

**EFFICACY STUDY OF SWARNAMAKSHIK BHASMA WITH
KSHAUDRA AND SHARKAR IN GARAVISHJANIT AMLAPITTA.*****Dr. Dipika**

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Rajasthan.**ABSTRACT**

Viruddhahar is the *hetu* of *Agnimandya*, thus affects the *Rasavaha* and *Annavaha Srotas* resulting in formation of *shuktaahar rasa* and further to *Amavisha* that vitiates *Pitta* leading to *Garvishajanit Amlapitta*. 40 patients diagnosed with this *Garvishajanit Amlapitta* were. Trial group was administered the *Swarnamakshikbhasma* with *Kshaudra* and *Sharkara* with *koshna jala* at *Vyanodaankala* for 30 days, However, control group received symptomatic contemporary line of treatment as and when necessary. Both groups were administered *Avipattikar churna* as *Mridushodhan* for the first 7 days of trial. 8 subjective parameters, graded appropriately, formed the criteria of

Assessment and weekly follow-ups were taken. The statistical analysis using *Swarnamakshik Bhasma* with, *Kshaudra* and *Sharkara* - showed significant reduction in symptom of *Hrididaha*, *Kanthdaha*, *Utklesh*, *Chardi*, *Aruchi*, *Avipaka*, *Gaurav*. *Swarnamakshik* is *Kashay*, *Madhur Rasatmaka* and *Sheet virya*, *Kshaudra* is *Madhur kashay* in *Rasa*, *Guru* and *Sheeta guna*, *Rakta pitta kaphapaham* and *Yogvahi* while *Sharkara* is *Madhur* in *rasa* and *Sheeta virya*. This combination of the Trial drug counteract the vitiating *Pitta guna* and can be administered in *Amlapitta*. Hence, the efficacy of *Swarnamakshikbhasma* with *Kshaudra* and *Sharkara* in *Garvishajanit Amlapitta* has been proved.

KEYWORDS: *Viruddhahar*, *Amlapitta*, *Swarnamakshik Bhasma*, *Kshaudra*, *Sharkara*.**INTRODUCTION**

In accordance with *Vaghat Acharya's* quotation, *Viruddhahar* can be termed as *Garavisha*^[1]. *Acharya Charak* and *Acharya Vaghat* has clearly defined the role of *Agni* and *viruddhahar* in the etiopathogenesis of all the human ailments. *Acharya Charak* precisely enlists *Amlapitta* as one of the disorders caused by *viruddhahar sevan* which can be stated as

Garavishjanit Amlapitta.^[2] The above *nidan sevana* of *viruddhaahar* or *Garavisha* causes vitiation of *doshas* and *agni* resulting in *Agnimandya* and ultimately leads to *Avipaka*. Hence even light and small meals are not digested. This undigested or ill digested food attains *shuktatva* resulting in the development of the disease *Amlapitta*.^[3] In the beginning, a survey was conducted to study the prevalence of both *viruddhaahar* consumption and *Amlapitta* as its outcome. This indicated *viruddhaahar* as a prime aetiological factor of *Amlapitta*. Then symptoms produced by constantly consuming *viruddhaahar* were found to resemble those of *Amlapitta*. As this *Amlapitta* was caused by *viruddhaahar* which is synonymous with *Garavishjanit*, the condition was termed as *Viruddhaaharjanit Amlapitta*. The use of *Swarnamakshik* and *Swarna* with *Kshaudra* and *Sharkara* has been stated by *Vagbhat Acharya* in the treatment of *Garavisha*.^[4] However, *Swarna* being costly can be replaced by *Swarnamakshik* as per *Ayurved Prakash*, their *guna* being similar.^[5] *Swarnamakshik* is *kashay madhur* in *rasa* and *sheet virya* which counteract the vitiated *Pitta guna* and can be administered in disease *Amlapitta*.^[6] *Kshaudra* is *madhur kashay* in *rasa*, *guru and sita guna*, *raktapittakaphapaham* and *yogvahi*. *Sharkara* is *madhur* in *rasa* and *sheet virya*^[8] which too counteracts the vitiated *Pitta guna* and hence can be administered in *Amlapitta*.

AIM AND OBJECTIVES

AIM:- To study the efficacy of *Swarnamakshik bhasma* with *Kshaudra* and *Sharkara* in *Garavishjanit Amlapitta*.

OBJECTIVES

1. Compilation and interpretation of all relevant information of *Amlapitta*, *Viruddhahar*, *Swarnamakshik bhasma*, *Kshaudra* and *sharkara*.
2. Conduction of a clinical study to assess the efficacy of *Swarnamakshikbhasma* with *Kshaudra* and *Sharkara* in *Garavishjanit Amlapitta*.

MATERIALS AND METHOD

Material used was *Swarnamakshikbhasma* with *Kshaudra* and *Sharkara*. The trial drug was purchased from an authorized pharmacy- UNJHA Pharmacy, Gujrat and standarization certificate of the formulation has been attached in the Annexure of the dissertation. It is an open randomised clinical trial. Study was conducted at Bharati Vidyapeeth Medical Foundation's Ayurved Hospital and Research Centre, Katraj Dhankawadi, Pune-43 following the official permission of the Institutional Ethics Committee prior to the conduction of research work.

