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 effect to establish the essential etiological factor as the very important disease related with 'Agni' described in all different Ayurvedic text's 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 tenismus 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 'Agnimandyatwata' remain 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 findout the best drug to treat & manage the condition. Due to apathyakar sevan. Changed dietary pattern many numbers of patient's of with complaining of 'Grahani' are reaching doctors.

On this background, Kiratadhya Churna, having ingredients of an Indian herb, ( ), 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.
Honey is also very useful in the treatment of Grahani, which is also used here along with Kiratadhya Churna as Anupan and found that t s 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 Gahani 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 drugs, 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 Kiratadhaya Churna in Grahani.
• To develop dosage regimen for further clinical trials.

• To generate data for establishment of guidelines for therapeutic regimen of Kiratadya 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
  - Yogratanakar
  - 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

SCREENING OF SUBJECTS FOR INCLUSION

- Counseling and informed consent

RANDOMIZATION

- GROUP A: Kiratadhya churna with honey as anupan
- GROUP B: Wheat powder with honey as anupan

Initial Assessment

- Dietary and behavioral advice common to all groups

Intervention

Intermediate follow-ups

Final Assessment

Statistical analysis

Conclusion
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 Kiratadhaya 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 descrimation 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 & Vruddha pts.
• Any serious life threatening diseases.
• Pregnancy & 3 months post-partum condition
• Patients having tuberculosis, carcinoma of stomach and intestine etc.
DRUG ADMINISTRATION

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

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

<table>
<thead>
<tr>
<th>s.n</th>
<th>sex</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Female</td>
<td>52</td>
<td>27</td>
</tr>
<tr>
<td>2</td>
<td>Male</td>
<td>48</td>
<td>24</td>
</tr>
</tbody>
</table>
Age wise patients

<table>
<thead>
<tr>
<th>s. no</th>
<th>Age</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>16–20</td>
<td>16</td>
<td>7</td>
</tr>
<tr>
<td>2</td>
<td>21–30</td>
<td>16</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>31–40</td>
<td>32</td>
<td>16</td>
</tr>
<tr>
<td>4</td>
<td>41–50</td>
<td>18</td>
<td>8</td>
</tr>
<tr>
<td>5</td>
<td>51–60</td>
<td>10</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>61–70</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>71–80</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>
Prakruti wise patients

<table>
<thead>
<tr>
<th>s.no</th>
<th>prakruti</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>vata</td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>2</td>
<td>Pitta</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>3</td>
<td>kafa</td>
<td>24</td>
<td>20</td>
</tr>
</tbody>
</table>
Weight wise patients

<table>
<thead>
<tr>
<th>s. no</th>
<th>weight</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20-30</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>30-40</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>40-50</td>
<td>20</td>
<td>22</td>
</tr>
<tr>
<td>4</td>
<td>50-60</td>
<td>21</td>
<td>19</td>
</tr>
<tr>
<td>5</td>
<td>60-70</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>
Prakara wise patients

<table>
<thead>
<tr>
<th>s. no</th>
<th>Prakara</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>vataj</td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>2</td>
<td>Pittaj</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>3</td>
<td>Kaffaj</td>
<td>24</td>
<td>20</td>
</tr>
</tbody>
</table>
### Lakshana wise Distribution

<table>
<thead>
<tr>
<th>s. no</th>
<th>Lakshana</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Trushna</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>2</td>
<td>Aalasya</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>Balhani</td>
<td>14</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>Vidaha</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Aapachan</td>
<td>16</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>Jadatwa</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

