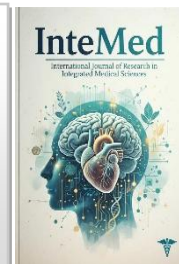




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Review Article

Phalatrikadi Churna: An Ayurvedic Formulation for the Management of Madatyaya (Alcoholism and Hangover) – A Review from Bhaishajya Ratnavali

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ABSTRACT

Phalatrikadi Churna is an ancient Ayurvedic polyherbal powder described in Bhaishajya Ratnavali, under Madatyaya Chikitsa. This churna is predominantly used for the management of Panatyaya (hangover syndrome after alcohol consumption), Agni Deepana (activating digestive fire), and certain other disorders including Sangraha Grahani (constipation-predominant irritable bowel syndrome). Consisting of ingredients such as Triphala (Phalatrika), Trivrit, Devadaru, and different carminative plants and minerals, it has been used to

correct dosha vitiation, especially Vata and Kapha dosha, with cleansing and balancing of digestion. This review highlights critical analysis of literature regarding the classical description, formulation, processing, pharmacological actions, and mechanism of Phalatrikadi Churna. The role of this formulation in treating the symptoms associated with alcohol disorder, enhancement of digestion, and stasis of digestive tract has been discussed.

Keywords: *Phaltrikadi Churna, Bhaishajya Ratnavali, Madatyaya, Panatyaya, Agni Deepana, Sangraha Grahani.*

Introduction

Madatyaya in Ayurveda includes all those disorders caused by heavy intake of alcohol which can be manifested either acutely, as in the case of *Panatyaya* (hangover), or as chronic disorders associated with aggravation of doshas. They include signs such as headache, vomiting, indigestion, poor concentration, among others. They occur due to an increase in *Vata*, *Pitta*, and *Kapha*, as well as disturbed *Agni*. According to *Bhaishajya Ratnavali*, authored by Govinda Das Sen, all remedies for such conditions are provided in the *Madatyaya Adhikara* chapter. *Phaltrikadi Churna* is among the herbal formulations that serve as antidotes to the poisonous effect of alcohol, induce appetite, and reduce gastrointestinal stasis.

The *churna* is formulated based on multiple herbs with multiple actions. Some have laxative properties, while some have carminative or digestive stimulatory properties aimed at enhancing *Agni*. Millions of people worldwide suffer from diseases as a result of alcohol abuse, including liver damage, poor digestion, and alcohol addiction. Hence, there is a need to look for alternative and holistic remedies such as *Phaltrikadi Churna* instead of conventional pharmaceutical approaches.

Purpose and Objectives

Purpose: Comprehensive evaluation of *Phaltrikadi Churna* in relation to *Madatyaya Chikitsa* according to *Bhaishajya Ratnavali* and their

association through contemporary pharmacological aspects.

Objectives:

- Evaluation of classical references, constituents, and preparation.
- Pharmacological effects on doshas and dhatus.
- Likely mode of action in treating *Panatyaya*, *Agni Deepana*, and *Sangraha Grahani*.
- Supporting evidence from contemporary science.
- Its application in clinics, safety issues, and future research areas.

Literary Review

Source Text

Bhaishajya Ratnavali, Madatyaya Adhikara, Verses 15-17.

Shloka Reference

फलत्रिकं त्रिवृच्छयामा देवदारु महौषधम् । अजमोदा यमानी च दावी
लवणपञ्चकम् ॥१५॥

शतपुष्पा वचा कुष्ठं त्रिसुगन्ध्येलबालुकम् । सर्वाण्येतानि संचूर्ण्य पिबेच्छीतेन वारिणा
॥१६॥

पानात्ययादिरोगाणां हरणेऽग्नेश्च दीपने । संग्रहग्रहणीध्वंसेऽप्येतदेवौषधं क्षमम् ॥

In this shloka, the medicine *Phaltrikadi Churna* is prepared by grinding *Triphala*, *Trivrit*, *Shyama*, *Devadaru*, *Shunthi* (*Mahaushadha*), *Ajmoda*, *Yavani*, *Darvi*, *Pancha Lavana*, *Shatapushpa*, *Vacha*, *Kushta*, *Trisugandhi* (*Tvak*, *Ela*, *Tamalpatra*), *Ela*, and *Bala*. The drug is prescribed with the help of cool water for curing alcohol-related diseases, kindling digestive fire, and annihilating *Sangraha Grahani*.

