ROLE OF AROGYAVARDHINI VATI AND VACHA VATI IN MEDOROGA - A CASE STUDY.

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ABSTRACT

In modern medicine, there are various plans, drugs and surgeries available for the management of obesity whereas Ayurveda also has explained diet regimens and medicines for Medoroga which are also applicable and acceptable in this new era. In order to find ideal line of treatment lots of work has been done by various researcher about Medoroga in the field of Ayurveda and modern science. But, still there is a large number of patients suffering from Medoroga and its complications are coming to clinical set-ups and health clubs to get rid of the disease. Arogyavardhini Vati has ‘Medovinashani’ property as narrated in Rasratnasamuchaya. Vacha also has Lekhaniya property as told by Charkachyrya in Charak Sutrasthan. For this reason, these dravyas selected for the Medoroga.

Keywords: Medoroga, Arogyavardhini, Vacha, Vati, Obesity.

1. INTRODUCTION

In the era of advanced technology world achieved great success in all fields. In spite of all these facts, the average age of human being is reducing day by day & mortality rate is also increasing due to various disorders. The most common disorder which affects whole body phenomenon is Obesity. Obesity is the most common nutritional disorder in the middle & upper economic societies in India. Obesity provides the platform for so many serious disorders like stress, anxiety, depression etc. It also diminishes the efficiency and happiness of the patient. Obesity is the disease in which there is excess of fat deposition in the human body which prime rarity is caused by sedentary lifestyle, over eating, fast food, high fat containing food consumption and lack of exercise. Obesity and sedentary lifestyle are the major risk factors of Metabolic syndrome.

In ayurvedic texts, Obesity is termed as Medoroga. In Brihat-trayee and Laghu-trayee of there is detailed description of causes (Hetu), pathogenesis (Samprapti), signs & symptoms (Lakshanas), complications (Updrava) and management (Chiktis) of Medoroga. Charakacharya explained dhatu utpatti krama in which he stated that Meda is created in body from Mansa Dhatu. Charakacharya has defined ‘Medoroga’ (Atisthula) as an uncurable disease. He included ‘Atisthula’ in ‘Ashtinidit purusha’ and also explain chiktis in detail. Medoroga is ‘Santarpani mitta’ vikara which is caused by over nutrition like heavy, sweet, fatty diet, day sleeping, lack of physical and mental work. Almost all ancient Ayurvedic texts have enlisted complications of Medoroga like Prameha, Bhagandara, Vatiyika etc. Chiktis given in Medoroga should be Langhana. Langhana includes 4 types of Samshodhana, Pipasa, Marutsevana, Aatapsevana, Pachana, Upavasa and Vyayama. After Langhana Lekhaniya, Deepana, Pachana, Guru and Apatarpana dravyas were used for treatment. For this purpose, Arogyavardhini and Vacha Vati were used in present study.

2. METHODOLOGY

2.1 Objectives

♦ To study and compare the effect of Arogyavardhini vati and Vacha vati in the management of Medoroga.
♦ To study the Dosh-Dushya Samurchhanna in relation of Samprapti of Medoroga.

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2.2 Study design
In this case study two patients with Medoroga were selected. Patient No. 1 was treated with Arogyavardhini vati and Patient No. 2 was treated with Vacha vati. Special case format was prepared and findings were noted. Total duration of treatment was 45 days.

2.3 Criteria for selection of patients

Inclusive criteria:
- Age 20 to 60 years.
- Signs and symptoms of Medoroga.
- BMI between 25 to 30.

Exclusive criteria:
- Age below 20 and above 60 years.
- Obesity due to Metabolic disorders, Hormonal disorders etc.
- Other major systemic disorders.
- BMI below 25 and above 30.

2.4. Drug Review
Details about Vacha are illustrated in Table No. 1

2.5. Method of preparation Vati

Arogyavardhini Vati and Vacha vati used for study was easy for administration. Trial drug was Vacha Vati and Arogyavardhini Vati was used as Control drug as it is proven treatment for Medoroga. Arogyavardhini Vati was purchased from market. Vacha roots were procured from local market and identified as Acorus Calamus, powdered and Vati of 250 mg. was prepared as per Vati Kalpana of Shringadhara11. Both Vati were prepared in Department of Rasashastra and Bhaishajya-kalpana of PMT’s Ayurved College, Shevgaon.

