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Clinical Importance of Dadimashtaka Choorna in the Management of Gastrointestinal Diseases

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ABSTRACT

Dadimashtaka choorna is a popular ayurvedic formulation explained in the context of Atisara chikitsa, in Astangahridaya. The formulation is composed of fourteen ingredients. The main ingredient in this formulation is Punica granatum, contains gallic acid was found to show potent anti-bacterial activity.

Dadimashtaka Choorna by the virtue of its Pachana, Sthambhana, and Sangrahi action decreases the frequency of bowel. Bhaishajya Ratnavali and Chakradutta also mentioned this yoga with some difference in the measurements. The presence of various chemical constituents makes this formulation worth full for gastric trouble especially digestive problems.

Keywords: - Dadimashtaka choorna, Atisara, Sangrahi, Sthambhana action, Anti-bacterial activity

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