

Role of *Guduchi Ghana Vati* on the Prevention of Diseases due to Physical Stress

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Abstract

The purpose of Ayurveda comprises of both the aspects: a curative measure of the diseases and second is their prevention. The *Rasayana* therapy is exclusively developed for the aim to prevent the disease. In today's modernized era, the preventive aspect is getting in vogue as everyone wants to work with the best of their efficiency without being affected by poor health. The regularity in the daily schedule, helps to maintain the health up to some extent because our bodily functions are also operating as per the schedule, but due to traveling from one to another place, business, meeting or any other unavoidable work, one's daily schedule is often not maintained as per schedule, which causes a disturbance in bodily functions and sometimes may lead to disease. Therefore, it is necessary to prevent such diseased condition with the use of Ayurveda *Rasayana* therapy. *Guduchi* is one of the *Rasayana* drug advised in *CharakaSamhitaRasayana* chapter. The *Ghana Vati* form is the most convenient form to carry, consume and swallow, so it is selected.

Keywords

Guduchi, Ghana Vati, Physically Stressed Condition, Rasayana



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INTRODUCTION

Ayurveda is the source of knowledge for health. It describes not only curative aspects of the diseases but also emphasizes on its preventive aspect¹. The branch of Ayurveda especially deals with the idea to remain healthy forever is known as *Rasayana*². These days, the concept of living disease free is getting more and more attention globally and they have great expectation from Ayurveda.

The human being is the most intelligent species on this planet, having a daily schedule to get up, eat, work, rest, and up to go to bed. Accordingly, our bodily functions are organized and homeostasis is maintained³, which is said as a biological cycle of an individual. When the changes occur in daily schedule or biological cycle, our body is physically stressed and leads to disturb in the homeostasis of an individual for a while. Depending on the changes in biological cycle, our bodily functions are rescheduled so the homeostasis is maintained⁴. But if the changes in a biological cycle are such an extended and the homeostasis is not maintained, one fall ill and suffered from *Jwara*, *Pratishyay*, *Kasa*, *Shirahshool*, *Angamarda*, *Shram* etc. complains⁵.

In such type of physically stressed condition, *Rasayana*⁶ therapy is very helpful to quickly adjust the bodily functions and maintain the homeostasis of the body⁷. From the Ayurveda point of view, *Rasayana* remedies have property to make functional equilibrium between all the *Dosha*, *Dhatu* and *Mala*. When the *Dosha*, *Dhatu* and *Mala* remain normal state and functional equilibrium is maintained in the individual, it is one's healthy state⁸. Here for the prevention of such problems of the physically stressed condition, *Guduchi* is a choice of *Rasayana*⁹ drug and *Ghana Vati* is the choice of form for the administration.

DRUG REVIEW

*Guduchi Ghana Vati*¹⁰:

*Guduchi*¹¹:

Latin Name: *Tinosporacordifolia*

Family: Menispermaceae

Parts used: Stem

Rasa: Tikta, Kashaya

Guna: Guru, Snigdha

Virya: Ushna

Vipaka: Madhura

Dosnghanata: Tridosha-hara

Pharmacological Action: *T. Cordifolia* has an immunomodulatory effect. Extract of *Guduchi* proved useful in reducing the chemotoxicity induced by free radical. The

drug has further proved to be effective as anti rheumatic, anti allergic and diuretic¹².

AIM

- To study the effect of *Guduchi Ghana Vati* on the physically stressed conditions of healthy individuals.

OBJECTS:

- To understand the condition of physical stress due to change in the biological cycle as per Ayurveda and modern aspect.
- To demonstrate the preventive effect of *GuduchiGhanaVati* in the physically stressed condition of healthy individuals.

MATERIALS AND METHODS

A. Materials:

• Conceptual Material:

For the literary review, the references are gathered by going through several classical/contemporary texts, various articles published in International/ National journals/ magazines and data obtained from the internet are taken.

B. Methods:

All the subjects/healthy individuals are advised to take *GuduchiGhanaVati* in the following dose and duration.

- Drug : *GuduchiGhanaVati*
- Dose : 4 *Vati* (500 mg each)

- *Anupan: Jala*
- Duration: Until to return back to normal schedule or maximum for 7 days.
- Time: Empty stomach in the morning (*Kshudha Kale*)
- Preparation: The *GuduchiGhanaVati* to be prepared as per the classical method mentioned in classics¹³.

DISCUSSION

Importance of the Study:

The physically stressed condition can occur in one's life very frequently especially when one travels from one to another city¹⁴ or have some compulsive work. This leads to many changes in the biological cycle of an individual, which may lead to illness with the appearance of *Jwara, Pratishyay, Kasa, Shirahshool, Angamarda, Shram* etc. complains¹⁵. Many times the illness is such sever that it may lead to cancel the traveling or may need to prolong the traveling schedule. Considering the problem, the research study is designed to prevent the diseases occurred due to physically stressed condition.

Selection of Management:

The complains like *Jwara, Pratishyay, Kasa, Shirahshool, Angamarda, Shrama* occurring in physically stressed condition

are mainly due to vitiation of *Rasa Dhatu*¹⁶, thus it is involved as a *Dushya*. Therefore, that kind of *Rasayana* drug is selected which have *Rasa DhatuPrasastakar* effect. It is accomplished by the *Guduchi*, recommended as *Rasayana* by *Acharya Charaka*¹⁷. To reduce the quantitative dose without reducing the efficacy, *Ghana Vati* form of *Guduchi* is chosen.

Effect of *Guduchi Ghana Vati*:

Guduchi Ghana Vati contains *Guduchi*, which is well known *Rasayana*¹⁸ drug used since the ancient time. The majority of complains occur during the physically stressed condition are due to vitiation of *Rasa*. The *Guduchi* improves *Rasadhatvagni*¹⁹ with its *UshnaVirya* and by *Tikta-Katu Rasa Prasasta Rasa Dhatu* forms²⁰. Moreover it is *Rasayana* so with its *Tridosha Shamaka*²¹ effect, makes functional balance among the all three *Dosha*.

CONCLUSION

On the above discussion the conclusion can be drawn that with the *Guduchi Ghana Vati* *Rasayana* treatment, *Ayurveda* can offer one of the best preventive measures for the physically stressed condition.

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