2.6. Case History

2.6.1. Case No. 1 (Patient No. 1)

Basic Information:
Name – PQR, Age – 45 years, Sex – Male, Occupation – Service

Chief Complaints: Kshudraswasa (+++), Atikshudha (+++), Trisha (++), Bharvridhi (+), Ashakt karma-su (+++).

Past History: No major illness

General Examination: Pulse – 74/min, BP – 130/82 mm of Hg, Prakriti – Kapha-Vata, Agni – Tikshna, Koshtha – Krura.

Investigations- Sr. Cholesterol - 215 mg/dl, B.M.I. - 29.33 kg/m²

Samprapti Ghatak:


Diagnosis - Medoroga

Treatment: Aroggyavardhini vati 250 mg x BD (Anupan - Koshna jal, Kala - Pragbhakta).

Follow ups: Patient was called for routine follow up at every 15 days.

Effect of Therapy: All symptoms were relieved to a good extent. Sr. Cholesterol as well as B.M.I. were lowered almost up to normal.

2.6.2. Case No. 2 (Patient No. 2)

Basic Information:
Name – LMN, Age – 39 years, Sex – Male, Occupation – Service

Chief Complaints: Kshudraswasa (++), Atikshudha (+++), Trisha (+++), Bharvridhi (+), Ashakt karmasu (+).

Past History: No major illness


Investigations: Sr. Cholesterol - 218.3 mg/dl, B.M.I.- 29.98 kg/m²

Samprapti Ghatak:

Dosha – Kapha - kledaka, Pitta - pachaka, Vata - Samana, Vyana, Dushya – Ras and Meda dhatu, Srotas – Medovaha, Mansavaha, Swedvahavaha, Adhishtan – Sarvanga, specially Udara, Sphika, Stana and gala pradesha, Agni - Jatha-
ragni, Ras and Meda dhatwagni, Vyadhimarga – Bahya (Shakha).

Diagnosis - Medoroga

Treatment: Vacha Vati 250 mg x BD (Anupan - Koshna jal, Kala - Pragbhakta).

Follow ups: Patient was called for routine follow up at every 15 days.

Effect of Therapy: All symptoms were relieved to a good extent. Sr. Cholesterol as well as B.M.I. were lowered almost up to normal.

3. RESULTS AND DISCUSSION

In both cases patients have shown good relief in Subjective and Objective findings. Results are shown in Table No. 3 and 4. Khudraswas, Bharvridhi, Ashaktkarmasu and Trisha symptoms as well as Sr. Cholesterol and BMI were decreased more by the treatment with Arogyavardhini Vati 250 mg than with Vacha Vati 250 mg. Both drugs were equal effective in Atikshudha symptom. By Arogyavardhini Vati B.M.I. reduced from 29.33 kg/m² to 27.78 kg/m² and Sr. Cholesterol from 215mg/dl to 178mg/dl. By Vacha Vati B.M.I. reduced from 29.98 kg/m² to 28.86 kg/m² and Sr. Cholesterol from 218.3mg/dl to 185.4mg/dl. It was found that Arogyavardhini vati 250 mg was found more effective than Vacha Vati 250 mg in Medoroga. It means, intensity of symptoms, BMI level and Sr. Cholesterol level can be reduced with Ayurvedic drugs in Medoroga.

Finally, it was concluded that,

- Arogyavardhini vati 250 mg is effective than Vacha vati 250 mg to reduce symptoms of Medoroga.
- Arogyavardhini vati 250 mg is effective than Vacha vati 250 mg to reduce BMI and Sr. Cholesterol in Medoroga.

4. CONCLUSION

- Arogyavardhini Vati and Vacha Vati promotes digestive fire, clears body channels for the nutrients to reach to tissues for balances fats in the body and removes toxins.
- Arogyavardhini Vati is effective to reduce symptoms, BMI and Sr. Cholesterol in Medoroga.
- Vacha Vati is effective to reduce symptoms, BMI and Sr. Cholesterol in Medoroga.

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6. TABLES

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Table No. 1: Drug Review (Vacha)

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<td>2</td>
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Table No. 2: Follow up wise improvement (Case No. 1)

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Table No. 3: Follow up wise improvement (Case No. 2)