

A Clinical study on the effect of *Dhanyavilwadi Kashaya* in the management of *Vibanda* and *Anaha* in *Vataja Grahani*

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Abstract:

In this present era of altered food habits, where people are behind the taste of instant foods which attracts them with colours and flavours, gastro intestinal disorders take up prime position among other metabolic diseases. Irregular timing of food consumption, over or under eating, high calory diet, sedentary life style, artificial food additives, fibre less diet, protein rich food items, suppression of natural urges as well as too much of spicy, oily and refrigerated consumables adds up the risk of gastro intestinal disorders. Among the such disorders, the most common is acute or chronic constipation associated with abdominal distention; considered as the root cause of many other diseases.

Treatment principles of Ayurveda, emphasises the significance of Agni, Koshta shudhi and Vata anulomana ahead of all other specific treatments. To ensure the smooth functioning of Mahakoshta, the proper functioning of Grahani is considered inevitable. A necessity of a simple cost-effective medication having minimal ingredients and maximum efficacy becomes a need of the era. This brings forth the significance of a yoga like Dhanyavilwadi kashaya, mentioned under Grahani chikitsa, in Sahasra yoga, specified on Vataja Grahani.

This paper portraits a clinical trial with Dhanyavilwadi Kashaya on a trial group of 10 patients with symptoms of Vataja Grahani with vibanda and anaha along with literary review of the ingredients of Kashaya.

Key Words: Gastro intestinal disorder, Constipation, Abdominal distention, Agni, Koshta, Grahani, Kashaya.

Introduction:

A group of digestive system disorders due to the impairment of Agni is considered as Grahani in Ayurveda. Grahani is such a disorder, where in its significance is emphasized by its inclusion among the ashtamahagadas.⁽¹⁾

The general health of an individual and their digestive capacity depends upon the state of Agni and their methods of food intake. The improper or poor state of Agni and digestion leads to the cause of disease.

The imbalance of Agni and Samanavata is considered as the main factors involved in the pathogenesis of Grahani. Apana vata and Prana vata plays the secondary role, in the progression and maintenance of disease, once it gets manifested.

The most common features expressed in Vataja grahani are constipation and abdominal distension.

In this clinical study, Dhanyavilwadi Kashaya was given for 15 days in a dosage of 2 pala BD in divided dose before food.

Its efficacy was assessed with the symptoms like badha mala pravrutthi, gas/ Flatulence and pain by giving different grades for its severity. Observations were recorded before and after 15 days of the treatment. The results were tabulated and analysed based on percentage of responds to medication.

Study objectives:

- To evaluate the effect of Dhanya vilvakadi Kashaya in Vataja grahani
- To introduce a medicine which is having less ingredients and great effectiveness
- To introduce a medicine which can be easily prepared even at home.
- To introduce a preservative free medication in the form of Kashaya choorna.

Materials And Methods:

Design of study:

This is a single blind observational clinical study with pre-test and post-test design.

Source of data:

Patients attending the OPD and IPD of A.L.N.R.M.A.M.C, Koppa has been randomly selected.

A clinical study has been conducted on 10 selected patients having classical symptoms of Vataja Grahani.

Reason for dropouts:

Initially 15 patients were selected for the study, in which 5 patients got dropped out in due course.

2 patients got common cold and pyrexia due to environmental factors in the course of treatment and started other medications. 1 female patient got conceived in the course of treatment. Hence, she discontinued the treatment. 1 patient got transfer to North Karnataka. And hence, he discontinued the course. 1 patient met with RTA and got admitted. So, he discontinued the course.

Inclusion criteria:

- Patient diagnosed with vibandha and anaha between the age group of 20 yrs to 60 yrs of age has been selected.

Exclusion criteria:

- Patient with age group below 20 years
- Patients with age group above 60 years
- Patients diagnosed with prostatomegaly.
- Patients with hypertension and other serious systemic illness.
- Patients diagnosed with gastric ulcer and intestinal bleeding.
- Pregnant ladies

Assessment criteria:

In this section, parameter of study, criteria of scoring and criteria of assessment of therapy has been discussed.

