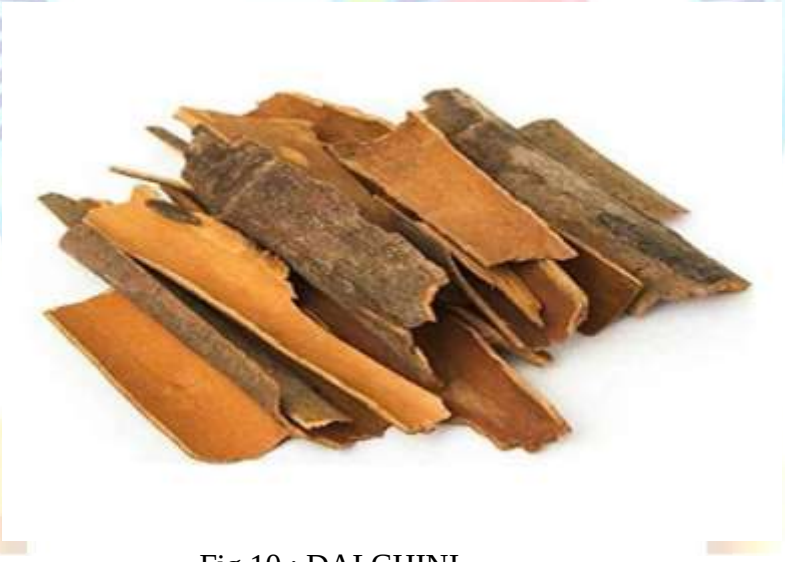

Fig 10 : DALCHINI

✓ **Musta :-**

- **Synonym** :- Nut Grass, Nutgrass, Purple nutsedge, or Nagarmotha
- **Family** :- Cyperaceae
- **Biological Source**:- It consists of dried rhizomes (underground stems) of Cyperus rotundus Linn.
- **Geographical Source**:- Widely distributed in India, Sri Lanka, China, Africa.
- **Chemical Constituents**:-5 Essential oils (0.5–1.5%), Cyperene , Rotundene . Cyperus rotundus, contains various chemical constituents, including essential oils, terpenes, and flavonoids.

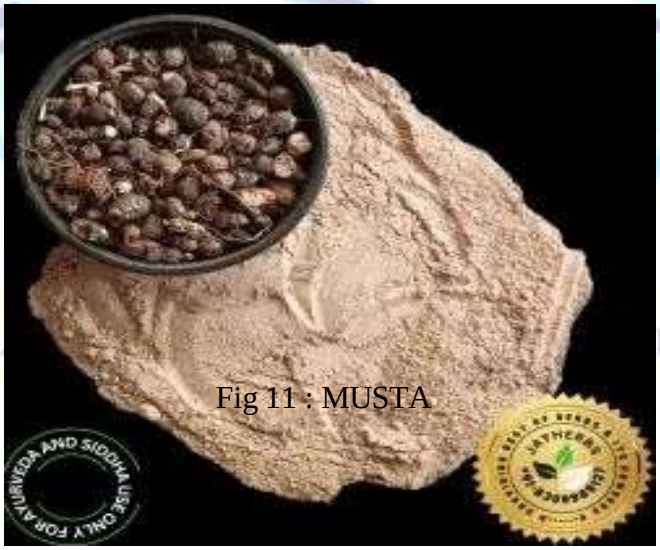

Fig 11 : MUSTA

✓ **Lavang (Clove):-**

- **Synonym**:- Clove , Lavang, kirambu (Tamil).
- **Family**:- Myrtaceae.
- **Biological Source:-** It consists of the dried flower buds of Syzygium aromaticum (L.) Merr. & L.M. Perry. belongs to family myrtaceae
- **Geographical Source:-** India (Kerala, Tamil Nadu)
- **Chemical Constituents:-** Volatile oil (14–21%) mainly Containin . The primary chemical component of clove oil is eugenol, making up a significant portion of the oil (70-90%).

