



Case Study

EFFECT OF *MUSTAKADI VATI* IN THE MANAGEMENT OF *GRAHANI DOSHA* IN CHILDREN - A CASE STUDY

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KEYWORDS: *Grahani Dosha*, *Mustakadi Vati*, *Mala Parikshana*.

ABSTRACT

BACKGROUND: *Grahani* is the *Adhishthana* of *Agni* and *Agni Dushti* is the main reason of the disease. The disease *Grahani Dosha* is very commonly seen in present pediatric practice and it aggravates to form a critical condition if the proper care is not taken.

MATERIAL AND METHOD: A 8-years-old male patient of *Grahani Dosha* with complaints of defecation just after taking meal, Bowel frequency 3-4 times/day, irregular bowel habit, loss of appetite, generalized weakness, occasional pain in abdomen, slow weight gain for 5-6 months was treated by *Mustakadi Vati* in three divided doses of 10 *Vati* per day after meal for 8 weeks with *SukhoshnaJala*.

RESULT: Marked improvement was found after 8 weeks of treatment i.e., bowel frequency reduced to 1 time/day, no weakness, abdominal pain relieved, 2 kg body weight gained. Hematological parameters along with routine and microscopic investigations of stool and urine were done before and after the treatment, all were found normal. *Mala Parikshana* was done before treatment which showed sinking of stool in water and foul smell and after 8 weeks of treatment again *Mala Parikshana* was done where floating of stool in water and no foul smell were found.

CONCLUSION: This case study has shown that *Mustakadi Vati* is effective in improving the symptoms of *Grahani Dosha*. Marked improvements were found in all the symptoms of *Grahani Dosha* in Children.

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INTRODUCTION

If a person consumes the food incorrectly is responsible for *Grahani Dushti*.^[1] *Acharya Charaka* mentioned functionally weak *Agni* i.e. *Mandagni* causes improper digestion of ingested food leading to *Grahani dosha*.^[2] And finally, unless treated promptly, *Grahani Roga* follows, as *Grahani Dosha* is preliminary stage of *Grahani Roga*. *Acharya Sushruta* mentioned that if an *Atisara* patient enjoys an unjust diet during the *Agnimandya* stage, it may lead to *Grahani Roga*^[3], therefore any disturbance in function of *Grahani* results in indigestion symptoms and is symbolized as *Grahani dosha*. *Acharya Chakrapani* mentioned that *Ashraya* is *Grahani* and *Ashrita* is *Agni*.^[4] *Agni* management is same as the management of *Grahani Dosha*. It should be therefore treated primarily for *Agni* correction by drugs with properties of *Deepana* and *Pachana*.

Ingredients of *Mustakadi Vati* have *Deepana* and *Pachana* properties as mentioned in *Bhavprakash*.^[5]

AIM AND OBJECTIVE: To evaluate the effect of *Mustakadi Vati* in the management of *Grahani Dosha* in Children.

MATERIAL AND METHODS:

Place of Study

OPD of Kaumarbhritya department, Institute for Post Graduate Teaching & Research in Ayurveda Hospital, Jamnagar, Gujarat, India.

Case Report

A boy aged 8 years old from Jamnagar city of Gujarat with OPD Registration no. PG35721 came with her mother in OPD of Kaumarbhritya department IPGT & RA Hospital, Jamnagar on 23rd

April 2018 at around 11:00 am with the chief complaints of: -

1. Irregular bowel habit, defecation just after taking meal
2. Bowel frequency 3-4 times/ day

3. Occasional pain in abdomen

4. Loss of appetite

5. Generalized weakness

6. Slow weight gain

Patient had above symptoms since last 2 Years.

Haematological, Urine & Stool Investigations (Before & After Treatment)

Table 1: Haematological Investigation

	B.T.	A.T.
Total W.B.C.	7200/Cumm	11300/cumm
Differential W.B.C. Count		
Neutrophils	42%	73%
Lymphocytes	51%	20%
Eosinophils	04%	05%
Monocytes	03%	02%
Basophils	00%	00%
Haemoglobin	13.1gm%	12.9 gm%
P.C.V.	36.5%	35.8%
E.S.R.	08 mm/hr	12mm/hr
Total R.B.C. count	4.89mil/cumm	4.69mil/cumm
Platelet count	456 10 ³ / ul	358 10 ³ /ul

Table 2: Urine Investigation

Physical Examination	B.T.	A.T.
Colour	NAD	NAD
Appearance		
Reaction		
Sp.Gr.		
Chemical Examination		
Albumin	NIL	NIL
Sugar		
Acetone		
Bile Pigments		
Microscopic Examination		
Pus cells	NIL	NIL
RBC		
Epi. Cell		
Casts		
Crystals		

Table 3: Stool Investigation

Macroscopic Examination	B.T.	A.T.
Consistency	NAD	NAD
Colour		
Blood		

Mucus		
Reaction		
Microscopic Examination		
Ova, Cyst, RBC, Pus Cell, Fat globules		NIL
Vegetable Cells	Present	

On Systemic Examination

Inspection: No abdominal distension present
 Palpation: Abdomen soft and tenderness present around umbilical region
 Percussion: Dull sound, No fluid thrill
 Auscultation: Bowel sound present

History of present illness

According to her mother, patient was asymptomatic approximately 2 years back. But since then patient started complaints of irregular bowel habit, bowel frequency 3-4 times/day, occasional pain in abdomen, loss of appetite, generalized weakness

