

Study Of Kiratadhya Churna

In Grahani Vyadhi

By

Dr. Sudhir. L. Lad

M.D. (Ayu.)

Professor and Head

Department of Kayachikitsa

INTRODUCTION

Few diseases have been the subject of so many theories of causation and of so much research in an effort to establish the essential etiological factor as the very important disease related with 'Agni' described in all different Ayurvedic texts in 'Grahani'.

The patient complaining of disturbance of digestion as manifested by loss of appetite, sense of fullness in the abdomen, where importantly bowel trouble characterised by the presence of mucus, accompanied by straining, tenesmus of foul smelling. Apart from watery, frothy, foul smelling, different symptoms of bowels/ stools results in very poor intake of food.

A profound anemia & weakness may develop in last stage and this contributing to the progressive cachexia with complete loss of strength of the body. 'Grahani' is the structure in the body, which is responsible for Agnimandya, Digestive food with help of 'Agni' the Kayagni. This 'Agnimandya' remains main factor in the disease 'Grahani'.

Though there are few diseased conditions, which resembles like that of 'Grahani', yet modern Medicine system has failed to find out the best drug to treat & manage the condition. Due to apathyakar sevana. Changed dietary pattern many numbers of patients of with complaining of 'Grahani' are reaching doctors.

On this background, Kiratadhya Churna, having ingredients of an Indian herb, (*Tikta*), which is *tikta* in rasa having digestive in nature, *vipaka katu*, *ushna* (hot) *viryatmak* (energy) which is very effective on *tridosha*, very useful in treatment of Grahani. thus.

Honey is also very useful in the treatment of Grahani, which is also used here along with Kiratadhya Churna as Anupan and found that it is very helpful in enhancing the effect of Kiratadhya Churna

Kiratadhya Churna which is being exhaustively researched for its effect on 'Grahani' and also its potential in averting long term complications of the disease like recurrence of the disorder or persistence of symptoms of Grahani in all types of Grahani patients. Placebo controlled clinic trials have proved beyond doubts that Kiratadhya Churna form along with honey is very safe, has potent anti Grahani action and is very useful in Grahani patients with all its complications. Although there are several reports on the pharmacological activity and clinical usefulness of this drug, a systemic scientific study was found lacking, hence to face challenge in solving the unsolved problems i.e. concern over practical problems initiates this research..

My this research topic is restricted only to the disease of Grahani .

AIMS AND OBJECTIVES

- To develop evidence-based support for the efficacy of Kiratadhya Churna in Grahani.
- To develop dosage regimen for further clinical trials.
- To generate data for establishment of guidelines for therapeutic regimen of Kiratadhya Churna to help in improving the Grahani patients.
- Overall improvement of Grahani patients with the help of Ayurvedic conventional medicines.
-

REVIEW OF LITERATURE

• Samhita Era •

- Charak
- Shushruta
- Ashtang Sanghara
- Ashtang Hrudaya
- Yogratnakar
- Bhav Prakash
- Sharangdhar
- Madahv Nidan

Modern Literature

- Incidence And Prevalence
- Etiology
- Pathology
- Anat. Of Intenstine
- Signs & Symptoms
- Treatment
- Research Being Done

MATERIALS AND METHODS

- All the ingredients of the Kiratadhya churna were purchased from trustworthy vendors from the local shops, Pune.
- Honey was purchased from Dabur.

- These materials were identified by the researcher and were authenticated & standardized as per Ayurvedic pharmacopia norms by the experts in the Dravya Guna & Rasashatra Vigyan Department .
- Patients were given prepared readymade churna & honey.
- The standardized material were confirmed as per IPC standards, hence pharmacokinetic & pharmacodynamic study.

METHODOLOGY

- Detailed Research Plan

- This study was carried on two levels

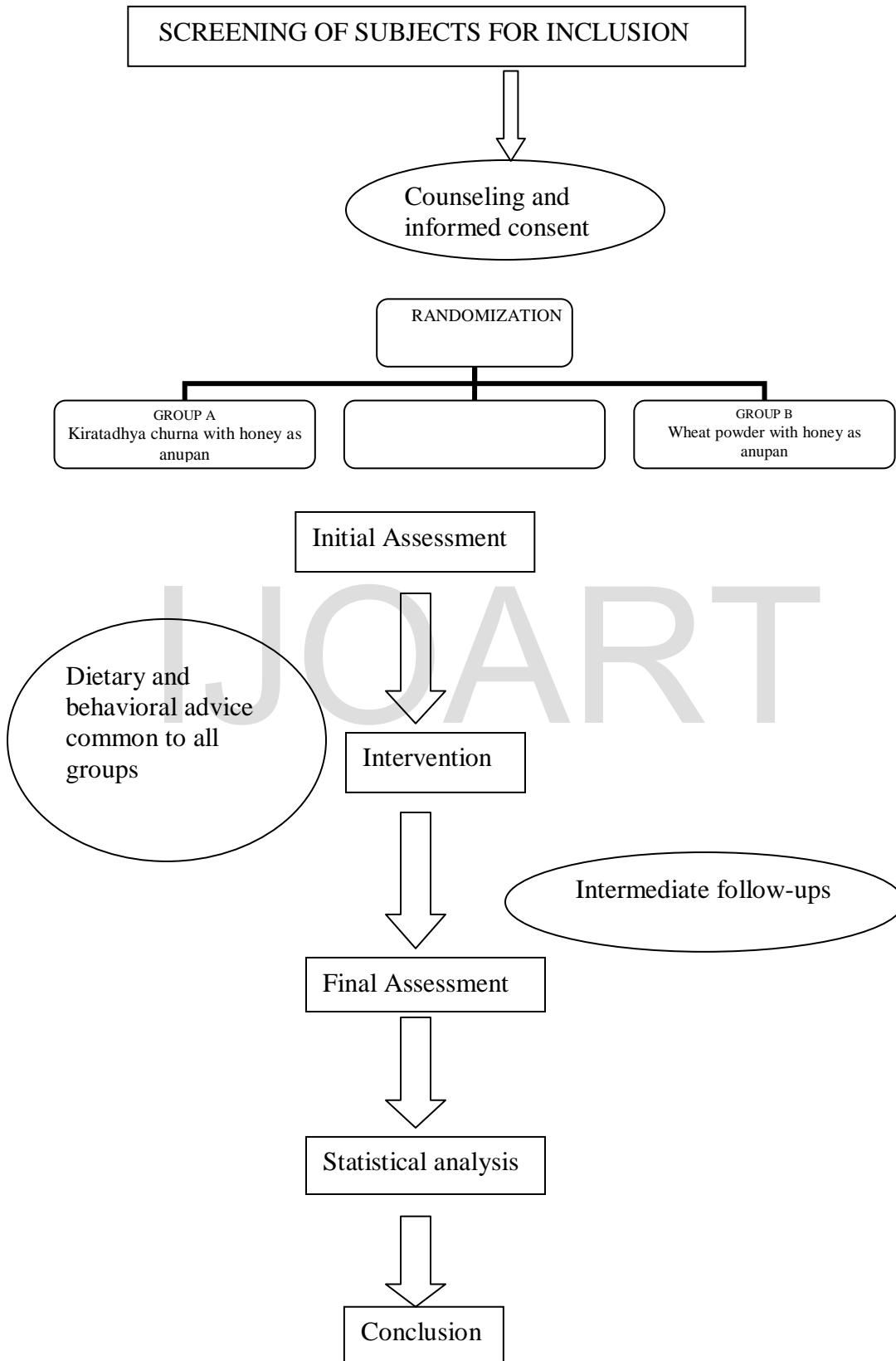
•Level I

- Quality Control and Standardization
- Safety
- Toxicity

•Level II - CLINICAL TRIAL

- Epidemiological survey
- Phase I - Pilot study on 30 patients to determine the sample size for phase II
- Phase II - Randomized single blind clinical trial