Parameters of the study:

- Vibandha (constipation) and Anaha (abdominal Distension) are the fundamental criteria for the clinical assessment of improvement in patients.
- Vibanda and Anaha, itself are subjective parameters and it is hardly possible to fix it in available objective parameters. Thus, in such a case the physician has to believe totally and keep faith in the patients' words, even then for research purpose, these criteria have to be classified properly.

Criteria for scoring of chief complaints:

In the present study, vibanda and Anaha has been graded on its increasing severity on scale having gradation 0-3.

Criteria for scoring of associated complaints;

In the present study, loss of appetite, headache and fatigue are taken as associated complaints. These symptoms have also been graded on its increasing criteria.

Follow up and results:

Those cases which were in regular follow up for 2 weeks were taken for clinical study. Those who were not regular in follow up were excluded from the study. The criteria of assessment were mainly on the symptomatic relief. Intermediated follow ups were recorded at the interval of 1 week. Observations for relief in signs and symptoms in first follow up was done. Last follow up was recorded to see the improvement in signs and symptoms.

Table No. 1: Showing criteria for scoring of chief complaints

Complaints	Scale	Criteria of scaling
Vibandha	0	Nil
	1	Mild (passes bowels daily. But tightness is felt)Duration: within 1 wk
	2	Moderate (passes bowels once in 2 days)Duration: 1-2wk
	3	Severe (not passed bowels since 1wk)Duration: more than 2 wks
Anaha	0	Nil
	1	Mild (feels discomfort, does not disturb daily activities)Duration: within 1 wk
	2	Moderate (disturbs normal daily activities)Duration: 1-2 wks
	3	Severe (unable to do normal activities)Duration: more than 2 wks

Table No. 2: Showing criteria for scoring of associated complaints

Complaints	Scale	Criteria of scaling
Appetite	0	Good
	1	Average
	2	Below average
	3	Less
Headache	0	Nil
	1	Mild (feels discomfort, does not disturb daily activities.)
	2	Moderate (disturbs normal daily activities)
	3	Severe (unable to do normal activities)
Fatigue	0	Nil
	1	Mild (feels discomfort, does not disturb daily activities.)
	2	Moderate (disturbs normal daily activities)
	3	Severe (unable to do normal activities)

Follow up and results:

Those cases which were in regular follow up for 2 weeks were taken for clinical study. Those who were not regular in follow up were excluded from the study. The criteria of assessment were mainly on the symptomatic relief. Intermediated follow ups were recorded at the interval of 1 week. Observations for relief in signs and symptoms in first follow up was done. Last follow up was recorded to see the improvement in signs and symptoms.

Criteria for selection of Drug: Dhanyavilwadi kashayam:

“Dhanyavilwa bala shunti shaliparni srutham jalam Syad vata grahani doshe sa anahe saparigrahe”

.....(sahasrayoga)

The yoga Dhanyavilwadi Kashaya has been selected for the present study. The Kashaya choorna preparation has been done at the pharmacy of A.L.N.R.M.A.M.C, Koppa.

The selection of drug for the study was based on the following fundamental properties:

- Easy availability of well identified drugs.
- Easy preparation and administration
- Economical
- Free from preservatives

Determination of Dose with duration:**Posology:** ^(2,3)

According to Sharangadhara:

- Average dose of Kashaya: 2 pala
- Average dose of choorna: 1 karsha

According to Ayurvedic Pharmacopeia of India:

- Powder: 3-5gm
- For decoction: 20-30 gm

Distribution of medicine:

3 packets of 100gm kashaya choorna were provided to each patient.

Method of preparation:

10gm choornam+ 400ml water- boiled and reduced to 100ml

Time of Administration:

Aushada sevana kala was not mentioned in the sutra of Kashaya.

Pragbhakta oushada sevana kala was selected⁽⁴⁾

the dosha effected is Apana vata

The Kashaya was advised to prepare and to take twice daily before food

Duration of Administration:

15 days.

Criteria for Upashaya:

- **Cured:** patients having effect of 67-100%
- **Improved:** patients having effect of 34-66
- **Not cured:** patients having effect of 0-33%

Results:

Effect of treatment was assessed clinically. Following are the effect of treatment on individual signs and symptoms of chief complaints and associated complaints.

