

UPDATE ON AYURVED & UNANI-2009



14th & 15th Nov. 2009
Balgandharva Rangmandir, Pune



Maharashtra University of Health Sciences, Regional Centre, Pune



“ASSESSMENT OF EFFICACY OF VARDHAMANA GUDA YOGA'S IN SAMA SANDHIGATA VATA WITH REFERENCE TO SHAKHA KOSTA GATI OF DOSHA”

PRINCIPLE INVESTIGATOR

DR. S.V.DESHPANDE M.D. Ph.D

HOD KAYA CHIKITSA DEPT

TILAK AYURVED MAHAVIDYALAYA PUNE

INVESTIGATOR

VD. MAHAMUNI BHALCHANDRA R

M.D.(SCH) KAYACHIKITSA

TILAK AYURVED MAHAVIDYALAYA

➤ INTRODUCTION

According to ayurved the cause of sandhigatavata includes vitiated dosha affects the sandhi the primary treatment concentrate on vatashamana & Amapachana.

Characharya guide this method by way of shakha-kosta gati. The present study concern with this methodology in sama-sandhigatavata vyadhi.

Charaka described the importance of Gudayoga in shotha adhyaya.

The five major ways to bring dosha from shakha to kosta includes 'Vruddhi, Vishandana, paka, srotomukhavishodhana, vayunigraha.

The drugs for this trials are easily available.They can be easily administered in illiterate patients also.The drug is cost effective.Did not require indoor admission for observation as drug can be taken on opd basis.So I selected to work on Gudayoga in samasandhigatavata.

KEY WORDS- Vardhamanaguda, Sandhigata vata, Shakhakostagati of dosha.

➤ **AIM** Assess the efficacy of vardhaman guda yoga's in sama sandhigata vata

OBJECTIVES-

Study the different hetu's causing sama-sandhigatavata.

Create evidence base data of different Guda yoga in sama sandhigatavata vyadhi.

Confirmation of clinical evaluation of shakha kosta gati & dosha nirharana by urdhava adho samshodhana.

➤ **MATERIAL AND METHODS -Selection of cases :-** The study was conducted on 40 clinically diagnosed & confirmed patients of sama sandhigatavata vyadhi, selected from seth tarachand hospital, pune.

ADMINISTRATION OF DRUG -

Particulars	Group A	Group B
No. of Patients	20	20
Treatment Given	Guda + Ardraka	Guda + Sunthi + Haritaki
Dosage	2:5 gm + 2:5 gm Increase of 2.5gm daily (Vardhamana)	2:5gm + 2.5gm + 2:5gm increase of 2.5gm daily (vardhamana)
Dosage schedule	At 9am once Daily with warm water	at 9am once daily with warm water.
Route of administration	Oral	Oral
Treatment duration	upto kosta sanchya of doshas.	
Assessment	Daily	Daily
Follow up	After completion of treatment & samshodhana karma.	

PRIMARY END POINTS :-

- Reduction Sign & symptoms of samavastha.
- Pain in Joint (Shoola), Sandhi Shotha
- Easiness in rise from / sit down a chair (5 times.)
- Easiness in Asend / desend four stairs.
- Womac scale.

SECONDARY END POINTS :-

Reduction in frequency of analgesic intake.Reduction in joint & muscle weakness.Udara Gaurav indicate kosta gati of dosha.

> CLINICAL TRIALS:-

For the Clinical trials purana-guda was taken ,Sunthi & Haritaki churna was taken & Ardrak swarasa was daily prepared. All patients kept on langhana (laghuashanarupa or Ikantik langhana) The Mantra of these drugs was increased according to Agni. Duration of appetite after taking gudayoga was taken in consideration.The patient after sensation of appetite laghu ahara in the form of mudaya yusha was given which helps for srotomukha vishodhana & movement of pakwa dosha to kosta.After the vrudhhi & vishandhana of doshas some patient require Abhyanga & swedana for movement of dosha. After kostagati of dohsa there is increase in udar gaurva & relief in signs present in the shakha.

