

Interpreting the Indication of Narayana Churna in Udara Roga through the lens of Ayurvedic Guna Siddhanta.

Dr. Sai Sudha C S^{*1}, Dr. Maithri G M², Dr. Rajesh A. Udupudi³, Dr. Mandara Shetty V⁴, Dr. Prerana Purushotham⁵, Dr. Rakshith Kumar L⁶, Dr. Rucha Sarangi⁷, Dr. Aakash Thakkar⁸, Dr. Sai Sri Ram M⁹, Dr. Anil Kumar K M¹⁰

¹PG Scholar, Department of PG Studies in Kayachikitsa, JSS AMC, Mysuru, Karnataka, India

²Assistant Professor, Department of PG Studies in Kayachikitsa, JSS AMC, Mysuru, Karnataka, India

³Professor and Head, Department of PG Studies in Kayachikitsa, JSS AMC, Mysuru, Karnataka, India

⁴PG Scholar, Department of PG Studies in Kayachikitsa, JSS AMC, Mysuru, Karnataka, India

⁵DMO, JSS Ayurveda Hospital, Mysuru, Karnataka, India

⁶PG Scholar, Department of PG Studies in Kayachikitsa, JSS AMC, Mysuru, Karnataka, India

⁷Senior Research Fellow, CARI, Bhubaneswar, India.

⁸Head of Department, Hridveda, Bengaluru, India.

⁹Nadi Consultant, Sri Sri Tattva, Bengaluru. India.

¹⁰Department of Environmental Science, School of Life Sciences, JSS Academy of Higher Education & Research, SS Nagar, Mysuru-570015, Karnataka, India

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ABSTRACT

Background and Objectives: The present study aims to understand the effect of Narayana Churna with Anupana of Takra as indicated in Ayurvedic classics, in the management of Udara Roga with the principles of Ayurvedic Guna Siddhanta. The ingredients of Narayana Churna are studied for their Rasa Panchaka. Properties of Takra are studied to assess its effect as Anupana with Narayana Churna. An effort is made to understand their cumulative effect in the management of Udara Roga.

Methodology: A literary review was done to collect references from Ayurvedic textbooks and classics- Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Text Book of Dravyaguna Vijnana, Bhava Prakasha etc. on Udara Roga, Narayana Churna and Takra. Also, the ingredients of Narayana Churna were studied for their Rasa Panchaka. Theoretically, understanding the effect of Narayana Churna with Takra in the management of Udara Roga was achieved by the Ayurvedic principle of Guna Siddhanta.

Key findings:

Majority of the ingredients of Narayana Churna possess Katu, Tikta Rasa; Laghu, Ruksha, Teekshna Guna and Ushna Veerya with Deepana-Pachana karma predominantly. They are indicated in the management of Shoola, Udara, Kandu, Kushta etc. The presence of Kshara and Lavana in the Churna catalyses the action of the formulation and also breaks the Samprapti of Udara Roga at the level of Dhatus.

Takra is found to have Deepana-Pachana effect which aids in improvement of both Jatharagni and Dhatvagni, Maandya of which is the main cause for the manifestation of Udara.

Conclusion: Narayana Churna with Takra is a well-formulated combination of drugs that is promising for the management of any type of Doshaja Udara. It works by improving the state of Agni, reducing Shotha, and ridding the Ama from the body. It also helps to open up the Swedavaha and Udakavaha Srotas, thus breaking the Samprapti and alleviating the disease..

Keywords: Ayurvedic Guna Siddhanta, Narayana Churna, Udara Roga.

1. INTRODUCTION

In the current practice of Ayurvedic medicine, the use of Guna Siddhanta is not widespread. The choice of Siddhanta varies from one region of the country to the other. Therefore,

the understanding of Vyadhi Samprapti and Chikitsa are also varied. Albeit, all the views stand correct in their approach, the use of Guna Siddhanta may help to deepen our knowledge of Ayurvedic science.