Background of the Literature

The treatment has been prescribed

Ingredients

Table 1: Ingredients of *Phaltrikadi Churna* with Quantity (Equal parts unless specified; total *churna* yield adjusted for dosage).

Sanskrit Name	Botanical Name	Family	Quantity (per part)
<i>Phaltrika</i> (<i>Triphala</i> : <i>Haritaki</i> , <i>Bibhita</i> , <i>Amalaki</i>)	<i>Terminalia chebula</i> , <i>T. bellirica</i> , <i>Emblica officinalis</i>	Combretaceae, Phyllanthaceae	1 part each
Trivrit	Operculina turpethum	Convolvulaceae	1 part

Shyama	Operculina turpethum (black var.)	Convolvulaceae	1 part
Devadaru	Cedrus deodara	Pinaceae	1 part
Mahaushadha (Shunthi)	Zingiber officinale	Zingiberaceae	1 part
Ajmoda	Apium graveolens	Apiaceae	1 part
Yavani (Yamani)	Trachyspermum ammi	Apiaceae	1 part
Darvi (Daruharidra)	Berberis aristata	Berberidaceae	1 part
Pancha Lavana (Saindhava, Samudra, Vida, Sauvarchala, Romaka)	Various mineral salts	-	1 part (combined)
Shatapushpa	Anethum sowa	Apiaceae	1 part

Vacha	Acorus calamus	Acoraceae	1 part	Shunthi	Deepaniya, Shoolaprashama	Pippalyadi, Trikatu
Kushta	Saussurea lappa	Asteraceae	1 part	Ajmoda	Deepaniya, Anulomana	-
Trisugandhi (Tvak, Ela, Tamal patra)	Cinnamomum verum, Elettaria cardamomum, C. tamala	Lauraceae, Zingiberaceae	1 part each	Daruharidra	Kandughna, Lekhaniya	Haridradi
Ela	Elettaria cardamomum	Zingiberaceae	1 part	Shatapushpa	Deepaniya	-
Bala	Sida cordifolia	Malvaceae	1 part	Vacha	Lekhaniya, Sanjnasthapana	Eladi, Vachadi
				Kushta	Kushthaghna, Kandughna	Eladi, Priyangvadi
				Bala	Balya, Brimhaniya	Vatasamshamana

(Note: All ingredients are taken in equal quantities, powdered finely, and mixed uniformly.)

Preparation Method

Classification by Various Acharyas

Table 2: Classification of Key Ingredients (Based on Charaka and Sushruta Samhitas).

Ingredients	Charaka Acharya	Sushruta Acharya
Triphala	Jwaraghna, Kasaghna, Kushthaghna	Laghu Panchamula, Mustadi
Trivrit	Bhedaniya, Virechana	Syamadi, Adhobhaga Hara
Devadaru	Lekhaniya, Stanyashodhana	Eladi, Surasadi

Phaltrikadi Churna is prepared according to the Ayurvedic guidelines of *churna kalpana*, which have been documented in the Ayurvedic books such as *Sharangadhara Samhita*. A *churna*, on the other hand, is understood to be a fine powder that has been ground from various dried drugs and then mixed well to maintain the efficacy of all ingredients. The method of preparing a *churna* involves certain steps to obtain fine, sieveable powder that can pass through the clean muslin cloth or ordinary sieve (80-100 mesh).

1. Collecting and Authenticating Raw Materials:
The first step in any process begins with collecting quality and authenticated raw material either from natural habitats or trusted sources. It is necessary for

all ingredients used, for example, herbs such as *Triphala* fruits, *Devadaru* wood and mineral ingredients like Pancha Lavana, that their botanic identity is confirmed using Dravyaguna standards. This is essential because the use of adulterated or contaminated raw material will affect the effectiveness of the preparation. Check for maturity, purity, and freedom from contamination such as molds, foreign objects, insects and ensure the presence of no defects. Examples include pure, clean salt like Saindhava Lavana and mature *Triphala* fruits. Take all materials in equal amounts (5-10g).

2. Cleaning and Pre-processing: Clean all the ingredients to ensure they do not contain any kind of dust or impurities. If required, wash all herbal parts (roots, bark, fruits, etc.) with clean drinking water but without immersing them in water for too long since it will result in the loss of their active properties. Ensure that there are no lumps in mineral products such as Pancha Lavana. Dry these materials either under sunlight (for some herbs) or in shade (depending upon the product, as in the case of *Triphala* which needs to be sun dried to become crispy). This process of drying, called "shushka" (drying), should preferably take place in a controlled environment with temperature not exceeding 40-50°C in about 3-7 days until they reach the moisture content of less than 10%.

