



ISSN (E): 2320-3862
 ISSN (P): 2394-0530
www.plantsjournal.com
 JMPS 2022; 10(4): 102-105
 © 2022 JMPS
 Received: 16-05-2022
 Accepted: 20-06-2022

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Clinical efficacy of Ajmodadi choornam: A critical review

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Abstract

Ajmodadi choornam is an ayurvedic herbal formulation widely used for painful conditions such as sciatica, arthritis pain, lumbago muscle spam etc. Its main ingredients are Ajmodadi, vidanga, saindava, devadaru, etc. are taken in equal quantity, finely powdered and sieved. As per ayurvedic classics it is recommended to take 12grams (1 karsha) in divided dosages (3-5grams) of the choornam with warm water or with any suitable adjuvants. The ingredients of this formulation possess anti-inflammatory, analgesic, antibacterial, anti-filarial, antifungal, antiviral, and gastro protective activities. Anticonvulsants, adaptogenic, antihypelipidemic properties. It also acts as carminative and also as anti-spasmodic, helps in all painful conditions. This medicine is easily palatable and assimilate quickly. Hence this article gives an insight on efficacy of Ajmodadi choornam based on review of various literature and scientific studies.

Keywords: Ajmodadi choornam, anti-inflammatory, ayurveda, carminative, karsha, shrotoshodanam

1. Introduction

Ayurveda “science of life” is a traditional system of medicine has a vast treasure of drugs in our renowned treaties. Ajmodadi choornam is a very common ayurvedic formulation used for the management of various conditions such as syawathu (swelling), amavata ruja (arthritic pain), sandipeedanam(joint pain), kati-prishta-parswa-guda-janga (pain at low back-scrotal region-thigh regions-calf region), tuni-pratuni(upward and downward pain in anus and external genitalia) and viswachi(weakness of arm) ^[1].









The ingredients, chemical composition, medicinal properties and ayurvedic properties of Ajmodadi choornam are followed [table]

Table 1: Ingredients

S. No	Drug Name	Botanical Name	English Name	Family	Parts Used	Quantity
1.	Ajmoda ^[2]	<i>Apium graveolens/ Carum roxburghianum</i>	celery	Umbelliferae	Fruits	1 karsha (10grams)
2.	Vidanga ^[3]	<i>Embelia ribes</i>	False black pepper	Mysrinaceae	Furit, Roots	1 karsha (10grams)
3.	Devadaru ^[4]	<i>Cedrus deodara</i>	Himalyan cedar	Pinacea	Heartwood	1 karsha (10grams)
4.	Saindava lavana ^[5]		Rock salt			1 karsha (10grams)
5.	Chithraka ^[6]	<i>Plumbago zeylanica</i> linn.	leadwort	Plumbaginaceae	Root Bark	1 karsha (10grams)
6.	Pippalimoola ^[7]	<i>Piper longum</i>	Long peper root	Piperaceae	Root	1 karsha (10grams)
7.	Shatapushpa ^[8]	<i>Anethum sowa</i>	Dill seeds	Umbelferae	Seeds	1 karsha (10grams)
8.	Pippali ^[9]	<i>Piper longum</i>	Long pepper	Piperaceae	Fruit, Root	1 karsha (10grams)
9.	Maricha ^[10]	<i>Piper nigrum</i>	Black pepper	Piperaceae	Dried Unripped Fruit	1 karsha (10grams)

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Table 2: Medicinal properties of Ajmodadi choornam

S. No	Plants	Action	Image	Chemical Constituents
1.	Ajamoda	Basti ruk (Increases strength), Balya (strengthens) Reduces vatakapha dosha ^[11]		Anthoxanthins, Graveobioside, Lutelin, Glycosider, Myristic Acids, Aprumentin, Chryseoriol, Flavones, Traces Of Sodium, Potassium, Calcium, Iron ^[12]
2.	Vidanga	Krimihara (in worms infestation) Kushta hara (acts on skin diseases) Rasayana (relieves pain) ^[13]		Embelin, Christembine, Homoembelin, Vilangine, Quercitol, Homopanone ^[14]
3.	Devadaru	Anilakaphahara (balances vataand kapha) Dipana (increases digestion) Shophahara (relieves swelling, odema) ^[15]		Methylacetophenon, Atlantone, Sesquiterpenes ^[16]
4.	Saindava	Rochana (improves taste) Dipana (improves digestion strength) ^[17]		98% Sodium Chloride, Iodine, Lithium, Manganese, Iron, Zinc, Sodium ^[18] .
5.	Chithraka	Sulahara (reduces pain)-ch Shotha (reduces swelling) Guda shotha (swelling in anal region) ^[19]		Chitranone, Plumbagin, 3-Chloroplumbagin, Elliptinone, Zeylone, B-Sitosterol, ^[20]
6.	Pippali Moola	Deepana (improves digestion strength) Bhedana (causes purgation) kaphavata hara(balances dosha) ^[21]		Essential Oils, Piperine, B-Sitosterol, Cepharadiones ^[22]
7.	Shatpushp a	Vatanulomana (downward movement of vata doshadeepana-pachana (improved digestive strength)		Essential Oils, Terpenes (A-Phellandrene)
8.	Pippali	Deepaniya-(improves digeston) Shola prashamana (useful in pin, abdomen colic) Vrushya (aphrodisiac) ^[23]		Sesquiterpenes, Piperine, Sesamin, Dioxoaporphines, Piperlactum A, Essential Oils, Aristolactum, 4,5-Dioxoporphines ^[24] .

