

# Formulation and Evaluation of Herbal Churna for Constipation

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**Abstract:** *Formulation and evaluation of herbal churna for constipation.*

- *Churna is a very famous ayurvedic medicine for constipation. It is a traditional ayurvedic medicine.*
- *The goal of treatment relieves the cause of constipation and to promote regular and predictable bowel movement.*
- *Regulates bowel movement.*
- *Relieves frequent and chronic constipation.*
- *Helps to pass stool more smoothly.*
- *churna is a very famous Ayurvedic medicine for constipation. It is not a traditional Ayurvedic medicine.*
- *It is a proprietary Ayurvedic medicine. It means that the formula of Kayam churna is not mentioned in any Traditional Ayurvedic text books.*
- *The manufacturer of Churna, Sheth Brothers, formulated a combination of few Ayurvedic herbs that benefit in constipation, blended them into powder form and labelled it as churna.*
- *As the standardization of herbal formulation is great concern for its safety and efficacy for that reason this work is aimed to formulation comparative evaluation of churna with marketed product.*

*Churna, a traditional Ayurvedic formulation, has been used for centuries to treat constipation. The powder, composed of a blend of natural herbs and ingredients, stimulates bowel movements, softens stools, and relieves straining during defecation. With its natural and safe composition, Churna offers a cost-effective and minimally invasive solution for managing constipation. These abstract reviews the ingredients, preparation, and pharmacological properties of Churna, highlighting its potential as a natural remedy for constipation relief.*

**Keywords:** Churna, Ayurvedic formulation, constipation relief, natural remedy, traditional medicine