

Effect of gudadrak yoga in agnimandya – an experimental study**Vrushali Thote¹ Sapana Ukey*² Prerna Uikey³**

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Corresponding Author: Email: drsapnaukey@gmail.com*Abstract**

Ayurveda, the Aryan science of life, is considered to form a part of mighty vedas. As a science of practical use, it deals more with prevention than with curative measures. Ayurveda started its carrier under the warm support of authorities was to put an end to cause of diseases in the public Ayurveda is therefore a science of health rather than disease.

Agni i.e. Jatharagni is a very important factor of our life. If it ceases, life will be in danger. On the contrary, Samyak Agni leads to healthy & longer life. This is the reason why Acharya Charak had explained 'AGNI' as a root cause of all diseases.

Acharya Bhavaprakash stated combination of Aadraka & Puranguda is pre-eminently for Agnimandya. The combination of Aadraka & Puranguda can exterminate diseases related to Agnimandya so to see whether it is effective in Agnimandya or not is need of hour. Hence this topic is selected for research.

Keywords: Agnimandya, Aadraka, puranguda, jatharagni

Introduction

Ayurved is not only a medical science but also it is an art of living like Dinacharya, Rutucharya, Food processing techniques, diet according to body nature. It also provides the knowledge of humanity such as a sadvritta.

Mankind has always tried to attain peace & happiness through whatever means that he can easily get. Now a days due to rapid industrialization & urbanisation, hurry & worry are present in our life. Increasing urbanisation has led to change in daily regimen of the people. They go to bed late at night & awake in the morning. All such things cause improper digestion & timely that are converted into Agnimandya.

It has been demonstrated that the food is digested in body only with the help of pachakagni, which may be divided into 4 kinds as Samagni, Mandagni, Tikshnagni & Vishamagni.

In present situation, hurry & worry are the unavoidable factors of life. People have to take diet according to work schedule & there is also increasing ignorance towards the rules for conduct to diet. Due to multifactorial samprapti, Agnivikruti occurs, which is further responsible for several diseases. Hence it is important to treat the disease in the initial stage to prevent upadrava.

In present scenario, Agnimandya is an emerging problem, because of irregular schedules, bad eating habits (Vishamashana) & deterioration of mental status, so instead of taking any synthetic, chemical, harmful medicines totally devastate aetiology of all diseases by taking simple & cost effective preparations like 'Gudadraka Yoga'

Aims & Objectives

1. To study the effect of Gudadraka Yoga in Agnimandya.
2. To observe its role in enhancement of health, if any.
3. To try to establish the cost effective appetizer.

DISEASE REVIEW

Treatment principle of Vyadhi – Agnimandya

Hita Ahara

Samprapti Vighatana

Shaman chikitsa

Dipan & Pachan Chikitsa

DRUG REVIEW

A. ADRAKA

Agnimandya is an abnormal status of the Annavaha Strotus, which is initial condition of any disorder.

Types of Agni

Acharya Charak has mentioned 4 types of Jathargni

- In vataja prakriti – Vishama Agni
- In pittaja prakriti – Tikshna Agni
- In vataja prakriti – Manda Agni

Causes of Agnimandya

1. Aharaja Hetu – Atiruksha, Atisnigdha, Guru Ahara, Shit ahara, Apakva ahara, Vishtambhi Ahara, Vishamashana, Over drinking,
2. Viharaja Hetu – Improper sleeping schedule, suppression of natural urges
3. Manasika Hetu – Cinta, Shoka, Bhaya, Krodha
4. Aganjuja Hetu – Virechan vyapad, Sneha vibhram, Desha Vaishamya,
5. Kala Vaishamya, Due to Physical & mental diseases

Adraka i.e. ginger is also known as by the colloquial names zinziber adrak or aale, while its botanical name being zingiber officinale. Ginger is a perennial herb. It has irregular, underground, branched stem, which are juicy, shiny, yellowish, with thread inside, unevenly thick & tough.

The drug review of adraka is classified into two parts

1. Ayurvedic review

2. Pharmacognostic review

Ayurvedic review

Guna –

- Rasa – Katu
- Vipaka – Madhur
- Guna – Ruksha, Tikshna, Guru
- Virya - Ushna
- Karma – kapha-vatashamak

Prayojynga - root

Effect on annawaha & purishwaha strotasa–Agnidipana, Amapachaka, vatanulomana, jivhadantavishodhana, ruchikar so used in Arochaka, Anah, Ajirna, Gulma, Kaph-vataja Arsha

Pharmacognostic review

Chemical Properties

Ginger is most commonly known for its effectiveness as a digestive aid. By increasing digestive fluids & saliva, ginger helps relieve indigestion, gas trouble, diarrhoea & stomach cramping. The primary known constituents of ginger root include gingerols, zinjibain, bisabolenel, oleoresins, starch & essential oil (zinjiberne, zinjiberol, camphene, cineol, borneol).

