A clinical study on the role of herbal compound belfaladi churna in the management of atisaar

Shirsath Sunita Devidas*, Sing HB2, Chavan Hemlata3

1. HOD and Associate Professor Kriyasharir Dept., Smt. KGMP Ayu. College & Hosp.
3. Practitioner.

ABSTRACT
Ayurvedic literature has through description of ATISAAR1 disease and many formulations decided in charak samhita. Aim to take this research project to assess efficacy of described drug. We selected herbal drug only, which is cost effective and easily available to patients. 46 patients of ATISAAR were selected out of which 40 patients completed treatment duration was 5 days only. No complications or adverse effect incurred during treatment. Drug is effective in management of ‘ATISAAR Patients.’

Key Words :- ATISAAR, HERBAL COMPOUND, BELFALADI CHURNA DIARRHOE.

Introduction :
Meaning of word ‘ATISAAR’ is passing of weary Stool2. Madhukosh Commentary on Madhav Nidan mentioned ‘liquid’ character of faces in Atisaar. Diarrhea frequency, a chance to fluid consistency or a mean stool weight the excess of 250 ml day.

Though it controllable, the disease3 is life threatening. Different research fellows in medical field studied the disease with different effective remedies. Still Belfaladi Churna is a remedy which is effective potent, cheap and easily available herbal, acceptable by any age group. Therefore selected Belfaladi Churna for research project. This drug has no adverse reactions seen.

Inclusive Criteria :-
1. Age group 5 to 65 years.
2. All types of Atisaar.
3. Patients suffering with moderate severity of Atisaar upto IIth degree dehydration (degree of dehydration according to international standards.)

Exclusive Criteria :-
1. Age below 5 years and above 65 years.
2. Patients with IIIrd degree dehydration.
3. Drug induced Atisaar.
4. Atisaar secondary to other serious illness i.e. Grahani Arsia, Jwara Shotha & Arsha, Poison.
5. Patient with serious illness ulcerative cullitis, CA colon. Urania were excluded.

Detailed history, clinical examination and other relevant observation were recorded in proforma designed for the project.

**Contains of BELFALADI CHURNA.**

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Botanical Name</th>
<th>Part Used</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>BELFAL CHURNA</td>
<td>Aegle Marmelos</td>
<td>Fruit</td>
<td>500 mg</td>
</tr>
<tr>
<td>KUTAJCHAL CHURNA</td>
<td>Holarrhena dysentrica</td>
<td>Stem Bark</td>
<td>500 mg</td>
</tr>
<tr>
<td>INDRAYAVA CHURNA</td>
<td>Holarrhena dysentrica</td>
<td>Seed</td>
<td>500 mg</td>
</tr>
</tbody>
</table>

Laboratory investigations.

2. ESR
3. Stool Examination
   I. Routine.
   II. Microscopic.

The above mentioned investigations were done on 0 day and 5th day i.e. in the beginning and on completion of treatment.

Detailed history, clinical examination and other relevant observation were recorded in proforma designed for the project.

**Dosage.**

ADULT – 1500 mg two times daily.
CHILDREN – 750 mg two times daily.
Dosage form – CHURNA.
Route of Administration – Oral.

**Assessment Criteria :-**

1) Daily follow up taken for change in baseline signs and symptoms.
2) Change in frequency and consistency of stools.
3) Stool examination.

**Observation and Results :- Total 46 patients**

Patients were registered, out of which 6 patients drop out and 40 patients completed the treatment.

**Number of Patients according to age groups.**

<table>
<thead>
<tr>
<th>Age Groups (in years)</th>
<th>Numbers of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>05 – 10</td>
<td>1</td>
</tr>
<tr>
<td>11 – 20</td>
<td>10</td>
</tr>
<tr>
<td>21 – 30</td>
<td>6</td>
</tr>
<tr>
<td>31 – 40</td>
<td>6</td>
</tr>
<tr>
<td>41 – 50</td>
<td>9</td>
</tr>
<tr>
<td>51 – 60</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>40</strong></td>
</tr>
</tbody>
</table>

