

To Study The Efficacy of Guda-Ardrak Yog in Jatodakawastha of Udara



Medical Science

KEYWORDS : Ascites, Udara Vyadhi, Guda-aradrak Yog, Zingiber officinale.

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ABSTRACT

Background: Intake of excessive Vidahi (irritant), polluted food and alcohol gives Agnimandya (defective digestion), Malaavrudhhi (increase intensely vitiated doshas & waste products), vitiation of Prana, Apana (Variety of Vata dosha) & Agni (digestive enzymes), Which obstruct srotasa and vitiated doshas lodged in the peritoneal cavity giving rise to Jatodakawastha of Udara Vyadhi (Ascites).Guda-aradrak Yog as evidence based medicine explained in Charakasamhita Udarachikitsa. **Aim:** To Study efficacy of Guda-aradrak Yog in Jatodakawastha of Udara. **Objective:** To develop evidence based support in Udara Vyadhi Guda-aradrak Yog is as a Shaman Chikitsa (medicinal therapy). To study the adverse effects of Guda-aradrak Yog if any. **Materials and Method:** Guda-aradrak Yog (Zingiber officinale & Jaggery) given for 20 days at morning. Open control trial, sample size 30. **Results:** increased appetite, reduction in abdominal girth, bipedal oedema with significant changes in investigations. **Conclusion:** Guda-aradrak Yog is effective treatment of Jatodakawastha of Udara as effective Shaman Chikitsa.

INTRODUCTION

Change in food habits, Alcoholism, Mental stress which causes damage in liver cells get replaced by fibrous tissue gives Liver cirrhosis, Portal hypertension. One of major complication of these liver disorders is Ascites i.e Udara Vyadhi. Diseases which were not that common have become the burning problem of society as well as the medical community. Udara Vyadhi is a one among such disease which was dealt with much importance in the ancient classics under heading 'Ashtaumahagada' that means eight life threatening diseases. No specific treatment present in modern science. In Ayurved drugs for Udara Vyadhi will be Laghu (easy to digest) & Deepana (appetiser) as well as it should help to reduce Srotorodha (obstruction to the opening of channels of circulation) by removing sanchit mala in Srotasa by Shodhanchikitsa (cleansing therapy) and Shamanchikitsa (medicinal therapy). Most of the patients of Udara Vyadhi are Durbala (weak), so they needs Shamanchikitsa with giving special attention to patient's Bala (strength). These patients are critical to treat. The prevalence rate is very low, and no any previous research work on Guda-aradrak Yog in the Udara Vyadhi was reviewed, so present study was designed.

2. AIM & OBJECTIVES

2.1 AIM:- To Study efficacy of Guda-aradrak Yog ^[1] in Jatodakawastha of Udara^[2].

2.2 OBJECTIVES:-

To develop evidence based support in Udara Vyadhi Guda-aradrak Yog is as a Shaman Chikitsa.

To study the adverse effects of Guda-aradrak Yog if any.

3. REVIEW OF LITERATURE

3.1 Disease review - 13th chapter of Charak Samhita Chikitsa Sthana deals with treatment of Udara. Intake of excessive Vidahi (irritant), polluted food and alcohol gives Agnidosh (defective digestion), Malavrudhhi (increased intensely vitiated dosha and waste products). Still hetusevana (causative factors) by patient, leads to indigestion. Causes vitiation of Prana (a variety of Vata Dosha), Agni (digestive enzymes) & Apana (another variety of Vata related to expulsion of faeces, flatus, urine etc) and obstruc-

tion in Swedavaha & Ambuvaha Srotasa.Vitiated Doshas, Malas from the obstructed srotasa oozes outside and get lodged in the peritoneal cavity (Twak & Mamsa of the Udara) giving rise to Udara Vyadhi. If this condition get neglected Jatodakawastha (ascitic fluid in peritoneal cavity) occurs.