Table No. 3: Percentage wise comparison on the effect of Dhanya vilwakadi Kashaya on chief complaints and Associated complaints

Complaints	Before treatment	After treatment
Vibanda	Mild: 30% Moderate: 40% Severe: 30%	Mild: 30% Moderate: 0 Severe: 0
Anaha	Mild: 50% Moderate: 40% Severe: 10%	Mild: 10% Moderate: 0 Severe: 0
Loss of Appetite	Mild: 50% Moderate: 50% Severe: 0	Mild: 30% Moderate: 0 Severe: 0
Headache	Mild: 40% Moderate: 50% Severe: 0	Mild: 0 Moderate: 0 Severe: 0
Fatigue	Mild: 70% Moderate: 30% Severe: 0	Mild: 30% Moderate: 0 Severe: 0

On chief symptoms:

The effect of yoga on chief complains and associated complaints are shown below:

Vibanda: 70% people got cured and 30 % people had mild symptoms after the treatment.

Anaha: 90% people got cured. And 10% people had mild symptoms after the treatment.

On Associated symptoms:

Among all the associated symptoms, 70% people got cured and only 30% people had mild symptoms at the end of the treatment course. Headache was cured completely.

The impact of therapy has been calculated and concluded on the basis of percentage change in chief complaints and associated complaints before and after the treatment.

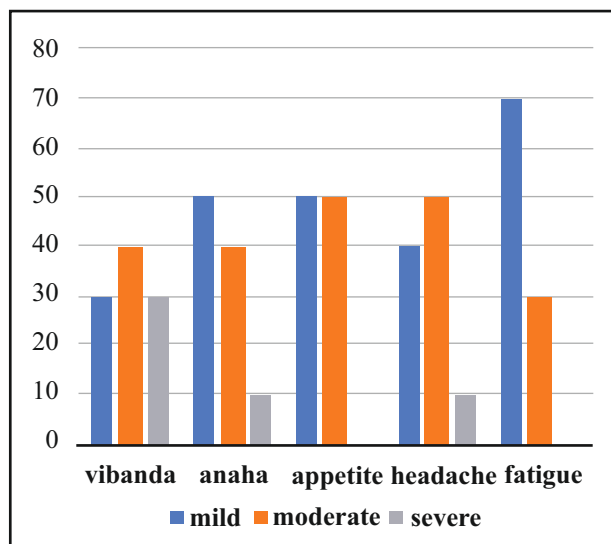
Discussion:

This research work has been done to undertake a critical literary, conceptual and clinical drug study to evaluate and compare the effect of Dhanya vilwakadi Kashayam in vibanda and Anaha of Vataja Grahani.

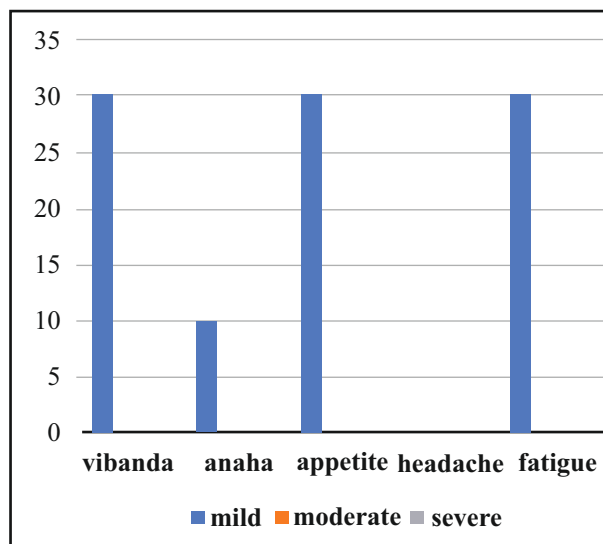
Probable mode of action of drugs: Action in vibandha:

In the Kashaya, most of the drugs are having katu, tikta and Kashaya rasa. Which enhances the Agni and helps in the Pachana of Ama. The Ushna veerya of the drugs along with the Madhura rasa helps in restoring a perfect balance with adequate Vata Anulomana. Which in turn relieves the Vibandha.

