



ORIGINAL RESEARCH PAPER

Sanskrit

A STUDY ON EFFECTIVENESS OF BHRINGARAJASAVA IN NON ALCOHOLIC FATTY LIVER DISEASE (NAFLD)-A CASE STUDY.

KEY WORDS: NAFLD, Ayurveda, Bhringarajasava

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ABSTRACT

Non-alcoholic fatty liver disease (NAFLD) is a very common disorder which occurs due to excessive accumulation of fat in liver. Since there is a very less effective treatment in conventional system. So, Ayurveda can be an alternative for its management. A 45 years old male patient with NAFLD was treated by Bhringarajasava in appropriate dose. A continuous treatment for 2 months shows very encouraging and effective results.

INTRODUCTION:-

Non-alcoholic fatty liver disease is a condition in which there is accumulation of excess fat in the Liver. It is one of the most common liver diseases worldwide, with a prevalence of approximately 30% of the global population⁽¹⁾. Since there is no such effective treatment in conventional medicinal system for NAFLD so alternative treatment like Ayurveda is the need of hour. Bhringarajasava a classical Ayurvedic formulation which is extensively used by many Ayurvedic practitioners for different ailments⁽²⁾. It can be used for various gastrointestinal disorders, looking at its composition like bhringaraj, pippali, lavanga, haritaki etc. having dipaniya, pachaniya and hepatoprotective properties which can be helpful in the management of Non-Alcoholic Fatty Liver Disease (NAFLD).

Case Study:

A 45 yrs. male patient from Birubari, Guwahati came to University Hospital of Ayurveda and Naturopathy (UHAN) under USTM, Meghalaya on 21/07/23 to avail Ayurvedic treatment for his ailment. He was having a complain of fullness of abdomen, loss of appetite, mild pain in abdomen (on & off), heaviness of the body and fatigue for last 1 month.

The patient was on conventional treatment but did not get satisfactory results. So, for an alternative treatment he visited UHAN. Earlier his report shows grade I fatty liver. On examination his pulse rate was 72/min, BP-130/80 mm of Hg, no pallor, icterus or edema was found. On systemic examination of GIT (Gastrointestinal track) no abnormality was detected.

The patient was evaluated under Ayurvedic parameters of diagnosis and found Nadi-VataKapha, Jivha-Alpa samata, Mala-Mutra-samyak, his Agni status was found to be mandagni and symptoms of Rasavaha and annavaha strotas dusti lakshanas were seen.

Treatment Protocol:

Since the patient was diagnosed as in the state of mandagni and Rasa and Annavaha strotas dusti lakshanas are present a dipaniya and pachaniya treatment was proposed. So, a classical Ayurvedic formulation namely Bhringarajasava was advised in appropriate dose and interval.(Table-i) A complete diet regimen of Laghu ahar which includes low fat and vegetables was advised. The patient continued the treatment for 2 months where he came for 2 follow up visits.

The general examination and systemic examination were made and his symptoms were recorded in each visit. He was then advised for a follow up USG whole Abdomen at the end of 2 months.

Outcome:

After continuing Ayurvedic treatment for 2 months the

patients showed improvement in his symptoms. His earlier symptoms like fullness of abdomen, loss of appetite, mild pain in abdomen, fatigue etc get reduced and finally over his last visit all his symptoms were resolved, the USG report after the treatment shows liver is normal in size and contour and no significant abnormality is found. Hence a significant change in the USG report was seen.(Table-ii)

Table-I

| S. No | Name of Medicines | Dosage | Frequency | Main Ingredients | Anupana |
|-------|-------------------|----------|----------------|--|---------|
| 1. | Bhringarajasava | 20-30 ml | BID after food | Bhringaraj, Pippali, Lavanga, Dalchini, Jatiphal, Haritaki | Water |

Table-II

| Name of Investigation | Before Treatment | After Treatment |
|-----------------------|-----------------------|--------------------------------|
| USG Whole Abdomen | Grade-(i) Fatty Liver | Liver in normal size & contour |

DISCUSSION:

The present case with USG whole abdomen showing Grade I fatty liver indicates yakritvridhhi. So as per Ayurveda, drugs which acts on yakrit pleha vridhhi will be helpful. So, herbs like pippali, bhringaraj, jatipala, lavanga, dalchini, nagkeshar, haritaki etc which are the main ingredients in Bhringarajasava showed significant results in reducing the symptoms of the present case. Bhringaraj being dipaniya, pachaniya, yakrituttejak. It works on liver function, dissolves the fat in liver. Its main function is the secretion of bile ducts and biliary secretion. Haritaki being an ingredient also acts as a yakrituttejak. Again pippali being kapha, vata Hara, dipaniya, triptiagna, agnimandyahara, yakrit pleha vridhuhara it helped to relieve the symptoms like abdominal discomfort, mild pain, loss of appetite in the patient⁽³⁾. Further research also shows that there is significant hepatoprotective and antioxidant activity of Piper longum extract on experimental model⁽⁴⁾. Further clove oil present in lavanga shows significant improvement in fatty liver and dyslipidaemia as per new research⁽⁵⁾.

CONCLUSION:-

From the present study it can be concluded that Bhringarajasava a classical Ayurvedic formulation shows effective results in a case of Non- Alcoholic Fatty Liver Disease (NAFLD).

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