Udara is a Vyadhi of Mala Sanchaya caused due to Agnimandya. Further, the vitiated Agni causes Doshas to accumulate which leads to Dushti of Prana vata, Agni and Apana vata and subsequent lodging between Twak and Mamsa. This manifests as distension of Kukshi and is termed as Udara.[1]

In this study, an effort is made to understand the mode of action of Narayana Churna[2] with Takra as Anupana in the management of Udara by applying Guna Siddhanta.

Methodology:

Udara Roga was studied from Charaka Samhita wherein, Narayana Churna is mentioned among the Yogas. It is indicated in different Vyadhis with different Anupanas. For the management of Udara, it is indicated for oral intake with Takra. The ingredients of Narayana Churna were studied from Textbook of Dravyaguna Vijnana, various Nighantus and online sources for their Rasa Panchakas and tabulated. The corresponding Gunas were deduced based on the Rasa Panchakas and analysed. (Table 1)

Table 1: Ingredients of Narayana Churna and their Rasa Panchaka

Ingredients	Botanical Name	Rasa	Guna	Veerya	Vipaka	Karma/Prabhava
Yavani	<i>Trachyspermum ammi</i> Apiaceae	Katu Tikta	Laghu Ruksha Teekshna	Ushna	Katu	Shoola prashamana Pachana, Ruchya, Deepana, Udararoga nashaka, Anahanashaka, Krimighna, Vishaghna, Hridya, Shukrahara, Chardinigrahana
Hapusha	<i>Juniperus communis</i> Pinaceae	Katu Tikta	Guru Ruksha Teekshna	Ushna	Katu	Kandu, Grahani, Shoola, Gulma, Arshas, Udara, Pleehodara, Vibandha, Vatodara, Pittodara, Pradara
Dhanya	<i>Coriandrum sativum</i> Apiaceae	Katu Tikta Kashaya Madhura	Snigdha Laghu	Ushna	Madhura	Deepana, Pachana, Mutrala, Jwaraghna, Rochaka, Grahi, Trishnahara, Dahahara, Chardighna, Shwasahara, Krimighna, Hridya
Hareetaki	<i>Terminalia chebula</i> Combretaceae	Madhura- majja (fruit pulp) Amla- snayu(fibrous part) Tikta-vrnta (base of fruit) Katu-twacha (outer skin) Kashaya-asthi (seed)	Laghu Ruksha	Ushna	Madhura	Rasayana, Medhya, Chakshushya, Bhumhana, Anulomana, Shwasahara, Kasahara, Pramehahara, Arshoghna, Kushtaghna, Shothahara, Krimighna, Vibandhahara, Trushnanigraha, Chardighna, Kandughna, Hridya, Shoolahara, Lekhana, Deepana, Pachana, Vayasthapaka, Smritiprada, Jwarahara, Vranahara
Amalaki	<i>Emblica officinalis</i>	Amlapradhana lavana varjita	Ruksha	Sheeta	Madhura	Rasayana, Pramehaghna,

	Euphorbiaceae	<i>pancharasa</i>	<i>Laghu Sara</i>			<i>Jwaraghna, Vrishya, Dahahara, Chardighna, Shophaghna, Ruchya, Medohara, Bhagna</i> <i>Sandhanakara, Keshya, Chakshushya, Kushtaghna</i>
Vibheetaki	<i>Terminalia bellerica</i> Combretaceae	<i>Kashaya</i>	<i>Ruksha Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kasahara, Netrya, Keshya, Krimighna, Swarya, Chardighna, Mukharogahara, Bhedana</i>
Upakunchika	<i>Nigella sativa</i> Ranunculaceae	<i>Katu Tikta</i>	<i>Laghu Ruksha Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rochana, Deepana, Pachana, Sandhana, Grahi, Medhya, Jwarahara, Vrishya, Balya, Chakshushya</i>
Karavi	<i>Carum carvi</i> Umbelliferae	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Pachana, Sangrahi, Medhya, Garbhashaya shuddhikara, Vedanasthapana, Jwaraghna, Ruchya, Danta shodhani</i>
Pippali moola	<i>Piper longum</i> Piperaceae	<i>Katu</i>	<i>Teekshna Laghu Snigdha</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Deepana, Pachana, Pleeha roga, Gulmaghna, Krimighna, Shwasahara</i>
Ajagandha	<i>Gynandropis gynandra</i> Capparidaceae	<i>Katu</i>	<i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Hridya, Ruchya, Chakshushya, Grahi, Shophahara, Kushtaghna, Kandughna, Krimighna, Udara rogahara, Gulmahara, Shoolahara</i>
Shati	<i>Hedychium spicatum</i> Zingiberaceae	<i>Katu Tikta Kashaya</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shwasahara, Kasahara, Hikka nigravana, Shothahara, Vranahara, Shoolahara, Sidhmahara</i>
Vacha	<i>Acorus calamus</i> Araceae	<i>Katu Tikta</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Medhya, Lekhana, Vamaka, Deepana, Vibandahara, Adhmanahara, Shoolaghna, Mutra vishodhaka, Jantughna, Kanthya, Pachana, Mukharogahara, Swaraprada, Unmada rogahara, Apasmarahara, Jwaraghna, Atisaraghna, Bhootaghna</i>

