

MANAGEMENT OF *KHANJURADI MANTH* IN *MADATYAY* (Alcohol Intoxication)

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ABSTRACT

Drug addiction can be easily regarded as a community disease, because it leads to failure in schools, crime, and violence. In *Ayurveda* addiction comes under the topic of *Madatyay*, which means 'intoxication'. *Madatyay* is a state or symptoms that arise due to continuous use or a high dose of substance that are intoxicating. In case of *Madatyay*, the main aim of *Ayurvedic* treatment is to balance the aggravated *Dosh*. The first step is to determine the *Dosha* that has been aggravated and prescribe alleviating treatment. Herbal medicines are used to treat withdrawal symptoms, remove accumulated toxins and encourage the regeneration of tissue and cells. Here we take an effort to study how *Khajuradi Manth* is effective in alcoholism induced bad effects on the body.

KEYWORDS

Madatyay, Alcohol Dependence, *Khajuradi Manth*, Intoxication

INTRODUCTION

Alcohol abuse means having unhealthy or dangerous drinking habits, such as

drinking every day or drinking too much at a time. If you continue to abuse alcohol, it can lead to alcohol dependence. Alcohol dependence is also called alcoholism.^[1] Some start drinking to numb feeling of depression, some smoke pot to deal with stress at home, school or work, and a few others rely on cocaine to boost their energy and confidence. And surprisingly, many get into it just for fun and adventure. In the *Charaka Samhita* the chapter dealing with alcohol consumption and alcoholism begins with the warning that alcohol is considered a *toxin*. It provides a list of strict rules for the consumption of alcohol. The intake of drugs leads to the aggravation of one or more *Doshas* *Vata*, *Pitta*, and *Kapha*. Depending on the *Dosha* aggravation headache, difficulty in breathing, insomnia, vivid dreams, hallucinations, anxiety, constipation, shaking, erratic moods and thoughts, burning in the stomach and digestive problems, excessive sweating and thirst, diarrhoea, fever, giddiness, aggression violence, excessive sleep, lethargy, heaviness in the body, nausea, and vomiting, loss of appetite, disturbed sleep these symptoms are generally observed.^[2] The Entire Science of *Ayurveda* has been

framed upon *Trisutra* (*Hetu, Ling, Aushadha*) among them *Aushadha* is very important. It is held responsible for the alleviation of disease as well as to maintain and promotion of good health. The drug is like an instrument aid to a physician. Here we take effort to study how *Kharjuradi Manth* is effective in alcoholism.

AIM& OBJECTIVE

- To study Roll of *Kharjuradi manth* in the Management of *Madatyay*

MATERIAL& METHOD

Study was carried out on the 30 patients suffering from *Madatyay*, those attending OPD and IPD in our institution. Materials which required for preparing of the *Kharjuradi Manth* were purchase from Approved pharmacy. Written consent taken from each patient.

DRUG REVIEW

Khajuradi Manth^[3]

खर्जूदाडिमीद्राक्षातिन्तिडीकाम्लिकामलैः।

सपरुषैः कृतो मन्थः सर्वमद्यविकानुत्तम ॥१०॥

शा.खण्ड २ ३/१०

Method of Administration of drugs

Sr. No.	Subject	Trail Group
1.	Drug	<i>Khajuradi Manth</i>
2.	Dose	80ml
3.	Times	BD
4.	<i>Sevana Kala</i>	Empty Stomach
6.	Duration	1 Month
7.	Follow up	Every 10 th Days

INCLUSION CRITERIA

1. Diagnosed Patients of *Madatyaya* (alcohol withdrawal Symptoms).
2. Ageing 18 years above
3. Sex only male

EXCLUSION CRITERIA

- 1) Age below 18 years (as number of patients of this category is negligible in the centre)
- 2) Female patients (as they are not admitted in this particular centre)
- 3) Diabetic patients (as the ingredients in *Mrudvikadi Kashayam* are *Madhur Rasatmaka*)
- 4) Patients with high-risk diseases E.g. severe jaundice etc. Hypertensive patients of blood pressure above 140/90 mm of Hg.
- 4) Cardiac disorders like IHD, cardiogenic shock, infective endocarditic etc.
- 5) Severe stage of liver cirrhosis, acute hepatitis, liver abscess etc.

CRITERIA FOR ASSESSMENT AND GRADATION^[4]

Trishna

1= *Ishat Trishna*

2= *Muhurmuhu Trishna*

3= *Satat Trishna -Jala Sevanottar Samadhan*

4= *Satat Trishna -Jala Sevanottar Asamadhan*

Dourbalya

1= Dyspnoea after moderate to severe work

2= Dyspnoea after mild to moderate work

3= Dyspnoea after mild work
4 = Dyspnoea at rest

Murcha

1= Occasionally
2= Frequently
3= Often and with short disorientation.
4= More often and with prolonged disorientation.

