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A COMPARATIVE STUDY OF NAVAK GUGGULU AND AROGYAVARDHINI VATI IN THE MANAGEMENT OF MEDOROGA W.S.R.TO HYPERLIPIDEMIA

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ABSTRACT :

The people know what to eat but they don't know how to eat? Even other medical science are very little aware about dietetic rules. *Acharya Charaka* has mentioned *Aharvidhividhana* he dietetic rules and codes of conduct for every season. Now-a-days people do not follow the rules of diet intake and regimen mentioned in *Ritucharya*. This has invited increased incidence of disease like *Amlapitta*, *Prameha*, *Rakta Vata*, *Medoroga* etc. In context of *Medoroga*, *Madhukosha* mentions *Sneha* as the factor from which *meda* is formed. All the *Dhatu* nourishes mainly by *Sneha*. So excess intake of fat leads to excess deposition of lipid in the body. Two groups were registered to compare the effectiveness of *Navak Guggulu* and *Arogyavardhini vati* in above disease. In group A, out of 30 patients, 6 patients (20.0%) were Effectively cured, 10 patients (33.33 %) had *Moderate* improvement, 9 (30.0%) patients had mild improvement, while 5 patients (16.7 %) showed insignificant result. In group B, out of 30 patients, 4 patients (13.3 %) got Effectively cured, 11 patients (36.66 %) had *Moderate* improvement, 9 (30%) patients had mild improvement while 6 patients (20 %) showed insignificant result. It means *Navak Guggulu* is highly effective remedy for *Medoroga* (Hyperlipidemia) as compared to *Arogyavardhini vati*.

Keywords : Hyperlipidemia, *Sneha Medoroga*, Obesity, *Ritucharya*

INTRODUCTION: Today is the era of modernization and fast life. Everybody is busy and living stressful life. Consumption of fast foods having high calories is also increasing. Man has achieved every comfort of living and is ignoring physical activity and so the fat along with cholesterol is increasing in his body which has invited disorders like Hyperlipidaemia, Hypertension and heart disease. Now a days, *Medoroga* i.e., Obesity is the fifth leading risk of global deaths. At least 2.8 million adults die each year as a result of being overweight. In addition, 44% of Diabetes

burden, 23% of Ischemic heart disease burden and between 7% to 41% of certain cancer like CA Esophagus, C.A. pancreas, Colon, C.A. breast etc. are attributable to overweight and Obesity. Due to prolonged intake of modern medicine one may face the adverse effect of these modern medicines. In most of cases, patients need to be treated with more than one group of medicine. It becomes costly too. *Ayurvedic* medicines by the means of its *dosha shaman* and *shodhan* property may prove to be better option in present situation. The present work is an effort to establish the phenomenon of

Medoroga and Hyperlipidemia on the basis of Ayurvedic principles and to treat the same by safe, economic, and effective herbal formulation based upon proposed theory of *Medoroga*.

AIM AND OBJECTIVES:

To study the aetiopathogenesis of *Medoroga*(obesity) and *Hyperlipidemia* according to both *Ayurveda* and modern science.

To assess the Comparative effect of *Navak Guggulu* & *Arogyavardhini Vati* in the management of *Medoroga* & *Hyperlipidemia*.

INCLUSION CRITERIA:

Patients willing for the trial & able to participate for 6 weeks after consent

Patients suffering from both *Medoroga* and *Hyperlipidemia* (Particularly high cholesterol & LDL)

- i. BMI >30
- ii. Total cholesterol (mg/dl) ->200, LDL (mg/dl)->130, VLDL(mg/dl)->35, Triglycerides->150 mg/dl
- iii. Patient's age between 16-70 years.

EXCLUSION CRITERIA:

- i. *Medoroga* due to endocrinal disorder like Hypothyroidism, Cushing syndrome etc.
- ii. Drug induced obesity and *Hyperlipidemia* such as long-term intake of OCP, Beta Blockers & corticosteroids

SHOWING EFFECT ON SYMPTOMS SCORE OF 60 PATIENTS OF MEDOROGA:

S.N	Symptoms	Group A				Group B			
		BT	AT	Diff	% relief	BT	AT	Diff	% of relief
1	<i>Kshudra shwasa</i>	58	25	33	55%	57	18	39	65%
2	<i>Pipasa-atiyoga</i>	31	20	11	18.33%	31	22	9	15%
3	<i>Nidra-adhikaya</i>	66	23	43	71%	58	53	5	8.33%
4	<i>Daurbalya</i>	55	19	36	60%	36	6	30	50%
5	<i>Sandhi-shoola</i>	77	23	54	90%	61	23	38	63.33%
	Avg. Score	57.4	22	35.4	58.86%	48.6	24.4	24.2	40.33%

iii. Patient with evidence of malignancy.

