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Research Article

SURARI CHURNA - AYURVEDIC MEDICINE FOR ALCOHOL DEPENDENCY SYNDROME

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ABSTRACT

Ayurveda is the most ancient Indian system of medicine among them Ayurvedic *churnas* are the most popular medicine used worldwide used to treat many diseases. One such *Churna* among Ayurvedic medicine is *Surari churna* used as medicine for alcohol de- addiction. Used to treat alcohol dependency syndrome. This medication is available in pale yellow color with smooth texture. The formulation ingredients used in this medication are *Soya*, *Vidarikand*, *Jyotishmati*, *Haritaki*, *Bhibhitaki*, *Amalaki*. The formulation ingredients which are used mainly focusses on liver detoxification, Reduction of oxidative stress, Anti- oxidant effect which mainly used in the treatment of alcohol dependency syndrome, anxiety disorders. The side effects include nausea, vomiting, headache, loss of muscle strength, if the alcohol is administered after the administration of medication. *Surari churna* is available in sachets, each sachet contains 2.25gm of the herbal medicine and contains many nutritional benefits such as proteins, vitamins hence used to treat many disorders. No contraindications and interactions are associated with this herbal medicine as it contains pure herbs which are obtained from the nature and used in treatment of many disorders. A clinical presentation of a person is shown with decrease in symptoms and eradication of the disorder after the usage of *Surari churna* for about 20 days.

INTRODUCTION

India is well known for Traditional systems of medicine such as Ayurveda, siddha, unani, Homeopathy. Among them Ayurveda is the most ancient Indian system of medicine used widely to treat many diseases by using natural herbs. The term Ayurveda means Ayus- life veda- knowledge. The concept of Ayurveda introduced between 2100-500BC in India. Ayurveda means "Science of life" and also known as "Science of longevity" as shown in

Table 1: Principles of Science of life and Science of longevity

Science of life	Indian system of medicine mainly focuses on the illness of the person by Viewing the Humans.
Science of longevity	Indian system of medicine focus on complete System to live a long healthy life.

Ayurveda system means Art of total health care. It has an equal emphasis on the body, mind and spirit.

Principles of Ayurveda^{3,4}

Ayurveda involves 5 fundamental principles as shown in **Table-2**

- 1) *Triguna* theory
- 2) *Tridosha* theory
- 3) *Panchashil*
- 4) *Panchamahabhootas* principle
- 5) *Sapta dhatu*


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Table 2: Theories of Ayurveda

<i>Triguna</i> theory	<i>Satva</i> – (good) <i>Raja</i> – (aggressive) <i>Toma</i> – (dullness)
<i>Tridosha</i> theory	<i>Kapha</i> –(lubrication) <i>Vata</i> – (respiration) <i>Pitta</i> – (metabolism)
<i>Panchashil</i>	<i>Rasa</i> – (theoretically active substance) <i>Guna</i> –(quality principle) <i>Virya</i> - (active principle and potency) <i>Vipaka</i> – (the end product of digestion) <i>Prabhava</i> –(actual effects of drug on body)
<i>Panchamaha bhoothas</i>	<i>Prithvi</i> – (earth) <i>Fluidity</i> – (Water) <i>Agni</i> –(fire) <i>Vayu</i> –(air) <i>Akasa</i> –(space)
<i>Sapta dhatu</i>	<i>Rasa</i> –(plasma) <i>Raktam</i> –(blood) <i>Mamsa</i> –(muscle) <i>Meda</i> –(fat) <i>Asthi</i> –(bone) <i>Majja</i> –(bone marrow and nerves) <i>Shukra</i> –(reproductive fluid)

When the equilibrium between any of above principle causes the person suffer from the disease. Diagnosis of the disease is done by observing

- Body colour
- Tongue
- Nails
- Eyes
- Pulse
- Blood
- Urine and fecal matter

Ayurvedic Churna

Churna is defined as the fine powder prepared by combination of certain Herbal powders. Herbs which are selected for formulation are pulverized separately and mix them in a proportional ratio to obtain the desired *Churna*. Different types of *Churnas* are available in Ayurveda medicines, one such among them is *Surari churna*, the most popular medicine for the treatment of Alcohol dependency.

Alcohol Dependency^{5,6}

AUD – Alcohol use disorder is a abnormal health condition caused due to excessive intake of alcohol, causes dependency.

AIM AND OBJECTIVE

This article mainly explains about the *Surari churna* an Ayurvedic medicine for the treatment of Alcohol dependency.