Personal History

Name: XYZ	Appetite: Poor	Bowel: Irregular	Wt.: 17 kg
Age/Sex: 8 yrs/M	Dietary habits: Veg.	Urine: Regular	Ht.: 110cms
Habitat: Urban	<i>Prakriti: Vata-Kapha</i>	Sleep: Sound	BMI: 14 kg/m ²
Occupation: Student	<i>Agni: Mandagni</i>	<i>Bala: Avara</i>	Immunization: Proper as per age
SES: Middle Class	<i>Koshtha: Madhyam</i>	Addiction: None	Growth & Development: Proper as per age

Ashtavidha Pariksha

<i>Nadi</i> (Pulse): 72/min	<i>Shabda</i> (Speech): Clear
<i>Mala</i> (Bowel): <i>Muhurbaddhama- muhurdravama</i>	<i>Sparsha</i> (Touch): Normal
<i>Mutra</i> (Urine): Regular	<i>Drika</i> (Eyes): Normal
<i>Jivha</i> (Tongue): Coated	<i>Akriti</i> (Built): <i>Krishha</i>

Treatment Plan

Patient was treated on OPD basis. Drug prepared in the Pharmacy of Gujarat Ayurved University, IPGT & RA, Jamnagar.

Following Drug used for internal use:

Mustakadi Vati: Contains 4 ingredients- *Mustaka, Kutaja, Ativisha, Bilwa*.

Posology: Dose prepared by following *Sharangdhara* guideline^[6]

Dose	10 <i>Vati</i>
Dosage form	<i>Vati</i> (500mg)
Route of administration	Oral
Time of administration	<i>Adhobhakta</i>
<i>Anupana</i>	<i>Sukhoshna Jala</i>
Duration	8 weeks
Follow up	4 weeks

Pathya-Apathya^[7]Patient is strictly advised to follow *Pathya palana* (do's and don'ts)

Pathya		Apathya	
Ahara	Vihara	Ahara	Vihara
<ul style="list-style-type: none"> ✓ <i>Purana Shali, Shashtika</i> (1 yr. Old rice) ✓ <i>Takra</i> (Buttermilk) ✓ <i>Masura</i> (Red gram) ✓ <i>Mudga</i> (Green gram) ✓ <i>Arhara</i> (Split pigeon pea) ✓ <i>Ushna Jala</i> (luke warm Water) ✓ <i>Agnideepaka</i> (Appetizer) and <i>Laghu Ahara</i> (light diet) 	<ul style="list-style-type: none"> ✓ <i>Langhan</i> (fasting) ✓ <i>Vyayama</i> (Exercise), ✓ <i>Kaleshayanam</i> (Sleeping on time) 	<ul style="list-style-type: none"> <i>Snigdha</i> (Oily), <i>Kathina</i> (hard), <i>Guru</i> (heavy), <i>Ahara</i> (diet), <i>Dugdha</i> (milk), <i>Dushtambu</i> (Contaminated water), <i>Kanda</i> (Tuber). 	<ul style="list-style-type: none"> <i>Ratrijagrana</i> (late night awakening), <i>Viruddhashana</i> (Antagonistic food), <i>Atapasevana</i>, (Sun Bath) <i>Vega-vinigraha</i> (Urges detention), <i>Shrama</i> (Labor), <i>Ativyayama</i> (Excessive exercise)

Subjective Criteria of assessment

Muhurbaddhama muhurdravama mala pravritti^[8] (Irregular bowel habit)

Udarashula^[9] (Abdominal pain)

Arochaka^[10,11] (Anorexia)

Mukhavairasya^[12,13] (Tastelessness)

Balakshaya^[14,15] (weakness)

Jarana Shakti^[16] (Intake Capacity)

Abhyavarana Shakti^[17] (Digestive Capacity)

Objective Criteria of assessment

Sama and *Nirama Mala Parikshana* done^[18] (before and after treatment)

Sama Mala – Sinks in water foul smell

Nirama Mala – Floats on water

Haematological, stool and urine investigations done before and after treatment in which not found any significant findings.

RESULT

Bowel frequency reduced to 1 time/day in morning.

Abdominal pain relieved

Appetite increased

2 kg body wt. gained

On Mala Parikshana

Nirama mala lakshana found i.e. stool floats on water and no foul smell.

On Investigations (Haematological, Stool and Urine)

No significant findings found.

DISCUSSION

In *Grahani Dosha* due to *Mithya Ahara Vihara Sevana* vitiation of *Samana Vayu* and *Pachaka Pitta* occurs that disturb the normal

function of *Grahani* which cause indigestion of food that leads to *Amotpatti* cause *Shukta Paka* by which formation of *Annavisha* occurs these all leads to *Grahani Dosha* and when further *Dosha dushti* occurs it leads to *Grahani Roga*. *Mustakadi Vati* contains ingredients *Musta*, *Ativisha*, *Bilwa*, *Kutaja* which have *Katu Tikta Rasa*, *Katu Vipaka*, *Ushna Virya* and *Deepana*, *Pachana*, *Sangrahaka* properties so, it pacifies *Pachaka Pitta* and *Samana Vayu* that results in *Agni pradipti*. Due to increase in *Agni*, improvement is seen in *Abhyavarana* and *Jaranashakti* and finally helps to get relief in symptoms of *Grahani Dosha*.

CONCLUSION

Faulty dietary habits and changing in life style pattern are the important cause of this disease. So, correction of diet pattern and lifestyle modification is mandatory among children. As Drug had shown better result in reducing the symptoms of *Grahani Dosha*, but to confirm the efficacy of above treatment protocol needs further larger sample clinical evaluation.

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