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### A Clinical Study to Evaluate the Efficacy of *Pathadya Churna* in *Grahani Roga*

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#### ABSTRACT

*Grahani Roga* is a common disease encountered by physicians in day-to-day life. The disease is cumbersome as young aged people are mostly affected by this. Due to chronic nature of disease it affects the quality of life of patients and decreases their productivity at work. The article is about the clinical study of 20 patients of *Grahani Roga* registered from the O.P.D., P.G. Department of Kayachikitsa, Rishikul Campus Haridwar. The present study is aimed at finding effective treatment of *Grahani Roga*. The drugs selected for managing the patients of *Grahani Roga* were *Pathadya Churna*. In this clinical study significant improvement was seen in patients and no complications were found during and after the clinical study.

#### KEYWORDS

*Grahani Roga, Pathadya Churna*



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## INTRODUCTION

“रोगाःसर्वेऽपिमन्दाग्नौ” ||<sup>1</sup>

(अ.ह.नि.12/1)

Thus it is accepted that if *Agni* is at its optimum level, the individual will be healthy. Any deviation from the normal state of *Agni* leads to improper digestion and assimilation, which results in formation of improperly digested food which is called *Ama Rasa*. This *Ama Rasa* is termed as the root of all diseases including *Grahani Roga*. In *Ayurveda* consideration of *Ama* and *Nirama* is very essential part of the treatment of diseases. *Ama* and *Nirama* also indicate the acute and chronic form of disease which is especially associated with the nutritional irregularities. So in these cases an *Ayurvedic* physician suggests the treatment of disease as well as dietary advices. Scientific approach of *Ayurvedic* principles is being significant in modern era to alleviate hazardous effects. It is time tested knowledge, all principles have compiled in *Samhita* that are very important in clinical practice for treatment of disease. In *Samhita* everything has mentioned what are *Hita* (good) or *Ahita* (not good) for one's life.

*Grahani* is influenced by *Agni* (*Grahani* and *Agni* are interrelated)<sup>2</sup> (i.e. has *Adhara Adheya Sambandha*). *Grahani* is described

as an *Agni Adhithana* by almost all *Acharyas* and commentators. Malfunction of *Agni* i.e. *Mandagni* causes improper digestion which leads to *Grahani Dosha*. “*Muhurbaddha Muhurdrava Mala Pravrtti*, *Durgandhita Picchilaa Mala Pravrtti*, *Udara Gauravta*, *Arochaka*, *Avipaka*, *Vidaha*, *Ajeerna*, *Udara Shool*, *Vistambha* etc” *Acharya Charaka* has mentioned four types of *Grahani Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja*. *Grahani* is one of the digestive disorders. According to *Acharya Sushruta*, *Atisara* is considered as one of the predisposing factor for ‘*Grahani Roga*<sup>3</sup>’ *Acharya Vagbhata* describes that *Arsha*, *Atisara* and *Grahani Vikara* as ‘*Anyonya Nidana Bhuta Vyadhi*’, of where *Agni Vikriti* (*Agnimandya*) is root cause for the disease<sup>4</sup>.

This shows that *Agni* and hence *Grahani* is very important part of human body, considering above all things this subject is selected. In *Samprapti* of *Grahani Agnimandya*, *Samata* are some important factors.

*Grahani Roga* described in classical text of *Ayurveda* represents a group of disorders of gastrointestinal system. Malabsorption, Tropical Sprue, IBS mentioned in modern medicine may be considered under *Grahani Roga*.

Regarding prevalence of IBS, it is found that it affects 20% of people or 1 in 5 and

50% people are diagnosed before age 35. The incidence of *Grahani Roga* may be categorized largely as dietetic factors, lifestyle factors and psychological factors. Despite of various treatment measures available in Allopathic system of Medicine the prevalence of the disease is quite high. Moreover, Allopathic drugs have many side-effectes thus, adding to the misery of the patients. So, the study was planned for effective management of *Grahani Roga* by Ayurvedic treatment.

## **MATERIALS AND METHODS**

Aims & objectives

- 1) To study the aetiopathogenesis of *Grahani Roga*.
- 2) To assess the efficacy of Pathadya Churna on *Grahani Roga*.

The study comprised of 20 patients of *Grahani Roga*. The patients were selected from OPD and IPD of Rishikul campus. Haridwar.

**Ethical clearance:** The research has been approved by the Institutional Ethical Committee.

Ethical committee approval no. is UAU/R/C/IEC/2016-17/2

Written consent was taken from all the subjects before the trial and study was in accordance with ICH GCP Guidelines.

**Selection of Sample:** Randomized Sampling

**Type of Study:** Single Blind

**Duration of Study:** 45 days

## **Selection of Drug**

Pathadya Churna<sup>5</sup> - 5 gm b.d. with Madhu .

