

**“A PROSPECTIVE RANDOMIZED CLINICAL TRIAL FOR THE  
EFFECT OF DEEPANIYA CHURNA WITH GHRITA IN VATAJ  
GRAHANI.”**

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**ABSTRACT**

The study was carried out to evaluate the effect of Deepaniya Churna in Vataj Grahani. As the main cause of Grahani roga is Agnimandya it is necessary to improve Agni by digestion of Ama. Because if the Grahani roga is neglected, it will lead to pathogenesis of Arsha and Udara like rogas. Mandagni is a root cause of Ama dosha and it is the crucial factor for manifestation of most of the diseases. Among them Grahani is the prime disease of gastro-intestinal tract and seen often in day to day practice. Total 15 patients are randomly selected fulfilling the inclusion criteria. Deepaniya churna was given them. After 15 days they are asked for the symptoms they were having on 1<sup>st</sup> day of visit. An assessment is done on the basis of Asyapak, Adhman, Karnakshweda & Varanvar Sashabd-Sashula malapravrutti.

**KEYWORDS:** Grahani, Deepaniya Churna, Agnimandya, Adman Varanvar Sashabd-Sashula malapravrutti.

**INTRODUCTION**

Nowadays, due to wrong food habits and change in life-style people faces many health problems in early age of their life. Wrong food habits includes high intake of heavy food which takes long time to digest, irregularity in intake of diet. It causes *Agnimandya* which

ultimately forms *Ama*. *Agnimandya* is the main cause of all diseases. Among them *Grahani* is the prime disease of gastro-intestinal tract and seen often in day to day practice. *Deepaniya Churna* with *Ghrita* is useful for maintenance of *Agni* & hence in diseases arising from the indigestion. *Grahani roga* is one of the disorder arising from *mandagni* which leads to *Ama* (undigested food) formation in the body. Drugs present in the *Deepaniya ghrita* mainly *Katu rasatmak*, *laghu*, *teeksha gunatmak*, *ushna viryatmak* & have *Kapha Vatahara* action. It improves *Agni* by digestion of the *Ama*.

So, *Deepaniya ghrita* shows *Agnideepan* action by digesting the *Amadosha*. As *Ama* is the basic cause of *Grahani Roga*. By Digestion of this *Ama Deepaniya ghrita* shows effect on *Grahani roga*.

**AIM:** To study The Effect Of *Deepaniya churna* with *ghrita* in *Vataj Grahani*.

## OBJECTIVES

- 1) To study etiopathogenesis & symptoms of *Vataj Grahani* as per *Ayurveda* & modern medical science.
- 2) To study the effect of *Deepaniya churna* with *ghrita* on *Grahani*.

**RESEARCH QUESTION-** Is there any effect of *Deepaniya Churna* with *ghrita* on *Vataj Grahani*?

## HYPOTHESIS

**NULL HYPOTHESIS-** There is no significant effect of *Deepaniya churna* with *ghrita* in *Vataj Grahani*.

**ALTERNATIVE HYPOTHESIS-** There is significant effect of *Deepaniya churna* with *ghrita* in *Vataj Grahani*.

## REVIEW OF LITERATURE

### *Vataj Grahani*

Causes of *Vataj drahani* are *katu* (spicy), *tikta* (bitter), *kashay rasatmak*, *ruksha* (dry), stale food intake, irregular and wrong food habits. *Mandagni* is the main cause of *Grahani roga*. The symptoms seen in this roga are *Adhman*, *Sashabda Sashula Varanvar malapravrutti*, *Karnaksheda*, *kharangata* (dryness of skin) etc.

**Drug Review**

**The contents of Deepaniya churna are**

**1. Ajmoda**

Gana: Deepaniya (ch.)

Latin name: *Carum roxburghianum*

Family: Umbeliferae

Rasa: Katu, tikta

Veerya: Ushna

Vipak: Katu

Guna: Laghu, Ruksha, teekshna

Doshghnata: Kapha vata shamak

**2. Shunthi**

Gana: Deepaniya (ch.)

Latin name: *Zingiber officinale*

Family: Zingiberaceae

Chemical constitution: Gingrin, Gingerol, Shogaol, Zingerone

Rasa: Katu

Veerya: Ushna

Vipak: Madhur

Guna: Laghu, Snigdha

Doshghnata: Kapha vata shamak

**3. Marich**

Gana: Deepaniya (ch.)

Latin name: *Piper nigrum*

Family: Piperaceae

Chemical constitution: Piperine, Piperidine, Piprettine, Chavicine

Rasa: Katu

Veerya: Ushna

Vipak: Katu

Guna: Laghu, teekshna

Doshghnata: Kaphashamak

**INCLUSION CRITERIA**

- 1) As per clinical signs & symptoms of Grahani described in classical Ayurveda text Charak Samhita i.e. Kshudha, Trisha, Tamaprvash, Karnashwan, Parshwa uru vankshan greeva peeda, Shareerkarshya, daurbalya, gudapradeshi kartanwat peeda, Adhman, Sashabd, sashula Varanvar malapravrutti, Shwas, Kasa.
- 2) Patient had been selected from 16-60 years of age of either sex.
- 3) Patients who have not taken any treatment before the trial.
- 4) Patients willingly participating in study trial.

**EXCLUSION CRITERIA**

- 1) Patients fulfil the inclusion criteria but are diabetic.
- 2) Patients having liver disorders.
- 2) Patients who are not willing for the trial.
- 3) Patients presenting the symptoms & signs of Grahani but are taking medication since >1year for the same.

