

A COMPREHENSIVE REVIEW IN AGNIMANDHYA W.S.R CHATURJAT CHURNA**¹Vd. Ajinkya Tapkir, ²Vd. Pratibha Ambadas Mapari**¹Associate Professor Dr. Veprakash Patil Ayurved College and Research Center Jalna Maharashtra.²Assistant Professor Dr. Veprakash Patil Ayurved College and Research Centre Jalna Maharashtra.***Corresponding Author: Vd. Ajinkya Tapkir**

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ABSTRACT

Agnimandya (impaired digestive fire) is one of the most common clinical conditions described in Ayurveda and is considered the root cause of many diseases. Agnimandya, characterized by decreased digestive capacity, is a pathogenesis described in Ayurveda resulting from hypo-functioning of Agni (digestive fire). Chaturjat Churna, a classical polyherbal formulation comprising four aromatic spices, is traditionally indicated for enhancing digestion and treating respiratory and digestive disorders. This review explores the pharmacological properties of Chaturjat Churna and its clinical efficacy in managing Agnimandhya. The findings indicate that the formulation significantly improves digestive strength, reduces symptoms such as flatulence, abdominal discomfort, and bloating, and enhances overall gastrointestinal function. By analyzing its *Deepana* (appetizer) and *Pachana* (digestive) attributes, this article highlights how the synergistic action of its ingredients restores gastrointestinal homeostasis. This review concludes that Chaturjat Churna remains a safe, cost-effective, and potent formulation for the management of Agnimandya, although more standardized clinical trials are needed to validate its efficacy and mechanisms of action.

KEYWORDS: Agnimandya, Chaturjat Churna, Digestion, Deepan, Pachan.**INTRODUCTION**

In Ayurveda, Agni is not just "stomach acid"; it represents all metabolic processes in the body. When Agni is balanced (Samagni), a person enjoys perfect health. When it is weakened (Agnimandya), it leads to the formation of Ama (toxins) and subsequent diseases like Ajeerna (indigestion). The most famous shloka describing the importance of Agni is from the Charaka Samhita.

"आयुर्वर्णो बलं स्वास्थ्यं उत्साहौपचयौ प्रभा।

ओजस्तेजोऽग्नयः प्राणाश्चोक्ता देहाग्निहेतुकाः॥" (च.चि. 15/3)

There are 4 types of Agni – Samagni, Mandagni, Teekshnagni, and Vishamagni. Samagni involves normal digestive metabolic power. Mandagni has reduced power of digestion and metabolism. Teekshnagni involves intense power of digestion, and Vishamagni is irregular, and it involves sometimes intense and sometimes reduced power of digestion and metabolism. Agnimandya is considered the root cause of all diseases. Weakening of the agni results in incomplete production of rasa dhatu, which itself helps in the nutrition of the

subsequent dhatus. Agnimandya can manifest itself as a symptom or a disease. Changes in lifestyle, diet, and any other chronic disease conditions can cause Agnimandya. Aggravation of kapha is an important cause of Agnimandya. This agnimandya results in the formation of ama, which results in srotodushti and vimarga gamana. Therefore, protection of Agni is of prime importance in the treatment of Agnimandya. The symptoms of indigestion include a burning sensation in the stomach associated with abdominal pain, bloating, belching, nausea, and vomiting. People who consume too much alcohol, excessively use painkillers, smoke, are obese, anxiety and depression are at high risk of indigestion.

Chaturjataka is a group of four aromatic herbal drugs, namely Twak (Cinnamomum zeylanicum Blume), Ela (Elettaria cardamomum Maton), Patra (Cinnamomum tamala Nees), and Nagakesara (Mesua ferrea Linn). Trijataka (Twak, Ela, and Patra) are first mentioned by Acharya Vagbhata, and in later days, reference to Chaturjataka includes Nagakesara along with Trijataka.