SINGLE BLIND PLACEBO CONTROLLED STUDY DESIGN



CLINICAL TRIALS

The clinical trial planned was a randomized single blind, placebo controlled clinical study. Permission for the same was obtained from the authorities at Loknete Rajaram Bapu Patil Ayurved Hospital Islampur, Dist-Sangli and Seth Tarachand Hospital in Pune. Outdoors and to some extent indoor patients were included in the trial. Total 100 patients were studied. The patients were broadly divided into two groups, each group included 50 patients viz. i.e. Group 1 received Kiratadhya Churna along honey as anupan, Group 2 received placebo drug. The patients because of the trial planned were unaware of the type of the pouch containing medicine given to them. (Whether drug or placebo). A special case paper was designed with proper consent form to record the observations and to write the notes and instructions. The patients were selected at random basis. No discrimination was made to age, sex, education, social status, income, cast or creed but certain selection and rejection criteria were laid down and executed.

The patients were of purely Grahani. The selected patients were examined by Asta-Vidha & Dash-Vidha Pariksha- Paddhati (examination methods). Along with, necessary investigations were also done before and after the trial accordingly. The patients were educated about the use of the pouches, i.e. their storage and dosage regimen by standard method.

Ingredients of Kiratadhya Churna were purchased from trustworthy vendors from local market, Pune and honey was purchased from Dabur, as per the requirement. These materials were identified by the researcher and were authenticated & standardized by the experts in the Dravya Guna Vigyan Department. Permission for the same was obtained from the authorities. Material was confirmed as per Indian Ayurvedic Drug Pharmacopia, hence pharmacokinetic and pharmacodynamic study.

The patients were interviewed and examined at the first time when they included in the trial and started medicines on the next day and again as per schedule. and their problems, progress, and various other physical and psychological data were noted. After the desired trial duration was completed, the patients were again physically examined.

On the basis of data collected, before and after the trial period, utilizing the method of statistical significance drew conclusions.

Inclusion criteria:

- Patients of Grahani (all types).
- Age group from 16 to 70 yrs.
- Both sexes.
- Obedient and regular in attending or reporting the OPD & IPD patients

Exclusion criteria:

- Below 15 yrs and old persons above 71 yrs. Bal & Vriddha pts.
- Any serious life threatening diseases.
- Pregnancy & 3 months post-partum condition
- Patients having tuberculosis, carcinoma of stomach and intestine etc.

DRUG ADMINISTRATION

Treatment	Group 1	Group 2
Drug	Kiratatyadh	Wheat powder having same colour
Dose	4.gm. divided	4.gm. divided
Time	After meals	After meals
Anupan	Honey in double dose	Honey in double dose
Route of Drug	Oral	Oral
Treatment period	30 days	30 days
Assessment	0-10-20-30-31	0-10-20-30-31

ASSESSMENT OF EFFICACY

Primary end points

- Relevance of symptoms & signs of Grahani.
- Improvement in the functions of grahani (intestine)

Secondary end points

- Role of Kiratadhya churna in improvement in the function of digestion & overall improvement by Barium meal study & stool examination.

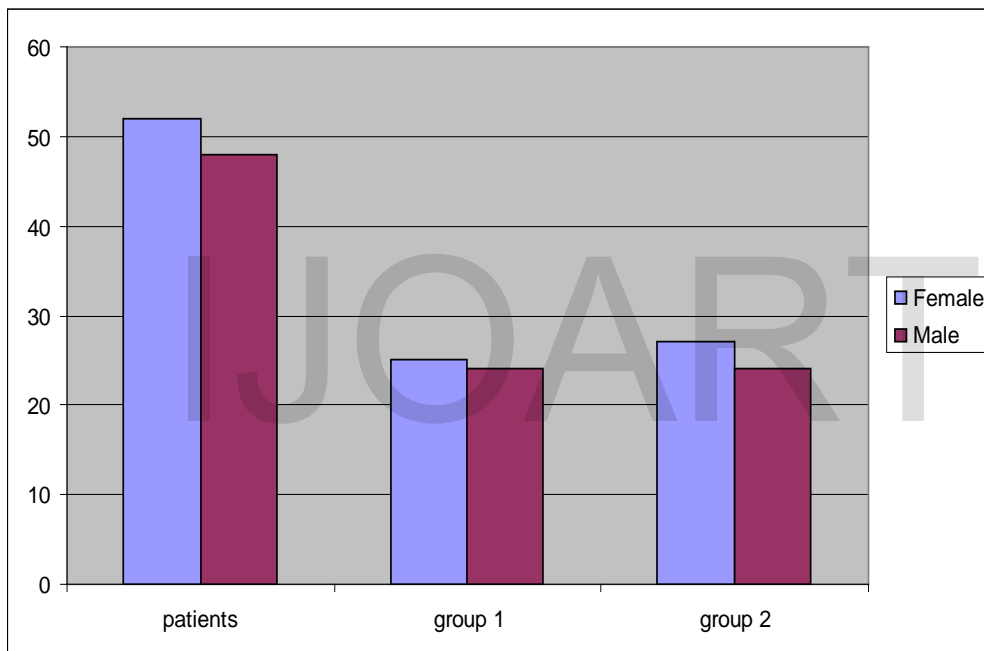
OBSERVATION & STATISTICAL ANALYSIS

All the two groups were comparable for age, sex, prakruti, weight, marital status, hetu, agni, types of diseases, duration of illness etc.

