

TO STUDY THE EFFECT OF AMALKI CHURNA IN SHARAD RITU FOR PREVENTION OF PITTA PRAKOPJANYA VIKARA

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ABSTRACT

Background: Sharad ritu is a time for pitta prakopa. In Sharad Ritu, all of a sudden the body habituated to cold effect gets exposed to heat of sun rays. The Pitta which was accumulated in Varsha Ritu gets provoked by Ushna of the Sharad Ritu. This result in the Prakopa of Pitta and Shaman of Vata Dosha and person will land up in Pittaj Vikara. Elimination of the dosha during Sharad Ritu makes the person get rid of the diseases aroused due to Pitta by the effect of the season.

Aim: To Study the effect of Amalki Churna in Sharad Ritu for prevention of Pitta Prakopjanya Vikara. **Experimental Model:** 100 Healthy individuals were selected from *Swatshyarakshan* OPD irrespective of gender, religion and economic class and fulfilling inclusion criteria. These 100 Individuals were divided in two equal groups randomly using lottery method of randomization having 50 healthy individuals in each group. Written consent was taken from each individual. **Conclusion:** *Amalki Churna* showed significant results in preventing the most of the *Pitta Prakopjanya Vikara* in *Sharad Ritu*. So we can claim that *Amalki Churna* is significantly

effective in *Sharad Ritu* for prevention of *Pitta Prakopjanya Vikara*.

KEYWORDS: Pittaprakopa, Sharad Ritu, Amalki Churna.

INTRODUCTION

Ayurveda believes in the concept of prevention is better than cure. Ayurveda is precious science. It explains measures to sustain health in healthy individuals and cure the disease. Tridoshas are responsible for health and ill health. Chaya, Prakopa, Prasham are the three natural stages those occurs according to daily periodical and seasonal variations. Vata, Pitta and Kapha Dosha gets Chaya, Prakopa, Prashama in Greeshmadi, Varshadi and Shishiradi Ritu respectively. These variations are natural, they will show their effect on body if they are not handled properly. Sharad Ritu is included in the dakshinayan. According to Hindu calendar, Sharad Ritu is seen during ashwina and kartika masa, which can be equated with mid September to mid November months of English calendar. In this Ritu, Vata undergoes stage of Shaman where as Pitta attains stage of Prakopa.

Health is a continuous process of adjustment between the external and internal environment. Changes are caused in level of doshas due to the variation of season. They have to be checked with continuous process of correction of level of doshas through lifestyle changes.

Need of study

वर्षाशीतोचिताङ्गानां सहसैवार्करश्मिभिः ।

तप्तानां संचितं पित्तं प्रायः शरदि कुप्यति ॥

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In Sharad Ritu, all of a sudden the body habituated to cold effect gets exposed to heat of sun rays. The Pitta which was accumulated in Varsha Ritu gets provoked by Ushna of the Sharad Ritu. This result in the Prakopa of Pitta and Shaman of Vata Dosha and person will land up in Pittaj vikara.

Acharya Vagbhat suggested to take Pittashamak dravya in Sharad Ritu to prevent Pittaprakopa. Amalki is one of the drug which is visheshtaha pittashamak by its madhur ras and sheet veerya. Elimination of the dosha during Sharad Ritu makes the person get rid of the diseases aroused due to Pitta by the effect of the season.

Today, the busy schedule, stress, pollution and modern lifestyle have made the seasonal regimens limited to advice, than adapting them in lifestyle. So it is necessary to observe the

changes in Sharad Ritu and administer the Amalki Churna for Pittashaman and to prevent Pittaprakopjanya Vikara in Sharad Ritu.

AIM AND OBJECTIVES

Aim

To Study the effect of Amalki Churna in Sharad Ritu for prevention of Pitta Prakopjanya Vikara.

Objectives

- 1) To assess the effect of Amalki Churna with jal anupan for promotion of health.
- 2) To find out commonly occurring Pittaprakopjanya Vikara in Sharad Ritu.

MATERIAL AND METHODS

The present study was carried out in *Sharad Ritu*. Medical camps were held and healthy individuals were selected for study from *Swasthyarakshan* OPD.

Study Type

Open randomized controlled clinical trial.

Method of Collection of Data

The study was carried out by interrogation, examination and collection of details from each individual. The nature, purpose, objectives of the study was explained to all individual before starting the work. The required data was collected by using the Case Record Form (C.R.F.) designed for the purpose of study. After recording the vital data like age, gender, religion etc., each individual was examined in general.

Consent

Written consent was taken from each individual.

Experimental Model

100 Healthy individuals were selected from *Swasthyarakshan* OPD irrespective of gender, religion and economic class and fulfilling inclusion criteria. These 100 Individuals were divided into two equal groups randomly using lottery method of randomization having 50 healthy individuals in each group. Written consent was taken from each individual.