3.2 Drug review - Guda-aradrak Yog is mentioned in Charak Samhita Chikitsa Sthana 12th chapter. [Ref. Table No.1]

4. MATERIALS AND METHODS

The Trial Drug: Guda-aradrak Yog.

Study Desing: Randomized open clinical trial. Guda-Ardrak Yog given to 30 patients for 20 days with total days of follow up upto 60 days.

Sample Size: 30

Setting: Sheth Tarachand Ramnath, Hospital, IPD, Pune, Maharashtra, India.

Ethical Committee Clearance: Synopsis submitted and approved by Research Committee and Institutional Ethical Committee on 5.12.2015 (Ref.No.-RSTH/PG/IEC/797/2015)

Informed Written Consent - was obtained from all the allotted patients.

5. INCLUSION CRITERIA

- Age group- 20 to 60 years. .
- Irrespective of age, sex, marital status, economical status.
- Abdominal fluid tapping done which was normal.

6. EXCLUSION CRITERIA

- Pregnancy.
- Infective peritonitis.
- Severe immunecompramised , malignancy.
- Shastrasadhya Udara (obstructive pathology needs surgical intervention)

7. WITHDRAWAL CRITERIA

- Occurrence of serious adverse events.
- The investigator feels that the protocol has been violated/ patients has become in-cooperative.
- Further continuation of the study is likely to be detrimental to health of the patients.

8. TREATMENT OF SUBJECT

Dosage of Guda-adrak Yog - Vardhamana (increasing manner for some days then decreasing manner)

Kala (time) - Pratah (early morning)

Duration of trail - 20 Days

Route of administration - Oral

Diet - Keval Dugdhaahar (only milk)

9. STANDARD OPERATIONAL PROCEDURES OF GUDA-ARDRAK YOG**Ingredients:-**

- 1) Fresh Ardrak (*Zingiber officinale*).
- 2) Guda (Jaggery).

Apparatus:-

Khalva Yantra (pestal and mortar).

10. PROCEDURE

- On first day Fresh 1 karsha (10gm) of ardrak was taken. Pura guda (after one year of prepration) 1 karsha (10gm) was taken. Kalka (paste) of fresh Ardrak was prepared. Guda was mixed with freshly prepared Ardrak kalka upto whole mixture became homogeneous and fine. The prepared Yog was given to the patient at Pratah (early morning).
- On second day drug given in increasing order (Vardhaman matra) 2 karsha of each (Guda and Ardrak).
- As per above mentioned Vardhaman matra each day increase dose of each Guda and Ardrak by 1 karsha upto 10th day i.e on 10th day matra of Ardrak 10 karsha and Guda 10 karsha.
- Then decrease dose as per vardhman matra schedule i.e decrease per day by 1 karsha of each for next 10 days.
- While the following this schedule Bala (strength) of the patient was observed.

11. ASSESSMENT CRITERIA

- Adhmana (Abdominal Girth) & Bipedal oedema was scored according to measurements once every five days.
- Udarashool (pain in abdomen) scored according to Oxford pain chart.
- Nidra viparyaya (insomnia) scored by total hours of sleep per day.
- Agnimandya (anorexia) scored according to Kshudha Prachiti after taking food.
- Visual analogscale was used for converting other subjective criteria into objective.
- Body wt. – Once in every five days.
- Difference between before treatment (Day 0), after treatment (Day 20), and after last follow up (Day 60).
- Patients observed daily.
- For the assessment the data from the day 0th, 15th, 30th, 45th, 60thday were considered.

Baseline Laboratory Investigation

1. Haemogram
2. ESR
3. BUL
4. Sr. Creat
5. Urine ®

6. Total L.F.T.

7. USG (Abd + Pelvis) -Baseline Assessment

8. Diagnostic abdominal paracentesis - Baseline Assessment

Analysis of Data

Quantitative data analysed by Wilcoxon Rank Sum Test,quantitative data analysed by Paired t Test.

