

**EFFICACY OF PATHADI YOG IN KAPHAJ ATISAR WITH SPECIAL
REFERENCE TO INTESTINAL AMOEBIASIS****Anand K. Bora***

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ABSTRACT

In Today's modern life style, due to lack of time and also Hurry-Curry-worry phase people use to take fast food, tin food, cold drinks more frequently. So they mostly suffer from Amashayasamuttha and pakwashayasamuttha (Gastro intestinal disease) vyadhi. Out of Gastro intestinal disease Kaphaj atisar (Ameobiasis) is one of them. According to Ayurveda the dosha involved in kaphaj atisar are kapha and vata. Though Pureesha is mala it has a supportive role for the body, if in its appropriate state. According to modern science Kaphaj Atisar may be correlated with "Intestinal amoebiasis". 10% of population of the world according to W.H.O. is affected due to amoebiasis. Kaphaj atisar is characterized by snigdha, picchil

malapravruti, durghandhayukta malapravruti, pravahan, krute api akrutsadnyata, annadwesh, udarshul, lomharsh and alasya. The constituents of pathadi yog taken for the study are Patha, Chitrak, Kutaj, Pipplimul, Shunthi, Kutaki, Vacha, and Haritaki. Taking all these points in consideration a clinical study was carried out in 30 patients of Kaphaj Atisar (ameobiasis) with Pathadi Yoga.

KEYWORDS: Kaphaj atisar, Pathadi yog, Intestinal amoebiasis, Mala Samata, Amoebic cyst count etc.

INTRODUCTION

Today to improve quality of life human being are trying to develop newer resources as well as are trying to improve quality of life by acquiring a sound health. Therefore health care is one of the most vital aspect for each individual. For this there are various systems of

medicine in practice like Ayurveda, Allopathy, Siddha, Unani, and Homeopathy, Naturopathy, Chinese Medicine etc.

Ayurveda is holistic science and it lays emphasis on preserving and promoting the fitness of healthy individuals and also giving methods for treatment of diseases. Health is defined in Ayurveda as 'soundness of body, organs and mind.'

Thus Sharira, Mana and Atma the tripods of life receive equal attention for achievement of sound health. Ayurveda is way of life and describes method for promotion, Prolongation and maintenance of positive health. It emphasis the importance of specific daily routine 'Dinacharya' and seasonal regimen 'Rutucharya' along with diet, drugs, physical and mental health. So for maintaining good health, we must take shadarasatmak diet and follows Rutucharya and Dinacharya. In modern life style, due to lack of time and also fashion people use to take fast food, tin food, cold drinks more frequently. So they mostly suffer from Amashayasamuttha and pakwashayasamuttha (Gastro intestinal disease) vyadhi. Kaphaj atisar is one of them. According to modern science kaphaj atisar may be correlated with "Intestinal amoebiasis". 10% of population of the world according to W.H.O. is affected due to amoebiasis.

Kaphaj atisar is characterized by snigdha, picchil malappravruti, durghandhayukta malappravruti, pravahan, krute api akrutsadnyata, annadwesh, udarshul, lomharsh and alasya. The constituents of pathadi yog are Patha, Chitrak, Kutaj, Pipplimul, Shunthi, Kutaki, Vacha, and Haritaki. It is claimed to be useful in kaphaj atisar due to vitiation of kapha and vata. The components of Pathadi yog possess Dipana, Pachan, and Vatanulomanam Properties.

AIMS AND OBJECTIVES

1. To study the efficacy of Pathadi yog in kaphaj atisar.
2. To study the co-relation between kaphaj atisar and intestinal amoebiasis

MATERIALS AND METHOD

Types of study: Open randomize study.

Number of patient for study: Thirty (30)

Materials: As this open randomize study here 30 patients is treated by drug "Pathadi Yog".

"Composition of Pathadi yog"

Pathadi yog is described in Asthang Hridya Chikitsasthan adhyay no.9 Shloka No. 105 about Kaphaj atisar chikitsa. All the drugs numbering 1 to 8 are to be taken in equal quantities (sama-bhaga) separately and made fine vastragalit churn of each drug separately. Then all these fine churnas of drugs are taken in khalwayantra and mixed properly (homogeneously) thus pathadi yog is prepared.

Dose: Churn thrice a day. Each dose of 2 gm.

Anupan: Koshna jal

Root of Administration: oral

Aushadh sevan kala: before the meals (pragbhakt Kala)

Duration of study

30 days study follow-up after every 10 days.

Criteria for selection of patients

In present clinical study 30 patients were selected randomly after confirmation of diagnosis from O.P.D. and I.P.D. of our college.

Inclusive criteria

- Patients in age group 20 to 60 yrs. of both sexes irrespective of religion, occupation and socio-economic status.
- Patients having signs and symptoms of kaphaj atisar in classics.

Exclusive criteria

- Age group below 20 years and old age above 60 yrs.
- Pregnant woman
- Patient of kaphaj atisar with any complication.
- Patient having AIDS, Abdominal Koch's, bacillary dysentery, amoebic liver abscess.

