

A Classical Review on Avachoornana Yogas

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ABSTRACT

Avachoornana is a BahyaUpakramawhich involves dusting specific powders of herbal and mineral drugs onto wounds to facilitate drying and promote healing. It is practiced in Ayurveda treatment modality, particularly effective in managing DushtaVrana, as described by Acharya Sushruta¹.The classical treatise Yogaratnakara² formally refers to this preparation as the AvadhoolanaandUddhulanaChurna Yoga. Through this approach,Avachoornana plays a significant role in wound care within Ayurvedic treatment. This study aims to explore various AvachoornanaYogas mentioned in various texts of Ayurveda including herbal and mineral drugs. Various clinical studies also demonstrate its effectiveness in reducing symptoms, promoting healing, and managing various types of wounds.

Keywords – Bahya Upakrama, Avachoornana, Ayurveda, DushtaVrana

I. INTRODUCTION

Ayurveda explains different forms of external applications for the treatment of various skin diseases, providing convenience and targeted action at the affected site.Avachoornana is one among theShashtiUpakrama explained by AcharyaSushruta for management of Vrana. It is one among the topical applications explained in classical literatures of Ayurveda.Avachoornana isalso explained by AcharyaCharaka and AcharyaVagbhata in VranaChikitsa. In AshtangaHridayaUttaraSthana, Avachoornana is

also explained for KarnarogaChikitsa³.The Ayurvedic compendiumYogaratkara, refers Avachoornana asAvadhoolana and UddhulanaChurna yoga.

According to Shabdakalpdruma⁴, Avachoornana is derived from 'Ava+ Choorna+ Karmani+ tka 'meaning "Choornikritam Dravyam" which means one which is in powder form.AcharyaSushruta defines Avachoornanaasdusting of medicinal powders on shallow and foul-smelling ulcerative lesions associated with vitiated Medas. The fine powders of ShodhanaDravyas are used for the same. According to Acharya Charaka⁵, once the wounds are set by performing previous Upakramas, the powders of various Dravyas are sprinkled over the wound. This will help in faster healing of the wound.Acharya Vagbhata⁶ explains AvachoornanaUpakrama as dusting of powders prepared from different Dravyas over skin and muscle tissue, which gets absorbed by the skin and the wounds heal quickly.

II. MATERIALS AND METHODS

Various classical literatures such as SushrutaSamhita, CharakaSamhita, Ashtanga Hridaya, Yogaratnakara, Rasatarangini were screened for formulations of Avachoornana Yogas. An effort was made to understand theUpakrama from the point of view of its role in promotion of wound healing.A comprehensive search of databases including PubMed, Researchgate, and relevant Ayurvedic journals was conducted.

Table1. AvachooranaYogasmentioned in various classical textbooks-

Name of the treatise	Name of the formulation	Ingredients mentioned
CharakaSamhita	VranaRopana Yoga ⁷	Priyangu, Lodhra, Katphala, Lajjalu, Dhataki, Panchavalka, Lodhra.
	TwakSanjanana Yoga ⁸	Kakubha, Udumbara, Ashvattha, Lodhra, Jambu and Katphala
	Roma Sanjanana Yoga ⁹	Skin, hair, hoofs, horns and bones of quadrupeds
SushrutaSamhita	Kaseesadi Yoga ¹⁰	Kasisa, Saindhava, Kinva, Vacha, Haridradwaya(Haridraand Daruharidra)
	RopanaChurna Yoga ¹¹	Kanguka, Triphala, Rodhra, Kasisa, Mundi, Dhava, Asvakarna, Priyanguka, Sarjarasa, Pushpakasisa and Dhava.
AshtangaHridayaSamhita	Kakubhadi Yoga ¹²	Kakubha, Udumbara, Ashwatha, Jambu, Katphala, Lodhra
	KaphajaKarnarogahara Yoga ¹³	Samudraphena
Yogratnakara	PanchavalkaGomaya Yoga ¹⁴	PanchavalkaBhasma, GomayaChurna
	Sarshapadi Yoga ¹⁵	Sarshapa, Karanja, Haridra, Daruharidra, Manjishtha, Triphala, Shati, Shvetaamurva, Priyangu, Trikatu, Trigandhaka, KesaraandLaksha.
Rasatarangini	Tankana Yoga ¹⁶	ShuddhaTankana
	Dugdhapashana Yoga ¹⁷	DugdhapashanaChurna
	Varatika Yoga ¹⁸	VaratikaBhasma
	Samudraphena ¹⁹	SamudraphenaChurna

General method of preparation-

1. **Collection and Preparation:** Required raw drugs are systematically collected, washed thoroughly to remove extraneous matter, and dried under controlled conditions (shaded, well-ventilated area or $\leq 40^{\circ}\text{C}$ dryer) to eliminate moisture.

