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Medicine

EFFECT OF GILOY GHANVATI IN AAM JWARA – A CASE STUDY.

KEY WORDS: AamJwara, Giloy Ghanvati, Shamanavshadi,

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ABSTRACT

Aam Jwara is one among the type of Jwara explain in Ayurveda which hamper the normal routine lifestyle of an individual. Aam Jwara is mention as Avasthanurup Jwara in Jwara Vyadhi. The classi- cal symptoms explained regarding Aam Jwara are Aruchi, Avipaka, Gaurava, Alasya, Manda Jwara etc. A 30yrs old female patient came to S.S.N.J Hospital. 521/2019 with c/o Angasad, Angamarda, Aruchi, Alasya, Manda Jwara, Trishna, Asamyak malapravartana since 15 days. Based on above complaints subject was diagnosed as a case of Aam Jwara. Subject was treated as per the line of management of Jwara Vyadhi by employing Shamanavshadi (Giloy Ghanvati) with Pathya. This treatment had shown very good outcome to free from Subjects Complaints.

INTRODUCTION-

Present era of generation is full of increasing struggles in all stages of life which leads to stress and strain due to changes in life style. This has led to many diseases which hampers day-to-day activities. faulty habits of taking faulty food are responsible to produce toxins like Ama in body. In early stage of Aamvata, there are some clinical signs and symptoms like Angamarda, Aruchi, Trishna, Alasya, Gauravata and Jwara etc¹. In Aam Jwara clinical symptoms are Aruchi, Avipaka, Gaurava, Alasya, Manda Jwara, Tandra, Lalaprased, Skhudha mandya, Bahumutrata, Asamyak malapravartan, Gatrastabhtata². According to modern science the above condition is described in “Rhumatic fever”. In Ayurveda Jwara vyadhi can be relieved by drugs of Tikta Rasa Pradhan and Pathyas like Langhana Pachana³ etc The drugs that are capable of resolving the samparati of Aam Jwara are advocated.

Guduchi (Tinospora cordifolia Willd. Miers.) is reported as a renowned and highly potent anti-inflammatory and immune modular herb⁴. Its safety and non-toxic nature have been reported in experimental and clinical studies on various systems of the body. Number of pharmacological studies have been carried out on different parts of Guduchi including exploring its anti-inflammatory and immune modular potential. Aqueous extract whole plant extracts have been reported to have significant anti-inflammatory and immune modular activity.

Aims and Objectives:-

1. To study the efficacy of Giloy Ghanvati in Aam Jwara.
2. To explore the literature of Giloy Ghanvati in Ayurveda.

Patient description and historical examination findings:-

Case Study:-

A 30yr old female patient came to Kayachikitsa De- partment at S.S.N.J. Hospital. OPD No. 521/2019 with c/o Angasad, Angamarda, Aruchi, Alasya, Manda Jwara, Trishna, Asamyak malapravartana since 15 days No H/o DM, HTN. The Angasad (pain) was initially mild but got worsening within the time. The pain was intermittent but worsen in night.

On the basis of his presentation Ayurvedic assessment was done are as follows:-

Astavidh Pariksha:-
Nadi (pulse):-88/min
Mutra (urine):-Samyaka Pravartana, 5-6 times a day
Mala (bowel):- Asamyaka Pravartana 1 times a day

Jiva (tongue):-Saam Shabda
(speech):-Normal
Sparsa:-Anusheet
Drukh:-Prakrut
Aakruti:-Madhyam

Srotas Parikshana:-

- Annavaahasrotas:- Jivha – Sama, Agnimandya.
- Udakvahasrotas:- Trishna.
- Rasavaahasrotas:- Angasad, Angamarda, Aruchi, , Manda Jwara
- Purishaavahasrotas:- Asamyak malapravartana

Nidanpanchaka:-

Hetu:- Paryushit aahar, Adhyashan, Vishamashan, Divaswap.

Purvarupa:- Angajadatwa, Alasya

Rupa:- Angasad, Angamarda, Aruchi, Alasya, Manda Jwara, Trishna, Asamyak malapravartana

Samprapti Ghataka:-

Dosha:- Vata (Saman), Pitta (Pachak) kapha (Kledak)

Dushya:- Rasa.

Srotas Dushti:- Annavaahasrotas, Uvahasrotas, Rasavaahasrotas, Purishvahasrotas.

Udbhavasthana:- Aamavashya.

Vyaktisthana:- Sarvanga.

Sadhyasadhya:- Sukhasadhya.

