Standardization of doses, that is Matranischity of Pratham Triphala Rasayana in the management of Mutraghata with special reference to Chronic Renal Failure.

Sanjivani N. Rathod*, Rajan B. Kulkarni

1. Principal Investigator, Ph-D Scholar and Assistant Professor,  

*Corresponding author: Email id: sanjivanirathod431@gmail.com

Abstract: In today’s era due to unending process of globalization, we are acquiring the western culture blinding like eating fast food, preserved food, late night sleeping or shifting duties and secondary lifestyle with lot of stress, due to this, disturbances in metabolism occurs hence there is increasing incidences of life style disorders like Hypertension, Diabetes mellitus, Obesity etc. later in chronic condition this patients comes with chronic kidney diseases. As per Ayurveda CKD is disease of mutrawaha strotasa and It correlated with Mutraghata.

Formation and Excretion of urine is takes place in pakwashaya. Basti is one of the main marma out of three marma. If problem takes place in these marma it becomes life threatening. Hence it is need of era to find out supportive, rejuvenating treatment for such patients to expel the toxins from the body. Hence Pratham triphala rasayana this drug is chosen for CKD patients. It is Anulomak, its action on pakwashaya, it regulates Apana vayu hence toxins expel out from the body, because of rasayana effect datu vardhana also takes place. Pratham triphala rasayana contains Survarya Haritaki, Aamalaki, Bibhitaki. As per Charak Aacharya one Survari Haritaki is given in the morning empty stomach, 2 Bibhitaki is given before meal and 4 Aamalaki is given after meal with honey and ghee respectively. Here Charakacharya has mentioned this does in the form of phala or fruit, since the size and weight of every fruit of triphala...
differs hence it is highly impossible to conduct clinical trial on it. Therefore we have decided to standardize the fruit (phala) and convert it into its churna form so that equal dose of this rasayana can be given to the patients which are under trial.

Keyword: Life style disorders, Diabetes, Hypertension, Chronic renal failure, Standardization of doses, Pratham triphala rasayana, Mutraghata, Rasayana.

Introduction: While entering into 21st century, human life is becoming so fast that we are totally ignoring our day to day healthy activities or in other words we are not adopting classical dinacharya and rutucharya described in Ayurvedic Samhitas. In the unending process of Globalization we are acquiring the western culture blindly like eating fast food, preserved food, late night sleeping or shifting duties and secondary life style with lot of stress. This all ultimately results in increasing prevalent rate of Diabetes mellitus, Hypertension, and Obesity even in younger generation. Since early age groups are the victims of those life style disorder it is finally ends in its groove complications mainly acute and chronic renal failure.

For this burning problem of society, modern science interventions like Dialysis or Kidney transplant has got its own limitations in the form of its complications, cost, recurrence and quality of life.

Hence I have decided to work on the burning problem of society due to increasing incidence of chronic renal failure. We have undertaking this research trial in whish we have been giving pratham triphala rasayana as an adjuvant therapy in the management of chronic renal failure. Before starting clinical trials, it was a big research question regarding dose or matra of pratham triphala rasayana. In Ayurvedic text, it is described matra the dose of pratham triphala rasayana is 1:2:4, i.e. 1 Surwari haritaki, 2 Bibhitaki, and 4 Aamalaki phal (fruits) to be given empty stomach in the morning, before meal, and after meals respectively. Hence charakcharya has mentioned this dose in the form of phala or fruit. Since the size and weight of every fruit of triphala differs, it is highly impossible to conduct clinical trial on it. Therefore we have decided to standardize the fruit (phala) and convert it into its churna form. So that equal dose of this rasayana can be given to the patients which are under trial.

Aims: Standardization of doses, that is Matranischity of Pratham Triphala
Rasayana in the management of Mutraghata with special reference to Chronic Renal Failure.

**Objectives:** To standardize the dose of each phala in the proportionate of 1:2:4 in terms of its churna form.

**Materials and Methods:**

**Raw Material of Haritaki, Bibhitaki, Aamalaki**

[Image of herbs]

**Materials:**
- Haritaki, Bibhitaki, and Aamalaki phala (fruits) were purchased as form of raw material from the GMP certified company.
- Ulukhalyantra (kuttanakyantra)
- Electronic weighing machine.
- Mixer grinder

**Methodology:**
- From the purchased raw material, we have selected five phala of Survari Haritaki which looks approximately same size.
- Then we have taken the weight of each phala on electronic weighing machine and its weights are recorded accordingly.
- Then these phala are converted into bharad churna by processing it into Ulukhalyantra (kuttanakyantra)
- After these the bharad churna is taken in mixer grinder pot and fine churna is prepared. Weight of fine churna is taken and recorded.
- Same procedure repeated for Bibhitaki and Aamalaki.

