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## Review Article

### A CRITICAL REVIEW ON CHANGERI GRITHA

Suresha Patil <sup>1\*</sup>, Vinaykumar R Kadibagil <sup>2</sup>, Prajwal Sanakyanavar <sup>1</sup>, Tejeswini S P <sup>1</sup>, Veeresh Fattepur <sup>1</sup>

<sup>1</sup> Post Graduate scholar, Department of Rasashastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India

<sup>2</sup> Professor, Department of Rasashastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India

\*Corresponding Author Email: patils93032@gmail.com

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#### ABSTRACT

Changeri Gritha is a classical Ayurvedic formulation extensively documented across multiple ancient texts, including Bhaishajya Ratnavali, Sharangadhara Samhita, Chakradatta, Vrinda Madava, Gada Nigraha, and Rasaratnakara. This gritha is primarily used for treating digestive disorders, rectal prolapse (Gudabhrmsha), Haemorrhoids (Arsha), Constipation (Anaha), Painful urination (Mutrakricchra), and Diarrhoea (Atisara). While its composition slightly varies sources, the key ingredient Changeri remains consistent due to its digestive-enhancing, binding, and anti-inflammatory properties. The formulation benefits from the lipophilic nature of ghee, which aids in the assimilation and transport of therapeutic compounds to target organs. Future pharmacological and clinical research can help validate the traditional uses of Changeri Gritha, reinforcing its role in Ayurvedic medicine and preserving its relevance in holistic healthcare. Therefore, the aim of this review work was to investigate the formulation compiled in Ayurvedic classics.

**Keywords:** Changeri gritha, Arsha, Gudabhrmsha, Bhaishajya Ratnavali, Formulation.

#### INTRODUCTION

In Ayurvedic therapeutics, drug therapy holds a central role. A well-established sub-discipline, dedicated to drug formulations emerged during the medieval period around 8th century. In Bhaishajya kalpana, focuses on creating medicines such as, Taila, Ghrita, etc using ingredients like herbs, minerals, and metals.

Gritha are Ayurvedic formulations. It is prepared by combining ghee with herbal decoctions and powdered raw drugs in a various combinations, depending on the intended purpose. Gritha have been used for a long time and are available in multiple dosage forms, as described in ancient texts for applications such as ear treatment, massage, wound healing, hair care, enemas, and oral consumption.

Changeri Gritha is mentioned in several classical texts, including Bhaishajya Ratnavali, Sharangadhara Samhita, Chakradatta, Vrindamadava, Gadanigraha, and Rasaratnakara. It is prescribed for conditions such as Gudabhrmsha (Rectal prolapse), Arsha (Haemorrhoids), Anaha (constipation), Grahani (digestive disorder), Atisara (Diarrhoea), and Mutrakricchra (painful micturition), among others. One particular formulation of Changeri Gritha is widely available in the market, with references from Chakradatta and Bhaishajya Ratnavali highlighting its extensive use in clinical practice.

While the core ingredient, Changeri, remains consistent across texts, there are minor differences in ingredients included the formulation of Gritha. The preparation method for Changeri Gritha is largely consist and its therapeutic uses and specific ingredients are detailed across various texts. This work aims to compaile information on Changeri Gritha from multiple Ayurvedic textbooks.

References of Changeri Gritha were compiled from several classical texts on Bhaishajya Kalpana, each providing distinct insights and contributions. Given the lack of published researches specifically on Changeri Gritha, it was crucial to supplement traditional knowledge with additional details.

#### General method of preparation of gritha

The preparation process begins with the preperation of kalka, a fine paste made from the medicinal herbs specified in the formulation. Once the kalka is ready, ghee (Murcchita Gritha) is slightly warmed and combined with the paste. To this mixture, a liquid such as herbal decoctions, fresh juices, milk, or curd is gradually added in a specific ratio. The proportion of ingrediants is mentioned like 1 part kalka, 4 parts ghee, and 16 parts of the liquid. The mixture is gently heated over a mild flame, ensuring that it reaches the appropriate consistency, known as Sneha siddi lakshana, which indicates the completion of preperation. The mixture is filtered to remove any solids, and the resulting product is stored in an airtight container for further therapeutic use.

Table 1: List of ingredients and indications according to different texts.