Pharmacology

The ethandic extract of ginger have been extensively studied & proved tat it has hypocholestreolemic & hypotryglycerremic effect. It also increases HDL level & is an excellent cardioprotective agent.

Biological Activities

Digestive System Action

Ginger is classic tonic for the digestive tract. Classified as an aromatic bitter, it stimulates digestion. It keeps intestinal muscles toned. Ginger may protect the stomach from damaging effect of alcohol & non steroidal anti inflammatory drugs.

GUDDA

Jaggery is a dark, course, unrefined sugar, sometimes referred to as "palm sugar". It can be made either from the sap of various palm trees or from sugar cane juice.

Ayurvedic Review

It is sweetening substance used in Ayurvedic formulations for the purpose to increase its palatability, for preservation & also to have, tonic effect. Jaggery is explained under heading of "Ikshuvarga" in all samhitas & nighantus.

Gunakarma

- Rasa – Madhura
- Vipaka – Madhura
- Guna – alpa ushna, Snigdha
- Virya - Ushna
- Karma – Tridoshashamak

Properties

Deepan, pachan, Anuloma, Vrishya, Hridya, Mutra-raktashodhak, Increaser & Krimi, pittaghna, vatashamaka & its efficacy is considered to increase after one year, i.e. puran guda.

Properties of Navaguda

Newly prepared jaggery is kapha, shwasa-kasashakrita, krimikara & Agnideepaka.

Properties of Puran Guda

It is laghu, pathya, Anabhishtyandi, Agnivardhaka, Vata-pittaghna, madhur, vrishya & raktaprasadana.

Guda with different Anupan having Tridoshoshamaka activity

- With Adraka – Kaphaghna
- With Haritaki - Pittaghna
- With Sunthi – Vataghna

Modern View

Jaggery is nutritious. It improves digestion, prevents fatigue, purifies blood & provides strength to the muscles. Jaggery is rich in minerals, iron & instant glucose. It is not only easily digestible but has various minerals & vitamins in right proportion, which is extremely useful for our body.

Methodology

1. The healthy individuals were selected for study randomly irrespective of age, sex, religion & socio-economic status.
2. All the ingredients in the Gudadraka yoga (Guda+ Adraka) were selected as per qualities mentioned in Ayurvedic texts i.e. Bhavaprakash
3. A special proforma was prepared to investigate individuals in detail.
4. Guda & Adraka were brought from market in fresh form (raw material), washed thoroughly with normal water & then grated

them, then mixed in same quantity (Each 3gm).

5. Healthy individuals were selected & investigated in detail according to proforma. Written consent was taken from each individual.
6. Routine investigation viz Hb%, TLC, DLC were carried out to rule out any other pathology.
7. After that healthy individuals were classified in 2 groups viz. Experimental & control group.
8. 30 healthy individuals were selected randomly for Experimental group & they were administered “GUDADRAKA YOGA” in dose of 6gms (3gms grated Adraka+ 3gms Guda) before lunch & dinner orally for 45 days.
9. 30 healthy individuals were selected randomly control group & they were administered placebo capsules (starch filled capsules) 250mg before lunch & dinner orally for 45 days.
10. Follow up of Individuals was taken on 7th, 15th, 30th & after completion of therapy i.e. on 45th day to look for any side effect or complications of therapy.
11. Individuals were assessed according to criteria of assessment . Effect of therapy was noted down after therapy evaluated statistically.

Criteria for selection

1. Only healthy Individuals were selected.
2. Age between 20 yrs to 35yrs was selected.

3. Individuals were selected irrespective of sex, socioeconomic status & religion.

Criteria for rejection

1. Individuals having age less than 20 & more than 35 yrs were excluded.
2. Individuals having any other systemic disorders or any other major disease like TB, DM, AIDS, Renal & cardiac problems were excluded.
3. Females belonging to ANC & PNC period were excluded.
4. Individuals who discontinued the treatment were rejected.