**Withdrawal Criteria**

- 1) The patient is not willing to continue the trial or not giving regular follow- up.
- 2) Evidence of any other illness which may interrupt the treatment.

**ASSESSMENT CRITERIA**

**A] SUBJECTIVE CRITERIA:** Asyaprasek, Adhman, Karnakshweda, sashabd Sashul Varanvar malapravrutti.

**1. Asyapraseka**

Sr. no.	Symptom	Grade
1	No vomiting at all	0
2	Frequency of salivation on every day	1
3	Feels sense of nauseating and vomitus occasionally	2
4	Frequency of vomiting is 2 or 3 or more per weeks and comes whenever daha or pain is aggravated	3
5	Frequency of vomiting is daily	4
6	Frequency of vomiting after every meal or even without meals	5

**2. Adhman**

Sr. no.	Symptom	Grade
1	No Adhman	0
2	Occasionally feelings of distension of abdomen	1
3	Daily after intake of food upto 1 hour with mild distension of abdomen	2
4	distension of abdomen upto 1-3 hours after intake of food	3
5	Moderate distension of abdomen upto 6 hours after intake of food	4
6	Severe distension of abdomen upto more than 6 hrs after intake of food	5

**3. Karnakshweda**

Sr. no.	Symptom	Grade
1	Absent	0
2	Occasional & tolerable	1
3	Occasional & non tolerable	2
4	Constant & non tolerable	3

**4. Sashabd Sashula varanvar malapravrutti**

Sr. No.	Symptom	Grade
1	0 to 5 min time spent for defaecation without pain or strain	0
2	>5 min time spent for defaecation with shoola, Shabda, strain	1
3	>10 to 15 min with shoola, shabda, Strain during defaecation	2
4	15 to 20 min time spent for defaecation with Shoola, Shabda, Strain during & after defaecation	3
5	Above 20 min time spent for defaecation with Shoola, Shabda & Strain associated upadrava of vyadhi.	4

**Overall assessment criteria****Table 6: Shows overall assessment criteria.**

Sr. No.	Statistical improvement	Result
1.	No results in parameters	No improvement
2.	Result in 1- 2 parameters	Mild improvement
3.	Result in 3 – 4 parameters	Moderate improvement
4.	Result in 5, 6 parameters	Marked improvement

**METHODS AND MATERIALS****Sample Size**

Effect of Deepaniya churna with ghrita on 15 Subjects of Vataj Grahani roga.

**Period of trial:** Total 15 days period.

Sewan kal: Saman vayu kaal = Madhyabhakta

Dose & Route of Administration: 5gm Of Deepaniya churna orally twice a day

Anupan: Ghrita (Goghrita).

### Follow up

- 0<sup>th</sup> day & 15<sup>th</sup> day

Collection of data with the help of complete CRF - with follow-up.

### Place of study

OPD of the Institutional Hospital.

### STATISTICAL ANALYSIS

The difference between before and after intervention of each symptom w.r.t. symptom scores of 15 subjects of Vataj Grahani by Unpaired t test.

**Table 1: Difference in before and after treatment on Asyaprased.**

	Mean	S.D.	S.E.	T value	P value
<b>BT</b>	1.333	0.8997	0.2323	2.806	0.0090
<b>AT</b>	0.5333	0.6399	0.1652		

P < 0.05, significant.

**Table 2: Difference in before and after treatment on Adhman.**

	Mean	S.D.	S.E.	T value	P value
<b>BT</b>	1.067	0.8837	0.2282	2.635	0.0136
<b>AT</b>	0.3333	0.6172	0.1594		

P < 0.05, significant.

**Table 3: Difference in before and after treatment on Karnakshweda.**

	Mean	S.D.	S.E.	T value	P value
<b>BT</b>	0.8000	0.7746	0.2000	2.646	0.0132
<b>AT</b>	0.2000	0.4140	0.1069		

P < 0.05, significant.

**Table 4: Difference in before and after treatment on Sashula malapravrutti.**

	Mean	S.D.	S.E.	T value	P value
<b>BT</b>	0.9333	0.9612	0.2482	2.034	0.051
<b>AT</b>	0.3333	0.6172	0.1594		

P < 0.05, significant.

## DISCUSSION

There is significant difference in before and after given *Deepaniya Churna* with *ghrita* to the subject. The symptoms of *Grahani* i.e. *Adhman*, *Sashabda* *Sashula* *varanvar* *malapravrutti*, *karnakshweda* and *Asyaprasek* are lowered after the use of *Deepaniya Churna* with *ghrita*. The dravyas present in *Deepaniya churna* causes digestion of *Ama* which is the root of *Grahani roga*. Due to *Ama* whatever problems came in the metabolism get relieved by the use of *Deepaniya churna*. *Ajmoda*, *Shunthi* and *Marich* are *katu rasatmak* and causes *pachan* i.e digestion of *Ama* and *deepen* of *Agni*. As *Agni* comes to the normal the symptoms seen in the *Grahani* are lowered, *Ghrita* is *Snigdha* (oily) & *Sheeta* in nature, as the *ajmoda* and *marich* are *ruksha* and *Ushna* in nature *ghrita* is useful to lower their dryness and *Ushna* *guna*.

## CONCLUSION

*Deepaniya churna* with *ghrita* is effective in *Vataj Grahani*. The dravyas present in *Deepaniya churna* causes digestion of *Ama* which is the root of *Grahani roga*. Due to *Ama* whatever problems came in the metabolism get relieved by the use of *Deepaniya churna*.

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