Observations & Graphs regarding overall results

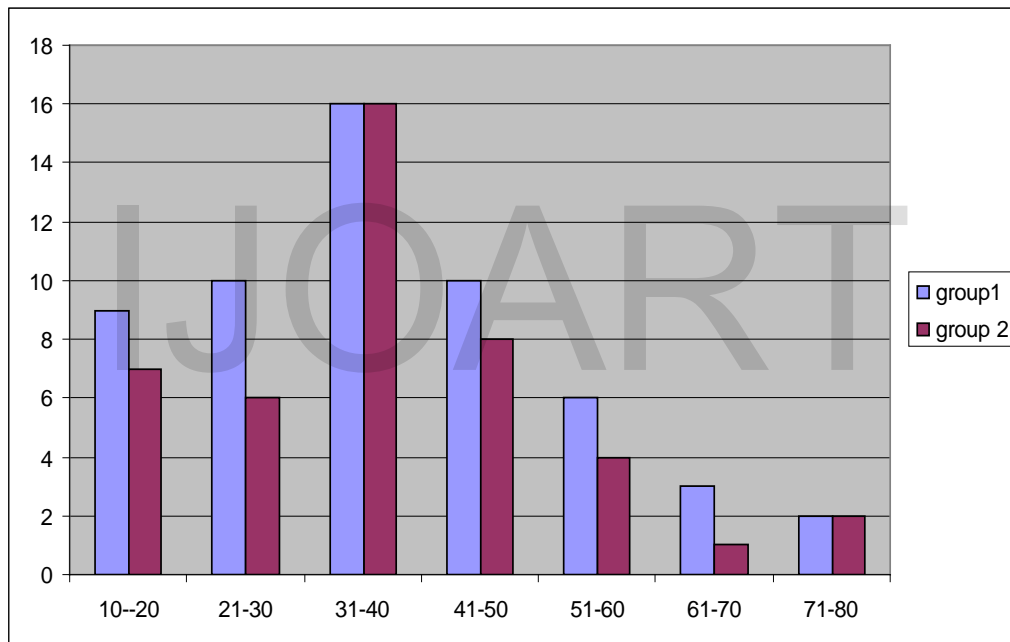
Sex wise patients

s.n	group 1	group 2
1 Female	52	27
2 Male	48	24



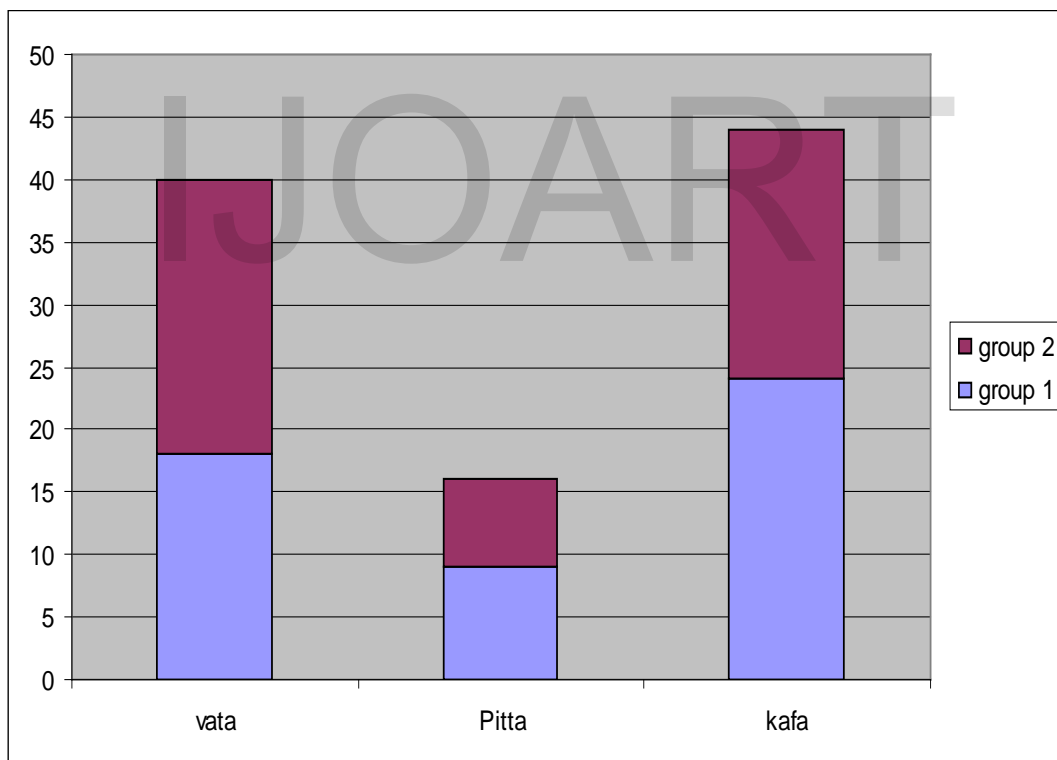
Age wise patients

s. no	Age	group 1	group2
1	16--20	16	7
2	21-30	16	6
3	31-40	32	16
4	41-50	18	8
5	51-60	10	4
6	61-70	4	1
7	71-80	4	2