त्वगोलापत्रकैस्तुल्यैस्त्रिजातं त्रिसुगन्धि च |
नागकेशरसंयुक्तं चातुर्जातिकमुच्यते || (Bhavaprakasha
Nighantu, Karpuradi Varga, 69)

These four drugs in combination are mentioned as 'Chaturjataka' in Bhavaprakasha Nighantu, Mahoushadhi Nighantu, and Basavarajeeyam. In general, they possess katu (pungent)-madhura (sweet) rasa, ruksha (dry)-tikshna (high potency) guna, ushna (hot) virya, katu (pungent) vipaka, and they are kapha-vatahara, vishaghna, deepana, and varnya. Chaturjataka, being

aromatic, is useful in many Ayurvedic preparations and also as prakshepaka dravya in many formulations of asava-arishta. Though they differ in their gunaadi karma but have some similarities in action; they are deepana (digestive), pachana (carminative), mutrala (diuretic), hridya (cardiotonic), etc.

MATERIALS AND METHODS

Materials: The Composition of Chaturjat Churna Chaturjat Churna consists of the following four ingredients in equal proportions.

Ingredient (Sanskrit)	Botanical Name	Part used	Key chemical constituents	Rasa - virya- vipaka
Twak	Cinnamomum zeylanicum	Bark	Cinnamaldehyde, Eugenol	Katu-Tikta-Madhura Rasa, Ushna Virya, and Katu Vipaka.
Ela	Elettaria cardamomum	Seed	1,8- Cineole, Terpinyl acetate	Katu-Madhura Rasa, Shita Virya, and Katu Vipaka
Patra	Cinnamomum tamala	Leaf	Linalool, Eugenol	Madhura-Katu Rasa, Ushna Virya, and Katu Vipaka
Nagkeshara	Mesua ferrea	Stamen	Mesuol, Essential oil	Kashaya-Tikta Rasa, Ushna (or Anushna) Virya, and Katu Vipaka.

METHODS

A comprehensive literature review was conducted using classical Ayurvedic texts (*Sushruta Samhita*, *Bhavaprakash Nighantu*, and *Sarangadhara Samhita*) and modern electronic databases (PubMed, Google Scholar, and AYUSH Portal). Keywords included "Agnimandhya," "Chaturjat Churna," "Digestive Stimulants," and "Bioactive compounds of Cinnamomum."

Pharmacological Action

The review utilizes the Rasa Panchaka (Five Ayurvedic Attributes) to explain the methodology of action:

- **Rasa (Taste):** Katu (Pungent), Tikta (Bitter), and Madhura (Sweet). The Pungent taste directly stimulates the tongue's receptors, triggering cephalic phase gastric secretions.
- **Guna (Quality):** Laghu (Light) and Tikshna (Sharp). These help the powder penetrate deep into the Srotas (channels) to clear obstructions.
- **Virya (Potency):** Ushna (Hot). It provides the necessary heat to "cook" the undigested food (Ama).
- **Vipaka (Post-digestive effect):** Katu (Pungent). Ensures that the metabolism remains active even after the initial digestion of the herb.

Mechanism of Action

1. Synergistic Effect on Gastric Secretion

The volatile oils (such as Cinnamaldehyde and Eucalyptol) present in the ingredients act as local irritants to the gastric mucosa, leading to an increased secretion of digestive enzymes and hydrochloric acid. This addresses the "hypo-chlorhydria" often associated with Agnimandhya.

2. Carminative and Antispasmodic Action

Chaturjat Churna effectively reduces flatulence (*Adhmana*) and abdominal discomfort. *Ela* and *Twak* relax the smooth muscles of the gastrointestinal tract, facilitating the downward movement of *Vata* (*Anulomana*).

3. Bioavailability Enhancer

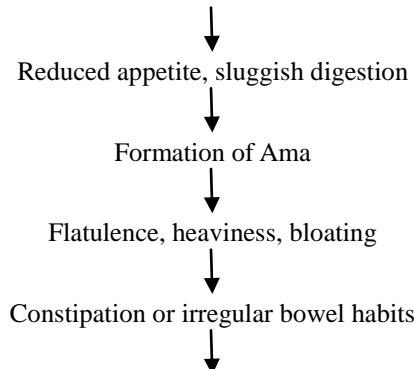
The *Ushna* and *Tikshna* properties improve the micro-circulation in the intestinal villi, which not only helps in digesting food but also enhances the absorption of other nutrients and medicines, acting as a *Yogavahi* (catalyst).