Surari churna

Surari churna is an Ayurvedic herbal formulation as shown in **Fig-1** used to overcome Alcohol Addiction. This formulation is used to treat Alcohol use syndrome by Detoxifying the body, by reducing the cravings towards alcohol. This formulation as shown in **Fig-2** and **Table-3** is a combination of several herbs and minerals used to treat Alcohol dependency. *Surari churna* is useful for treating all types of Alcohol dependency products like liquor, beer, wine, rum etc

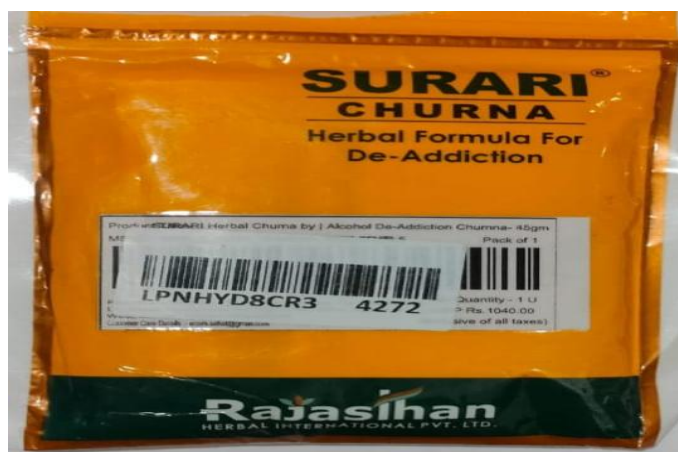


Fig 1: Surari churna

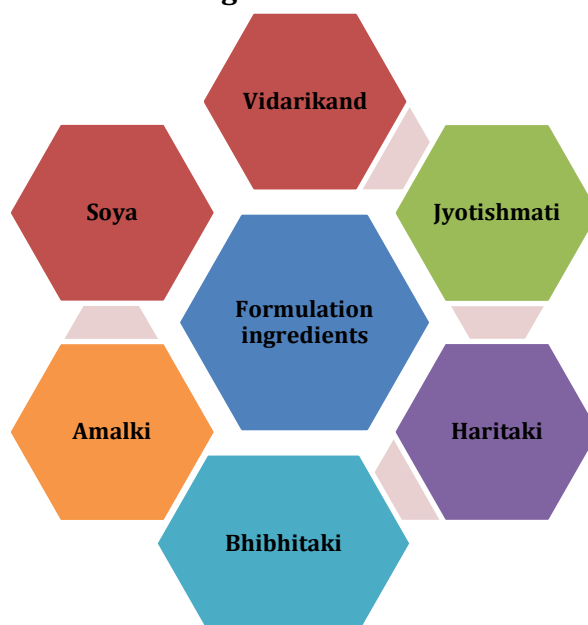


Fig-2: Formulation ingredients

Table 3: Formulation Ingredients

S.No	Ingredients	Biological source	Family
1.	Soya	<i>Glycine max</i>	Fabaceae family
2.	Vidarikand	<i>Pueraria tuberosa</i>	Fabaceae family
3.	Jyotishmati	<i>Celastrus paniculata</i>	Celastraceae family
4.	Haritaki	<i>Terminalia chebula</i>	Combretaceae family
5.	Bhibhitaki	<i>Terminalia belerica</i>	Combretaceae family
6.	Amalaki	<i>Embllica officinalis</i>	Phyllanthaceae family

Glycine max

- Liver detoxification due to the presence of lecithin and isoflavones.
- Anti-oxidant effect due to the presence of isoflavones.
- Glycine max improves cardiac health.

Bhibhitaki

- Liver detoxification.
- Oxidative stress reduction.

- Prevents liver cellular damage.
- Improves digestion.
- Maintaining a healthy gut.

Vidarikand

- Detoxification of liver cells.
- Reduction of oxidative stress.
- Weakness reduction.

- Maintaining hormonal balance.
- Gives quality sleep.

Amalaki

- Liver cells detoxification.
- Reduces liver inflammation.
- Acts as immunity booster by the excessive production of WBC.
- Emotion stabilizer.

Jyotishmati

- Improves the brain function.
- Management of stress.
- Protects the nervous system.
- Improves sleep pattern

Physical properties of *Surari churna* shown in Table-4

Table 4: Physical Properties

Physical property	Description
Color	Pale yellow
Odour	Odourless
Taste	Tasteless
Texture	Smooth texture

**Fig 3: Color of the Surari churna****Route of administration & indication to use**

Surari churna can be administered through oral route, by mixing it with either rice or with water. This powder can be taken with any food as it does not show any food- herb interactions. It can also be administered even after administering the English medicine as it does not show any food-drug interactions. *Surari churna* is administered with night meal, once a day.

