Callistemon*

1P.G.Scholar, Department of Kaumarbhritya Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.
2HOD and Professor, Department of Kaumarbhritya Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

*Corresponding Author: Dr. Prahij Phalak
P.G. Scholar, Department of Kaumarbhritya Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

ABSTRACT
Diarrhea is one of the major disease scattered word widely, especially in tropical and sub-tropical countries. The medical science paid significant attention towards the curbing of this problem. The prevalence of Atisara is high in children especially age below 4 years, may be due to the unhygienic condition and contamination due to the infectious organism. Ayurveda considered Atisara as Diarrhea and have mentioned various treatment modalities for the prevention of Atisara. Gangadhar Churna & Balachaturbhadra Choorna are such formulation used in Ayurveda for the management of Atisara. The literature mentioned that these formulations control vitiation of the Strotasa initially and Deepana, Pachana and Grahi properties of these drugs relieved Annannabhilasha, Avipaka, Arochaka, Atidrava mala, Atibahu mala. The traditional text of Ayurveda described that use of such Ayurvedic formulation control Agnimandya and reduces production of Ama which is main pathological factors of Atisara. The research investigation proved that use of these drugs in Atisara helped in digestion of Ama and in the improvement of Agni due to their Pachana and Deepana effect. This article presented various aspects of Atisara and its Ayurvedic management.

KEYWORDS: Atisara, Gangadhar Churna, Balachaturbhadra Choorna, Diarrhea.

INTRODUCTION
Atisara is disease associated with intestinal disturbances may occur due to the lack of resistance against causative pathogens and associated with water & electrolyte disturbances, malnutrition and under-nutrition. Atisara is serious health problem since it is responsible for infant mortality in tropical and sub-tropical countries. The intake of contaminated water & food stuffs are considered as main cause of Atisara. Charaka described properties of medicines which should be used in Atisara; the medicine should be Madhura, Mridu, Laghu, Surabhi sampurna, Sheetal & Sanshamaka. Ayurveda emphasized six types of Atisara i.e. Vataja, Pittaja, Kaphaja, Sannipataja, Bhayaja and Shokaja (Aamaja). Atisara also involve vitiation of Strotasa namely Annavaha, Udakvaha and Malavaha. [1-4]

Figure: 1. Pathological factors of Atisara.
are various causative factors associated with Atisara such as: Aharaj, Viharaj, Manasik, Samajik, “vitiation of Vata, Pitta, Kaphaj”, Samnipataj, Aamatisar and Raktatisar.

**Symptoms**
- Continuous liquefied defecation.
- Weakness.
- Nausea and vomiting.
- Symptoms of low blood pressure.
- Spasm.
- Abdominal pain.

**Treatments**
The treatment approaches involve Nidan Parivarjan, removal of vitiated Dosha, boosting of Agni, Langhan-Deepan-Pachana, Shodhan chikitsa, reduction in Aam, Grahee chikitsa. Kutaj, Shunthi, Haritaki and electrolyte therapy also suggested for the treatment of atisar. The therapy for atisar aimed to achieve cessation of liquefied defecation, reduction in abdominal pain, improvement in appetite and maintenance of electrolyte imbalances. Ayurveda also mentioned that use of some traditional formulations such as; Gangadhar Churna and Balchaturbhadra Churna offer beneficial effects in Diarrhoea.[2-4]

**Gangadhar Churna in Atisara**
Gangadhar Churna is polyherbal Ayurvedic formulation used in treatment of diarrhoea and dyentery; it is consisted of Mustaka, Araluca, Shunthi, Woodfordia fruticosa, Lodhra, Sugandh bala, Bilva, Motch ras, Cissampelos pareira, Holarrhena antidysenterica, Mangifera indica, Aconitum heterophyllum, Mimosa pudica.

**Clinical significance of Gangadhar Churna**
- Diarrhoea.
- Dysentery.
- Irregular bowel movements.
- Improving digestion.

**Balchaturbhadra Churna in Atisara**
Balchaturbhadra Churna is poly-herbal Ayurvedic formulation. It is used in cough cold and diarrhea. It improves digestion, immunity and regulates physical growth. Balchaturbhadra Churna is consisted of Motha, Ativish, Pippali and Kakar Singhi.

**Clinical significance of Balchaturbhadra Churna**
- Atisaar
- Dysentery
- Nausea, vomiting
- Improves appetite, digestion and immunity
- Cough, cold & Asthma
- Abdominal pain[5,6]

**Summary**
Atisara is disorder of intestinal disturbance and samprapti included Aaharaj, Agnimandya, Aam nirmiti, and vitiation of Dosh, Abdhatu dushti, pureeshwaha srotodushti and dravikaran of pureesh mal. Socio economical status play significant role in Atisara and high number of incidence observed in lower income groups due to the prevalence of unhygienic condition.[7,8] The problem is more prompt in developing countries due to the poor hygiene, malnutrition and insufficient medical awareness. The Pitta vitiation is most predominate Doshika vitation amongst three Dosha in Atisara, these Pitta vitiation may be due to the improper functioning of Agni. The treatment approaches involve improvement in Agni and Ayurveda suggested use of some conventional formulation like; Gangadhar Churna & Balchaturbhadra Choorna for the management of Atisara, the efficacy of these ayurvedic Choorna in Atisara may be attributed to their Deepana, Pachana and Grahi properties. The Deepan effect of the drugs improves appetite, Grahi property of Churna relieve frequent defecation while it is suggested that Pachana and Vatamuloman actions Churna relief abdomen pain, tenderness and distension of abdomen.

**ACKNOWLEDGMENT**
Authors are thankful to Dr. Sadhana Babel, Professor & Dr. Amit Jagtap Associate Professor of Department of Kaumarbhiyra, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, India.

**REFERENCES**
2. 4. Agnivesha, Charaka Samhita, Hindi commentary by Yadavji Trikamji, Sharir shtana, Chpter 8, verse 65, Chaukhamba Sanskrit Series, Varanasi, India. 1984; 961.
4. Vagbhata’s Ashtang Sangraha, with Indu commentary by Vaidya Anant Damodar Athwale, Shrimada Atrey Prakashan,1980, Pune