**Signs & Symptoms**

<table>
<thead>
<tr>
<th>Signs &amp; Symptoms</th>
<th>No. of Patients on 0 day</th>
<th>1&lt;sup&gt;st&lt;/sup&gt;</th>
<th>2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>3&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>4&lt;sup&gt;th&lt;/sup&gt;</th>
<th>5&lt;sup&gt;th&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drava-mala parvruti (Loose motions)</td>
<td>40</td>
<td>27</td>
<td>8</td>
<td>4</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>Udar-shool (Pain in abdomen)</td>
<td>33</td>
<td>15</td>
<td>9</td>
<td>6</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Pravahana (Tenesmus)</td>
<td>32</td>
<td>12</td>
<td>4</td>
<td>-</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>(Abdominal tenderness)</td>
<td>19</td>
<td>7</td>
<td>1</td>
<td>1</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>Krute api akrut Samdnya (feeling of incomplete evacuation)</td>
<td>17</td>
<td>9</td>
<td>4</td>
<td>3</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>Kshudha-mandhya (Loss of appetite)</td>
<td>36</td>
<td>4</td>
<td>15</td>
<td>10</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Ap-dhatuKshaya (Dehydration)</td>
<td>22</td>
<td>17</td>
<td>5</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sa-rakta mal (Blood with stool)</td>
<td>14</td>
<td>5</td>
<td>7</td>
<td>1</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Visra Gandhi mala (Foul smelling stool)</td>
<td>9</td>
<td>6</td>
<td>3</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Jwara (Fever)</td>
<td>6</td>
<td>5</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>Chhardi (Vomiting)</td>
<td>3</td>
<td>3</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>239</strong></td>
<td><strong>118</strong></td>
<td><strong>73</strong></td>
<td><strong>31</strong></td>
<td><strong>7</strong></td>
<td><strong>10</strong></td>
</tr>
<tr>
<td><strong>Cumulative score</strong></td>
<td><strong>118</strong></td>
<td><strong>191</strong></td>
<td><strong>222</strong></td>
<td><strong>229</strong></td>
<td><strong>239</strong></td>
<td><strong>239</strong></td>
</tr>
</tbody>
</table>
Effects of BELFALADI CHURNA was significant.

DISCUSSION :

- Belfal, Indrayav, Kutaj have been described to have excellent anti-diarrhoal properties in Ayurved simulates.

- Kutaj is Katu (Pungent) and Kashaya (Strigent) in taste (Rasa) and its veerya is sheeta (cold). It cures Atisaar, Arsha, Amelesha, etc.

- Belfal is Madhur (sweet) Kashaya (Astringent) guru (heavy) deepan and it subsides Vata and Kapha Dosha and cures Atisaar.

- Thus all three drugs have antidiarrhoel, antihelmintic, antidysentric properties.

- Vitiation of Jathargni is the main reason for Atisaar above three drugs acts as to Satharagni Deepana and Aampachana patients relieves sign and symptoms.
• Conclusion on the basis of this study Belfaladi churna is found to be effective in relieving symptoms of Atisar. There was no adverse reaction seen.

ACKNOWLEDGEMENT :-

We are thankful to Dr. B.V. Sathaye, Dean M.A. Podar Hospital Bom, Dr. P. C. Jamkhedkar Kayaelinitis Desai. Dr. Minal Vaidya, Dr. Ashlesha Raut and all resident hospital staff supportive to our research team and off course all patients involved in our project.

REFERENCES :-


8. Priyavrata Sharma Aushadi Varga Kaiyadev nighantu first edition
ChauKambha Orientalia Delhi 1979
P. 165 , 166.

9. Priyavrata Sharma Aushadi Varga
Kaiyadev nighantu first edition
ChauKambha Orientalia Delhi 1979
P. 6.

10. K.M. Madkarni Vegetable Kingdom
The Indian Materia Medica Reprint
1994 Popular Prakashan Pvt. Ltd.
Mumbai 1976 P. 45.

11. K.M. Madkarni Vegetable Kingdom
The Indian Materia Medica Reprint
1994 Popular Prakashan Pvt. Ltd.
Mumbai 1976 P. 634, 635, 636 – 652

Cite this article:
A clinical study on the role of herbal compound belfaladi churna in the management of atisaar
Shirsath Sunita Devidas, Sing HB, Chavan Hemlata