2. **Pulverization:** The dried ingredients are mechanically ground into a fine powder using a grinder or mortar-pestle.

3. **Sieving:** The powder is passed through a 120-mesh sieve to ensure homogeneity and uniform particle size ($\leq 125\ \mu\text{m}$).

4. **Storage:** The sieved powder is transferred to an airtight, labelled container and stored in a cool, dry environment, protected from light and humidity, to preserve physicochemical stability for subsequent use.

Table2. Properties of Dravyas used in AvachooranaYogas

Name of the drug	Rasa	Guna	Veerya	Karma
Haridra ²⁰ (Curcuma longa Linn.)	Tikta, Katu	Ruksha, Laghu	Ushna	Vedanasthapana, Varnya, Kushtaghna, Shothahara
Daruharidra ²¹ (Berberis aristata DG)	Tikta, Kashaya	Laghu, Ruksha	Ushna	Shothahara, Vedanasthapana, Vranashodhana, Ropana
Lodhra ²² (Symlocos racemosa Roxb.)	Kashaya	Laghu, Ruksha	Sheeta	Shothahara, Raktasthambana,

Vacha ²³ (AcoruscalamusLinn.)	Katu, Tikta	Laghu, Teekshna	Ushna	Vranaropana Vedanasthapana, Shothahara
Musta ²⁴ (CyperusrotundusLinn.)	Tika, Kashaya	Laghu, Ruksha	Sheeta	Shothahara, Lekhana
Priyangu ²⁵ (CallicarpamacrophyllaVahl)	Tikta, Kashaya	Guru, Ruksha	Sheeta	Dahaprashamana, Vedanasthapana, Durgandhanashana
Dhataki ²⁶ (Woodfordiafrutic osaKurz.)	Kashaya	Laghu, Ruksha	Sheeta	Dahaprashamana, Raktasthambhana, Jantughna, Vranaropana
Lajjalu ²⁷ (Mimosa pudica Linn.)	Kashaya, Tikta	Laghu, Ruksha	Sheeta	Sandhaneeya, Raktasthambhaka, Vranaropaka
Ashwatha ²⁸ (Ficusreligiosa Linn.)	Kashaya, Madhura	Guru, Ruksha	Sheeta	Vranaropana, Vedanasthapana, Shothahara
Udumbara ²⁹ (FicusglomerataRoxb.)	Kashaya	Guru, Ruksha	Sheeta	Shothahara, Vedanasthapaka, Vranaropana
Jambu ³⁰ (SyzygiumcuminiLinn.)	Kashaya, Madhura, Amla	Laghu, Ruksha	Sheeta	Sthambhaka, Dahaprashamana

Table 3. Properties of Mineral Drugs used in AvachoornanaYogas

Name of the drug	Rasa	Guna	Veerya	Karma
Kasisa ³¹ (Ferrous Sulphate)	Tikta, Kashaya	Laghu, Teekshna	Ushna	Kanduhara, Kehsya, Vishaghna, Shwitrashaka
Yashada Bhasma ³² (Zinc)	Kashaya, Tikta	Laghu, Ruksha	Sheeta	Shothahara, Jantughna, Sthambhana
Gandhaka ³³ (Sulphur)	Katu, Tikta	Laghu, Snigdha	Ushna	Rasayana, Kanduhara, Krimihara, Visarpanashaka
Tankana ³⁴ (Borax)	Katu, Lavana	Laghu, Ruksha	Ushna	Vishadoshahara, Shodhana, Jantughna, Ropana
Tuttha ³⁵ (Copper Sulphate)	Katu, Kashaya	Laghu	Ushna	Vishahara, Vranashodhana, Kusthahara, Lekhana
Samudraphena ³⁶ (Cuttle fish bone)	Kashaya	Laghu, Sara	Sheeta	Kaphahara, Vishadoshaprashamana, Lekhana, Pachana.

PROBABLE MODE OF ACTION-

In any topical dosage forms the drug is absorbed through Romakupa, Swedavahini (sweat glands) and Siramukha (blood capillaries). The metabolism of the drug is facilitated by

BhrajakaPitta, SamanaVayu and VyanaVayu. After being absorbed in the Twak, the drugs act upon the body, pertaining to itsRasa, Guna,Karma, Virya (active principle) and in some cases according to its Prabhava.