3. Individual Grinding and Sieving: The ingredients must be ground individually with the aid of a mortar and pestle, a grinder, or a pulverizer to prevent cross-contamination and achieve equalized particle sizes. In accordance with the "yavakuta" (coarse grinding) process, the ingredients have to be finely

ground thereafter. The ingredients need to be sieved through fine meshes, like an 80-100# sieve according to the Ayurvedic Formulary of India, to produce an even texture that can pass through muslin cloths without residue. Sieving helps eliminate coarse fibers, evenly distribute the principles, and improve bioavailability. Tougher materials such as *Trivrit* roots require re-grinding. Hard materials such as dried fruits can be roasted with a little ghee to make them soft, as is done in some *Triphala* formulations; however, this step is not necessary for *Phalatrikadi*.

4. Mixing and Homogenization: Weigh the sifted powder in equal amounts and mix them well in a clean and dry vessel (stainless steel and earthen vessels preferred) with the help of a spatula or mixer. The aim is homogenization, which will prevent any agglomeration or allow synergistic interaction of all the ingredients. Mixing should be done sequentially with small amounts of fragrant herbs like *Ela* and *Trisugandhi* initially to avoid the loss of essential oils and then proceed with heavier ingredients like *Triphala*, followed by salts like Pancha Lavana. Grinding needs to be done for 10 to 15 minutes.

5. Quality Control and Finishing Sieving: Post mixing process, sieve the entire churna using a fine cloth or sieve in order to eliminate all lumps or irregular particles. Conduct organoleptic tests, where the powder must have fine particle size, good flowability, aromatic smell, bitter – astringent taste, and brown appearance. Quality control checks such as pH (mildly acidic), moisture loss test (<10%) and ash content may be conducted in a laboratory to ensure quality standards.

6.Storage & Packaging: The churna must be stored in a clean and tight container made out of glass or plastic. Avoid storing them in direct sunlight or moisture/ heat prone places. Proper labeling including preparation date, batch numbers, and expiry date (typically within 6-12 months for herbal churnas, as efficacy reduces with prolonged shelf life) is essential. The best place to store the product would be in a cool and dry environment at room temperature (20-25°C).

Such a process guarantees the safety, effectiveness, and adherence to Ayurvedic requirements of the product, with a usual output of finely ground powder ready for consumption.

Clinical Indications

1.Panatyaya (Hangover due to Drinking): Eases headaches, nausea, dryness in the mouth, and general exhaustion.

2.Madatyaya (Chronic Alcoholism): Helps cleanse the liver and overcome alcohol addiction.

3.Agnimandya (Impaired Digestive Processes): Increases appetite and metabolic functions.

4.Sangraha Grahani (IBS Type with Predominance of Constipation): Causes evacuation of bowels without any irritating laxative effect.

5.Vibandha (Constipation): Light laxative activity.

6.Arochaka

Pharmacodynamics (Probable Mode of Action)

The pharmacodynamics of Phaltrikadi Churna is based on the balance of its constituent qualities:

- Triphala: Laxative & detoxifying agent; loaded with antioxidants such as tannins and vitamin C. Balances Tridosha, helps in Ama Pachana, and aids in proper functioning of liver. Scientific research proves its hepatoprotective action against alcohol intoxication by lowering the oxidative and inflammatory reactions in the liver tissues.

- Trivrit & Shyama: Laxative; having anthraquinone content, facilitating the evacuation of bowels gently. Effective in alleviating the accumulation of Vata-Kapha in gut due to their virechana (purgative) quality without loss of body fluids. Helpful in eliminating the products of alcohol metabolism from the intestine.

- Devadaru: Anti-inflammatory and antipyretic actions of devadaru help in relieving swelling and pain related to hangovers. Devadaru also serves as a nervine tonic to soothe Vata imbalance leading to headaches and anxiety after drinking alcohol.

- Shunthi: Deepana-Pachana activity; gingerols increase gastric mobility and decrease vomiting. The antiemetic nature of shunthi is supported by scientific research proving that it regulates the activities of serotonin receptors.

- Ajmoda & Yavani: Carminative; carvone present in these apiaceae family herbs relieves flatulence and bloating in patients.