Shatahva	<i>Anethum sowa</i> Apiaceae	Katu Tikta	Laghu Teekshna Snigdha	Ushna	Katu	Deepana, Jwaraghna, Shoolahara, Netrya, Vranaropaka, Medhya, Dahahara, Trushna nigraha, Chardighna
Jeeraka	<i>Cuminum cyminum</i> Apiaceae	Katu	Ruksha Laghu	Ushna	Katu	Deepana, Sangrahi, Medhya, Garbhashaya shodhaka, Jwaraghna, Pachana, Vrushya, Balya, Ruchya, Chakshushya, Chardi nigrahana, Hridya, Krimighna, Vishaghna, Vranahara
Vyosha(Trikatu) Shunti	<i>Zingiber officinale</i> Zingiberaceae	Katu	Laghu Snigdha	Ushna	Madhura	Deepana, Pachana, Vrushya, Swarya, Kasahara, Shwasahara, Shoolahara, Grahi, Ruchya, Hridya, Vibandhahara
Maricha	<i>Piper nigrum</i> Piperaceae	Katu	Teekshna Laghu	Ushna	Katu	Kaphavata Shamaka, Deepana, Shwasahara, Krimighna, Shoolahara, Rochana, Hridrogahara, Chedana, Avrishya
Pippali	<i>Piper longum</i> Piperaceae	Katu	Teekshna Laghu Snigdha	Anushna	Madhura	Deepana, Rasayana, Vrushya, Rechaka, Shwasahara, Kasahara, Jwarahara, Kushtaghna, Pramehahara, Arshoghna, Shoola Nashaka
Swarnaksheeri	<i>Euphorbia thomsonia</i> Euphorbiaceae	Tikta	Laghu Ruksha	Sheeta	Katu	Rechana, Bhedana, Utkleshakaraka, Krimighna, Kandughna, Vishaghna, Kushtaghna, Twak rogahara, Udaravyadhi, Udarashoola, Shwittra, Vibandha, Udara shotha, Krimi
Chitraka	<i>Plumbago zeylanica</i> Plumbaginaceae	Katu	Teekshna	Ushna	Katu	Deepana, Pachana, Kushtaghna, Arshoghna, Shothahara, Krimighna, Kasahara, Grahi, Rochaka, Kandughna
Yava kshara	-	Katu	Teekshna	Ushna		Pachana, Vilayana, Shodhana, Ropana, Shoshana, Stambhana, Lekhana, Krimi-Ama- Kapha-Kushta-Visha- Medasam upahanta,