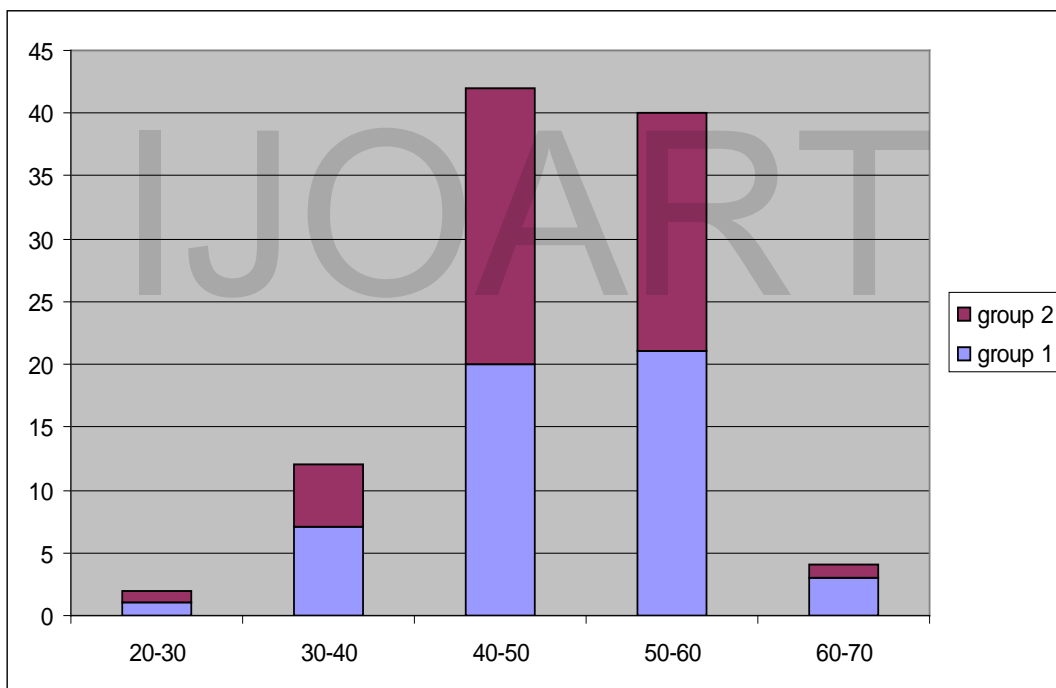
Prakruti wise patients

s.no	prakruti	group 1	group 2
1	vata	18	22
2	Pitta	9	7
3	kafa	24	20



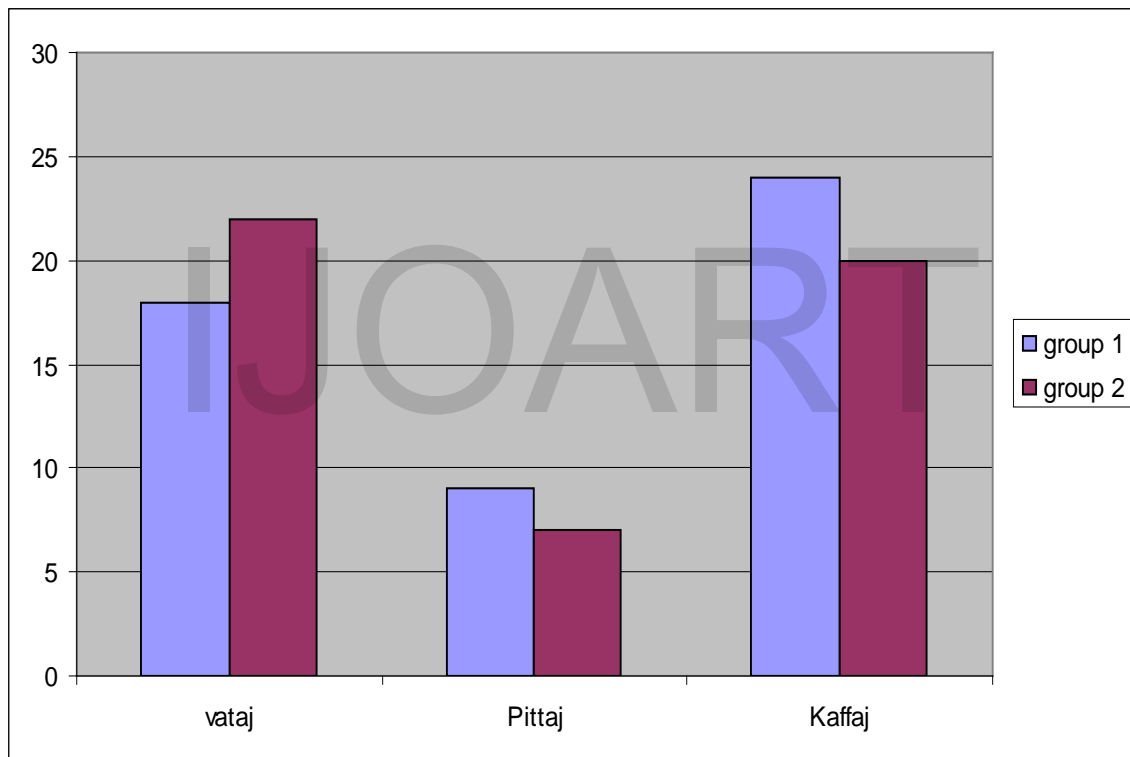
Weight wise patients

s. no	weight	group 1	group 2
1	20-30	1	1
2	30-40	7	5
3	40-50	20	22
4	50-60	21	19
5	60-70	3	1



