To Study the effect of Pathyadi Choorna in Ajeerna Vyadhi

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Abstract:
The fast life style and fast food give rise to the number of diseases, most of them are related to gastro-intestinal tract. Now a day’s most of the people relay on mostly fast food. Some of the people has day-night duties in companies where they mostly prefer fast food because of such life style digestive system undergoes stress. Ayurveda, is the science of life which delts with complete etiology of disease, which we called VYADHI. We dealt with Hetu, Poorva-Roopa, Roopa, Samprapti, Upashay-Anuupshay & Upadrav-Udark. Due to non acceptance of Annapan-Vidhii etc. Vishamashan or following of Virudha Ahar i.e.Sandharan 1/mala-mutra veg dharan]Anidra [not complete in timely sleep], it give rise to improper digestion that produces Ama which develops Ajeerna vyadhi

Symtoms are Udarshula, Adhman, Atop, Arochak, Shiroruja, Chardi,Glani, Gaurav, Vishtambh, Bhram, Marut Mudhata, Vibhandh, aorva, Gandadakshishopha. Aijrna is having three types mainly Amajeerna,Vishtabadajeerna, Vidagdhajeerna. Pathyadi Choorna1,2 is used as material from the reference of Yog Ratnakar1. We have also follow book like Madhav-Nidan. According to the reference, any person suffering from Ajeerna vyadhi with above symptoms can be recovered with the help of Pathyadi Choorna. Haritaki, Pippali and Sowarchala Lavan are the main ingredients which taken in equal quantity, without impurities and converted into powder form i.e. Choorna. This choorna is given to patients of Ajeena Vyadhi. PATHYADI CHOORNA is given 2 gram prati bhojanotter with 50 ml koshna jal .We treated 50 patients with Pathyadi choorna. Observations are made on the basis of data collected from patients from time to time. After detailed observation we came to some conclusion. Contents of Pathyadi Choorna are having Ushna Virya so that it is more effective in Amajeerna. Pathyadi Choorna plays an important role in Ajeerna Vyadhi caused by Agnimandya and in persons having Mandagni. This Kalpa is most useful in types of Ajeerna having chardi than Udgar, Adhman than Atop and Udarshool than Shiroruja. Pathyadi Choorna is very much useful in Ajeena Vyadhi.
Keywords: Pathyadi Choorna, Ajeerna, Agnimandya, Udarshool

Introduction

After Shaman Chikitsa of Ajeerna Vyadhi with Pathyadi Choorna following symptoms observed for Vyadhi mukti lakshanas –

Udgar shudhi sensation of appetite and thirst, Sharir – Laghava, regular Mala – Mutra Vega, Sense of freshness – Utsaha.

Patients Rugna Patrak attached with Trivid or Ashtavid Pariksha padhati.

As ingredients of this Pathyadi Choorn i.e. Haritaki, Sauvarchala Lavana, Pippali are easily available and more cheaper, Palatable hence we preferred it.

50 Patients were advised to take Pathyadi Choorna 2 grams twice a day after meals with Ushnodaka.

Among 50 patients, we observed 08 patients of Vidagdha jeerna 24 patients of Vishtabdhajeerna 18 patients of Amajeerna.

We have observed that pathyadi choorna is useful in 75% cases that of Vidagdha jeerna, 62.5% cases that of Vishtabdhajeerna, and 61.11% of Amajeerna.

Procedure

All patients were suggested to take 2 gm of Pathyadi Choorna twice after meals with Anupana Ushnadak Maximum Granthikta Matra is 10 gm.

Each Patients will be assist with separate protocol i.e. Rugna Pariksha Vidhi (Case Paper).

This Paper Attach Below

Rugna Pariksha Vidhi

Rugna Pariksha Vidhi is done according Ayurvedic method only. The required information is taken and written in this paper.

Rugna Pariksha Patrika

OPD No / IPD No - Date-
Name of Patient - Age - Religion
Sex - Education
Address –

Vedana Vishesh -

Vartaman Vyadhi Vritta –

Poorvottapanna Vyadhi –

Kula – Vritta -

1. Matri-Kula

2. Pitru – Kula

3. Swa-Kula

Hetu –

After removing impurities from all three ingredients i.e. Haritaki, Pippali and Sauvarchala Lavan. They are converted into powder form i.e. Choorna.

All three ingredients are taken in equal quantity.

This Choorna was given to all the patients having sign – symptoms of Ajeerna Vyadhi irrespective of age, sex and forms of diet i.e. vegetarians of non-vegetarians.

Review of Literature

Pathyadi Choorna1,2 is used as material from the reference of Yog Ratnakar1.

According to the reference any person suffering from Ajeerna Mandagni, Arochaka, Adhmana, Vat-Gulma Shoola can he recovered with the help of Pathyadi Choorna.