9.	Maricha	Shoolanut (reduces pain) Deepaniya (increases digestion strength) ^[25]		Piperethine A, Piperolein B, Feruperine, Dihydroferupeurine, Piperonal, Camphene, Ascorbic Acids, Pipericide ^[26] .
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Table 3: Chemical Composition of Ajmodadi choornam

S. No	Drug	Chemical Properties
1.	Ajamoda	Anti-Inflammatory, Tranquillising Agents, Anti-Convulsive Activity
2.	Vidanga	Anti-Oestrogenic Activity, Anti-Inflammatory, Anti-Feedant
3.	Devadaru	Anti-Cancer Activity, Anti-Inflammatory Substances
4.	Saindava Lavana	Anti-inflammatory, anti-oxidant activity.
5.	Chitraka	Anti-Bacterial, Anti-Fungal,
6.	Pippali Mula	Central Stimulant Activity, Anti-Infertility Activity, Anti-Inflammatory,
7.	Shatapushpa	Carminative, aphrodisiac, stomachic, anodyne anti-pyretic.
8.	Pippali	Anti-Spasmotic Activity, Anti-Tuberlar Activity, Anti-Microbial Activity
9.	Maricha	Taenicidal Activity, Anti-Fungal, Insecticidal Activity, Anti-Tumor Activity, Anti-Helminthic Activity.

Preparation of Ajmodadi choornam

The ingredients of *Ajmodadi Choorna* are taken in equal quantity. And are dried in shade and powdered, sieved, packed in an air tight container and sealed²⁷.

Ayurvedic properties of Ajmodadi choornam

- Roga karma: Shwayathu, amavata, sandipida, gradhrasi, kati prista guda jhanga ruja, thuni, prathuni, vishwachi and kaphavataja rogas.
- Dosha karma: Kapha vatahara.
- Agni karma: Deepana and pachana.
- Other karma: Vatanulomaka, Kapha lekha, srotoshodanam.
- Rasa- katu, tiktha, kashaya rasa
- Guna- laghu, ushna
- Virya- ushna virya
- Vipaka- katu vipaka

Medicinal Properties

- It promotes the metabolic process by acting as carminator and appetizer
- Reduces intestinal infections
- Helps in the management of pain.
- Reduces inflammation and eases the movements of joints
- It reduces the excess cholesterol levels in the body and useful in obesity.

Discussion

The ajmodhathi choornam possessing properties such as katu, tiktha, kashaya rasa. This rasa (taste) helps in the absorption of the food and helps in the elimination of excess of sneha, sweda, kleda and mala (waste products) from body.

They also absorbs bodily fluids and helps in the shoshana karma and thus removes excess fat, pus etc and promote proper circulation of channels.

The rooksha guna of Ajmodadi choornam brings about kleda shosham and hence increase the capacity of the drug to get absorb the excess kleda in the sandhi and strengthen them ^[28].

Tikshna guna of Ajmodadi choornam promote agni (digestion capacity) and does vilayana (Liquification) of excess kapha dosha and thereby reduces the sthamba (stiffness) and sthoulya hara (obesity) ^[29].

Laghu guna makes the medicine easy to digest and relieves fast sense of contentment (anti-saturative) and induces the feelings of utsaha (enthusiasm) and alertness.

Ushna virya of Ajmodadi choornam facilitate the excretion of mala (Feces), mutra (Urine) and sweda (Sweat), as vasodilation take place and this enhances the blood supply and circulation hence the spasmodic pain are relieved ^[30].

The chemical composition of Ajmodadi choornam such as plumbagin, essential oils, ethanolic compounds, piperine posse anti-inflammatory property which inhibit the prostaglandins biosynthesis, cyclooxygenase and hence produces therapeutic effect for pain.

The anti-microbial activity of components such as terpenese, Piperethine A, piperolein B, feruperine, of Ajmodadi choornam inhibit the growth and prevent the formation of microbial colonies and destroy them. They also inhibit the cholesterol biosynthesis by slowing down the liver production of cholesterol and increase the livers ability to remove LDL cholesterol that are already present in the blood.

Conclusion

Ancient seers were well familiar with the pharmacological activity of Ajmodadi choornam and their therapeutic applicability. The properties of each ingredient of Ajmodadi choornam possess significant effect in the pain management. They also seem to possess notable effect in increasing the digestive capacity and absorption and reducing the hyperlipidemia in the body and thus bring remarkable effect by improving the overall metabolism of the body.

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