

Pancharavinda Choornam

A modified formulation of versatile use

Introduction

Pancharavinda choorna¹ is a modified form of pancharavinda ghruta yoga that is explained in the chapter rasayana and vajeekarana of uttarasthana of Ashtanga hridaya. This modification pancharavinda ghruta to pancharavinda choorna was a rational contribution of eminent vaidyas of ashtavaidya tradition. Today the Ayurvedic medical world is using this medicine very effectively in many ailments.

Ingredients

In pancharavinda ghruta, ghee is prepared by adding five parts of lotus and gold. Pancharavinda choorna is prepared by removing gold from the ingredients of the pancharavinda ghruta. So the ingredients of the choorna are the 5 parts of the lotus ie, padma bisa, kesara, mrinala, patra and beeja . i.e petiole, bud, petals, rhizome and seeds.

Preparation

The 5 parts of the lotus are powdered in equal quantities and mixed together to form the pancharavinda choorna.

Dose

1/2 tsp of choorna is mixed in half glass of milk to be taken at bed time or with suitable kashayas.

Pancharavinda choorna is having the ingredients as the 5 different parts of lotus (petiole, bud, petals, rhizome and seeds) and these ingredients have kashaya, madhura and tikta rasa with laghu, snigdha and picchila gunas. The rasa and guna shows pitta-kapha samaka property. Being sheetha veerya and madhura vipaka this combination is having significant or strong pitta hara property. All the ingredients of this combination are having rasayana, bala vardhaka and vrushya properties.

Chemical Constituents

The lotus as a whole plant contains linoleic acid (50.4%) and oleic acid (13.5%) as a major content. The dominating saturated

fatty acids found are the palmitic acid (18.0%) and behenic acid (6.8%). The other chemical constituents are the beta-sitosterol (32%), Delta(5)-avenasterol (20%), and campesterol (6.3%). When looking into the each plant parts, the leaves contain flavonol miquelianin as well as alkaloids. The plant also contains nuciferine, neferine and many other enzyloquinoline alkaloids with medicinal properties.

The seeds contain proteins of high quality and are rich in variety of essential amino acids including high contents of albumin (42%) and globulin (27%), they also contain unsaturated fatty acids, carbohydrates, vitamins, calcium, iron, zinc, phosphorus and other trace elements. They also provide water-soluble polysaccharides, alkaloids, flavonoids, superoxide dismutase and other bioactive components. Lotus seeds also contain particularly large amounts of vitamins, including VB1, VB2, VB6 and Vitamin E

Lotus root is a moderate calorie root vegetable (100 g of root-stem provides about 74 calories) and is composed of several vitamins, minerals, and nutrients. 100 g of root provides 44 mg of vitamin C or 73% of daily recommended values (RDA).

Lotus rhizome and its extracts have shown diuretic, psychopharmacological, anti-diabetic, anti-obesity, hypoglycemic, antipyretic and antioxidant activities

The properties of the chemical constituents in lotus are showing anti-viral, immunity modulator, anti-inflammatory, hepato-protective and anti-ageing properties. The hydroalcoholic extract of Nelumbo nucifera (HANN) seeds were investigated and found

Ingredient specification

	Botanical name	Rasa	Guna	Veerya	Vipaka	Karma	Parts used
Padma (5 parts of the lotus)	Nelumbo nucifera	Kashaya, madhura, tikta	Laghu, snigdha, picchila	sheetha	Madhura	rasayana, balakara and vrushya	stalk, tuber, stemens, leaf and seeds

to have antioxidant potency². The antisteroidogenic activity of Nelumbo nucifera seed extract was tested in the ovary and testis of the rat, was studied and found to have the anti- steroidogenic effect².

The antipyretic potential of ethanol extract of lotus stalks has been proved⁴. The major chemical properties of the lotus stalk are its antiviral⁵, immunogenic⁶, anti-inflammatory⁷, hepato-protective⁹ and antiageing properties⁸.

General indications

Vrushya, bala vardhana

In pitta aggravated condition.

Clinical experiences

- In insomnia - 5 grams of pancharavinda choorna mixed with 50 ml of warm milk and taken at bed time. Pancharavinda choorna can also be taken along with 1 manasamitra vataka in the same way.
- In Hyperactive mental disorders - Pancharavinda choorna is given as a samana oushadha. It is mixed along with Kalyanaka ghrutha or Mahapaishachika ghrutha. It helps in relaxing the mind.
Dose - 5grams choorna mixed with 10 gram of ghrutha.
- In hyperactive autistic children- Pancharavinda choorna can be given along with milk. It can also be given along with ghrutas like saraswatha ghruta.
Dose - calculated according to the age of the child.
- In Trishna or Daha - Pancharavinda choorna can be given along with warm milk, since it is having pittahara property.
Dose - 5grams choorna mixed with 50 ml milk.
- In Menopause - In perimenopausal women, where the symptoms like hot flushes and mood swings are predominant pancharavinda choorna can be used effectively as it is having pittahara property. For enhancing its property it can be taken along with drakshadi kashaya or mrudhweekadi kashaya.
Dose - 5grams choorna mixed with 50 ml milk of warm milk.
- In Hyperhydrosis - pancharavinda choorna can be adviced with guloochyadi kashaya.
Dose - 5 grams mixed with 15 ml of kashaya and 60 ml of warm water and taken twice daily before food.
- In Hematuria - pancharavinda choorna can be given along with kokilakshakam kashaya or bruhathyadi kashaya.
Dose - 5 grams mixed with 15 ml of kashaya and 60 ml of warm water and taken twice daily before food.
- In summer season the spermatogenesis will be reduced and hence to improve the spermatogenesis pancharavinda choorna can be adviced along with kokilakshaka kashaya or mrudhweekadi kashaya.
Dose - 5 grams mixed with 15 ml of kashaya and 60 ml of warm water and taken twice daily before food.
- In Leucorrhea - Pancharavinda choorna can be prescribed along with musaleekhadiradi kashaya or drakshadi kashaya.
Dose - 5 grams mixed with 15 ml of kashaya and 60 ml of warm

water and taken twice daily before food.

- In bleeding piles occurring in soothika, pancharavinda choorna can be given along with butter.

Dose - 5 grams mixed with 10 grams of butter and taken twice daily after food.

- Anxiety disorders
- Loss of libido in diabetic cases
- Hyperthyroidism

Conclusion

Summarising, pancharavinda choorna, is a modified form of pancharavinda ghrita having ingredients as the 5 parts of the lotus. It is having pittahara property with vrishya and bala vardhana actions. The chemical constituents present in lotus have proved to have anti-ageing, hepato preotective, immunity enhancing and a stress relieving actions. It can be widely used in conditions like anxiety disorders, insomnia, hyperactive disorders, trishna and daha conditions etc which are having pitta vruddhi.

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