Objectives –

To study the effect of Pathyadi Choorna in Ajeerna Vyadhi

Materials and Methods –
A) AHARTA - Shakahar / Mansahar / Mishrahar 
(Pure Veg/ Non-Veg/ Mix )
1. Nashta (Breakfast) 
2. Dupar Bhojan (Lunch) 
3. Ratri Bhojan (Dinner) 
4. Jala-Pan 
5. Vishesh Hetu
B) VIHARTA -
1. Nidra (Sleep) 
2. Vyayam (Exercise)

C) VYASANTA –
Samanya Pariksha
1. Nadi – (Pulse) 
2. Rakta Dab (Blood Pressure) 
3. Jivha (Tongue) 
4. Sparsha (Touch) 
5. Netra (Eye) 
6. Nakha (Nail) 
7. Mala – Pravruti (Bowel Habit) 
8. Mutra – Pravruti (Urination Frequency)

## VIKRIT – SROTASA PARIKSHAN

### A) Annavah Srotasa

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<thead>
<tr>
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<th>Darshan</th>
<th>Sparshan/ Akotan</th>
<th>Shravan</th>
<th>Prashna/ Lakshan</th>
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<tbody>
<tr>
<td>Oshta parikshan</td>
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<tr>
<td>Jivha Parishan</td>
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<tr>
<td>Anna Vahini Parikshan</td>
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<td>Agni Parikshan</td>
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<td>Udar Parikshan</td>
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<td>Abhyavaharan Shakti</td>
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### B) Udaka-vaha Srotas

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<td>Jivha Parikshan</td>
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<td>Sira Parikshan</td>
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C) Purish Vaha Srotasa

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<tr>
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<tr>
<td>Malla Pravruti</td>
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<tr>
<td>Mala Parikshan(Sam-Niram)</td>
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**PRAKRUTI – VINISHCHYA**
- Vyadhi - Ajeerna Vyadhi
- Chikitsa - Pathyadi Choorna
- Matra - 2 gm – Prati – Bhojanottar
- Anupan - 50 ml Koshna – Jal

**VRITTA – PATRIKA**

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<thead>
<tr>
<th>Lakshan</th>
<th>0</th>
<th>03</th>
<th>05</th>
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<tbody>
<tr>
<td>Shula - Udarshula</td>
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<td>Adhman</td>
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<td>Arochak</td>
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<td>Chhardi</td>
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<td>Udgard(ashudhha Dhekar)</td>
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<td>Vibandha</td>
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<td>Shiro-Ruja</td>
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<td>Prashek</td>
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<td>Bhrama-Glani</td>
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<td>Mala-Parikshan</td>
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<td>Ivha Parikshan</td>
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<td>Abd. Girth</td>
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Criteria of Assessment | Subjective –
1. Main three types of Ajeerna i.e.
   - Vidagdhaajeerna
   - Vishtabdhajeerna
   - Amajeerna
   (all Rassheshajeerna needs only rest for its resolution that why we considered only above three types)

2. Mandagni
3. Arochaka
4. Adhmana / Aatop
5. Shooola
6. CHardi / Udgar
7. Anannabhilasha
8. Avipaka

**Objective** –
1. Quantity of and type of food taken
2. Time taken to digest the food with the help of above drug
3. Patient was asked three times follow up
   1st follow up after 03 days
   2nd follow up after 05 days
   3rd follow up after 07 days

**GRADING FOR OBJECTIVE PARAMETERS**

1. No lakshana present - 0
2. At least 03 lakshana present -1
3. At least 06 lakshana present - 2
4. All lakshana present - 3

Assessment of subjective and objective criteria with gradation done regularly on each follow up

**Observation and Results**

Observation made on the basis of data collected from patients time to time.

It is presented in the form of table and graphs

Total 50 patients were treated with Pathyadi Choorn

**DISCUSSION**

After having dealt with all our observation, we shall now discuss PharmacoKinetics (Karyakaran Bhav) of Pathyadi Choorna in details

1. Males are affected more than females
2. Persons with Mandagni are much more prone for Ajeerna Vyadhi
3. No significant conclusion could be drawn from the age group category.

The Karya – Karan Bhav (Mode of Action)

1. Udarshoola is resolved completely in 86.66% of patients within 05 days. Vataprapak Udarshoola is due to improper Pachana being resolved by Pathyadi Choorna. It digests food properly leading to samyak Mala nissarana. This in return lead to Vatashamana. Hence Udarshool reduced.

2. Adhman, Atop Lakshana is resolved completely in 88.23% of patients within 05 days. Haritaki and souvarchal lavana are responsible for Anulomana action. This reduce Adhman, Aatop

3. Aruchi / Anannabhilasha are completely resolved in 85.71 % of patients within 07 days. The Lavana Content of the drug is responsible for this action.

4. Chardi / Udgar Lakshana resolved completely in 90.90 % Patients within 03-05 days.

It is due to Vatanuloman effect of the drug.

5. Avipak and Agni samyata resolved completely in 87 % patients within 07 days.

This effect is mainly due to Pippali’s Agnivardhan action.

**Conclusion** –

While studying the effects of Pathydi Choorna in the main 03 types of Ajeerna Vyadhi, we came across the following conclusion.

1. According to Dravya Guna Shashtra, the contents of Pathyadi Choorna are having
Ushna Virya. That is why we expected this Kalpa to be more effective in Amajeerna.

2. But actually according to:
   a. Agni Vichar – Pathyadi Choorna plays an important role in Ajeerna Vyadhi caused by Agnimandya and in persons having Mandagni.
   b. Lakshanopashaya – this Kalpa is most useful in types of Ajeerna having chardi than Udgar, Adhman than Atop and Udarshool than Shiroruja.
   c. Types – Pathyadi Choorna is very much useful in Pittaj Ajeerna i.e. Vidagdhajeerna.

It means the Kalpa has worked in Hetu Viparitarthakari manner.

References:

1. Yog Ratnakar, Vaidya Shri Lakshmpati Shastri, Chaukhamba Prakashan Varanasi
   Ajirna || 5 || page no. 313 ,314 Pathyadi choorna || 1 || & || 2 || page no. 317

   Ajirna || 5 || & || 6 || page no. 77, || 10 ||, || 11 ||, || 12 || page no.76 , 78 & 79

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