

**THE EFFECT OF KALYANAK GHRITA AND VACHADI GHRITA  
NASYA IN DEMENTIA WITHSPECIAL REFERENCE TO  
SMRITIBHRANSHA-A SINGLE CASE STUDY**

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**ABSTRACT**

Dementia is a chronic mental disorder, characterized by progressive, usually irreversible global cognitive deficit. The memory impairment is the essential feature of this disease. The other cognitive function that can be affected in dementia include general intelligence, learning, language, problem solving, orientation, perception, attention and concentration, judgement and social abilities. The sign and symptoms along with pathogenesis of dementia can be understood in terms of Smriti nasha, Smritibhransha. Dementia of Alzheimer's type (DAT) is most common form of dementia among middle age and older adults which account for 60-80 percent of dementia cases. In Ayurveda, disease involving mental faculties has been broadly classified into two

through, those affecting intellectual capacities (buddhinasa) and those affecting consciousness (sanja nasa) under the headings of unmad and apasmar. unmad is characterized by vibhramsa of mana, budhi sanja (consciousness), smriti, bhakti (desire), sheela (manner), chesta (behavior) and achara (conduct). As pathogenesis of dementia involves neurodegeneration; the role of rasayan therapy, panchakarma and the medicinal formulations including rasayan drugs attain greater significance in its management. A 65 year female patient, housewife by profession came to ayurveda hospital OPD; history of repetitiveness, forgetting things in daily activities, confusion since 2 years. continued 3 months of Vachadi

ghrita nasya in the form of pratimarsha nasya was administered along with oral kalyanak ghrita and observation was done.

**KEYWORDS:** Dementia, Smritibhransha, Kalyanak Ghrita, vachadi Ghita nasya.

## INTRODUCTION

Dementia is a chronic mental disorder, characterized by progressive, usually irreversible global cognitive deficit. The memory impairment is the essential feature of Dementia .the other cognitive function that can be affected in dementia include general intelligence, learning, language, problem solving, orientation, perception, attention and concentration, judgement and social abilities. Impairment of all these functions occurs globally, causing interference with day to day activities and interpersonal relationships. There is impairment of judgement and impulse control and impairment of abstract thinking. Additional features may also present such as emotional liability, catastrophic reactions and thoughts abnormalities, urinary and fecal incontinence, disorientation in time, place and person develops in late stages.<sup>[1]</sup>

Dementia of Alzheimer's type (DAT) is most common form of dementia among middle age and older adults which account for 60-80 percent of dementia cases. Alzheimer's dementia is progressive relentless loss of mental function characterized by degeneration of brain tissue including loss of nerve cells and development of senile plaques and Neurofibrillary tangles.<sup>[2]</sup>

Dementia "originally meant" out of one's mind, from the latin de (out of) and mens (the mind). Alzheimer's dementia has characteristic neuro pathological and neuro chemical feature. it is usually insidious in onset can be in middle adult life or even earlier, but the incidence is higher in later life. The statistical meta-analyses using logistic model shows that the odds of having Alzheimer's dementia increase by 18 % for every year of age. These are progressive disorder.

## Dementia in Ayurveda

In Ayurveda, disease involving mental faculties has been broadly classified into two through, those affecting intellectual capacities (buddhinasa) and those affecting consciousness (sanja nasa) under the headings of Unmad and Apasmar. unmad is characterized by vibhramsa of mana, budhi sanja (consciousness), smriti, bhakti (desire ), sheela (manner), cheshta (behavior) and achara (conduct).<sup>[3]</sup> In the early stages of AD, smriti bhransa (memory loss) is the main

symptom. The sign and symptoms along with pathogenesis of dementia can be understood in terms of *smriti nasha*, *smritibhransha*. In order to understand the etiopathogenesis of Alzheimer's disease in light of ayurvedic literature it is necessary to review the general physiology of *manas* and *buddhi*. In process of knowledge, mental faculty that determine the nature, merits and demerits of an object of knowledge is *buddhi*. *buddhi* and *mana* are related with *karya karana sambandha* as in the first entity (*tatva*), which is responsible for further development of *Indriyas* and *manas*.<sup>[4]</sup>