12. OBSERVATION & RESULTS

[Ref.Table No.2]

- 50% of patients were in age group 50-60 years. 83% males, 97% educated and married. 47% of patients were alcoholic.
- The overall relief in Udarashool 31%, in Malasanga 40%, in Alasya 38%, in Trushna 36%, in Agnimandya 39%, in Aruchi 37%, in Nidraviparyaya 29%, in Angamarda 34% patients was observed.
- In Udarashool, Malasanga, Alasya during treatment P value got significant but after discontinuation of the treatment P value got insignificant.
- In the study for remaining all assessment criterias P value got significant after treatment, and also after last follow up.
- On observation increased appetite, reduction in abdominal girth, bipedal oedema with significant changes in investigations.
- Significant changes occurs in Sr.Bilirubine and Liver enzymes values.
- No adverse reaction/side effect/toxic effect are observed during the entire clinical trial period.

13. DISCUSSION

The efficacy of Guda-ardrak Yog is seen due to Rasa, Virya, Vipaka and Guna. According to Nighantukaras Katu, Ushna, Deepana, Pachan Guna of Ardrak and Ushna, Vaat-Pittajita property of Guda Agnideepana and Pachana of Aam takes place.Srotorodha due to Sanchit Aam (indigested food) reduces, vitiated Doshas starts coming in koshttha.Then Bhedan, Vibhandhahar property of Ardrak and Nissarak guna of Guda, Sanchit Dosh starts to release out through the Koshta.This leads to Samprapti bhang of Udara Vyadhi.

Vatanulomana, Srotorodha diminishes due to that the Udarashool symptom effectively reduced during treatment period. Ardrak act as Bhedaka, Vibhandhanashakas and Guda having Mala-mutranissaraka and Shudhikar action. Actually Guda-ardrak Yog is not Virechaka (purgative) Yog, but it reduces Malasanga, hardness of stool and increase ease of defication, with reduction in abdominal girth, pedal oedema without decreasing bala of patients which was always happens during virechana therapy. Due to its Bhedan guna increased Pitta get excreted through mala, so Sr.Bilirubin and Liver enzymes also reduces and shows significant results.

On observation we can say that the Alasya and Nidraviparyaya also decrease significantly.The Laghu and Snigdha guna, Vata-kapha-shamak property and digestion of Ama occurs and Sama doshas becomes Nirama. The Udarashool, Adhmana, and discomfort of patient was reduced and sleep improved. In Guda-ardrak Yog Phalashruti Charak said that this Yog is effective in Manovikara.

14. LIMITATION OF STUDY AND FURTHER SCOPE OF RESEARCH

Study was conducted only on 30 patients in the present trial. Hence to study all the patterns in details; it must be conducted on large size of sample.

In the present work infective pathology not examined. Study can be done in infective pathology also. The study can be conducted along with different modes of administration (e.g Anupana) to get better results.

15. CONCLUSION

Based on the obtained data, following conclusion are drawn- 'Guda-artrak Yog' is effective in Jatodakawastha of Udara as a effective Shaman Chikitsa.

Table No.1: Rasa Panchaka^[9] of Guda-artrak Yog.

No	Dra- vya	Rasa	Vipa- ka	Veerya	Guna	Dosha ghnata
1	Ar- drak	Katu	Katu	Ushna	Deepana,Rochana, Bhedak	Ka- phaghna, Vataghna
2	Guda	Mad- hura	Mad- hura	Nati sheeta	Snigdha, Ishat- kashaya	Vataghna, Ka- phavard- haka

Table No.2:-Overall % of relief in symptoms

No.	Symptoms	Relief on AT	Relief on DAY60
1	Udara Shoola	31.33%	44.20%
2	Malasanga	39.92%	57.59%
3	Trushna	35.53%	41.11%
4	Agnimandya	39.28%	46.42%
5	Aruchi	37.30%	46.15%
6	Aalasya	38.24%	48.52%
7	Nidravipryaya	29.26%	31.95%
8	Angamarda	33.87%	47.71%

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