Sweda

1= *Kapala* and *Shira Pradeshi Swedotpatti*
2= *Kaksha* and *Jangha Pradeshi Swedotpatti*
3= *Sarwanga Swedotpatti*
4= *Sarwanga Swedotpatti* with *Sarwanga Vastra Ardrata*

Aruchi Is a *Swasamvedya lakshana*, which was 0 = No
Assessed during *Prashna Pariksha* 1=Yes

Daaha Is a *Swasamvedya lakshana* which was 0 = No

assessed during *Prashna Pariksha* 1=Yes

Shirokampa

1 = Occasional
2 = Frequently
3 = Continuous but not disturbing daily routine
4 = Continuous and disturbing daily routine

Parshvashool

1= Occasionally
2= Once or twice a day
3= Frequently 4= Continuous

Nidranasha

1= *Kalantaren Nidra* for app.5-6 hrs at a Stretch
2= *Khandit Nidra* for app.2-3 hrs at a stretch and total app.4-5 hrs.
3= *Khandit Nidra* for app.3-4 hrs followed by *Anidra*.
4= *Anidra* or *Nidra* for 1-2 hrs

OBSERVATION AND RESULT

Sl no	Parameter	BT	AT	Mean Difference	% of Improvement	SDM	SEM	t Value	P	Remarks
1	<i>Trishna</i>	21.33	26.66	5.33	24.98	2.24	0.4	13.32	<0.001	Highly Significant
2	<i>Dourbalya</i>	11.6	12.01	0.49	3.5	0.3	0.05	9.8	<0.001	Highly Significant
3	<i>Murcha</i>	0.6	2	1.4	2.33	0.56	0.1	14	<0.001	Highly Significant
4	<i>Sweda</i>	1.26	0.43	0.83	65.87	0.69	0.12	6.5	<0.001	Highly Significant

5	Aruchi	21.33	26.66	5.33	24.98	2.24	0.4	13.32	<0.001	Highly Significant
6	Daaha	11.6	12.01	0.49	3.5	0.3	0.05	9.8	<0.001	Highly Significant
7	Shirokampa	0.6	2	1.4	2.33	0.56	0.1	14	<0.001	Highly Significant
8	Parshvashool	1.26	0.43	0.83	65.87	0.69	0.12	6.5	<0.001	Highly Significant
9	Nidranasha	2.66	1.73	0.93	34.96	0.36	0.06	15.5	<0.001	Highly Significant

DISCUSSION

Pathology of *Madatya*^[5]

Madya Sevan



Laghu, Ushana, Tikshna, Sukshma, Amla, Ashu, Ruksh, Vikashi, Vishad, Vyavai.



Rasvah Strotusa Dvare Hrudayat pravesha



Man Vikaryukta



Man Prakshubdha



Man, Budhi, Indriya vikruti



Madatyay

Effect of alcohol consumption

Organ	Large quantity	Organ	Small & Moderate quantity
Mouth, Trachea	Cancer	Systemic	Increase insulin sensitivity

and oesophagus			Low risk of diabetes
Blood	Anaemia	Brain	Reduced number of silent infarct
Heart	Alcoholic cardio myopathy	Blood	Increase HDL Decreased thrombosis Reduced fibrinogen Reduced artery spasm from stress
Liver	Cirrhosis, Hepatitis	Skeletal	Reduced risk of rheumatoid arthritis
Stomach	Chronic gastritis	Gallbladder	Reduced risk of gall stones
Peripheral tissues	Increase risk of diabetes type 2	Kidney	Reduced risk of developing kidney stones

Drug review ^[6]

Drugs	Latin Name	Guna	Ras	Vipak	Virya	Karma	Prayojya Anga
Khajur	Phoenix sylvestris Roxb	Snigdha, Guru	Madhur	Madhur	Shita	Vatapitta Shamak	Phalras
Dadimb	Punica granatum Linn	Laghu, Snigha	Madhur, Kashaya, Amla	Madhur, Amla	Anushita	Tridoshaghna	Phal, Phaltvak, Mulatvak
Draksha	Vitis Vinifera Linn.	Snigdha, Guru, Mrudu	Madhur	Madhur	Shita	Vatapitta Shamak	Phal
Tintidik	Rhus parviflora Roxb	Laghu, Ruksh	Amla	Amla	Ushna	Vatashamak, Kaphapittavardhak	Phal
Amlika	Tamarindus Indica	Guru, Ruksha	Amla	Amla	Ushna	Tridoshaghna	Phal
Avla	Embllica Officinalis Gaertn	Guru, Ruksha, Shita	Pancharas, Lavan Varjit	Madhur	Shita	Tridoshhar	Phal
Phalsa	Grewia asiatica	Snigdh	Madhur, Amla, Kashaya	Madhur	Shita	Vatapitta Shamak	Phalras