Pilot study was conducted to know the prevalence of *viruddhahar* in current scenario. The Diagnosed patients with *Garavishajaanit Amlapitta* were randomly allotted into two groups -

Group A]:- Control Group-20 patients

Group B]:- Trial Group-20 patients

Informed Consent of the each patient of both the groups was taken prior to their inclusion of clinical trial. Both group received *Avipattikar churna as mridu shodhan* for 7 days. However Group B were administered the Trial drug.

Dosage Schedule: 125mg of *Swarnamakshikbhasma* with *Kshaudra and Sharkara* was administered in *Vyanodan kala* with *Koshnajala* for 4 weeks.

Follow up Schedule: Both groups were observed for 4 weeks, taking weekly follow-up (i.e. on 6th, 12th, 18th, 24th and 30th day respectively).

Criteria For Assessment

1. *Avipaka*
2. *Klama*
3. *Utklesha*
4. *Amlodgar*
5. *Gaurav*
6. *Hriddaha*
7. *Kanthdaha*
8. *Aruchi*
9. Others any

OBSERVATIONS

Observations were grossly classified into General Observation, Observations of Subjective Parameters.

1] General Observations:- 65% of the control group and 80% of the trial group were of 20-30 yrs. This is the the most common age when consumption of *viruddhahar* is frequent. Both Control and Trial groups, showed a female predominance of 8% and 11% respectively.

2] Subjective Parameters:- In this study, total 8 symptoms were included, we observed that 7 symptoms among 8 showed statistically reduction in Grade 4 or 3 to 0 or 1. but the only exception was observed in the symptom of *Klama* showed no reduction.

STATISTICAL ANALYSIS

Wilcoxon test was used for analysis between Control and Trial group. According to the statistical analysis, it was found that out of total 8 subjective parameters, Significant results were observed in 7 symptoms- *Aruchi, Hrididaha, Avipaka, Gaurav, Kanthadah, Utklesh, Amlodgar* (AsPvalue<0.05). No Significant results were observed in symptom- *Klama*.

DISCUSSION

Current study is an open randomised clinical trial. Taking into consideration, *Samprapti of Garavishajanit Amlapitta* is due to *Kapha Pitta dushti* and *agnimandya* resulting in *Amavisha* leading to vitiation of *Pitta* and finally *Garavishajanit Amlapitta*. The contents of *Swarnamakshik* is *kashay madhur* in *rasa* and *sheet virya*, *Kshaudra* is *madhur kashay* in *rasa*, *guru* and *sheeta guna*, *raktapittakaphapaham* and *Yogvahi*. *Sharkara* is *madhur* in *rasa* and *sheeta virya*. Considering *subjective parameter*.

Hrididaha: - maximum no. of patients in Trial Group showed reduction in Grade3 to Grade 0 by D28. but no such reduction was found in Control Group. It was cured by *Swarnamakshik bhasma* with *Ksaudra* and *Sharkara* due to the *acch pitta (prakrit pitta)* formation because of *kaph pitta nashak* properties of *swarnamakshik bhasma*. Similarly, In **Amlodgar** – In the Trial group 55% of patients of Grade 3 and 25% of Grade 2,4 each showed a reduction of Grade0, or1 by the Day 30, indicating that reduction of symptom was to a greater extent in Trial group. *Amlodgar lakshan* was reduced by the *mandanalnashak* and *kapha pitta nashak* properties of *Swarnamakshik bhasma* that aided in the production of *jirna ahar*. Similar results were observed in symptoms **Kanthdaha Utklesh, Aruchi, Avipaka**. Only one exception was found in the symptom of *Gaurav* where significant result were seen in both Control and Trial Group The overall relief in *gaurav* was seen because of *vata anuloman* properties of *Avipattikar churna*. In Control Group, whereas in Trial Group, it is seen due to *ythouchitvegoutsarg* achieved by *jirnaahar rasa*. But non significant result were observed in Symptom like *Klama*. The probable action of *Swarnamakshik bhasma* with *kshaudra* and *Sharkara* in *Garavishajanit Amlapitta* is because of *Mandalanashak* and *Kaphakpittanashak* properties of all ingredients. As result of which *prakrit agni* is produced. And *prakrit Kaphapitta* is formed resulting in *ahar rasa nimish* and *acchpitta udiran*. *Laghuta, Udgar Shudhi, Ythouchit Vegoutsarg ytha uchit* is obtained. Besides this *Kshaudra* and *sharkara (anupan dravya)*, too assist in *samprapti bhang*, *kshaudra* as stated by *charak acharya* is *yogvahi*, has *madhur kashay rasa, Madhur Vipak* and *Tridoshamak* and thus potentiating the

effect of trial drug and simultaneously increase its absorption i.e *vyaypti*. *Sharkara* at the same time having *sheeta virya* and *madhur vipak* reduce the *vidahitva* of *Pitta*.

On the basis of the above discussion it can be said that the trial drug *Swarnmakshik bhasma* with *Ksaudra* and *Sharkara* in *Garavishajanit Amlapitta* is clinically effective.

CONCLUSION

Thus, the efficacy study of *Swarnamakshik Bhasma* with *Kshaudra-Sharkara* in *Garavishajanit Amlapitta* has been proved.

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