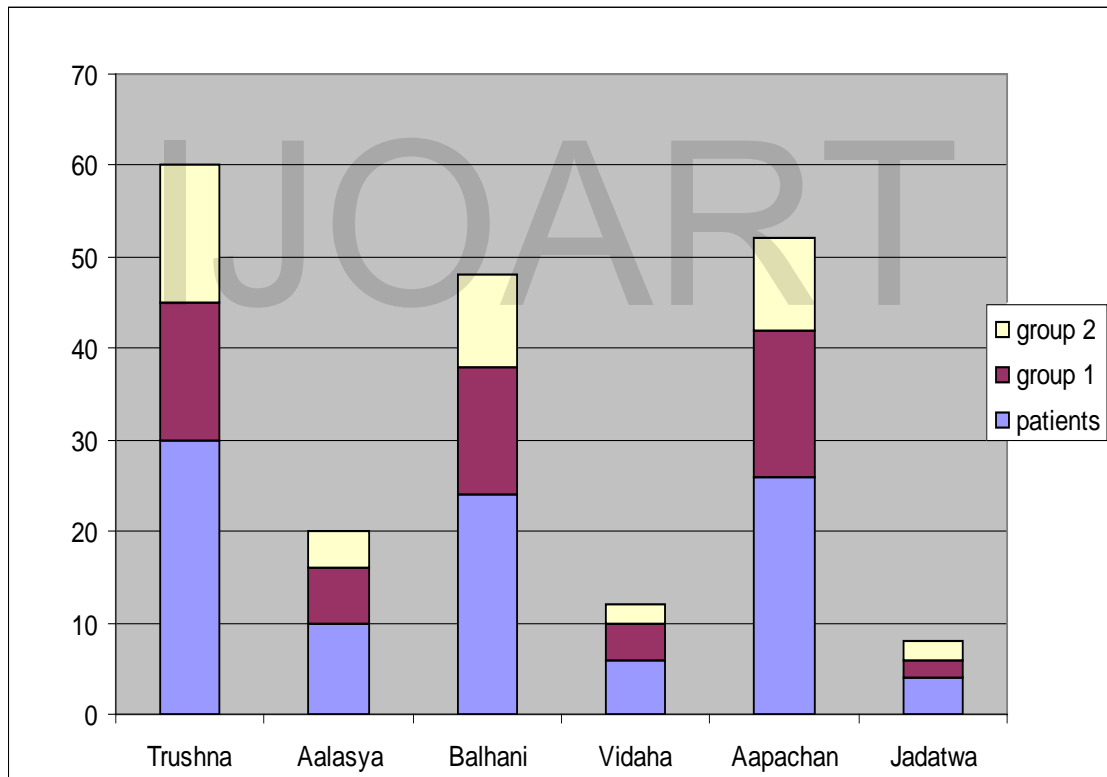
Prakara wise patients

s. no	Prakara	group 1	group 2
1	vataj	18	22
2	Pittaj	9	7
3	Kaffaj	24	20

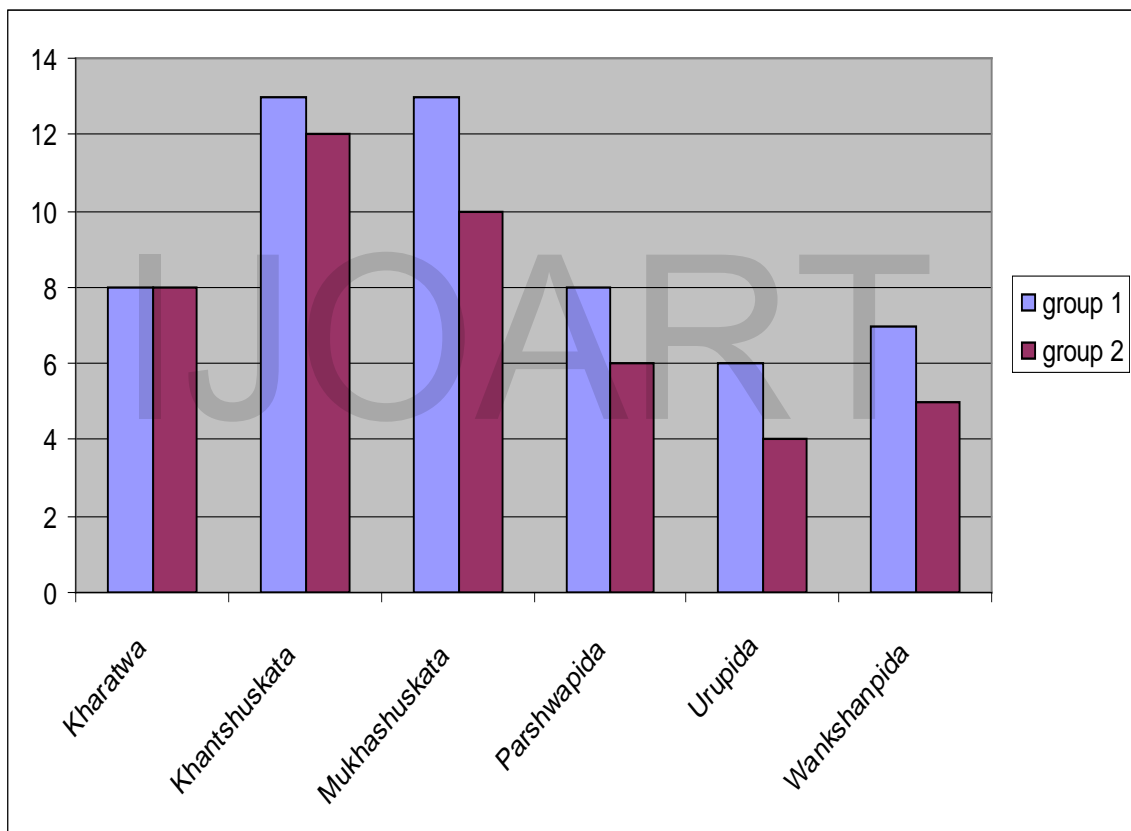


Lakshana wise Distribution

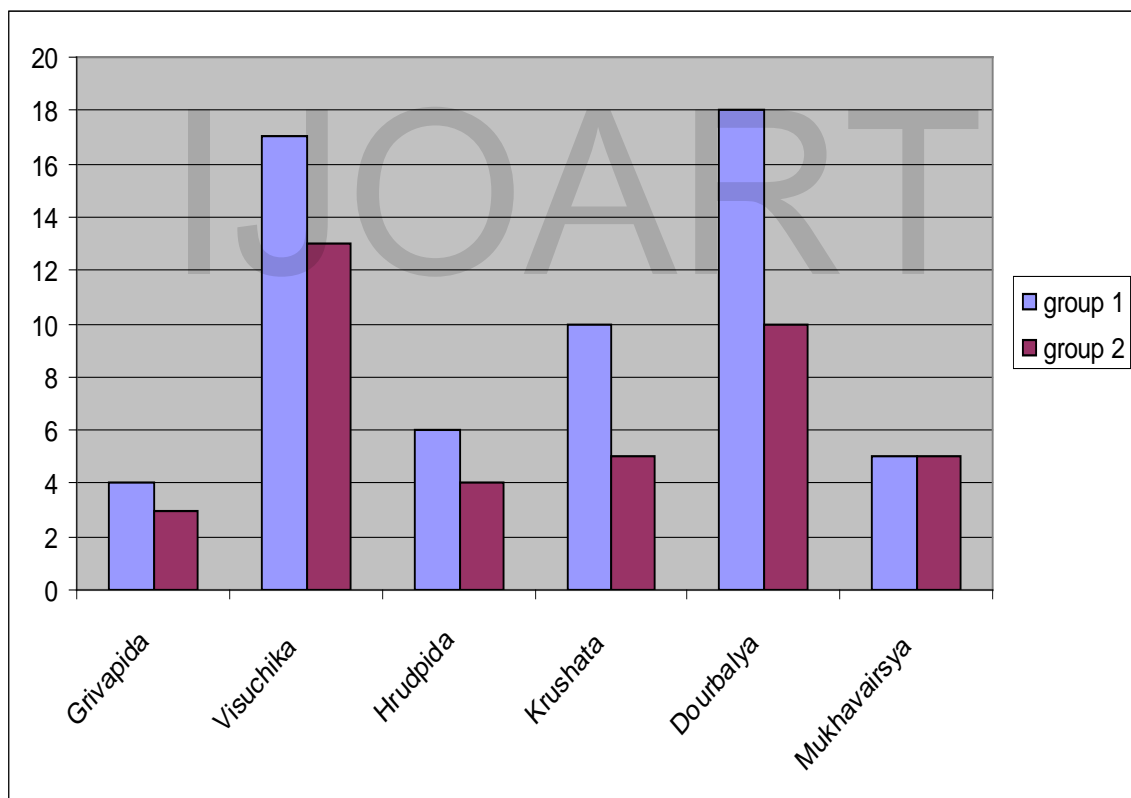
s. no	Lakshana	group 1	group 2
1	Trushna	15	15
2	Aalasya	6	4
3	Balhani	14	10
4	Vidaha	4	2
5	Aapachan	16	10
6	Jadatwa	2	2



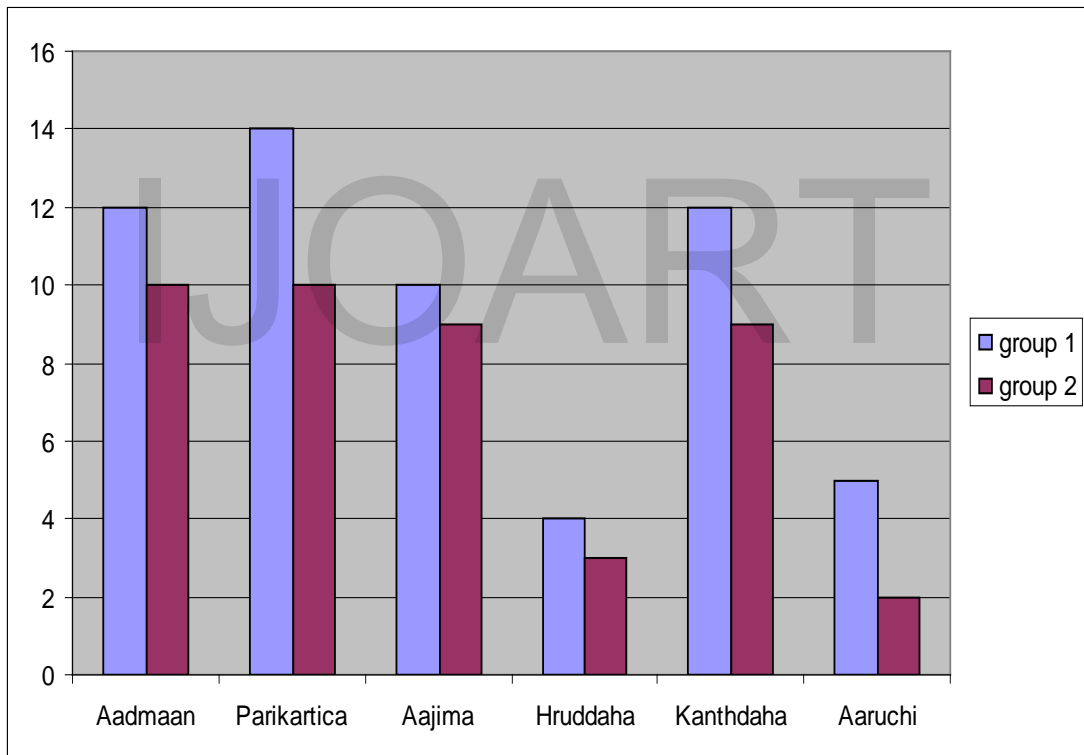
s. no	Lakshana	group 1	group 2
1	Kharatwa	8	8
2	Khantshuskata	13	12
3	Mukhashuskata	13	10
4	Parshwapida	8	6
5	Urupida	6	4
6	Wankshanpida	7	5