Graph No. 1: Percentage of complaints before treatment



Graph No. 2: Percentage of complaints after treatment



Graph No. 3: Comparison of symptoms before and after treatment

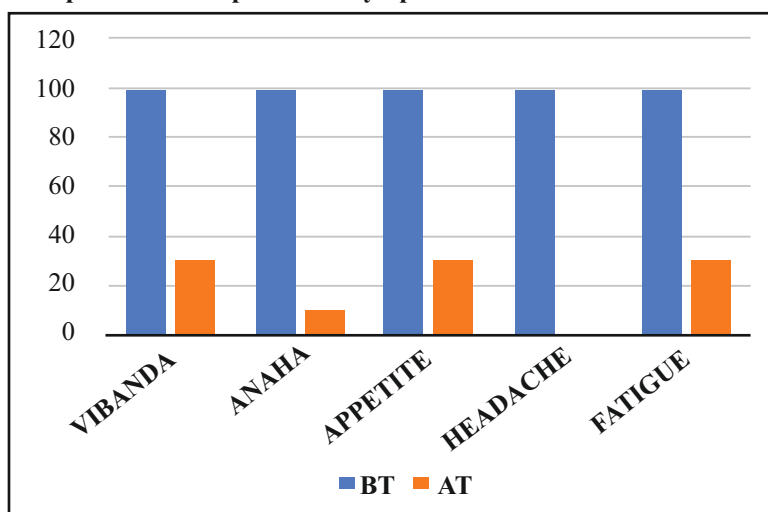


Table No. 4: The properties of the ingredients of the Kashayam;

Drugs	Rasa	Guna	Vitya	Vipaka
Dhanyaka <i>Coriandrum sativum linn.</i>	Kashaya, tikta	Laghu, snigdha	Ushna	Madhura
Vilwa <i>Aegle marmelos</i>	Katu, tikta, Kashaya	Grahi, snigdha, tikshna	Ushna	Katu
Shunti <i>Zingiber officinale</i>	Katu	Guru, ruksha, tikshna	Ushna	Madhura
Bala <i>Sida cordifolia</i>	Madhura	Laghu, snigdha, pichila	Sheeta	Madhura
Shalaparni <i>Desmodium gangeticum</i>	Madhura, tikta	Guru, snigdha	Ushna	Madhura

Action in Anaha:

The Anaha is caused due to the badha Vata. So, when the Ushna virya drugs causes the Vata anulomana, the Anaha will be resolved. Because of the Madhura vipaka of most of the drugs in the yoga, this preparation will not create much virukshna of Vata, due to the action of Kashaya katu and tikta rasa that aids in srotho shodhana. Instead, it might have helped in restoring the Prakruta Kapha in the koshta.

Action on appetite:

Loss of appetite is a very common symptom when there is vibanda and Anaha.

The Katu tikta and Kashaya Rasa of the drugs plays a vital role in Agni Deepana and in turn enhances the digestive capacity.

It also causes the Pachana of Ama, which in turns helps in the proper absorption of nutrients.

Action on headache:

Vibandha is the main reason that causes the headache. When the Vata anulomana occurs, it in turn relieves the headache. And the presence of drugs with an effective combination of Vedhana harana, Ama pachana, Vataghna and Agni deepana properties in the yoga itself can be taken as a reason to relieve headache.

Action on fatigue:

The Katu tikta and Kashaya Rasa and Ushna virya of the drugs does the Agni Deepana and in turn enhances the quality of Rasa dhatu and its chankramana (circulation) devoid of shrodo avaroda which helps in the proper absorption, circulation and nourishment of dhatus along with indriya prasada.

This probable mode of action may have resulted in reduction of fatigue.

Since this is a small sample study, a clinical study on large sample group has to be done before coming into any conclusion regarding the pharmacokinetics and pharmacodynamics of the Yoga.

But the outcome of this study definitely gives an inspiration for proceeding a study with same yoga in same disease conditions for other research scholars.

Conclusion:

Vibandha and anaha are the commonest disorder found in people of almost all age groups. It is found more in middle aged people.

In a small clinical study, taking 10 patients who were given the Dhanyavilwakadi Kashaya twice daily before food, 70% people got relief in constipation and 90% people got relief in abdominal distention.

In case of associated complaints, 100% people got relief in headache and 70% people got relief in loss of appetite and fatigue.

The yoga was much effective in reducing the symptoms. Research efforts can be instituted in larger samples for further precision.

Source of Support: Nil

Conflict of Interest: Nil

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