Table 4. Probable mode of action of the Avachoorana drugs depending on their properties

Properties of the drug	Probable mode of action
Kashaya Rasa,SheetaVirya	Raktasthambhana and Sankochana - Stoppage of bleeding and contracture of the wound
UshnaVirya	VranaShodhana and Ropana - wound cleansing and purification
Laghu and SukshmaGuna	Easy penetration at the site of wound
LekhanaGuna	Auto debridement of slough and unhealthy granulation tissues.
Vedanasthapana	Reduces pain
KrimighnaandVishaghna	Prevents Bacterial infection
Shothahara	Reduces Inflammation
Varnya	Enhances skin colour at the site

III. DISCUSSION

Avachoorana is the process of dusting a wound or affected area with finely powdered medicinal substances which is one among ShashtiUpakramas for managing wounds, as described by the AcharyaSushruta. The treatment procedure is believed to promote both cleansing (Shodhana) and healing (Ropana) of the wound. Dusting powders work on wounds and skin through a dualmechanism involving both physical action (by the powder base) and chemicalaction (by the active medicinal ingredients).The primary mode of action is to create an optimal, dry environment for healing while delivering therapeutic agents to prevent or treat infection and inflammation³⁷.The active principles of the drug may also act at the host tissue level and may undergo first-phase metabolism in the skin itself, before entering into the systemic circulation. This first phase metabolism of the drug in the skin fold may aid in many changes like alteration of pH and local temperature of that area, drying the skin of that area, and it may change the total local atmosphere of the local skin that has triggered the pathogenicity of microorganisms.

The efficacy of traditional Ayurvedic wound care is rooted in the specific pharmacologicalproperties of the therapeutic agents applied. As observed in this study, the combined actions of different Rasa, Virya, and Guna address the various stages of wound healing. The presence of Kashaya Rasa (Astringent Taste) and SheetaVirya is crucial for the initial management of trauma, acting as Raktasthambhana (hemostatic) to stop bleeding and induce Sankochana (contracture) of the wound margins, thus initiating closure. Subsequently, properties like UshnaVirya drive VranaShodhana by stimulating metabolism and digesting morbid matter, thereby facilitating Ropanaiehealing of the wound. The dual qualities

of Laghu and SukshmaGuna are vital as they ensure easypenetration of the medicine into the deeper tissues and minute channels (Srotas) of the wound site. Furthermore, the LekhanaGuna facilitates the auto-debridement of slough and unhealthygranulation tissues, actively clearing the wound bed. Therapeutic actions like Vedanasthapana acts as analgesic by reducing pain, while the Krimighna (antimicrobial) and Vishaghna (anti-toxic) effects prevent bacterial infection. Finally, the Shothahara action reduces inflammation, and the Varnya effect contributes positively to enhancing skin colour and reducing scarring at the site, reflecting a holistic approach to both functional and aesthetic recovery.

Various published clinical studies have investigated Avachoorana as a supportive therapy for managing the ulcers. Studies explore its use with specific herbal formulations to manage complex conditions like diabetic foot ulcers etc.A study explored the application of Lakshadi Choorna to treat diabetic ulcers³⁸. Researchers applied the powder after cleaning the ulcer and observed symptomatic relief and better healing. Another study focused on using NishadiYoga Avachoorana for diabetic foot ulcers³⁹. The authors concluded that this formulation was effective. A randomized clinical study assessing the healing effect of YashadhaBhasma with Lodhra Avachoorana on clean ulcers (ShudhaVrana) notes that Avachoorana is a crucial part of VranaChikitsa (ulcer treatment)⁴⁰.Avachoorana has also been researched for some common skin conditions. A study evaluated the effectiveness of KhadiradiYoga Avachoorana for Kachchu, a genitoinguinal skin infection⁴¹. The researchers found that the herbal powder was effective in treating symptoms like itching and dampness. A

case report published on [ResearchGate](#) described a patient with excessive sweating on the palms, soles, and axillae who was treated with both internal medication and external application of Shireeshadi choorna as avachoorana⁴². The treatment led to significant symptom improvement and a better quality of life for the patient.

IV. CONCLUSION

Ayurveda utilizes specialized topical applications like Avachoorana, which holds immense therapeutic value in traditional healing practices. This unique dry powder formulation is celebrated for offering a range of health benefits, particularly supporting skin health by addressing various dermatological issues. Furthermore, Avachoorana is frequently applied for its proven efficacy in providing pain relief and accelerating the process of wound healing. Beyond physical ailments, its aromatic and herbal components can contribute to holistic wellness by aiding in stress reduction. Therefore, Avachoorana plays a significant and versatile role in Ayurvedic therapeutics.

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