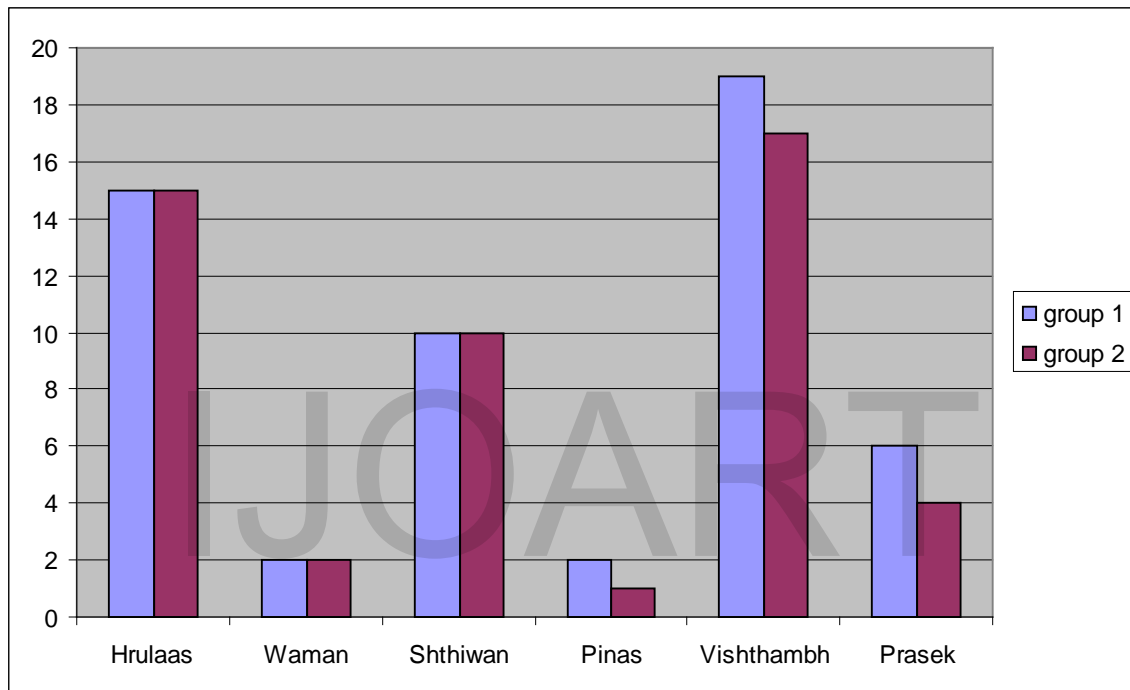
s. no	Lakshana	group 1	group 2
1	Grivapida	4	3
2	Visuchika	17	13
3	Hrudpida	6	4
4	Krushata	10	5
5	Dourbalya	18	10
6	Mukhavairsya	5	5



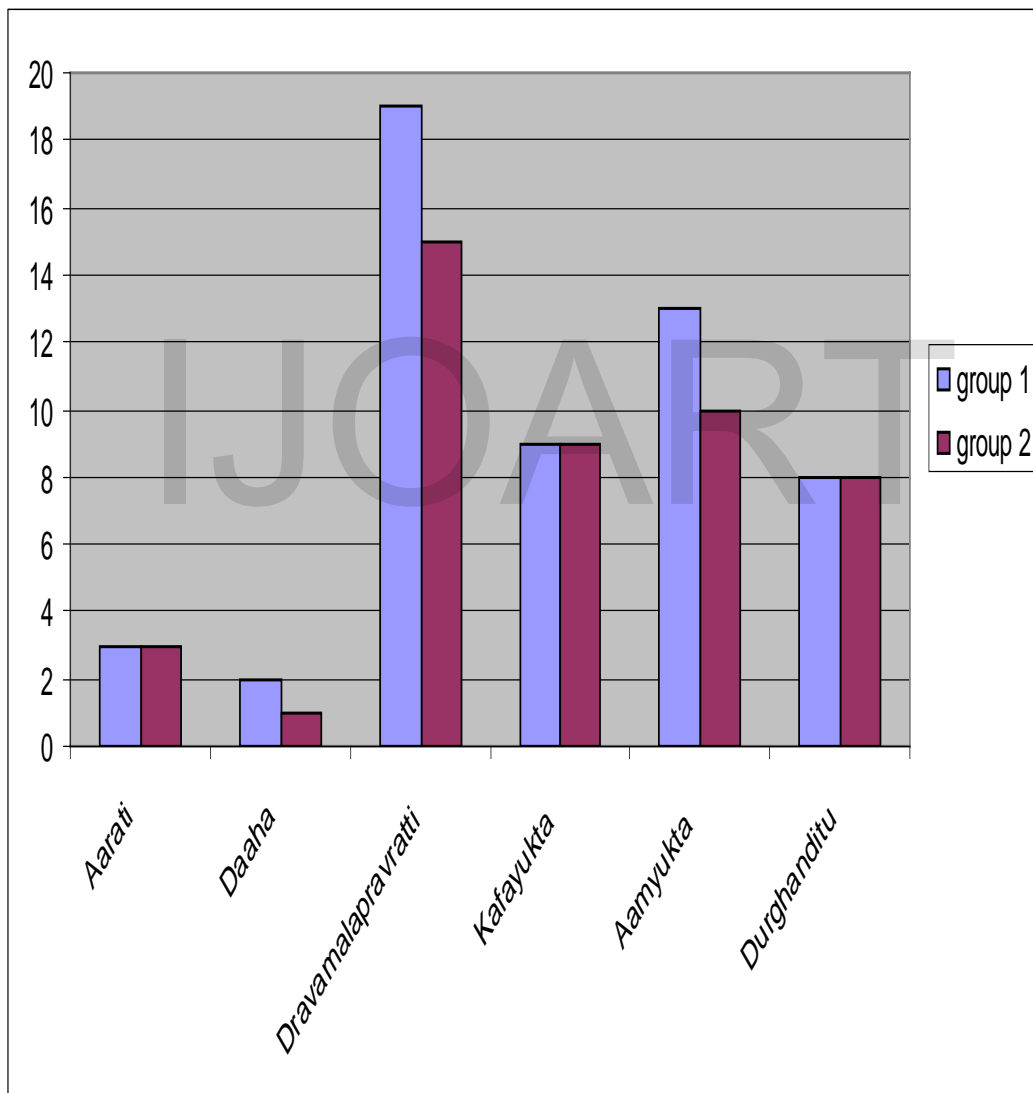
s. no	Lakshana	group 1	group 2
1	Aadmaan	12	10
2	Parikartica	14	10
3	Aajima	10	9
4	Hruddaha	4	3
5	Kanthdaha	12	9
6	Aaruchi	5	2