						<i>Pumstvasya cha atisevitah</i>
Sarja kshara	-	<i>Katu</i>	<i>Teekshna</i>	<i>Ushna</i>		<i>Pachana, Vilayana, Shodhana, Ropana, Shoshana, Stambhana, Lekhana, Krimi-Ama-Kapha-Kushta-Visha-Medasa upahanta, Pumstvasya cha atisevitah</i>
Pushkara moola	<i>Inula racemosa</i> Asteraceae	<i>Katu</i> <i>Tikta</i>	<i>Teekshna</i> <i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shwasahara, Parshwashoolahara, Hikkannigrahana, Kasahara, Shothahara, Jwaraghna, Rochaka, Pandu nashaka, Hridya</i>
Kushta	<i>Saussurea lappa</i> Asteraceae	<i>Tikta</i> <i>Katu</i> <i>Madhura</i>	<i>Laghu</i> <i>Ruksha</i> <i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushtaghna, Shukrala, Visarpahara, Kasahara, Vatarakta nashaka, Vishaghna, Kandughna, Dadrughna, Kantikara, Shirashoolahara, Shothahara</i>
Pancha lavana Saindhava lavana	<i>Sodi chloridium</i>	<i>Lavana</i>	<i>Laghu</i> <i>Snigdha</i>	<i>Sheeta</i>	-	<i>Ruchya, Deepana, Pachana, Chakshushya, Hridya, Vrushya</i>
Sauvarchala lavana	Unaqua Sodium Chloride	<i>Katu</i>	<i>Laghu</i> <i>Snigdha</i> <i>Vishada</i>	<i>Ushna</i>	-	<i>Deepana, Pachana, Rochana, Vatanulomana, Gulma, Shoola, Vibandha, Anaha, Krimi, Arochaka</i>
Vida lavana	Ammonium salt	<i>Kshara</i>	<i>Laghu</i> <i>Ushna</i> <i>Teekshna</i>	<i>Ushna</i>	-	<i>Hridya, Vatanulomaka, Ajeerna, Anaha, Shoola, Vishtambha, Vibandha</i>
Samudra lavana	<i>Sodi muris</i>	-	-	-	-	-
Romaka lavana	Sambhar salt	-	<i>Laghu</i> <i>Ushna</i> <i>Teekshna</i> <i>Sookshma</i> <i>Vishada</i>	<i>Ushna</i>	-	<i>Deepana, Bhedana, Mutrala, Ajeerna, Anaha, Arshas</i>
Vidanga	<i>Embelia ribes</i> Myrsinaceae	<i>Katu</i> <i>Kashaya</i>	<i>Laghu</i> <i>Rukshna</i> <i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Krimighna, Deepana, Shoolahara, Adhmanahara, Vibandhahara, Vishaghna, Ruchya, Medohara, Mehahara, Garbhanirodhaka, Varnya, Rasayana,</i>

						<i>Kushtaghna</i>
Danti	<i>Baliospermum montanum</i> Euphorbiaceae	<i>Katu</i>	<i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Virechaka, Shoolahara, Kandughna, Kushtaghna, Vidahahara, Arshoghna, Shothahara, Krimighna, Ashmarihara, Gulmahara, Pleehahara, Vranahara</i>
Trivrut	<i>Operculina turpethum</i> Convulvulaceae	<i>Katu</i> <i>Tikta</i>	<i>Laghu</i> <i>Ruksha</i> <i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rechana, Pittajwarahara, Shothahara, Udararogahara, Krimighna, Pleeha rogahara, Pandu rogahara, Vranahara, Kushtaghna, Kandughna</i>
Vishala	<i>Alstonia scholaris</i> Apocyanaceae	<i>Tikta</i> <i>Kashaya</i>	<i>Laghu</i> <i>Snigdha</i> <i>Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushtaghna, Krimighna, Deepana, Shwasahara, Gulmaghna, Hridya, Vranahara, Rakta doshajit, Vishama jwaraghna</i>
Satala	<i>Euphorbia lutescens</i> Euphorbiaceae	<i>Tikta</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphahara, Kasahara, Raktarogahara, Shothahara</i>

The properties of *Takra* were collected from various chapters of Charaka Samhita and studied.

2. RESULTS & DISCUSSION:

Considering *Mala Sanchaya* to be a form of *Ama*,^[3] *Guru*, *Manda*, *Snigdha* and *Sthira* *Gunas* undergo *Vridhhi*. Also, due to the prevalent *Agnimandya*, *Sheeta Guna* is also involved. Along with these, specific *Nidana Sevanas* will cause vitiation of corresponding *Doshas* and their *Gunas* will also add on to the *Samprapti* of *Udara*.