![Bar Chart Showing Distribution of Lakshana Groups](chart.png)
<table>
<thead>
<tr>
<th>s. no</th>
<th>Lakshana</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kharatwa</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>Khantshuskata</td>
<td>13</td>
<td>12</td>
</tr>
<tr>
<td>3</td>
<td>Mukhashuskata</td>
<td>13</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>Parshwapida</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>Urupida</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>Wankshanpida</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>s. no</td>
<td>Lakshana</td>
<td>group 1</td>
<td>group 2</td>
</tr>
<tr>
<td>-------</td>
<td>----------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>1</td>
<td>Grivapida</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Visuchika</td>
<td>17</td>
<td>13</td>
</tr>
<tr>
<td>3</td>
<td>Hrudpida</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>Krushata</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>Dourbalya</td>
<td>18</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>Mukhavairsya</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>s. no</td>
<td>Lakshana</td>
<td>group 1</td>
<td>group 2</td>
</tr>
<tr>
<td>-------</td>
<td>----------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>1</td>
<td>Aadmaan</td>
<td>12</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>Parikartica</td>
<td>14</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>Aajima</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>4</td>
<td>Hruddaha</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>Kanthdaha</td>
<td>12</td>
<td>9</td>
</tr>
<tr>
<td>6</td>
<td>Aaruchi</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>s. no</td>
<td>Lakshana</td>
<td>group 1</td>
<td>group 2</td>
</tr>
<tr>
<td>-------</td>
<td>----------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>1</td>
<td>Hrulaas</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>2</td>
<td>Waman</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Shthiwan</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>Pinas</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Vishthambh</td>
<td>19</td>
<td>17</td>
</tr>
<tr>
<td>6</td>
<td>Prasek</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>s. no</td>
<td>Lakshana</td>
<td>group 1</td>
<td>group 2</td>
</tr>
<tr>
<td>-------</td>
<td>------------------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>1</td>
<td>Aarati</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Daaha</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Dravamalapavratti</td>
<td>19</td>
<td>15</td>
</tr>
<tr>
<td>4</td>
<td>Kafayukta</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>5</td>
<td>Aamyukta</td>
<td>13</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>Durghanditu</td>
<td>8</td>
<td>8</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>s. no</th>
<th>Lakshana</th>
<th>group 1</th>
<th>group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shushka</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>Sashabdha</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>Fasayukta</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>kaasa</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Aangamard</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>Udgar aamlo</td>
<td>10</td>
<td>5</td>
</tr>
</tbody>
</table>
### Response of treatment according to duration of illness

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Duration of illness</th>
<th>No of Pts.</th>
<th>%</th>
<th>Gr.A</th>
<th>Gr.B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1–6</td>
<td>2</td>
<td>2%</td>
<td>12</td>
<td>7</td>
</tr>
<tr>
<td>2</td>
<td>7–20</td>
<td>10</td>
<td>10%</td>
<td>10</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>21–45</td>
<td>20</td>
<td>20%</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>46–90</td>
<td>30</td>
<td>30%</td>
<td>10</td>
<td>14</td>
</tr>
<tr>
<td>5</td>
<td>91–364</td>
<td>18</td>
<td>18%</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>6</td>
<td>more than 1 year</td>
<td>20</td>
<td>20%</td>
<td>2</td>
<td>5</td>
</tr>
</tbody>
</table>

![Graph showing response of treatment according to duration of illness]
Distribution of the patients according to relief

<table>
<thead>
<tr>
<th>s. no</th>
<th>Relief %</th>
<th>Group A</th>
<th>Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>25-49</td>
<td>20</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>50-74</td>
<td>10</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>75-100</td>
<td>20</td>
<td>0</td>
</tr>
</tbody>
</table>

![Bar chart showing distribution of patients]
### Response of treatment according to Gradation

<table>
<thead>
<tr>
<th>Gradation in number of patients</th>
<th>Grade III</th>
<th>Grade II</th>
<th>Grade I</th>
<th>Relief in no. of pts</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Group A</em></td>
<td>20</td>
<td>18</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>18</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td><em>Group B</em></td>
<td>1</td>
<td>6</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

- **Gradation in number of patients**: 42 28 30
- **Group A**: 20 18 12 20 20 18
- **Group B**: 1 6 1

![Graph showing response of treatment according to Gradation](image-url)
### Response of treatment according to prakruti

<table>
<thead>
<tr>
<th>s.no</th>
<th>patients</th>
<th>%</th>
<th>Group A</th>
<th>Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>22</td>
<td>22%</td>
<td>12</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>18</td>
<td>18%</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>3</td>
<td>12</td>
<td>12%</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>22</td>
<td>22%</td>
<td>11</td>
<td>8</td>
</tr>
<tr>
<td>5</td>
<td>14</td>
<td>14%</td>
<td>7</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>12</td>
<td>12%</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>
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