Reference	Ingredients	No	Indication
Bhaishajya ratnavali <sup>1</sup>	Pippalimula ( <i>Tribulus terrestris</i> Linn) Chitraka ( <i>Plumbago zeylanica</i> Linn) Gajapippali ( <i>Scindapsus officinalis</i> schoott) Gokshura ( <i>Tribulus terrestris</i> Linn) Pippali ( <i>Piper longum</i> linn) Dhanyaka ( <i>Coriandrum sativum</i> Linn) Bilwa ( <i>Aegle marmelos</i> corr) Patha ( <i>Cissampelos pareira</i> Linn) Yavani ( <i>Trachyspermum ammi</i> Linn) Changeri ( <i>Oxalis corniculata</i> Linn) Gritha Dadhi	13	Arshas Grahani Mutrakrucchra Pravahika Gudabhramsa Anaha
Sharangadhara Samhita <sup>2</sup>	Pippali ( <i>Piper longum</i> Linn) Pippalimula ( <i>Tribulus terrestris</i> Linn) Citrika ( <i>Plumbago zeylanica</i> Linn) Hastipippali ( <i>Tribulus terrestris</i> Linn) Swadhamstra ( <i>Tribulus terrestris</i> Linn) Nagara ( <i>Zingiber officinale</i> ) Dhanyaka ( <i>Coriandrum sativum</i> Linn) Patha ( <i>Cissampelos pareira</i> Linn) Bilwa ( <i>Aegle marmelos</i> corr) Yavani ( <i>Trachyspermum ammi</i> Linn) Changeri ( <i>Oxalis corniculata</i> Linn) Gogrutha Jala	12	Grahani Arshas Gudabhramsha Mutrakrucchra Pravahika Anaha
Chakradatta <sup>4</sup>	Sunti ( <i>Zingiber officinale</i> ) Pippalimula ( <i>Tribulus terrestris</i> Linn) Citrika ( <i>Plumbago zeylanica</i> Linn) Gajapippali ( <i>Scindapsus officinalis</i> schoott) Goksura ( <i>Tribulus terrestris</i> Linn) Pippali ( <i>Piper longum</i> Linn) Dhanyaka ( <i>Coriandrum sativum</i> Linn) Bilwa ( <i>Aegle marmelos</i> corr) Patha ( <i>Cissampelos pareira</i> Linn) Yavani( <i>Trachyspermum ammi</i> Linn) changeri ( <i>Oxalis corniculata</i> Linn) Jala	12	Arshas Grahani Mutrakrucchra Pravahika Gudabhramsha Anaha
Vrinda Madava <sup>3</sup>	Changeri ( <i>Oxalis corniculata</i> Linn) Kola ( <i>Cola nitida</i> ) Dadhi Amla ( <i>Phyllanthus emblica</i> ) Nagara ( <i>Zingiber officinale</i> Rosc) Kshara Gogrutha Jala	8	Gudabhramsha
Gadha Nigraha <sup>5</sup>	Changeri ( <i>Oxalis corniculata</i> Linn) Kola ( <i>Cola nitida</i> ) Dadhi Amla ( <i>Phyllanthus emblica</i> ) Nagara ( <i>Zingiber officinale</i> Rosc) Kshara Gogrutha Jala	8	Gudabhramsha
Rasaratnakara <sup>6</sup>	Nagara ( <i>Zingiber officinale</i> ) Pippalimula ( <i>Tribulus terrestris</i> Linn) Chitraka ( <i>Plumbago zeylanica</i> Linn) Hastipippali ( <i>Tribulus terrestris</i> Linn) Swadhamstra ( <i>Tribulus terrestris</i> Linn) Pippali ( <i>Piper longum</i> Linn) Dhanyaka ( <i>Coriandrum sativum</i> Linn) Bilwa ( <i>Aegle marmelos</i> corr) Patha ( <i>Cissampelos pareira</i> Linn) Yavani ( <i>Trachyspermum ammi</i> Linn) Changeri ( <i>Oxalis corniculata</i> Linn) Gogrutha Jala	14	Sarvaprakara arsha Gudabramsha Anaha Grahani Pravahika

Table 2: Rasapanchaka

Ingredients	Latin name	Rasa	Guna	Virya	Vipaka
Pippali	Piper longum Linn.	Katu (pungent)	Tikshna (hard)	Anushna	Madhura (sweet)
Pippalimula	Tribulus terrestris Linn	Katu (pungent)	Tikshna (hard)	Anushna	Madhura (sweet)
Citraka	Plumbago zeylanica Linn	Katu (pungent)	Tiksna (hard)	Ushna (hot)	Katu (pungent)
Hasthapippali	Tribulus terrestris Linn	Katu (pungent)	Tikshna (hard)	Anushna	Madhura (sweet)
Sunti	Zingiber officinale	Katu (pungent)	Guru (heaviness) ruksha (non- unctuousness)	Ushna (hot)	Madhura (sweet)
Dhanyaka <sup>7</sup>	Coriandrum sativum Linn	Madhura (sweet) katu (pungent)	Snigdha (unctuousness) laghu (lightness)	Ushna (hot)	Madhura (sweet)
Bilwa <sup>8</sup>	Aegle marmelos corr	Kasaya (astringent) tikta	Laghu (lightness) Snigdha (unctuousness)	Ushna (hot)	Katu (pungent)
Patha	Cissampelos pareira Linn	Tikta (bitter)	Laghu (lightness) Tikshna	Ushna (hot)	Katu (pungent)
Yavani	Trachyspermum ammi Linn.	Katu (pungent) tikta (bitter)	Laghu (lightness) Ruksha (non- unctuousness)	Ushna (hot)	Katu (pungent)
Changeri	Oxalis corniculata Linn	Amla (sour) kasaya (astringent)	Laghu (lightness) Ruksha (non-unctuousness)	Ushna (hot)	Amla (sour)
Gokshura	Tribulus terrestris Linn	Madhura (sweet)	Guru (heaviness) Snigdha (unctuousness)	Sheeta (cold)	Madhura (sweet)
Kola	Cola nitida	Madhura (sweet)	Guru (heaviness)	Sheeta (cold)	Madhura (sweet)
Goghrittha	Cow ghee	Madhura (sweet)	Guru (heaviness) snigdha (unctuousness)	Sheeta (cold)	Madhura (sweet)
Dadhi	Curd	Madhura (sweet) amla (sour)	Guru (heaviness) snigdha (unctuousness)	Sheeta (cold)	Madhura (sweet)