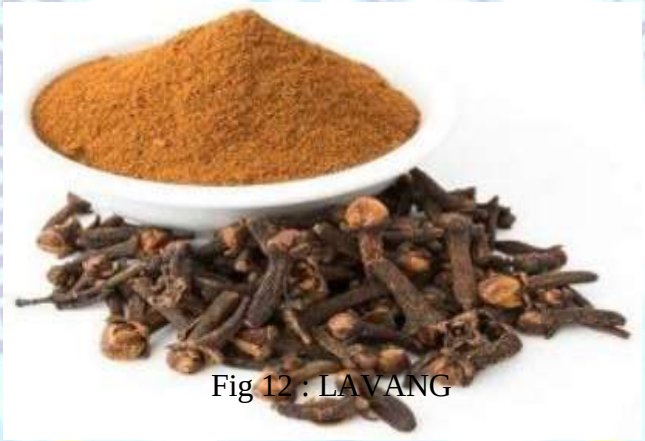

Fig 12 : LAVANG

✓ **Nishottari :-**

- **Synonym:-** Nishoth, Operculina turpethum, Syama, Tribandi, Teudi, Tvuri, Dhdhakalami, Terpeth Root, Indian Jalap
- **Family:-** Convolvulaceae.
- **Biological source:-** It is obtained from the dried roots of Operculina turpethum (L.) Silva Manso belong to family Convolvulaceae.
- **Geographical source:-** Found mainly in India — in dry and warm regions, like Rajasthan, Gujarat, etc.
- **Chemical constituents:-** Glycosides (e.g., turpethin),Resins,Starch,Sugars,Triterpenoids. glycosides resin, volatile oil, glucose and fructose which are responsible for the treatment of a variety of chronic diseases.

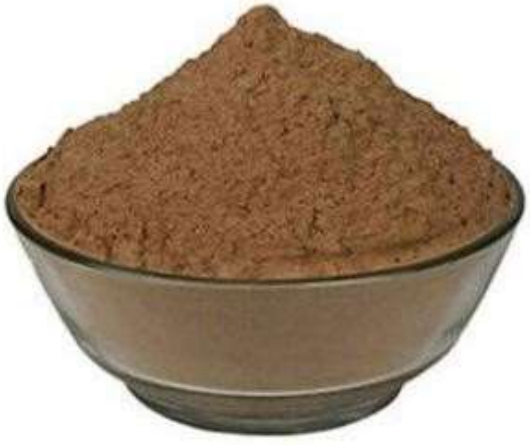

Fig 13 : NISHOTTARI

✓ **Miri :-**

- **Synonyms:-** Kali Mirch
- **Family:-** Piperaceae (Pepper family)
- **Geographical Source:-** South India (especially Kerala).Also widely grown in:Vietnam (largest producer today) , etc.
- **Chemical Constituents:-** Piperine, Essential oils, Chavicine, Starch. The term "miri" can refer to several things, including a plant (Wrightia tinctoria), an astronomical instrument (MIRI on the James Webb Space Telescope), or a river (Miri River in Sarawak, Malaysia).

Fig 14 : MIRI

❖ **CULTIVATION OF PRODUCTS :-**

➢ **AVALA** :-

1. **Climate and Soil Requirements**

- **Climate:** Grows well in tropical to subtropical climates; tolerates high temperatures and frost.
- **Soil:** Prefers well-drained loamy to light clay soils; pH 6.5 to 8.0; tolerant of salt and drought.

2. **Propagation**

- **By Seeds:** Less common for commercial cultivation due to genetic variability.
- **By Grafting/Budding:** Budding on 1–2-year-old rootstocks is preferred for consistent yield and quality.

3. **Planting**

- **Spacing:** 6 × 6 meters between plants.
- **Pit Size:** 1 × 1 × 1 meter pits filled with FYM (farmyard manure), soil, and neem cake.
- **Best Time to Plant:** June to August (monsoon season).