- Daruharidra: Anti-microbial and anti-inflammatory; berberine protects against the risk of gut infections induced by alcohol use and regulates

gut microflora to avoid the occurrence of dysbiosis that worsens digestive problems.

●Pancha Lavana: Electrolytes; useful after dehydration due to alcohol usage for hydration and digestion. They contribute to Rochana and are effective in replenishing minerals depleted due to the diuretic action of alcohol.

●Shatapushpa: Anise compound (Anethole); it facilitates digestion and decreases spasms. It helps Anulomana (downward flow of Vata) and aids in treating constipation.

●Vacha: Nootropic; calamus oil boosts mental clarity in conditions associated with alcohol hangover by improving cognitive functions and minimizing brain fog due to its stimulatory effects on the nervous system.

●Kushta: Antispasmodic; saussureol reduces stomach spasm and demonstrates antimicrobial activity to prevent secondary infections in the compromised digestive tract.

●Trisugandhi and Ela: Aromatic stimulants; increase Agni and improve food flavor. Essential oils stimulate Deepana and provide food with an aromatic fragrance.

●Bala: Balya; restores strength in tissues affected by alcohol. Bala nourishes Dhatus like Mamsa and Majja.

Table 3: Properties of Key Ingredients in Phaltrikadi Churna.

Ingre dients	Gu na	Ras a	Virya	Vip aka	Dosha karma	Karma
<i>Triphala</i>	<i>Laghu, Ruksha</i>	<i>Kasaya, Madhura, Amla</i>	<i>Ushna/Sheeta</i>	<i>Madhu</i>	<i>Tridosahara</i>	<i>Deepana, Anulomana, Rasayana</i>
<i>Trivrit</i>	<i>Laghu, Tikshna</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>	<i>Virechana, Bhedana</i>
<i>Devadaru</i>	<i>Laghu, Snigdha</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>	<i>Shothahara, Vedanasthapana</i>
<i>Shunthi</i>	<i>Laghu, Snigdha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhu</i>	<i>Vata-Kaphahara</i>	<i>Deepana, Rochana</i>
<i>Ajmoda</i>	<i>Laghu, Ruksha</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>	<i>Deepana, Anulomana</i>
<i>Daruharidra</i>	<i>Laghu, Ruru</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta-Kaphahara</i>	<i>Kandughna,</i>

	ksh a					Vishagh na	be depleted due to dehydration, and nootropics such as Vacha counter any possible mental problems.
<i>Shatap ushpa</i>	<i>Lag hu</i>	Kat u, Tikt a	Ushna	Kat u	Vata- Kapha hara	Deepana , Pachana	The modern scientific pharmacology supports this as the polyphenolic compounds present in Triphala help protect hepatocytes against ethanol toxicity. Berberine in Daruharidra helps regulate intestinal microbial flora, whereas gingerol helps inhibit
<i>Vacha</i>	<i>Lag hu, Tik shn a</i>	Kat u, Tikt a	Ushna	Kat u	Kapha - Vatah ara	Medhya, Lekhana	serotonin, reducing nausea. Studies have shown the efficacy of treatments similar to this formulation in terms of hangover severity and better liver enzyme status. Nevertheless, randomized clinical trials of Phaltrikadi Churna specifically need to be carried
<i>Kusht a</i>	<i>Lag hu, Ruk sha</i>	Tikt a, Kat u	Ushna	Kat u	Vata- Kapha hara	Shothah ara, Krimigh na	out. Safety studies have shown a positive profile with only purgation being its side effect.
<i>Bala</i>	<i>Gu ru, Sni gdh a</i>	Mad hura	Sheeta	Ma dhu ra	Vata- Pittaha ra	Balya, Brimhan a	Conclusion <i>Phaltrikadi Churna</i> formulated according to <i>Bhaishajya Ratnavali</i> is an evidence-based Ayurvedic formulation for treating the conditions of <i>Madatyaya</i> , <i>Agni Deepana</i> , and <i>Sangraha Grahani</i> .

Discussion

Phaltrikadi Churna demonstrates the holistic nature of Ayurveda's approach towards treatment of *Madatyaya* through the use of ingredients that treat Ama resulting from the breakdown of alcohol, low Agni power and vitiated doshas. The ingredients used as laxatives promote the excretion of toxins from the body, whereas those used as carminatives help treat digestive problems. In addition, salts in the formulation restore electrolyte levels that may

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