



Sudarshana Churna: Bridging Ancient Wisdom with Modern Therapeutic Potential

In today's rapidly evolving landscape of global healthcare, the spotlight is increasingly shifting toward traditional systems of medicine. One such formulation, deeply rooted in classical Ayurveda yet gaining modern scientific validation, is **Sudarshana Churna** (SuCh). A polyherbal marvel, SuCh is best known for its antipyretic and detoxifying properties, but recent insights reveal its much broader therapeutic canvas.

From Classical Scriptures to Clinical Relevance

First mentioned in the Sharangadhara Samhita, Sudarshana Churna comprises over 50 potent herbs including Swertia chirata, Guduchi, Neem, Haritaki, and Pippali. Traditionally used for treating fevers, SuCh is also revered for managing conditions like jaundice, malaria, indigestion, anemia, respiratory infections, and inflammatory disorders. Its multi-herb synergy is believed to balance all three doshas—Vata, Pitta, and Kapha—making it a tridoshic formulation with wide-reaching applications.

Exploring Pharmacodynamics and Pathways

According to a 2024 review in Biomedical and Therapeutics Letters, SuCh's pharmacodynamic complexity lies in its multi-tiered mechanism of action—encompassing digestion modulation (Deepana-Pachana), antipyretic responses (Jwarahara), immune enhancement, and detoxification (Amapachana). The review emphasizes the need to explore its therapeutic bioactivities via both traditional Ayurvedic parameters (Rasa, Guna, Virya, Vipaka, Prabhava) and contemporary molecular pharmacology.

Antiviral Potential Against Modern Pathogens

Interestingly, SuCh's relevance has expanded into antiviral therapeutics. An *in silico* study (SSRN 2020) conducted molecular docking of 202



phytochemicals from SuCh against SARS-CoV-2 targets. It reported that over 45 compounds showed significant binding affinities to viral proteins like 6M0J and 6LU7—demonstrating promising lead potential for anti-COVID-19 drug development. Compounds like *Swertia chirata*'s amarogentin and *Andrographis paniculata*'s andrographolide emerged as top candidates.

Modern Formulations and Usage

Today, Sudarshana Churna is no longer restricted to its powdered form. It is commercially available in Sudarshana tablets, Sudarshana suspension, and Mahasudarshana Ghan Vati—making it more accessible for modern consumers. These are widely used in the treatment of viral fevers such as dengue, malaria, chikungunya, and even seasonal flu syndromes. Its action as an antipyretic, anti-inflammatory, and antiviral makes it a preferred remedy in integrative and herbal medical practices.

What This Means for Integrative Medicine

This synergy between age-old formulations and molecular science underscores Ayurveda's timeless value in preventive and curative health. SuCh is no longer just a fever remedy—it's a symbol of how tradition and technology can coalesce to address 21st-century challenges.

Looking Ahead

With emerging global interest in plant-based solutions and immune-modulatory therapies, Sudarshana Churna offers a compelling blueprint for future integrative interventions. As researchers, clinicians, and innovators, it's time to revisit the Ayurvedic classics—not just as history, but as a springboard for novel, evidence-based healthcare strategies.