- **HIRADA** :-

1. **Climate and Soil Requirements**

- **Climate**: Prefers subtropical to tropical climates with moderate to high rainfall (1000–2000 mm annually).
- **Temperature**: Thrives in temperatures between 15°C to 35°C.
- **Altitude**: Grows well up to 1500 meters above sea level.
- **Soil**: Well-drained, sandy loam or loamy soils are ideal. Slightly acidic to neutral pH (5.5–7.5). Avoid water-logged areas.

2. **Propagation**

- **Seeds**: Most commonly propagated by seeds, although stem cuttings can also be used.
- **Seed Treatment**: Soak seeds in water for 24 hours or use gibberellic acid for better germination.
- **Germination Rate**: About 60–70%, germination takes 15–30 days

3. **Planting**

- **Spacing**: 8 m × 8 m spacing is recommended for plantation.
- **Pits**: Dig pits of size 60 cm × 60 cm × 60 cm, filled with a mix of soil and compost or well-rotted FYM (farmyard manure).
- **Season**: Best time for planting is monsoon season.

➢ **SUNT (Dried Ginger)**

1. Climate and Soil Requirements

- **Climate**: Warm and humid tropical or subtropical climates. Ideal temperature: 24°C–30°C.
- **Rainfall**: Requires **1500–3000 mm** annual rainfall or controlled irrigation.
- **Soil**: Well-drained, loamy or sandy loam soils rich in organic matter. pH: 5.5–6.5.
- Avoid waterlogging – it can cause rhizome rot.

2. Varieties for Dry Ginger

- Select varieties with high dry recovery and fiber content:
- Varada
- IISR Varada
- Rio-de-Janeiro, Maran, Thingpui (Manipur)
- Good dry recovery rate: 16%–25% from fresh rhizomes.

3. Propagation

- It is vegetative, using pieces of rhizome (seed rhizomes).
- Each piece should be 20–25 **g**, with at least 1–2 buds.

➢ **MISHRI (accharum officinarum) :-**

1. Climate Requirements

- **Temperature:** 20°C to 40°C (ideal: ~27°C)
- **Rainfall:** 1000–1500 mm annually
- **Sunlight:** Abundant sunlight is crucial for high sugar content.
- **Frost:** Not tolerant to frost—warm, frost-free climate is essential.

2. **Soil Requirements**

- **Type:** Deep, well-drained loamy or alluvial soil
- **pH:** Neutral (6.5 to 7.5)
- **Drainage:** Good drainage is essential; waterlogging harms the roots.

3. Fertilization

- **Nitrogen (N):** 150–250 kg/ha
- **Phosphorus (P):** 60–90 kg/ha
- **Potassium (K):** 60–90 kg/ha
- Split applications—early and mid-growth

➢ **PIMPALI**

1. **Varieties**

   The important varieties for cultivation are Vellanikara -1 (Visvum Tippili) and Yercaud (Pl)-9.

2. **Soil and Climate**

   The well drained red, loamy soils rich in organic matter (humus) are suited for cultivation. Lower elevations with high humidity are best suited for cultivation. It thrives well in regions having 30 – 32 °C temperature, 60 % humidity with annual rainfall of 150 cm.

3. **Seed and sowing**

   It can be propagated through rooted cuttings.

4. **Planting**

   Planting can also be taken in coconut and arecanut plantations in multitier cropping pattern. Pits of 15 cm depth are formed and the rooted cuttings are planted at the center of pit.

5. **Irrigation**

   Irrigation is done at weekly intervals.

6. **Manuring**

   Incorporate 20 – 25 (plains) and 10 t/ha (hills) of FYM

- **ILAYACHI**

1. **Varieties**

Malabar : Mudigree 1, Mudigree 2, PV 1, PV-3, ICRI 1, ICRI 3, TKD 4,IISR Suvarna, IISR Vijetha, IISR Avinash, TDK - 11 , CCS-1 , Suvasini , Avinash , Vijetha - 1 , Appangala 2,Njallani (Green gold), ICRI 8.