Dose of the herbal mixture^{7,8}

Surari churna is issued in the form of sachets as shown in **Fig-4**, usually a small plastic or paper package which contains small amount of the powder, usually enough only for 1 time use. Each packet of *Surari* contains 20 sachets, which contains 2.25gms of the drug in each sachet as shown in **Table-5**.

**Fig 4: Surari churna sachet**

Table 5: Each dose contains

Soya	<i>Glycine max</i>	62%
<i>Vidarikand</i>	<i>Pueraria tuberosa</i>	31%
<i>Jyotishmati</i>	<i>Celastrus paniculata</i>	3.25%
<i>Haritaki</i>	<i>Terminalia chebula</i>	1.25%
<i>Bhibhitaki</i>	<i>Terminalia belerica</i>	1.255
<i>Amalaki</i>	<i>Emblica officinalis</i>	1.25%

Benefits of Surari churna

- To treat all types of alcohol dependencies.
- Used in the treatment of anxiety.
- Used to obtain regular sleep cycles.
- Liver detoxification.
- *Surari churna* acts as immunity booster.
- Acts as stress reliver.

Drawbacks of Surari churna

- Causes sleepy hence administered at night time.
- Nausea and vomiting.
- Allergic reactions in some people.
- Weakness for 1st 3 days after administering the dose.

Consumption of alcohol after administering the herbal medicine causes severe side effects such as

- Uncontrolled vomiting sensation.
- Nausea
- Severe allergy on the skin.
- Loss of body movements.
- Loss of brain control.
- Excessive consumption of alcohol sometimes causes death.

Contraindications

No contraindications are associated with this *Surari churna* as it contains all herbal natural ingredients does not show any effect on the body. Hence any person who are addicted to any alcohol disorder can use this herbal medicine.

Surari churna nutritional facts

Surari churna herbal medicine is composed of many nutritional benefits such as proteins,

carbohydrates, vitamins such as vitamin E, vitamin B1, vitamin B2.

Clinical presentation

A 30-year-old Indian Hindu male patient¹ from Andhra Pradesh, presented in Ayurvedic hospital with the complaints of Hand tremors, agitation, Nausea, anxiety, Vomiting, Sweating, Improper sleep. The above Symptoms worsen when he is not taking alcohol. At the age of 20 he started to consume alcohol due to peer group pressure. Initially there was only occasional use, but later it developed into addiction on increased worries, he amplified the amount of alcohol intake due to financial issues, the intake of alcohol getting gradually increased. He used to take alcohol regularly for last 5 years. By the time, he lost his job as a teacher and financial crisis got worsened more. He thought about to stop the alcohol, but he couldn't stop by himself. So he came across Ayurvedic medicine for alcohol de-addiction.

Clinical observation

After administering the drug the symptoms associated with the drug before have been decreased and causes relief to the patient.

Assessment

Assessment of the effect of the therapy was done on the basis of changes observed at the patient body. A numerical score was assigned for each of the signs and symptoms by using the clinical institute withdrawal assessment of alcohol revised scale (CIWA-Ar scale) as shown in **Table-6**.

Table 6: Clinical institute withdrawal assessment of alcohol revised score (CIWA-Ar scale)

S.No	Symptoms	1st day	10th day	20th day
1	Nausea / vomiting	2	1	0
2	Anxiety	4	2	0
3	Agitation	3	1	0
4	Headache	3	1	0
5	Visual disturbances	2	0	0
	Total	14	5	0

Treatment outcome

Using the CIWA-Ar scale to evaluate the patients status after 10 days and 20 days of treatment, it was found that symptoms are gradually decreased after 10 days of treatment. After 20 days of treatment symptoms are completely stopped and hunger increased to sufficient food intake. The patient was greatly benefited with this Ayurvedic medicine.

CONCLUSION

Surari churna, one of the most popular Ayurvedic medicine used to treat alcohol dependency syndrome in the patients with excessive alcohol consumption. The formulation ingredients which are used helps in liver detoxification, reduces the oxidative stress, gives Anti-oxidant effect by glycine max due to the presence of isoflavones. A 20-day medication of *Surari* can help the patient to recover from stress, anxiety, alcohol dependency syndrome. Insertion of various useful herbs in *Surari churna* can be used for the treatment of many such disorders.

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