Charak defines (*prajnya*) *buddhi* as “*nichayatmakamjnam*”. *prajnya* is further described under the three forms – *dhi*, *dhriti* and *smriti*.<sup>[5]</sup> In *smritivibhransha*, when on account of the psyche (*manas*) being clouded with passion and delusion i.e. *Rajomohavritatmanah*, the retention of true knowledge is destroyed. The state is called the derangement of memory (*smriti*); for indeed the memorable things abide in the memory.<sup>[6]</sup>

At present time, no treatment is available to alter the relentless deterioration of this disease. A number of attempts have been made for neurotransmitter replacement therapy in Alzheimer's type dementia, but these drugs cause hepatotoxicity. The overall management is very difficult and frustrating as there is no specific treatment. In ayurvedic system of medicine, *rasayana* and *panchakarma* therapy; are very useful in the management of dementia. *Ghrita kalpana* has an upper hand in the treatment of dementia. *Ghrita* has *vata-pittahara*, *yogavahi* and *medhya* properties.

### Patient Information

A 65 year female Patient, housewife by profession came visited to OPD of SMBT hospital; history of memory loss, Repetitiveness, forgetting things in daily activities, confusion and losing temper since 2 years. The complaints started 2 years back as confusion in her daily activities like forgetting names and misplacing objects. Gradually started emotional outbursts such as losing temper. Hence she was taken her to a neurologist as per the advice of her family physician. But symptoms continued to worsen.

**The personal history of the patient was as follows-**General Condition: dull –confused look  
Appetite –decreased Diet –Non vegetarian. Urine-Normal.  
Bowel-Normal. Thirst-Normal. Sleep-disturbed.

### The findings of local and systemic examination revealed following points.

Pulse rate-76/min, BP-120/84 mmhg, not present cyanosis, not present oedema, not present lymphnode swelling. height-160 cm, weight-62 kg.

**Investigation** –MRI brain was indicative of age related cerebral atrophy.

## MATERIAL AND METHODS

Patient was selected for single case study for OPD of kaychikista in hospital. Patient was given Kalyanak Ghrita (triphalā, vishalā, bhadra elā, devdaru, elavaluka, sariva, haridra, daruharidra, shalapranī, prishnaparnī, phalini, nata, brihati, kushta, etc)<sup>[7,8]</sup> and Vachadi Ghrita nasya (pratimarsha).<sup>[9]</sup>

Drug, dose, duration and diet

The Dementia patient were prescribed Kalayanak Ghrita 10 gm twice daily in morning and evening for 3 month in empty stomach with lukewarm water.

Vachadi ghrit pratimarsha nasya two bindus in each nostril once a day in the morning were also administered for 3 months. before taking the medicine patient was advised to take haritaki churna in dose of 3-4 gms at bed times for 3-7 days for kosthasuddhi. advised to take satvikaahar to correct dietary habits and to avoid unhygienic and stale food.

### Follow up study

#### Clinical Assessment criteria

Taking into account the presenting complaints, detailed history and MRI findings, the case was diagnosed as dementia with Alzheimer's type as per WHO's international classification disease 10 criteria of mental and behavioural disorders. assessment was done by dementia severity ratingscale<sup>[10]</sup> and mini mental status examination<sup>[11]</sup> before and after the treatment.