Criteria for Assessment

For assessment of therapy following points are focused

A) Subjective Criteria

- a) Abhyavaharan Shakti
Less than normal diet – 0
Normal diet - 1
More than normal diet - 2
- b) Jaran Shakti – food digest in
Less than 4 hrs – 1
Between 4 to 8 hrs – 2
More than 8 hrs – 3
- c) Aruchi – Evaluated as
Aruchi present
Aruchi absent
- d) Udargaurav – Evaluated as
Udargaurav present
Udargaurav absent
- e) Prasek – Evaluated as
Prasek present
Prasek absent
- f) Vibhandha – Evaluated as
Vibhandha present
Vibhandha absent
- g) Shiogaurav – Evaluated as

Shiogaurav present

Shiogaurav absent

- h) Mukhshosh – Evaluated as

Mukhshosh present

Mukhshosh absent

Objective parameters

- a. Weight
- b. Hb%
- c. TLC
- d. DLC

Statistical Analysis

- Categorical variable (Subjective parameters i.e. Aharashakti & Jaranshakti) were expressed in percentages & Wilcoxon signrank test was used to compare paired data (before & after) in control & experimental group. Mann- whitney U-test was used to compare changes in control & experimental group.
- The Categorical data (vibandha, Aruchi, Udargaurav, shiogaurav, prasek, mukhashosh) was presented in percentage % form.

The effect of gudadrak yoga in each symptom within group i.e. in experimental group placebo in control group was evaluated by applying **Chi Square Test**

Comparison between both control & experimental group shown graphically in the means of positive & negative changes in symptom before & after therapy

Continuous variable (Hb%, TLC, & DLC) were presented as Mean \pm SD. Continuous variables were compared before & after treatment in experiment & control group by paired T test. Mean

changes in these variables of experiment & control group were compared by unpaired T test.

P Value Summery

Not significant (NS)	P>0.05
Significant (S)	P<0.05
Highly significant (HS)	P<0.01

Data was analysed by statistical software STATA Version 10.0

Discussion

The present study entitled “Effect of Gudadrak Yoga in Agnimandya – an Experimental Study” was planned to probe the Effect of Gudadrak Yoga in Agnimandya.

In Ayurveda great importance has been given to Agni. It is demonstrated that food is digested in the body only with the help of Pachakagni, which may be divided into 4 kinds as – Samagni, Mandagni, Tikshnagni & Vishamagni. Ayurvedic medicine emphasizes proper digestion of food as a key to good health.

In present scenario , Agnimandya is a emerging problem, because of irregular schedules, bad eating habits & deterioration of mental status , so instead of taking any synthetic , chemical, harmful medicines totally devastate etiology of all diseases by taking simple & cost effective preparation like Gudadraka yoga.

The main ingredients of gudadraka yoga are Adraka & Guda, in which Adraka is of Katu rasa, Ushna

virya & Tikshna Guna which is mainly Kaphashamak, while Puran Guda is of Madhur rasa, Ushna virya & having property of Tridosha shaman. In Agnimandya mainly there is vitiation of kapha Dosha & its shaman occur with help of Gudarak Yoga. The gudarak yoga is consumed before food as it is good appetizer i.e. dipan.

In this study 60 healthy individuals were selected. Among these, experimental group of 30 patients were administered gudadrak yoga 6gm (3gm Adrak + 3gm Guda) before lunch & dinner orally for 45 days. Control group of 30 patients were administered placebo capsules (starch filling capsules) 500mg, before lunch & dinner, orally, with normal water for 45 days.

Individuals were advised specific diet regimen on basis of Rutucharya, balanced & santulit ahar & pathyapathya. Follow up of individuals was taken on 46th day for further therapy. The observations were noted down. Discussion of result & comparison between effect of Gudadrak yoga (experimental group) & placebo (control group) on Agnimandya is as follows

- Aharashakti - The P value in Experimental group was significant P=0.0253
- Jaran Shakti – The P value in Experimental group was highly significant P=0.0016
- Aruchi – The P value in Experimental group was not significant P=0.0688
- Vibhandha – The P value in Experimental group was significant P=0.044

Conclusion

Present study was carried out in two groups with 30 individuals in each, considering positive step in the direction of health. It will be integrated approach in the prevention & management of Agnimandya.

The conclusion drawn on the basis of detail discussion is as follows

- In Agnimandya, mainly there is vitiation of kapha dosha & its shaman occurs with the help of Gudadrak yoga.
- Gudadraka yoga is found to be significantly effective in presentative symptoms of Agnimandya viz. Aruchi, Shirogaurav, Prasek, Mukhshosha, where as highly effective in Udargaurav, Vivandha symptoms.
- As the presentative symptoms of Agnimandya were prevented up to significant extent, it means Gudadraka yoga is potential & effective remedy for Agnimandya.
- Gudadraka yoga can effectively prevent Agnimandya which usually occurs & many other diseases which will crop up from it, it can be used for maintenance of health of healthy people, which is main motto of Swasthavritta & finally of Ayurveda.
- This yoga may prove as a home based, cost effective & easy for preparation.

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International Journal of Research in Indian Medicine

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Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2018; 2(1) : 1-10