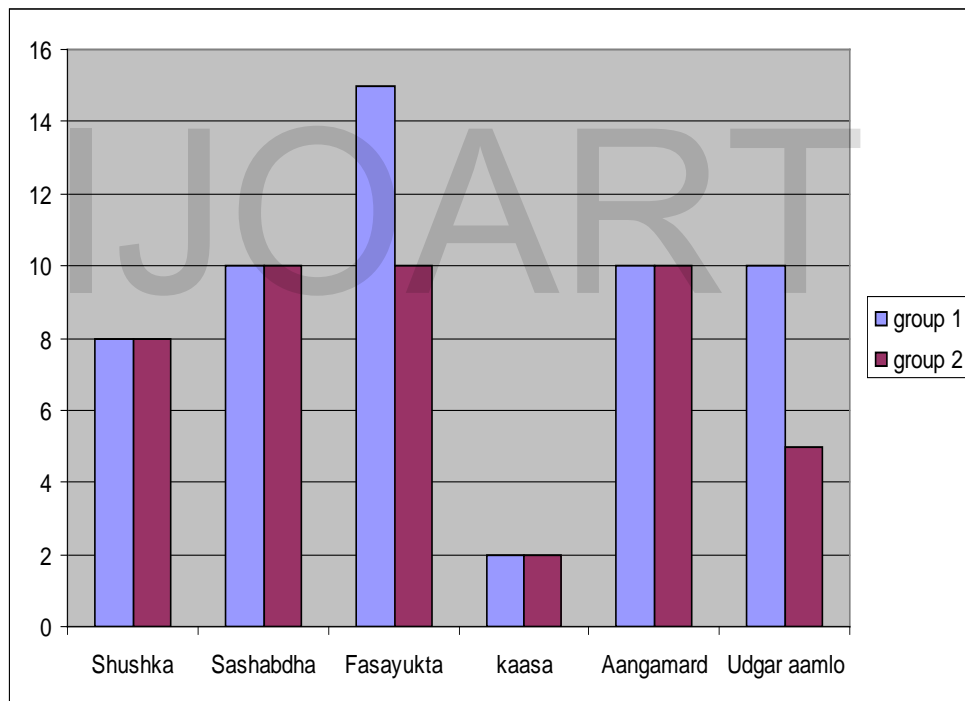
s. no	Lakshana	group 1	group 2
1	Hrulaas	15	15
2	Waman	2	2
3	Shthiwan	10	10
4	Pinas	2	1
5	Vishthambh	19	17
6	Prasek	6	4



s. no	Lakshana	group 1	group 2
1	Aarati	3	3
2	Daaha	2	1
3	Dravamalapravatti	19	15
4	Kafayukta	9	9
5	Aamyukta	13	10
6	Durghanditu	8	8

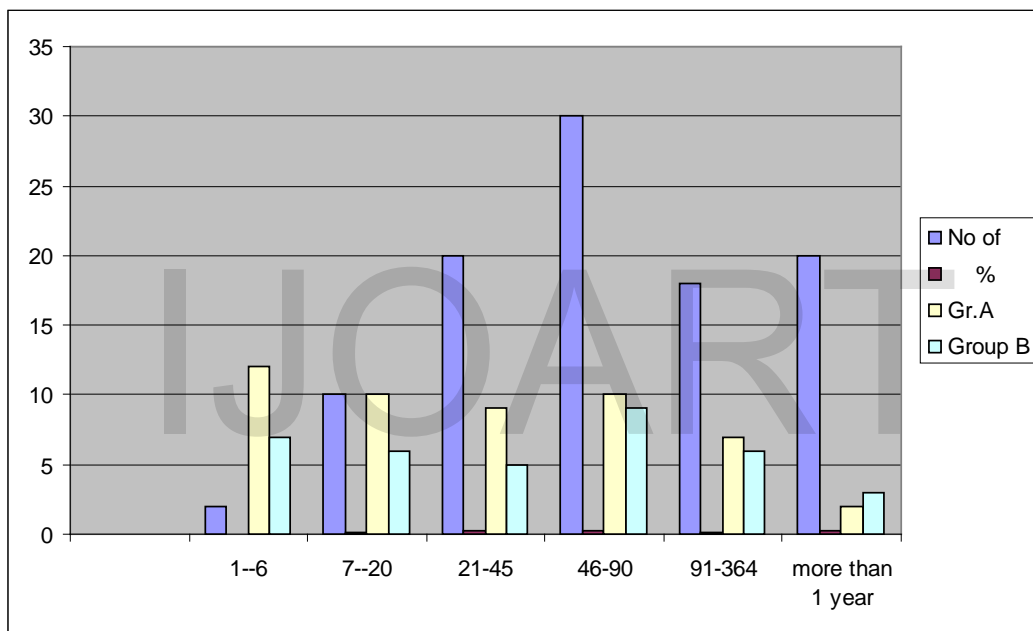


s. no	Lakshana	group 1	group 2
1	Shushka	8	8
2	Sashabdha	10	10
3	Fasayukta	15	10
4	kaasa	2	2
5	Aangamard	10	10
6	Udgar aamlo	10	5



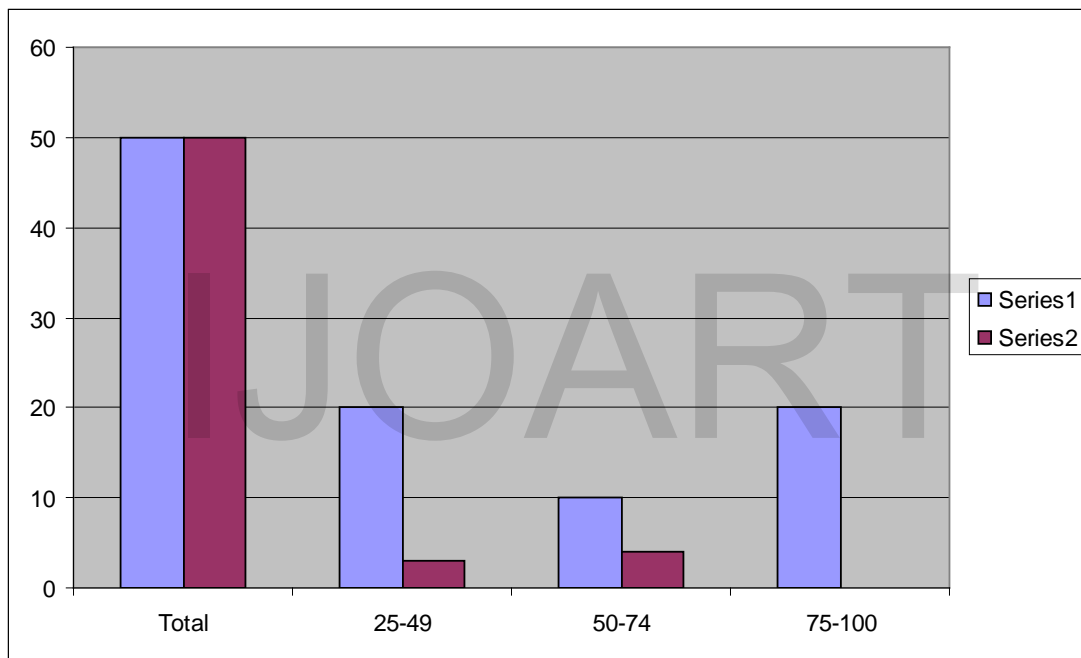
Response of treatment according to duration of illness