Effect of therapy

Most signs and symptoms of kaphaj atisar described in Ayurveda are subjective in nature and to give the result for statistical analysis, scoring system adopted, score was given according to seventy of symptoms as follows:

Subjective criteria

1. Snigdha, Picchil malapravruti
2. Durgandhayukta malapravruti

3. Pravahan
4. Krute api akrutsadnyata
5. Annadwesh
6. Udarshul during defecation.
7. Salomaharsha
8. Alasya

Objective criteria

According to Ayurvedic view.

- Mala samata – niramata
- Microscopic stool examination (Amoebic cyst. Count)

General symptoms score

Absence of symptoms	-	0 grade
Mild degree of symptoms	-	1 grade
Moderate degree of symptoms	-	2 grade
Severe degree	-	3 grade

Objective criteria

1. Mala Samata

- 0 - Mala float on a water i.e. Niram mala
- 1 - Mala dispersed first then slowly goes to bottom of water.
- 2 - Mala without dispersing slowly goes to Bottom of water.
- 3 - Mala without dispersing suddenly goes to bottom of water.

2. Microscopic stool examination Amoebic cysts count / hpf

- 0 - Absent
- 1 - 1 to 5 cysts / hpf
- 2. - 6 to 10 cysts / hpf
- 3 - More than 10 cysts/ hpf

Criteria for assessment

1. The patients will assessed for the efficacy of “Pathadi Yog” on the basis of the degree of relief obtained by the patients in three clinically graded could note the changes in it.

Criteria for total effect of therapy

1. Good -more than 80% signs and symptoms are relived.
2. Moderate -50 to 80% signs and symptoms are relived.
3. Poor - below 50% signs and symptoms

DISCUSSION**Probable mode of action of pathadi yog on kaphaj atisar**

Pathadi Yog contain patha, chitrak, kutaj, pippalimula, kutaki, vacha, Shunthi, Haritaki with kosha jal as an anupan, pathadi yog is mainly having katu, Tikta, Kashaya ras with katu vipak and Ushna virya Dravyas. It having Lagu, Ushna, Tikshna, Ruksha, guna and act as a deepan, pachan, grahi, amapachak, Anulomak, Krimighna, Kaphaghna, vataghana, shoolhar.

Due to above properties it act on Annavaha and purishavaha strotas as follows

A) Annavaha strotas

Pathadi yog act as a agnideepak, and pachak with his katu, tikta Rasa and ushna virya, pathadi yogas all content have a Deepan guna due to which 'Agnimandya' symptom cured and all other symptoms gradually become less, as the 'agni deepan' is occur. Pathadi yog other important property is 'pachak' karma. All content of pathadi yog act as pachak drug and it digest increased 'Ama' and 'Kapha' in body. It digest the 'Ama' which is mixed in 'purish' and because of this without tenesmus stool is expelled out from body.

B) Purishavaha strotas

Pathadi yog act on purishavaha strotas by its pachan grahi, Anuloman, kaphaghna vataghna and krimighna property. There is absorption of Ama and Kapha of purish by its Ushna virya and Katu vipak and contraction of Purishavaha strotas occurs by its kashaya rasa and grahi guna. Haritaki act as anulomak dravya. It eliminates mala with no force after the paka of mala in amavastha. Shunthi, pippalimula, kutaki destroys the strotorodh. Kutaki is used for malabhedan in granthiyukta malpravriti due to kapha. Patha, pippalimula, vacha, shunthi having shoolhar property due to its ushna virya and vatashaman guna. Alasya symptom is relieved due to its ushna guna and ushna virya. Patha, Kutaj, Pippalimula, kutaki, vacha, haritaki act as krimighna drugs, and this disease is caused by suchimuka purishaj krimi. In such way samprapti vighatana of kaphaj atisar is done by pathadi yog. Kosha jala is anupan of pathadi yog which is also deepan, pachan, vatanuloman and kaphaghna. As the main cause of Atisar is Agnimandya and due to which 'Amotpatti' occurs as above mentioned pathadi yog have main karma is Deepan, and pachan, because of its Agni Deepan occurred with

pachan of Ama due to which all symptoms of kaphaj atisar respectively comes down. Pathadi yog is having very good effect on kaphaj atisar it is noted that pathadi yog has restoring effect on 'Annavaha and purishavaha strotas. It act as samprapti Vighatak' of Kaphaj atisar and gives result in approximately in 30 days. It is mostly relived all symptoms of kaphaj atisar. During this period there was no evidence of any untoward or toxic effect of drug. Pathadi yog was well tolerated by all in given dose. From all these reference pathadi yog should be prove as drug of choice in kaphaj atisar.

CONCLUSION

The following conclusions were drawn on the basis of data collected, observation made, Results achieved & through discussion in present work.