Group A (Trial Group) (*Amalki Churna + Jal anupan*)

50 Individuals included in this group were advised to take *Amalki Churna* with *Jal anupan* for 2 months in *Sharad Ritu*.

Group B (Control Group)

50 Individuals included in this group were observed for commonly occurring *Pitta Prakopjanya Vikara* in *Sharad Ritu*.

No any specific advice of *Ritucharya palan* for both groups was given.

Drug Administration Details

Trial Group – A

TRIAL GROUP A - AMALKI CHURNA	
<i>Matra of Churna</i>	3gm
<i>Kaal</i>	<i>Madhyabhakta</i> (<i>Pratah and Sayam</i>)
<i>Anupan</i>	<i>Jal</i>
<i>Duration</i>	60 days

Control Group – B

Individuals included in this group were observed for commonly occurring *Pitta Prakopjanya Vikara* in *Sharad Ritu*.

No any specific advice of *Ritucharya palan* for both groups was given.

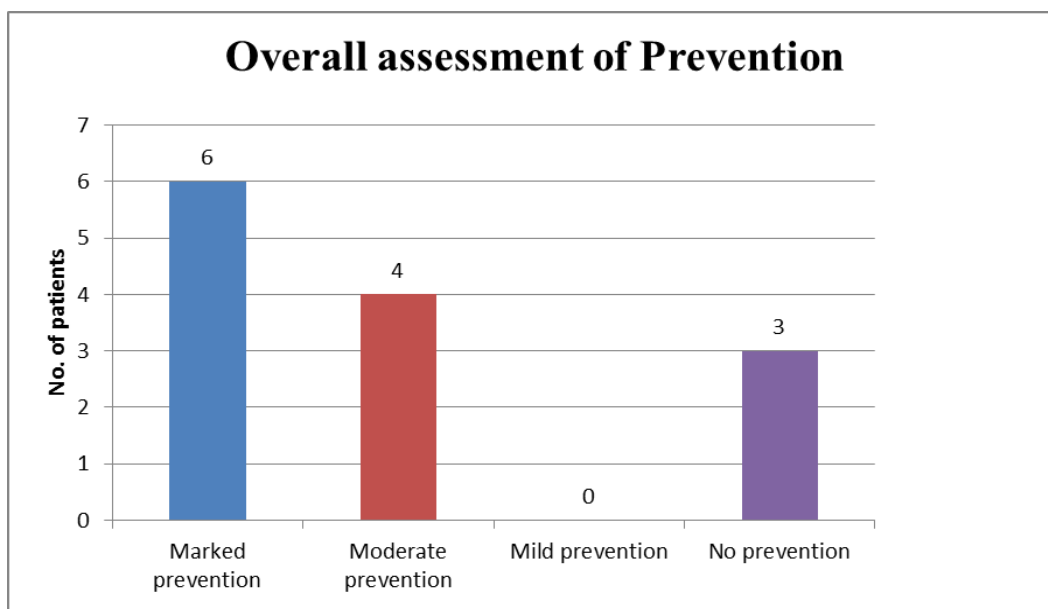
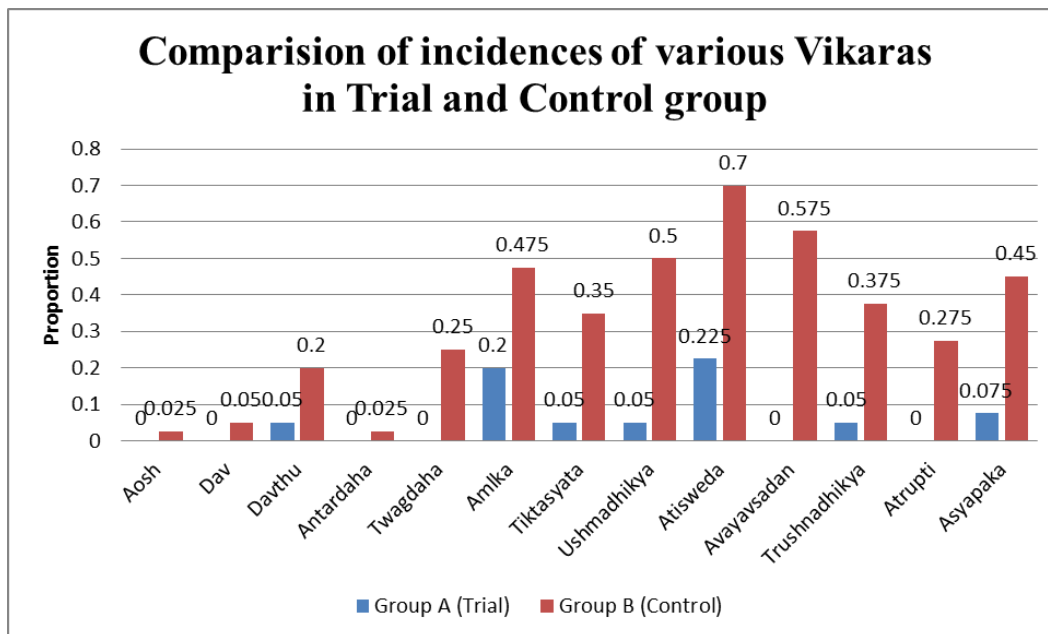
OBSERVATION