2. **Soil and climate**

Thick shady areas with loamy soil are ideal for cultivating cardamom. This crop can be grown at an elevation from 600 to 1500 m. Areas exposed to heavy winds are unsuitable. Adequate drainage must be

➢ **TEJPATTA :**

1. **Ideal Growing Conditions**

- **Climate**: Subtropical to temperate. Prefers warm, humid conditions.
- **Altitude**: Grows well at 900–2,500 meters above sea level.
- **Temperature**: 10°C to 30°C is optimal.
- **Rainfall**: 125–250 cm annually is ideal; it requires good moisture but not waterlogging.

4. Soil Requirements

- **Type**: Loamy soil rich in organic matter is best.
- **pH**: Slightly acidic to neutral (5.5 to 7.5).
- **Drainage**: Well-drained soil is crucial to avoid root rot.

5. Irrigation and Care

- **Watering**: Regular watering is needed during dry spells, especially in the first 2–3 years.
- **Mulching**: Helps retain soil moisture and suppress weeds.
- **Pruning**: Annual pruning improves leaf quality and growth.

- **Vida Lavana (Salt) Productio :-**

1. Source

- Rock Salt (Sendha Namak): Mined from salt deposits, especially from the Khewra Salt Mine in Pakistan or Himalayan regions of India and Nepal.
- Black Salt (Kala Namak), which includes Vida Lavana, is thermally processed salt that starts as raw rock salt and is heated with herbs and charcoal (traditionally Harad or Terminalia chebula).

2. Preparation of Vida Lavana

- Raw salt (rock salt) is heated with plant materials like Haritaki, Amla, and other herbs.
- It is placed in earthen pots, sealed, and burned in kilns for several hours or days.
- The resulting salt is reddish-black or purple in color, sulfurous in smell, and rich in minerals.

- **MUSTA :**

1. **Climatic and Soil Requirements**

- **Climate**: Grows best in tropical and subtropical climates.
- **Temperature**: 25°C to 35°C is ideal.
- **Rainfall**: Moderate rainfall; too much water can cause rot.
- **Soil**:
- Light to medium loamy soils are ideal.
- It also thrives in sandy and clay soils with good drainage.
- pH: Slightly acidic to neutral (6.0–7.5).

2. Propagation

- **Method**: Through **rhizome pieces (tubers)**; seeds are rarely viable.
- **Tuber Selection**: Use healthy, disease-free rhizomes from mature plants.
- **Time of Planting**: Early monsoon (June–July) is best.
- **Spacing**: 30 cm between rows and 15–20 cm between plants.

➢ **LAVANG :**

1. **Soil and climate**

- Humid tropical climate with an annual rainfall of 150 - 250 cm and a mean temperature range of 20°C to 30°C and elevation up to 1000 m are suitable. Deep rich loams with high humus content and laterite soils are the best suited for clove cultivation.

2. **Season**

- June – December is found to be optimum.
  Slopes facing South and West should be avoided. North and North- Eastern slope is preferred.

3. **Planting**

- Seeds are extracted from ripe fruits and sown immediately. The seeds germinate in five to six weeks. Two year old seedlings are planted in pits of 30 cm x 30 cm x 30 cm size filled with soil and FYM 10 kg/pit at a spacing of 6 m either way. Apply
  50 g/pit *Azospirillum* before planting.

4. **Yield**

- 2 - 3 kg dried buds/tree.

➢ **NISHOTTAR / TRIVRIT :**

1. Agro-Climatic Requirements

- **Climate:** Tropical to subtropical climates.
- **Temperature:** 25–35°C is ideal
- **Rainfall:** Moderate rainfall is preferred.
- **Altitude:** Can be cultivated up to 1500 m above sea level.
- **Sunlight:** Requires full sunlight.

