

A CLINICAL STUDY ON THE ROLE OF DADIMADI GHRITA IN THE MANAGEMENT OF GRAHANI DOSHA W.S.R TO IBS

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ABSTRACT

Now-a-days, unwholesome food habits and changes in life style, mental disturbances like anxiety, grief, stress & strain leads to Gastric-upset (Agnimandhya), which is said to be the root cause for the manifestation of various diseases like Amlapitta, Atisara, Pravahika, Grahani. According to acharyas, Grahani is the main seat of agni. It is not only seat of agni but also supported by it. The term Grahani dosha implies the malfunctioning of agni. The Agni and Grahani are inter-dependent, therefore all the etiological factors of Grahani dosha leads to many conditions ranging from Aruchi to life threatening toxic diseases like Visuchika. Mandagni causes improper digestion of ingested food which leads to Grahani dosha. If untreated, it finally leads to Grahani roga. Atisara is considered as one of the predisposing factor for Grahani roga. In one context it is said that Arshas, Atisara, Grahani vikara having “anyonya nidana” in which Agni Vikruti is the root cause.

KEYWORDS: Grahani Dosha, Dadimadi Ghruta, IBS.

AIMS AND OBJECTIVES

a> To study about Grahani dosha w.s.r to IBS (Irritable bowel syndrome).

c> To evaluate the efficacy of Dadimadi Ghrita in the management of Grahani dosha w.s.r to IBS.

INTRODUCTION

Grahani dosha is a condition in which Muhurbadda-Muhurdrava mala lakshana with sense of unsatisfaction of evacuation of stool and symptoms like Arochaka, Trishna, Bala kshaya, Tamaka, Alasya, Asthi-Parva vedana is seen.

As Grahani is caused due to Agnimandya, the main line of treatment is to correct the Agni Dushti by administering medicaments which are having the property of Deepana and Pachana in action. Hence, the following study is taken to evaluate the clinical efficacy of the Dadimadi Ghrita having the properties like Grahi, Tridosahara, Deepana-Pachana, Kashaya rasa.

MATERIAL AND METHODS

Minimum of 30 patients eligible and randomly selected and assigned with a definite diagnosis of fulfilling the diagnostic, inclusion criteria for the study, irrespective of sex, caste and religion from the OPD and IPD of SSRAMC INCHAL.

A) Inclusion criteria

1. Patients diagnosed as per the criteria for Grahani dosha and according to criteria of IBS.
2. Patients of age group 24 – 60 yrs.
3. No discrimination of sex, race, caste and religion.

B) Exclusion criteria

1. Patients suffering from Organic Mental Disorders.
2. Patients of age more than 60 years.
3. Patients suffering from Carcinoma of GI tract.

C) Parameters of study

- a. Muhurbadda-Muhurdrava
- b. Arochaka (Loss of taste)
- c. Sharirika bala kshaya (Weakness)
- d. Asthi and Parva vedana (Bone pain)

- e. Alasya (Fatigue)
- f. Tamaka (Dizziness)
- g. Atisara (Diarrohea)

D) Study design

Study design: Interventional Study

Allocation: Randomization method

Intervention model: Parallel assignment

Masking: It will be done with proper bottle for each Ghrita.

E) Diagnostic criteria

Diagnosis will be made on the basis of classical signs and symptoms mentioned in Ayurvedic Text.

F) Treatments Plan and Period

- a) 10 ml of Dadimadi Ghrita In between 7 AM to 8 AM at morning and evening at 6 PM before food with anupana of ushna jala for a period of one month.
- b) Three days prior to above regimen, patient is administered Panchakola Phanta (15ml TID before food) for 3 days for Deepana-Pachana purpose.

G) Follow Up: 7th, 14th, 28th days after treatment.

H) Total duration of study: 28 days.

I) Assessment criteria:- Assessment will be done based upon the improvement in the signs and symptoms of patient mentioned in subjective and objective parameters.

a) Subjective parameters

- 1. Udara shoola.
- 2. Vibhadda/ Drava mala / both
- 3. Muhr-Muhr Mala pravrtti.
- 4. Sense of incomplete evacuation.

b) Objective parameters

- a) Swaroopa of mala.
- b) Presence of mucus in stool.

All of these will be assessed by adopting the following scoring system.

None	0
Mild	1
Moderate	2
Severe	3
Grossly disabling	4

OBSERVATION AND RESULT

30 patient registered for the present study had completed their treatments. Patients are treated with Dadimadi Ghruta. Total effects of treatments was assessed on the basis of score given to each symptoms or Subjective parameters.

DISCUSSION

Discussion was done from the data available, Samhitas and Texts. The patients assessed on different parameters to obtain the effect of therapy. All the Signs and Symptoms assessed during follow up. The result and observation during follow up and after completion of study are mentioned earlier and discussed as follows.

1. General discussion
2. Clinical parameters
3. Effect of therapy
4. Probable mode of action
5. Further scope of study

CONCLUSION

1. Grahani Dosha is one of the disease of GI tract which change the lifestyle of human beings.
2. Conclusion drawn from the various aspect of clinical trials on patients.
3. In the present study of clinical trials of Dadimadi Ghruta on Grahani dosha in most effective.

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