## **Assessment & Follow Up**

The assessment of the patients was done at the interval of 15 days & the follow up was done 1 month after completion of treatment.

## **INCLUSION CRITERIA:**

- Patients between 18–60 years of age group.
- Patient shaving symptom of *Grahani* (*Amavastha*), viz *Muhubaddha/Muhudrava Malpravriti, Apakva Malapravruti, Dourgandhita Malapravruti, Udara Shoola, Udara Gaurava, Ajeerna, Aruchi, Vidaha, Aalasya, Vistambha, Dourgandhita mala pravriti, Apakva mala pravriti.*

## **EXCLUSION CRITERIA:**

- Patients suffering from any other systemic disorders which interfere with the course of the disease and treatment were excluded.
- Life threatening disease like abdominal Koch's, CA colon, and partial abdominal obstruction were excluded.
- Age below 16 years and above 60 years.
- k/c/o ulcerative colitis, crohns disease, worm infestation.

## **CRITERIA FOR ASSESSMENT**

The assessment of the trial was done on



the basis of following parameters:

1. Subjective
  2. Objective
- **SUBJECTIVE:** the subjective assessment was done on the basis of

**Table 1** Symptoms of *Grahani Roga* as described in classics

1. <i>Muhubaddha/Muhudra</i>	6. <i>Aalasya</i>
2. <i>Udara Shoola</i>	7. <i>Vistambha</i>
3. <i>Udara Gaurava</i>	8. <i>Ajeerna</i>
4. <i>Aruchi</i>	9. <i>Dourgandhit a Mala Pravruti</i>
5. <i>Vidaha</i>	10. <i>Apakva Mala Pravruti</i>

**Table 2** Grading of the symptoms

None	0
Mild	1
Moderate	2
Moderate to severe	3
Severe	4

➤ **OBJECTIVE:**

- Routine Haematological examinations- Hb%, TLC, ESR

## OBSERVATIONS

**Table 3** The efficacy study of drug on subjective parameters

	Median		Wilcoxon Signed Rank W	P-Value	% Effect	Result
	BT	AT				
<i>MUHURBADDHAM MUHURDRAVA MALAPRAVRUTI</i>	3	0.48	-3.816 <sup>a</sup>	<0.001	85.2	HS
<i>APAKVA MALAPRAVRUTI</i>	2	0.77	-3.017 <sup>a</sup>	>0.05	61.5	Sig
<i>DOURGANDHITA MALAPRAVRUTI</i>	0.95	0.36	-2.754 <sup>a</sup>	>0.05	63.2	Sig
<i>UDARA SHOOL</i>	2	0.48	-3.640 <sup>a</sup>	<0.001	75.9	HS
<i>AJEERNA</i>	2.5	0.78	-3.307 <sup>a</sup>	<0.001	68.6	HS
<i>VISTAMBHA</i>	2	0.67	-3.542 <sup>a</sup>	<0.001	66.7	HS
<i>UDARA GAURAV</i>	0.5	0.2	-2.762 <sup>a</sup>	>0.05	65.2	Sig
<i>ARUCHI</i>	0.94	0.44	-2.251 <sup>a</sup>	>0.05	52.9	Sig
<i>VIDAHA</i>	0.88	0.44	-2.530 <sup>a</sup>	>0.05	50.0	Sig
<i>AALASYA</i>	0.83	0.44	-2.646 <sup>a</sup>	>0.05	46.7	Sig

\*H.S.- Highly Significant, Sig.- Significant

- Routine And Microscopic Stool examination (ova& cyst).

Above all investigation has been done before treatment and after treatment to see patient's general condition and to rule out any other pathology. These investigations were not the part of diagnostic criteria for *Grahani Roga*.

## STATISTICAL ANALYSIS

- Wilcoxon Signed Rank Test was applied on the subjective parameters.
- Paired t test was applied on Biochemical parameters.
- The tests were carried at the 0.05, 0.01, 0.001 level of p.
- Thus the obtained result were interpreted as:
  - P>0.05 Not Significant
  - P<0.01&<0.05 significant
  - P<0.001 highly significant

**Table 4** The efficacy study of drug on biochemical parameters

		Mean	N	SD	SE	t-Value	P-Value	Result
HB	BT	11.8	18	1.1	0.3	0.682	>0.05	Non-Significant
	AT	11.7	18	1.1	0.2			
TLC	BT	6438.8	18	1464.9	345.2	0.175	>0.05	Non-Significant
	AT	6352.7	18	1481.9	349.2			
ESR	BT	13.16	18	3.14	0.742	0.927	>0.05	Non-Significant

**Table 5** Estimation of overall response

	OVERALL RESPONSE	
	No	%
Excellent(>75%)	1	5.5
Marked Improvement (50-74%)	9	50
Mild Improvement (25-49%)	8	44.44
No Improvement (<24%)	0	0

## RESULTS AND DISCUSSION

In the present study, 20 patients of *Grahani Roga* were registered. Out of them 2 patients left the treatment at different stages due to some reasons, the remaining 18 patients were treated.