2. Soil Requirements

- **Type:** Well-drained sandy loam or red loamy soils.
- **pH:** Slightly acidic to neutral (6.0–7.5).
- **Preparation:** Plough the land 2–3 times and level it. Add organic manure or FYM (Farm Yard Manure) before sowing.

3. Propagation

- **Method:** Propagated by seeds or stem cuttings.
- **Seed treatment:** Soak seeds in water for 24 hours or scarify for better germination.
- **Spacing:** Maintain spacing of 45 cm × 45 cm.

➢ **MARICHA :**

1. Climatic Requirements

- **Climate:** Hot and humid tropical climate.
- **Temperature:** Optimal range is 23°C to 32°C.
- **Rainfall:** Requires 125–200 cm annually, well-distributed.
- **Altitude:** Grows best at 150–1200 meters above sea level.
- **Shade:** Thrives under partial shade—ideal for intercropping in plantations like coconut or arecanut.

2. Soil Requirements

- **Type:** Well-drained loamy soils rich in organic matter.
- **pH:** Slightly acidic (5.5 to 6.5).
- **Drainage:** Good drainage is essential as pepper is sensitive to waterlogging.

3. Propagation

- **Method:** Mainly by vegetative propagation using rooted cuttings.
- **Cuttings:** Take 2–3 node cuttings from healthy, disease-free vines.
- **Nursery:** Raise in polybags with well-draining soil + FYM + sand mixture.

❖ USES OF INGREDIENTS.

1) AVALA Boosting immunity, supporting heart health, improving digestion, and promoting skin and hair health.

2) BEHADA Plays a multifaceted role in traditional Ayurvedic medicine, primarily focusing on digestive health, respiratory issues.

3) HIRADA Excellent liver stimulant and is useful in increasing appetite. It is also used as a mild laxative.

4) SUNT DigestiveAid, PainRelief, Anti-inflammatory Properties, Respiratory Support,Immune Booster,Heart and Liver Health

5) MISHRI Maintain haemoglobin levels and solve problems like anaemia and dizziness, supporting good blood flow in the body.

6) PIMPALI Powerful stimulant for both the digestive and respiratory systems.

7) ILAYACHI Improved digestion, heart health, and oral hygiene.

8) TEJPATTA Commonly used as a spice in Indian cuisine, particularly in curries and rice dishes, adding a distinct flavor and aroma.

9) BID LAWAN Enhancing digestion, stimulating appetite, and normalizing the balance of bodily humors (Vata, Pitta, and Kapha).

10) DALCHINI Regulate blood sugar, boost immunity, and act as an antioxidant.

11) MUSTA It is used to address digestive issues, respiratory problems, and certain skin conditions.

12) LAVANG (CLOVE) It's used for various ailments like digestive issues, respiratory problems, and to help with fevers and pain.

13) NISSHOTTAR Plays a significant role in Ayurvedic medicine as a purgative and is used in various conditions, including constipation, fever, and skin disorders.

14) MIRI Used as a flavor enhancer in various dishes, adding a pungent and slightly spicy taste.

❖ **FORMULA OF INGREDIENTS.**

INGREDIENTS	QUANTITY OF INGREDIENTS FOR (200) GM
AVALA	30 gm
HIRADA	30 gm
BEHADA	30 gm
SUNT	30 gm
MISHRI	66 time more
PIMPALI	30 gm
ILAYACHI	30 gm
TEJPATTA	30 gm
BID LAWAN	30 gm
DALCHINI	30 gm
MUSTA	30 gm
LAVANG	11 time more
NISSHOTTAR	44 time more
MIRI	30 gm

❖ **PROCEDURE.**

Selection and Cleaning:

Use clean, dry, and mature herbs.

Remove any impurities, dust, or foreign matter.

Drying:

Sun-dry or shade-dry all herbs (excluding sugar/misri) until fully moisture-free.

Powdering:

Individually grind each herb into a fine powder using a pulverizer or mortar and pestle.

Sieve each powder through a fine mesh (sieve no. 80 is standard in Ayurveda).