Observation –score before and after treatment

Dementia severity rating scale	BT	AT
Memory	2 +	2+
Speech and language	2 +	1+
Recognition of family members	0	0
Orientation to time	0	0
Orientation to place	0	0
Ability to make decisions	3+	2+
Social and community activity	3+	2+
Home activities and responsibilities	2+	1+

Personal care –cleanliness	1+	0
Eating	1+	0
Control of urination and bowel	1+	0
Ability to get from place to place	4+	2+

#### Scores before and after treatment.

Scale	BT scale	AT Scale
Dementia severity rating scale	18	10
Mini mental status examination	20	23

## RESULT AND DISCUSSION

Here the clinical presentation refers to *smruti nasa*. according to Ayurveda, learning of knowledge is a result of successive and complex interaction and coordination of *atma*, *indriyas* and *indriyarthas*. The functioning of these factors is governed by *tridosha* and *triguna* in a specific coordination and balance. Any disturbance in these *tridosha* and *triguna* in specific coordination and balance. Any disturbance in these *tridosha* and *triguna* will cause disordered functioning of *indriya*. *Mana* and *Buddhi* leading to impaired memory. *Doshas* play a vital role in maintaining cognitive functions. Any factor that impairs the *sareerika bhavas* will affect the *manasika bhavas* also. *Vata* regulates the proper functioning of *buddhi*, *indriya* and *mana*. while *pitta* enhances *medha* and *kapha* nurtures *dhee*, *dhriti* and *smruti*. Thus, the normalcy of *tridosha* is essential for maintaining the cognitive condition.

As per Ayurved *pranavata*, *udana vata*, *vyana vata*, *sadaka pitta*, *tarpaka kapha*, *rajo* and *tamo gunas* were involved in *samprapti* of this case. *Rasa*, *rakta* and *majja dhatus* are vitiated. the affected *srotas* are *manovaha*, *rasavaha*, *raktavaha* and *majjavaha*.

*Kalayanak ghrit* is a polyherbal drug formulation used in ayurvedic medicine for the treatment of *daurbalya* (debility), *smritidaurbalya* (impairment of intellectual activities), *bhutonmad* and *balgrah roga*. Its therapeutic properties pacify *vata* and *pitta dosha*. *Kalyanak Ghrita* has been used to manage physical and cerebral development damage. the word *Kalyanak* means the superior one *kalyanak ghrit* is a medical preparation of herbs contains various herbs like *haritaki*, *bhibhitaki*, *amla*, *vishala*, *bhadra ela*, *devdaru*, *sariva* etc.). *Kalyanak Ghrit* has been mentioned in treating various psychiatric condition. Most of the ingredients of *kalyanak ghrit* have *ushna virya*, *katu* and *tikta rasa*, *laghu* and *ruksha gun*, these drugs pacify *vata* and *pitta dosha*.

*Vachadi ghrit* administered as *nasya* contains *vacha*, *pipalli*, *kustha*. these drugs have

shirovirechak property which can remove vitiated kapha dosha from shiro sthana and thus absorption of nutrients at tissue level may be increased.

Kalyanak ghrit and vachadi ghrit nasya (pratimarsha) provided relief in pitta vridhi lakshanas and kapha vridhi lakshans most of the drug have vata and kapha shamak properties and also has tikta rasa predominance. Go-ghrit has yogavahi property and is also medhya recent clinical studies establishes that antioxidant drugs can retard aging process by eliminating free radicals from the body and improve mental functions deteriorated due to aging.

In present study it has been found that patient responded positively in short term course of treatment (90) days and the positive effect continued even after stopping the treatment (follow up period). This may be due to the long term and cumulative effect of the drug. There were no side effects or adverse reactions reported. The drug is effective in improving assessment parameters, safe for long term use and cost effective.

## CONCLUSION

The present study concludes that depressed mood, negative thoughts and abstinence from sadvritta, swasthavritta disturb one's psychological health and play an important role in dementia in old age by vitiating rajas and tamas manasika doshas, prana, udan, vyanavayu, rasavahsrotas, majjavah srotas, manovaha and ojas.

Patient who reported manovighatakarabhava like bhaya, chinta, shoka, dvesha, krodha, and moha and taking vata kapha prakopa ahara vihara are at a high risk for developing smritibhransa. Dementia is a progressive degenerative disease of brain. There is no definitive treatment for this disease till now. Under such circumstances, kalyanak ghrit with vachadi ghrit nasya (pratimarsha) may definitely be efficacious in the management of dementia and can enable the senior citizens to lead a healthy and happy life.

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