I] Subjective parameters

- Snigdha picchil mala pravruiti was present in 30 patients relieved in 20 (88%)
($t=23.92$, $p<0.01$)
- Durgandha yukt malapravruiti was present in 30 patients relieved in 21 (89%)
($t=26$, $p<0.01$)
- Pravahan symptom was present in 30 patients relieved in 26 (95%)
($t=21$, $p<0.01$)
- Kruteapi akurut sadnyata symptom was present in 30 patients relieved in 23 (90%)
($t=19$, $p<0.01$)
- Annadwesha was present in 30 patients relieved in 21 (87%) ($t=16$, $p<0.01$)
- Udarashula symptom was present in 30 patients relieved in 29 (99%)
($t=24$, $p<0.01$)
- Salomaharsha symptom was present in 30 patients relieved in 30 (100%)
($t=22$, $p<0.01$)
- Alasya symptom was present in 30 patients relieved in 23 (90%)
($t=16$, $p<0.01$)

After administration of Pathadi yog in 30 patient results were obtained according to Relief criteria as follows

- a) Good results (above 80%) - in 27 patients (90%)
- b) Moderate results (50-80%) - in 03 patients (10%)
- c) Poor results (less than 50%) - 0 patients (0.00 %)

II] In objective parameters

1. Mala samata present in 30 patients & relieved in 19 patients (63.33%) ($t = 18$, $P < 0.01$ – significant relief observed)
2. Amoebic cyst present in 30 patients & relieved in 14 patients (53.33%) ($t = 22.72$, $P < 0.01$ – significant relief observed)

a) Subjective parameter

- Good relief (above 80 %) – in 27 patients (90%)
- Moderate relief 50 to 80 %) – in 03 patients (10%)
- Poor relief (less than 50 %) – in 0 patients (0.00%)

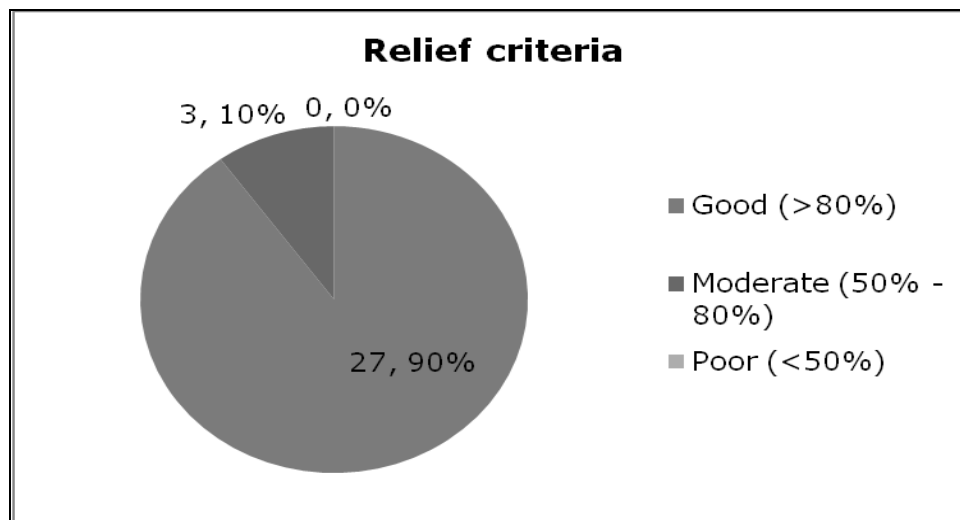
b) Objective parameter

- Good relief (above 80 %) – in 15 patients (50%)
- Moderate relief 50 to 80 %) – in 15 patients (50%)
- Poor relief (less than 50 %) – in 0 patients (0%).

Patient wise relief by pathadi yog

Patient No.	Before treatment	After treatment	Relief	% relief
1	19	0	19.0	100.0
2	20	1	19.0	95.0
3	22	6	16.0	72.7
4	20	0	20.0	100.0
5	14	0	14.0	100.0
6	18	0	18.0	100.0
7	18	1	17.0	94.4
8	21	0	21.0	100.0
9	20	0	20.0	100.0
10	21	0	21.0	100.0
11	20	3	17.0	85.0
12	21	3	18.0	85.7
13	20	1	19.0	95.0
14	21	5	16.0	76.2
15	20	3	17.0	85.0
16	19	1	18.0	94.7
17	20	1	19.0	95.0
18	22	0	22.0	100.0
19	20	2	18.0	90.0
20	21	4	17.0	81.0
21	21	0	21.0	100.0
22	18	1	17.0	94.4
23	20	2	18.0	90.0
24	20	5	15.0	75.0
25	19	2	17.0	89.5

26	21	1	20.0	95.2
27	18	0	18.0	100.0
28	19	2	17.0	89.5
29	20	2	18.0	90.0
30	18	1	17.0	94.4



“t” test were carried out on statistical background, which shows highly significant relief to reduce the symptoms of Kaphaj Atisar by pathadi yog. Thus we conclude that “Pathadi Yog” gave encouraging relief in Kaphaj Atisar and can be widely used with safely in day to day practice.

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