Sr.No.	Duration of illness	No of Pts.	%	Gr.A	Gr.B
1	1--6	2	2%	12	7
2	7--20	10	10%	10	6
3	21-45	20	20%	9	10
4	46-90	30	30%	10	14
5	91-364	18	18%	7	8
6	more than 1 year	20	20%	2	5



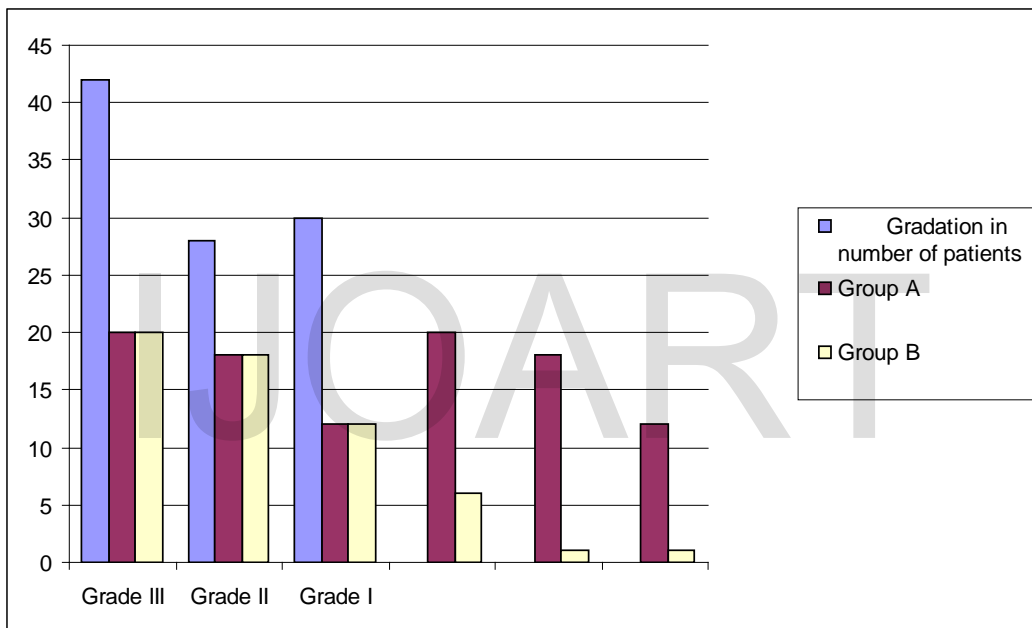
Distribution of the patients according to relief

s. no	Relief %	Group A	Group B
	Total	50	50
1	25-49	20	3
2	50-74	10	4
3	75-100	20	0



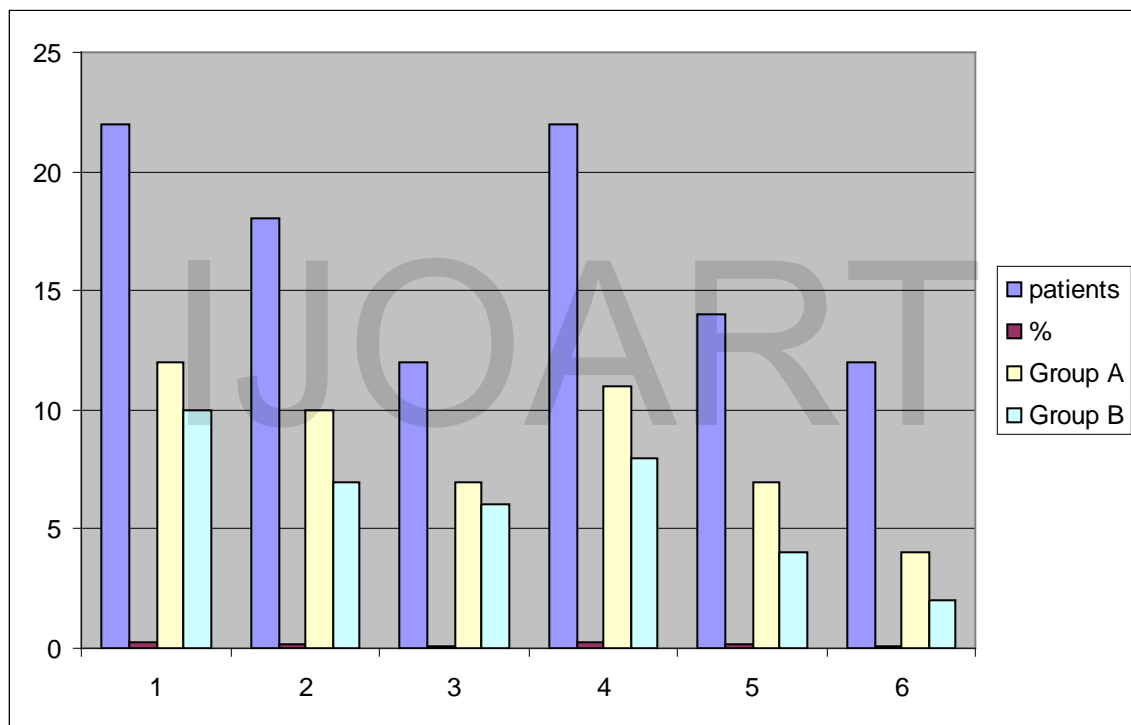
Response of treatment according to Gradation

	Grade III	Grade II	Grade I	Relief in no.of pts		
Gradation in number of patients	42	28	30			
Group A	20	18	12	20	20	18
Group B	20	18	12	1	6	1



Response of treatment according to prakruti

s.no	patients	%	Group A	Group B
1	22	22%	12	10
2	18	18%	10	7
3	12	12%	7	6
4	22	22%	11	8
5	14	14%	7	4
6	12	12%	4	2



Conclusion

- Kiratadhaya churna has proved to be very effective in Grahani. It has shown very good results in Pittaj Grahani Honey aids in enhancing the properties of Kiratadhaya churna .
- No side effects found.
- Majority of the symptoms have effectively reduced .
- Improvement in the functions of digestion.

Benefit is that-

- Commonly available
- Can be prepared at Home
- Available all over
- Effective .*
- Cost effective*

IJOART