Vyadhi vyavacheda:- Aam Jwara, Ajirna, Alasaka

Examination of Subject:-

Pulse- 88/min

Blood pressure- 130/80 mmHg

Temp- 99.4°F

Investigations: - Hb-11.3, WBC-9800, PLT-2.55, BSL@-88mg/dl,

MATERIALS & METHODS:-

Centre of Study: - S.S.N.J. Ayurvedic Hospital Solapur, Maharashtra, India.

Method of Sampling & Study Design:- Single Case Study.

Table 1: Showing materials used in study

Sr. No.	Duration of Intervention	Chikitsa	Dose	Kala	Anupan	Outcome
1.	1 st to 7 th day	Pachana with Giloy Ghanvati Haritaki Choorna	Each 250mg	Vyanudana	Koshan jal	Amapachana, Srotrovibandhahara Immune modular

2.	1 st to 7 th day	Anulomana with Gandharva Haritaki Choorna	1 gm	Vyanudana	Koshan jal	Anulomak
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Apathya	Adhyashan Dushit Jala, Shushka Mansa, Paryushita Ahara.	Vegadharana, Divaswap Prajagrana.
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Outcome:-

There was significant improvement in overall Symptoms after 7days treatment given as, *Shamanaushadhi (Giloy Ghanvati)*. Clinical assessments were made from the interrogation.

Table 2: Initially before and after starting the treatment the Score is as follow:-

Sr. No	Score/ Grade	Before Treatment	After Treatment
1.	Angasad (Pain)	6 Moderate (Difficulty in routine work)	2 Mild
2.	Alasya	Mild (in day time)	Nil
3.	Aruchi	Mild	Nil
4.	Manda Jwara	Mild Temp- 99.4°F	Normal Temp- 98°F
5.	Trishna	Moderate (Daily 5-6 lit)	Normal (Daily 3-4 lit)
6.	Asamyak malapravartana	Mild	Normal

The above chart clears that:-

There was decrease in all the symptoms of Subject. Pain which was present during routine work was relieved. Stiffness was reduced from severe to mild which does not affect in routine work.

DISCUSSION:-

In this case, *Hetus* like *Paryushit aahar, Adhyashan, Vishamashan, Divaswap*. leads to vitiated *vata dosha (vyana vayu), Pitta(Ranjak) kapha (Kledak)* and *Aam nirmithi* due to *Agnimandhya* which circulates in whole body which cause *Samata*. i.e. *Angagaurava, Aruchi, Agnimandya* which leads to *Manda Jwara, Alasya* and *Angasad*. So to do *aampachana, Giloy Ghanvati* was started for 7 days. It helps in *deepana* of *Agni* which causes *strotoshodhana*.

Giloy Ghanvati contains a water extract of *Guduchi (Tinospora Cordifolia)*, which is a potent immune- modulator herb beneficial for improving immunity and overcoming common infections. It is non- chemical antipyretic in action. The probable mode of action may be assessed based on *rasa panchaka. Guduchi* having *Katu, Tikta, Kashay rasa* and *ushana virya* which leads to *Aam Pachana*⁵. Because of *Ushan virya* drug enter in *sukshama strotasa* and help to remove *ama* out of *strotas* and clear them for smooth functioning of *vata* thus *strotorodha janya vata prakop* pacified⁵.

Guduchi has been proved to possess anti rheumatic, anti-inflammatory and immunomodulatory properties. (Manjrekar, jolly and Narayanan, 2000) The anti-inflammatory effect of *Tinospora Cordifolia* extract was mediated via reduction of the pro-inflammatory cytokines such as; IL-1β, TNF-α, IL-6 and IL-17; the frequency of IL-17 producing “T” cells, and production of chemokines such as RANTES⁴. (Sannegowda, Venkatesha, And Moudgil, 2015)

Gandharva Haritaki was also given which plays an important role. It is a *Snigdha* type of *Anulomak. Haritaki* has *lavan rasa varjit pancha rasa, ushana, laghu and ruksha guna* in it which act as *vatakapha shamak rasa*. It also has *Tikta* and *kashya rasa* which helps in *Vatanuloman* by *Mruduvirechana*⁶.

Table 3:- Pathya and Apathya in Aam Jwara.³

Title	Aaharaj	Viharaj
Pathya	Langhana Ushna Aahara, Koshna Jala, Mudga Yusha, Saindhava,	Nivat Sthana, Bramhacharya, Vyayam

Conclusion:-

It can be concluded that, *Aam Jwara* parallel to Rheumatic fever can also be manage or treated by *Ayurvedic* management in form of *Shamanayushadhi (Giloy Ghanvati)* and *Pathya*. Successful outcome and Immune Booster can be achieved by *Ayurvedic* treatment.

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