Effect of *Kharjuradi Manth* according to *Strotas*^[7]

<i>Strotas</i>	<i>Khajur</i>	<i>Dadimb</i>	<i>Draksha</i>	<i>Tintidika</i>	<i>Amlika</i>	<i>Avla</i>	<i>Phal sa</i>
<i>Pranvahstrotus</i>	<i>Kaphanisarak</i>	<i>Kaphanisarak</i>	<i>Phupus Baldayak, Kaphanisarak</i>		<i>Kaphaghna</i>		
<i>Udakavahastrotus</i>	<i>Trushna Shamak</i>	<i>Trushnani grah</i>	<i>Trushna Nigrah</i>	<i>Trushanash amak</i>		<i>Trushnani grah</i>	
<i>Anvaha Strotus</i>				<i>Rochan, Dipan, Grahi</i>		<i>Pachan, Ruchikar</i>	<i>Dipana, Grahi</i>
<i>Rasvaha Strotus</i>	<i>Jvarghana, Dahaprashaman</i>	<i>Ruchivardhak Dipan</i>		<i>Jwarghna</i>		<i>Jwarghan</i>	
<i>Raktavah Strotus</i>	<i>Raktapitta Shamak, Hrudy</i>	<i>Hrudya, Shonitsthan</i>	<i>Raktaprasadana, Raktapitta Shamak</i>	<i>Hrudya</i>	<i>Shonitsthan</i>		<i>Hrudya</i>
<i>Mansvaha Strotus</i>	<i>Balya</i>	<i>Balya</i>					<i>Balya</i>
<i>Asthivaha Strotas</i>			<i>Sandhankar</i>				
<i>Majjavah Strotas</i>		<i>Mastikshya Balprada, Medhya</i>			<i>Medhya, Nadibaldayak</i>		
<i>Shukravah Strotas</i>	<i>Vrushya</i>	<i>Shukravardhak</i>	<i>Vrushya, Garbhasthan</i>		<i>Vrushya, Garbhasthan</i>		
<i>Mutravaha Strotas</i>		<i>Mutral</i>	<i>Mutral</i>	<i>Stoppage excessive urination</i>	<i>Mutral, Prameghna</i>		

Khajuradi Manth on Madaty^[8]

Madya Sevan

↓

Vidagdha annaras

↓

Annaras turn in to Kshar

↓

After intake of Khajuradi manth it contain madhur and amla rasatamk dravya

↓

Madhur, Amla ras and Kshar mixed

↓

Kshar turn in madhur ras

↓

Madyvikruti shaman

Karma of Madya in general:

Due to the above Guna the Karma of Madya are as follows:

- 1) *Ushna Guna* : counteracts the *Sheeta Guna*.
- 2) *Tikshna Guna*: suspends all functions of *Mana*
- 3) *Sukshma*: reaches every part of body

- 4) *Vishada*: destroys *kapha* and *Shukra*
- 5) *Ruksha Guna* : Aggravates *Vata*
- 6) *Aashukari Guna*: fast in action
- 7) *Vyavayitva Guna*: exhilarates
- 8) *Vikasi Guna*: spreads all over the body
- 9) *Laghu* : causes *Vata Kopa*
- 10) *Amla rasa*: *Rochan* and *Deepan*

Guna of Khajuradi Manth

Drugs	Guna of Khajuradi Manth
<i>Khajur</i>	} <i>Madhur, Amla, Kashaya rasatamka</i>
<i>Dadimb</i>	
<i>Draksha</i>	
<i>Tintidik</i>	
<i>Amlika</i>	
<i>Avla</i>	
<i>Phalsa</i>	

RESULT & CONCLUSION:

It is important to study the properties of *Khajuradi Mantha* to know its action on the body. These are more efficient in potency and are used according to digestive power, strength, and need of the diseased condition. All drugs are *Madhur, Amla, Kashaya Rasatamaka* it is opposite to *Madatyay* though these drugs are supposed to have properties like *Trushna Shamak, Jvarghana, Dahaprashaman, Hrudya, Balya, Vrushya, Dipan*, etc. Due to these properties these drugs are mostly helpful in *Madatyay*.

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