4. Antimicrobial Role

Agnimandhya often leads to small intestinal bacterial overgrowth (SIBO). The essential oils in Chaturjat Churna possess significant antibacterial properties that inhibit the growth of pathogenic bacteria while preserving gut flora.

Pathophysiology of Agnimandhya

Agnimandhya occurs due to the vitiation of one or more doshas.



Vata-dominant Agnimandhya is particularly responsive to therapies that warm the digestive system

Mode of Action of Chaturjat Churna in Agnimandya

1. Deepana (Enkindling the Digestive Fire)

The primary action of Chaturjat Churna is to stimulate the *Jatharagni* (central digestive fire).

- Stimulation of Enzymes: The essential oils present in these herbs (like cinnamaldehyde and cineole) stimulate the secretion of salivary and gastric juices.
- Result: This enhances the chemical breakdown of food, directly countering the sluggishness of *Agnimandya*.

2. Pachana (Digestion of Ama)

Agnimandya often leads to the formation of *Ama* (undigested toxic residue).

- Metabolic Clearing: The *Ushna Virya* (hot potency) of the ingredients helps in "cooking" or neutralizing *Ama*.
- Bioavailability: It clears the micro-channels (*Srotas*), allowing for better absorption of nutrients that are otherwise blocked by metabolic waste.

3. Vata-Kapha Shamaka (Dosha Balancing)

Agnimandya is typically caused by an increase in *Kapha* (which dampens the fire) or a disturbance in *Samana Vayu* (which fans the fire).

- Reducing Kapha: The spicy and bitter notes of the churna reduce the excess mucus and heaviness associated with Kapha.
- Regulating Vata: As a *Vatanulomaka*, it ensures the downward movement of gas and prevents bloating (*Adhmana*), which is a common side effect of poor digestion.

4. Carminative & Antispasmodic Action

The aromatic nature of the formulation provides immediate relief from the symptoms of indigestion:

- Relieving Flatulence: It prevents the fermentation of food in the gut, reducing gas formation.
- Gastrointestinal Motility: It helps regulate peristaltic movements, ensuring food moves through the digestive tract at an optimal pace.

Review of Clinical Studies

Though classical use is extensive, modern evidence also supports Chaturjat Churna's efficacy. Clinical trials show notable improvement in symptoms such as flatulence, anorexia, and abdominal discomfort. Experimental studies indicate enhanced amylase and lipase activity, promoting faster digestion. Comparative studies suggest Chaturjat Churna is effective when used alone or as an adjuvant with other Ayurvedic therapies for Agnimandya and Grahani disorders.

Dosage and Administration

- **Dose:** 2–3 grams
- **Route:** Oral
- **Adjuvant:** Warm water or ghee
- **Timing:** Before or after meals based on clinical need.

DISCUSSION

Clinical and classical analysis indicate that Chaturjat Churna provides significant relief in the following parameters of Agnimandhya.

- **Aruchi (Anorexia):** The aromatic nature of the churna improves the perception of taste.
- **Abhyavaharana Shakti:** Increase in the capacity to ingest food.
- **Jarana Shakti:** Increase in the speed and quality of digestion.
- **Alasya (Lethargy):** By clearing *Ama*, it reduces the heaviness associated with poor digestion.
- The combination of Twak and Patra (heating) with Ela and Nagkeshara (cooling/soothing) creates a balanced formulation that can be used even in patients with mild acidity, unlike harsher pungent spices like black pepper.

CONCLUSION

Chaturjat Churna is an effective, non-toxic, and highly palatable remedy for Agnimandhya. Its unique strength lies in the synergy of aromatic essential oils that not only stimulate the Agni but also balance the Vata and Kapha doshas in the stomach. Its pharmacological profile supports its classical indications, making it a valuable therapeutic option for enhancing digestive function, improving metabolism, and alleviating gastrointestinal discomfort.

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