Most of patients after 5 to 7 days of administration of vardhamana guda yoga have malabehana 3-4 times in the form of picchila swarupa which indicates elimination of dosha through purisha.Nine patient require snigdha anulomana for the elimination of doshas. The common anulomana used was Gandhava hastadi Eranda sneha 20-30 ml. Dose was adjusted according to kosta & dosha sanchaya. One patient shows kapha dominance

METHODS AND TIMINGS

Visual Analog Scale

WOMAC index application(modified)

As Per Visual Analogue Scale

Result observed in Group A & B

Mean	SD	CI	t cal	p	
Group A	9.5	13.38	13.78 5.2	4.48	P<0.0001
Group B	12.00	13.62	16.35 7.5	5.5	P<0.0001

As Per Womac Scale Analysis

In Group A Guda - Ardraka Yog

	BT	AT	
Mean Score	78.65	58.3	48.15

In Group B Guda Sunthi Haritaki

	BT	AT	
Mean Score	79.35	49.65	35.95

When Data is regrouped as per patients, who received treatment

Group A Guda Ardraka yoga.

Group B :- Guda + Sunthi+ Haritaki yoga

Group	Mean	SD	CI	t cal	P
Group A	9.97	15.01	14.77 to 5.17	4.203	P<0.0001
Group B	15.27	19.85	21.62 to 8.92	4.865	P<0.0001

require vama panchatikataka quatha was used for patients given madhyama suddhi samsarjana Krama. T was observed for another 7 days for recurrence of symptoms of patients require shamana & bruhana chikitsa after same

INCLUSION CRITERIA :-

Age group 25 to 60 years.

Patients only of sama-sandhigatavata included in trial either of the symptom.

Knee joint pain(shool) for more than 6 months
effusion(shohta)

Restricted & painful movements (Sakasta Kranti) affected joint.

Pitting oedema. Morning Stiffness.

EXCLUSION CRITERIA :-

Patients Dhatu kshayajanya sandhigatavata undergone knee replacement surgery.Patient with contracture of knee joint..Ligament injuries, Infective arthritis.

Patient with other complications or severe disease cardiac, renal, respiratory etc.

Patient having treatment from any other pathology problem.



INFERENCES :- Vataprakopa & agnimandyakara ahara-vihara definitely increase severity in lakshanas. Females are more prone to disease. Menstrual disorders & Hystrectomy aggravated the sandhigatavata in females. Gudayoga helps to move pakwa dosha from shakha to kosta. Along with the medicine dietary regimen (Pathya-apathya) is also very necessary.

DISCUSSION

It is seen from the present study that maximum patient's got relief after Samshodhana of dosha which was precipitated by kostagati of pakwa dosha.

Both the treatment groups are individually show highly significant results in pain relief. The comparative study of group A Guda-Ardra & B-Guda-sunthi-haritaki indicates both treatment have equally pain reducing effect.

When same patients were observed after 7 days of treatment has even lesser treatment score indicates the result or benefits of treatment were observed even after the treatment stopped.

When both the treatment are compared with paired T test

don't show statistically significant difference. Hence we can conclude that both the treatment are equally in the present study. According to clinical evaluation of patients gudaardrakyoga is quite effective in reducing shotha (swellings) of joints & guda sunthi haritaki yoga is effective in reducing shoala (pain), graha (stiffness) of joints.

CONCLUSION :-

It is concluded that The Guda yoga has following properties

- 1) Deepan pachana
- 2) Malanulpmana
- 3) Vibhandhahara
- 4) Srotomukhavishodha

Which collectively precipitates vaya nigraha. then dosha get kosthagati & further progress of disease is hampered.

Therefore from overall study we can say that the Guda yoga are quite effective in sama s vikara like sandhigatavata.

BIBLIOGRAPHY

Sr no	Samhita/Book	Author	Publication
1	Charaka	R. Tripathi 2 nd edition	Chaukhamba Sanskrit
2	Astang Hrudayam	8 th edition	Chaukhamba orientalia, varanasi
3	Bhavprkasha nighantu	Chunekar	Chaukhamba orientalia varanasi
4	Text book of surgery	S. Das	SD publications calcutta