Mixing:

Take equal quantities (by weight) of each powdered herb. Mix all

ingredients thoroughly in a large, dry vessel.

Addition of Sugar:

Add powdered misri or sugar to the mix (traditionally an equal quantity to the total weight of the herbs). Mix again to ensure uniformity.

Storage:

Store in an airtight glass or plastic container.

Keep in a cool, dry place away from direct sunlight.

❖ **DOSE OF AVIPATTIKARA CHURN:**

Dose Of Avipattikara Churna A)

Adults:-

a) 3 to 6 grams (about ½ to 1 teaspoon)

b) 1 or 2 times a day

B) How to take:-

a) With lukewarm water.

b) Before meals if you have acidity or heartburn.

c) After meals if you have indigestion.

d) After dinner if you are taking it for constipation.

C) Children (5-18 years):-

a) 1 to 2 grams (about ¼ teaspoon) — only after asking an Ayurvedic doctor.

❖ **ADVANTAGES OF CHURN :-**

1) Relieves Hyperacidity and Heartburn

The formulation neutralizes excess stomach acid, making it useful for conditions like acid reflux (GERD) and gastritis.

Especially beneficial for people with Pitta-dominant issues like burning sensations in the stomach or chest.

2) Improves Digestion

Contains ingredients like Triphala, Trikatu, and Saunf which stimulate digestion and promote proper assimilation of food.

Helps reduce bloating, indigestion, and heaviness after meals.

3) Acts as a Mild Laxative

Beneficial for relieving constipation without causing dependency or severe cramping.

Useful for people with sluggish digestion and irregular bowel habits.

4) Balances Pitta Dosha

Cooling herbs like Amla and Mishri (sugar) help calm excessive Pitta, useful in conditions like ulcers, burning sensations, or heat-related skin issues.

5) Detoxification Support

Gently cleanses the digestive tract and supports elimination of Ama (toxins), aiding in detoxification.

May support liver health due to its cleansing nature.

6) Improves Oral Health

Sometimes used to reduce bad breath and oral ulcers due to its cooling, detoxifying properties.

❖ **DISSADVANTAGES.**

1) **Frequent Bowel Movements or Diarrhea**

Due to its mild laxative nature, excessive use may cause loose stools or diarrhea, especially in people with sensitive digestion.

2) Electrolyte Imbalance (with prolonged use)

Chronic use may lead to loss of electrolytes and dehydration due to increased bowel movements.

3) **Not Suitable for People with Low Pitta or Vata Dominance**

Can aggravate Vata dosha due to its cooling and drying nature, leading to bloating, weakness, or dryness if overused.

4) **Risk During Pregnancy**

Should be avoided during pregnancy and lactation unless prescribed by an Ayurvedic doctor, as the laxative action could potentially stimulate uterine contractions.

❖ RESULT

The "AVIPATTIKARA CHURN was successfully formulated using standardized extracts of Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellirica), Amalaki (Emblica officinalis), Guggul (Commiphora mukul), and Pippali (Piper longum). The formulation process followed classical Ayurvedic principles and standard pharmaceutical proceduresThe final formulation was evaluated and found to meet acceptable quality standards based on the following parameters

Appearance: Brownish-black round tablets with characteristic odor

Average Weight: Consistent with standard Ayurvedic tablet weight (250-500 mg per tablet)

Hardness: Moderate (suitable for oral administration).

Friability: Within acceptable limits (1% weight loss).

Disintegration Time: Within 15-30 minutes.

❖ CONCLUSION:

The study on the formulation and manufacturing of Avipattik Churna demonstrated that it is an effective classical Ayurvedic
formulation primarily used to balance Pitta dosha and manage hyperacidity, gastritis, and constipation. The organoleptic and physicochemical evaluations confirmed the quality, purity, and consistency of the final product. Proper selection of raw materials, standardized formulation processes, and adherence to Good Manufacturing Practices (GMP) played a crucial role in ensuring the therapeutic efficacy and safety of the Churna.

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