- While observing subjective and objective assessment it was found that statistically highly significant result was found in subjective parameters like *Muhurbaddham*, *Muhurdrava*, *Malapravruti*, *Udara Shool*, *Ajeerna* and *Vishtmbha* as value of  $p < 0.001$  in each.
- Statistically significant result was found in subjective parameters like *Apakva*, *Malapravruti*, *Dourgandhita*, *Malapravruti*, *Udara Gourava*, *Aruchi*, *Vidaha* and *Alasya* as value of  $p < 0.01$  in each.

- The percentage relief in all the subjective parameters is as follow-

*Muhurbaddham* 85.2%, *Muhurdrava* 85.2%, *Apakva* 85.2%, *Malapravruti* 61.5%, *Udara Shool* 75.9%, *Ajeerna* 68.6%, *Vishtmbha* 66.7%, *Dourgandhita* 63.5%, *Udara Gourava* 65.2%, *Aruchi* 52.9%, *Vidaha* 50% and *Alasya* 46.7%.

- In biochemical parameters statistically non-significant result was found in Hb%, TLC, ESR. ( $p > 0.05$ ).

### Probable mode of action of *Pathadya churna*

The first trial drug "*Pathadya Churna*" described by *Acharya Chakrapani* in *Chakradatta* in *Grahani Chikitsa Adhyaya* is a herbal preparation. It has 16 contents namely *Patha*<sup>6</sup>, *Bilva*<sup>7</sup>, *Chitrak*<sup>8</sup>, *Sunthi*<sup>9</sup>, *Pippali*<sup>10</sup>, *Marich*<sup>11</sup>, *Jambu*<sup>12</sup>, *Dadima*<sup>13</sup>, *Dhataki*<sup>14</sup>, *Katuki*<sup>15</sup>, *Ativisa*<sup>16</sup>, *Mustaka*<sup>17</sup>, *Darvi*<sup>18</sup>, *Bhunimba*<sup>19</sup>, *Vatsaka beej* and *Vatsaka*<sup>20,21</sup>. *Trikatu*, *Chitraka* have *Katu Rasa*, *Katu Vipaka*, and *Ushna Virya* and *Grahi*, *Deepan* and *pachan* properties. *Patha*, *Katuki* and *Bhunimba* is having *Tikta*

*Rasa, Katu Vipaka, and Ushna Virya*, *Deepan* and *Pachan* properties. *Vatsaka, Bilva* and *Darvi* contain *Kashaya, Tikta Rasa, Katu Vipaka, and Ushna Virya Sangrahi, Deepan* and *Pachan* properties. *Jambu, Dadima* contain *Kashaya, Madhura, Amla Rasa, Sangrahi, Rochan, Deepan* and *Pachan* properties. *Ativisa* have *Katu, Tikta Rasa, Katu Vipaka, and Ushna Virya* which have *grahi, Deepan* and *Pachan* properties. *Dhataki* have *Kashaya Rasa, Sangrahi* properties. *Madhu*<sup>22</sup> was selected as an *Anupana* of *Pathadya Churna* which is having *Madhur, Kashya Rasa, Katu Vipaka, Tridoshshamak* and *Sangrahi* properties.

*Patha, Bilva, Chitrak, Sunthi, Pippali* and *Marich* these drugs are *Vata-Kaphahara* and *Mustaka, Darvi, Bhunimba, Vatsaka, Dhataki, Katuki* these drugs are *Kapha-Pittahara* and *Ativisa, Dadima* these drugs are *Tridosahara*. All the contents of *Pathadya Churna* are having *Tridoshshamak* properties.

All the contents of *Pathadya Churna* have anti-inflammatory, antidiarrhoeal, antispasmodic, anti-oxidant, analgesic activity, regulates gut motility, immunomodulatory effect.

As a whole the combined action of “*Pathadya churna*” can be summarized as *Vata-Pitta-Kapha Shamak, Grahi-*

*Agnideepan & Amapachan, Agnideepan, Amapachan, Sangrahi*. Thus, the drug was effective in breaking the pathogenesis of *Grahani Roga*.

## CONCLUSION

*Grahani Roga* is a chronic and *Tridosha* disease. A single disease entity cannot be correlated with *Grahani* as per modern science, even though IBS is more similar. Tropical sprue, malabsorption also can be included. “*Pathadya churna*” can be summarized as *Vata-Pitta-Kapha Shamak, Grahi-Agnideepan & Amapachan, Agnideepan, Amapachan, Sangrahi*. Thus, the drug was effective in breaking the pathogenesis of *Grahani Roga*.

So, it can be concluded that cases of *Grahani Roga* can be managed effectively without any side-effects by *Pathadya Churna*.

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