## DISCUSSION

A total of six references of Changeri Gritha have been compiled, with the earliest mention found in Chakradatta (11th century), followed by Gadha Nigraha (12th century) and Bhaishajya Ratnavali (19th century). In Bhaishajya Ratnavali, Changeri Gritha is indicated for treating conditions like Gudhabhramsha, Arsha, Anaha, Mutrakricchra, Pravahika, and Grahani diseases due to its anti-inflammatory, antiseptic, carminative, digestive, liver- tonic, and diuretic properties.

Both Vrinda Madhava and Gadha Nigraha describe the same ingredients, which are explained in the context of Gudhabhramsha treatment. These ingredients are said to have Vedana Shamaka (pain-relieving) and Agnivaradhaka (digestive boosting) effects. Similarly, Bhaishajya Ratnavali, Chakradatta, Sharangadhara Samhita, and Rasaratnakara all describe the same ingredients, which include Pippali, Pippalimula, and Hastipippali. These ingredients have properties such as Deepana (appetizer), Snigdha (moisturizing), Rechana (laxative), Arshahara (haemorrhoid-reducing), Maruthahara (wind-reducing), Rasayana (rejuvenating), and Pachana (digestive). These qualities make them beneficial for treating conditions like Arsha (haemorrhoids) and Gudhabhramsha.

Additionally, Dhanyaka is noted for its Deepana (digestive), Mutrala (diuretic), Grahi (binding), and Arshahara (haemorrhoid-reducing) properties, which help improve digestive fire (Agni), relieve Mutrakricchra (painful micturition), and treat Arsha. Bilwa, Pata, Yavani, and Chitraka are mentioned for their Deepana (digestive), Sangrahi (binding), Atisaraghna (anti-diarrheal), and Lekhana (scraping or cleansing) effects. These properties contribute to the reduction of conditions such as Arsha, Grahani, Gudhabhramsha, and Mutrakricchra.

Changeri is primarily regarded as a Deepana (enhancer of digestive fire) and Ruchya (appealing) substance, but Acharya Bhavamishra also categorizes it as Grahi (binding). Changeri is essentially characterized by its Amla Rasa (sour taste), which is

dominated by the qualities of Agni (fire) and Prithvi (earth). These qualities make the plant easily digestible, as Agni and Prithvi stimulate the digestive fire and promote the downward movement of digested food for excretion. Due to its Grahi properties, Bhavamishra highlights its usefulness in treating conditions like Pravahika (diarrhea) and Gudhabhramsha (prolapsed rectum), and this is why many authors include Changeri as a key ingredient in related formulations.

The gritha formulation is easily digested and absorbed. The lipophilic nature of ghee aids in transporting the active ingredients to the target organ, facilitating their entry into cells, which also have lipid-based membranes. This property of ghee helps deliver the formulation to the mitochondria, microsomes, and nuclear membranes. Additionally, ghee contains beta-carotene and vitamin E, both of which are known for their antioxidant properties. The effectiveness of many Ayurvedic compounds can be attributed to their potent antioxidant activity, which helps neutralize free radicals. Overall, ghee is one of the most easily digestible and assimilable foods, providing essential nutrients and critical antioxidants to protect and nourish the human body.

## CONCLUSION

Changeri Gritha, as outlined in numerous classical Ayurvedic texts like Bhaishajya Ratnavali, Sharangadhara Samhita, Chakradatta, Vrindamadhava, Gadanigraha, and Rasaratnakara, holds notable therapeutic significance in treating conditions such as Gudhabhramsha (rectal prolapse), Arsha (hemorrhoids), Grahani (digestive disorders), Atisara (diarrhea), Anaha (constipation), and Mutrakricchra (painful urination). Although its composition may vary slightly across different texts, the formulation consistently maintains its essential therapeutic properties, focusing primarily on digestive health and rectal issues. Future pharmacological and clinical research can help validate the traditional uses of Changeri Gritha, reinforcing its role in Ayurvedic medicine and preserving its relevance in holistic healthcare.

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