**HARITAKI**

[Image of weighing machine]
Observations: Part 1

• Average weight of 05 Surwari haritaki sample

<table>
<thead>
<tr>
<th>Sample No.</th>
<th>01</th>
<th>02</th>
<th>03</th>
<th>04</th>
<th>05</th>
<th>Total weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight in gms</td>
<td>8.3045</td>
<td>8.6030</td>
<td>8.2592</td>
<td>8.3568</td>
<td>8.9020</td>
<td>42.4255</td>
</tr>
</tbody>
</table>

• Average weight of 05 Bibhitaki sample

<table>
<thead>
<tr>
<th>Sample No.</th>
<th>01</th>
<th>02</th>
<th>03</th>
<th>04</th>
<th>05</th>
<th>Total weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight in gms</td>
<td>3.3045</td>
<td>2.8030</td>
<td>3.2500</td>
<td>3.3500</td>
<td>2.9820</td>
<td>15.6895</td>
</tr>
</tbody>
</table>

• Average weight of 05 Aamalaki sample

<table>
<thead>
<tr>
<th>Sample No.</th>
<th>01</th>
<th>02</th>
<th>03</th>
<th>04</th>
<th>05</th>
<th>Total weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight in gms</td>
<td>2.0545</td>
<td>1.8030</td>
<td>1.9860</td>
<td>2.2500</td>
<td>1.9820</td>
<td>10.0755</td>
</tr>
</tbody>
</table>

Part 2 - After removing seed of each phala(fruit) fine churna is prepared in mixer grinder.

• Average weight of fine powder of each sample

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Drugs</th>
<th>Weight of fine churna made from 5 fruits of each in gms</th>
<th>Weight of fine churna of singal phala in gms</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Haritaki</td>
<td>25 gms</td>
<td>5 gms</td>
</tr>
<tr>
<td>2</td>
<td>Bibhitaki</td>
<td>12 gms</td>
<td>2.4 gms</td>
</tr>
<tr>
<td>3</td>
<td>Aamalaki</td>
<td>6.5 gms</td>
<td>1.3 gms</td>
</tr>
</tbody>
</table>
Discussions: On the basis of above observations

- Even if we take the sample of Drug which looks approximately same in size and shape, its weight on electronic weighing machine is different
- Weight of bharad is also differs in comparison with fine powder churna.

Conclusion: On the basis of statistical calculations and observations we can conclude and can standardize the doses or matranischity of pratham triphala rasayana in the management of mutraghata with special reference to chronic renal failure as under.

- Surwari haritaki – 01 phala means 5 gms of churna
- Bibhitaki -02 phala means 4.8 gms of churna.
- Aamalaki-04 phala means 5.2 gms of its churna.

Finally we have fix the dose of pratham triphala rasayana in proportionate of 1:2:4 phala will be in proportionate of 5 gms : 4.8 gms : 5.2 gms in its churna form in the clinical trial.

References:

1. Charaka Samhita with savimarshvidyatini commentary by pt. kashinath apndey and Dr.Gorakhnath Chaturvedi; Chaukhamba Bharti academy, 9th, 2001

2. Sushrut Samhita ayurvedatatwasandipika by Kaviraj Ambikadatta Shashtri; Chaukhamba Sanskrit Sanstan, 2nd, 2007


4. Dravyaguna Vidnyana by V.M.Gogate; Pimpalapure and publishers, 2nd, 1997


7. Materia Medica of Ayurveda by Bhagwan Dash and Lalitesh Kashyap; Concept publishing company, 1st, 1980.


11. Research Methodology and Medical Statistics by Dr.Sarpotdar and Dr.Bhor;Mankarnika publications, 1st, 2006.

13. Role of Gut-derived Uremic Toxins on Oxidative Stress and Inflammation in Patients with Chronic Kidney Disease.


Conflict of Interest: Non
Source of funding: Nil

Cite this article:

Standardization of doses, that is Matranischity of Pratham Triphala Rasayana in the management of Mutraghata with special reference to Chronic Renal Failure.
Sanjivani N. Rathod, Rajan B. Kulkarni