Ama is described as having *Drava*, *Guru*, causes *Aneka Varna* and *Sarva Roga*, *Snigdha*, *Picchila*, *Tantummat*, *Anubaddha Shoola*, *Durgandhi*, etc.^[4]

On the basis of *Rasa Panchaka* of the ingredients of *Narayana Churna*, it possesses *Laghu*, *Teekshna*, *Ushna* and *Ruksha* *Gunas*. Due to the presence of *Pancha Lavana*, as well as, *Dvi-kshara*, it also acts as *Srotoshodhaka*, *Ksharana* and *Kshanana* due to their *Ushna*, *Teekshna* and *Sookshma* *Gunas*.

By the virtue of all the above factors, the *Mala Sanchaya Roopa* of *Ama* gets metabolised and the *Agnimandya* reduces gradually to bring back the normalcy of *Jatharagni*, *Bhootagni*, as well as the *Dhatvagni*. All these factors cumulatively break the *Samprapti* of *Udara Roga* and aid in *Prakruti Sthapana* of *Doshas* and *Dhatus*.

Takra is given great importance in the management of gastro-intestinal disorders such as, *Udara Roga*, *Grahani Roga* and *Arshas*. In the management of *Udara Roga*, again *Takra* is mentioned as *Anupana* with various *Churna* combinations with respect to the specific *Bheda* of *Udara Roga*.^[5]

Properties of *Takra*:^[6]

Deepana

Grahi

Laghu

Madhura Vipaka

Does not cause aggravation of *Pitta*

Kashaya Rasa

Ushna, Vikasi and Ruksha Guna (hence, suitable for *Kapha*)

Madhura, Amla Rasa

Sandra Guna (hence, suitable for *Vata*)

When freshly prepared, it is *Avidahi*

Much detail has been given to the method of intake of *Takra* in the context of *Arshas Chikitsa*^[7] which can be followed in the condition of *Agnimandya*.

Aushadha Matra, Aushadha Sevana Kala & Anupana:

The general Matra for Churna as Shamanaushadhi is 1 Karsha (~12 grams).^[8]

Since, Udara Roga presents due to Dushti of Prana Vata, Agni and Apana Vata, Aushadha Sevana Kala can be taken as Annadau/Pragbhakta/Bhuktadau.^{[9][10][11]}

Anupana mentioned with Narayana Churna is Takra. Drava Anupana with Churna is to be taken in Chaturguna Pramana of the Aushadha i.e., 4 Karsha/1 Pala (~48ml).^[12]

Conclusion:

Incorporating the principles of *Guna Siddhanta* in the treatment of *Udara Roga* through the use of *Narayana Churna* with *Takra* as *Anupana* offers a comprehensive understanding of the therapeutic mechanisms at play. The properties of *Narayana Churna*, characterized by *Laghu*, *Teekshna*, *Ushna*, and *Ruksha Guna*, play a crucial role in addressing the *Ama* accumulation and *Agnimandya* that underlie the pathogenesis of *Udara Roga*. These properties help in *Srotoshodhana* and enhance the digestion and metabolism of the vitiated *Doshas*.

Furthermore, *Takra*, with its *Deepana*, *Grahi*, and *Ushna* qualities, supports the process of balancing the *Doshas*, particularly in cases involving *Agnimandya* and gastrointestinal disturbances. Its synergistic action with *Narayana Churna* helps restore the normal functioning of *Jatharagni*, *Bhootagni*, and *Dhatvagni*, leading to the resolution of the condition.

This study demonstrates the potential of *Guna Siddhanta* to deepen our understanding of Ayurvedic treatment protocols, not only enhancing the efficacy of existing therapies but also fostering a more holistic approach to disease management. By considering the intricate balance of *Gunas*, *Rasa*, and *Doshas*, Ayurvedic medicine can offer more precise and individualized care in the treatment of disorders like *Udara Roga*.

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Conflicts of Interest:

There are no conflicts of interest.

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