Plosh, Vidaha, Ansadaha, Dhumak, Raktamandal, Raktapitta, Haritatwa, Haridratwa, Nilika, Kaksha, Kamala, Lohitgandhata, Putimukhata, Angagandha, Shonitkleda, Mansakleda, Mansadaran, Charmadaran, Raktakotha, Raktavisphot, Galpak, Akshipak, Payupak, Medrapak, Jivadana, Tamparvesh, Harita Haridra netra mutra shkruta these *Pitta Prakopjanya vikara* were not observed in any of the group.

Comparison of various Vikaras in Group A and Group B.

Vikara	Group A		Group B		R.R.	Risk difference	P-value
	Count	Prop.	Count	Prop.			
Aosh	0	0	1	0.025	∞	0.025	0.314
Dav	0	0	2	0.05	∞	0.05	0.152
Davthu	2	0.05	8	0.2	4	0.15	0.043
Antardaha	0	0	1	0.025	∞	0.025	0.314
Twagdaha	0	0	10	0.25	∞	0.25	0.001
Amlka	8	0.2	19	0.475	2.375	0.275	0.009
Vikara	Group A		Group B		R.R.	Risk difference	P-value
	Count	Prop.	Count	Prop.			

Tiktasyata	2	0.05	14	0.35	7	0.3	0.001
Ushmadhikya	2	0.05	20	0.5	10	0.45	< 0.001
Atisweda	9	0.225	28	0.7	3.111	0.475	< 0.001
Avayavsadan	0	0	23	0.575	∞	0.575	< 0.001
Trushnadhikya	2	0.05	15	0.375	7.5	0.325	< 0.001
Atrupty	0	0	11	0.275	∞	0.275	< 0.001
Asyapaka	3	0.075	18	0.45	6	0.375	< 0.001



DISCUSSION ON OVERALL EFFECT OF THERAPY

Out of 13 commonly observed *Vikaras*, 6 (46%) were markedly prevented by *Amalki Churna*, 4 *Vikaras* (31%) were moderately prevented while 3 *Vikaras* (23%) were not prevented by use of *Amalki Churna*.

Ushmadhikya, Atisweda, Avayavsadan, Trusnhadhikya, Atrupty and Asyapaka were the *Pitta Prakopjanya Vikaras* markedly prevented by *Amalki Churna*.

Davthu, Twagdaha, Amlka and Tiktasyata were the *Pitta Prakopjanya Vikaras* moderately prevented by *Amalki Churna*.

Aosh, Dav and Antardaha were the *Pitta Prakopjanya Vikaras* not prevented by *Amalki Churna*.

Prevention	Remark about Prevention of Vikara
Marked Prevention (P-value < 0.001)	<i>Ushmadhikya, Atisweda, Avayavsadan, Trusnhadhikya, Atrupty, Asyapaka</i> (P-value < 0.001)
Moderate Prevention (0.001 ≤ P-value < 0.05)	<i>Davthu</i> (P-value = 0.043), <i>Twagdaha</i> (P-value = 0.001), <i>Amlka</i> (P-value = 0.009), <i>Tiktasyata</i> (P-value = 0.001)
No Prevention (P-value ≥ 0.1)	<i>Aosh</i> (P-value = 0.314), <i>Dav</i> (P-value = 0.152), <i>Antardaha</i> (P-value = 0.314)

CONCLUSION

- The drug analysis study showed that *Amalki Churna* has property which maintains the health of healthy individuals and prevents from many *Pitta Prakopjanya Vikara*.
- Commonly occurring *Pitta Prakopjanya Vikara* were *Aosh, Dav, Davthu, Antardaha, Twagdaha, Amlka, Tiktasyata, Ushmadhikya, Atisweda, Avayavsadan, Trusnhadhikya, Atrupty* and *Asyapaka*. These *Pitta Prakopjanya Vikaras* were commonly observed during *Sharad Ritu*.
- Out of 13 commonly observed *Vikaras*, 6 (46%) were markedly prevented by *Amalki Churna*, 4 *Vikaras* (31%) were moderately prevented while 3 *Vikaras* (23%) were not prevented by use of *Amalki Churna* in *Sharad Ritu*.

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