DRUG DETAILS: AROGYAVARDHINI VATI NAVAK GUGGUL:

Ref No: R R. *Samuchchaya* (20/93)
B. *Ratnavali Medoroga chikitsa* (39/43)

- Dose: 2 gm. daily in two divided dose
- Route of Administration : Oral
- Time of Administration : After meals
- Duration of therapy : 45 days
- Anupan : Luke warm water

RESEARCH METHOLOGY:

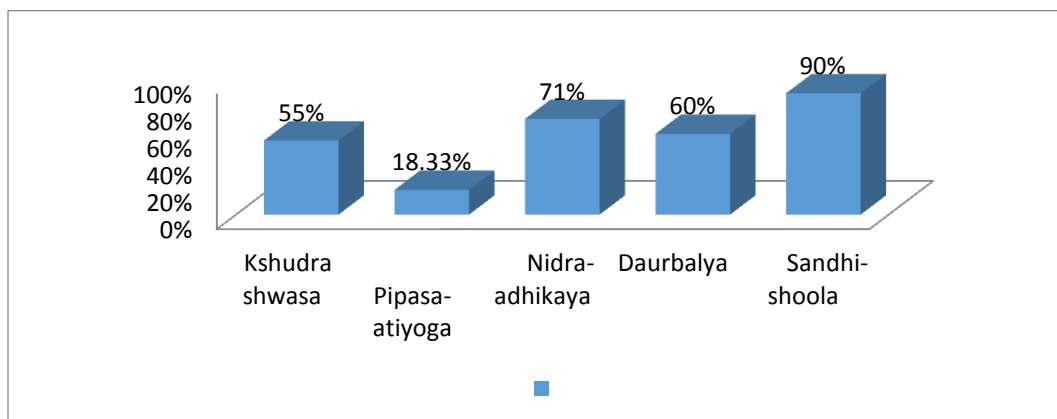
- i. **Study type:** Interventional
- ii. **Masking:** Open comparative study
- iii. **No of groups:** 2
- iv. **Sample size:** 30 patient in each group
- v. **Study site:** O.P.D. /I.P.D. wing of P.G. Department of Kayachikitsa, Shubhdeep Ayurved medical college & Hospital, Indore.

SUBJECTIVE CRITERIA: *Kshudra Shwasa* , *Pipasa-atiyoga*, *Nidradhikaya* , *Daurbalya*, *Sandhi-Shoola* .

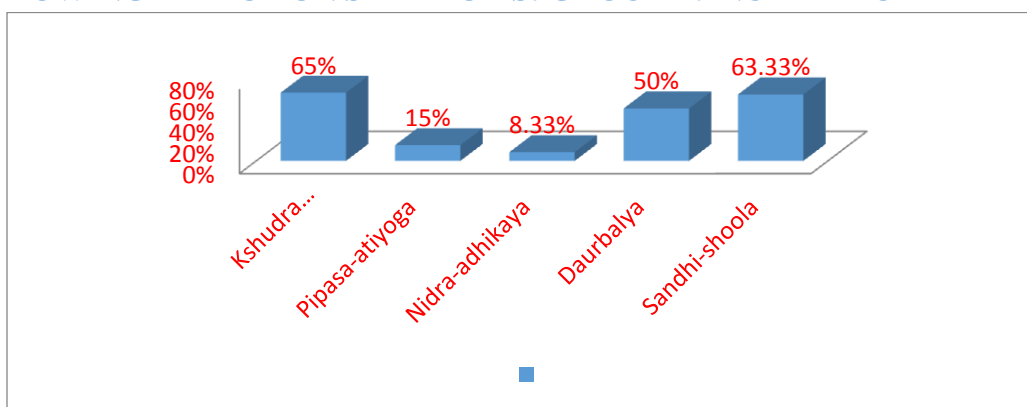
OBJECTIVE CRITERIA: Serum cholesterol level, LDL level, Weight.

TIME LINES:-Total Study Period: Till the enrollment of required no. of patients.
Treatment Period: 45 days, **Follow up Period:** 15 days.

1. SHOWING EFFECT ON SYMPTOMS: GROUP- A



2. SHOWING EFFECT ON SYMPTOMS: GROUP B: NUMBER OF PATIENTS



EFFECT OF THERAPY ON SYMPTOM SCORE:

It was observed that overall % relief was more in Group A (58.86%) than in Group B (40.33%). The symptoms *Kshudra-Shwasa*, *Pipasa-atiyoga*,

Nidradhikaya, *Daurblaya* and *Sandhi-Shoola* were studied as described in table. Percentage relief of all the Symptoms except *Kshudra-Shwasa* is more in group B.

RESULT: TOTAL EFFECT OF THERAPY

I. Effect of therapy in Group A

Effect of therapy	Number of patients	Percentage
Insignificant	5	16.7
Mild Improvement	9	30.0
Moderate Improvement	10	33.3
Effective cured	6	20.0
Total	30	100.0

II Effect of therapy on group B

Effect of therapy	No of patients	Percentage
Insignificant	6	20.0
Mild Improvement	9	30.0
Moderate Improvement	11	36.7
Effective cured	4	13.3
Total	30	100.0

COMPARISON OF EFFECT BETWEEN BOTH GROUPS

Effect of therapy	Groups		Total
	Group A Frequency %	Group B Frequency %	
Insignificant	5 16.7%	6 20.0%	11 18.3%
Mild Improvement	9 30.0%	9 30.0%	18 30.0%
Moderate Improvement	10 33.3%	11 36.7%	21 35.0%
Effective cured	6 20.0%	4 13.3%	10 16.7%
Total	30 100.0%	30 100.0%	60 100.0%
p>0.05			

TOTAL EFFECT OF THERAPY: In group A, out of 30 patients, 6 patients (20.0%) were Effectively cured, 10 patients (33.33 %) had Moderate improvement, 9 (30.0%) patients had mild improvement, while 5 patients (16.7 %) showed insignificant result. In group B, out of 30 patients, 4 patients (13.3 %) got effectively cured, 11 patients (36.66 %) had Moderate improvement, 9 (30%) patients had mild improvement while 6 patients (20 %) showed insignificant result. It means *Navak Guggulu* is highly effective remedy for *Medoroga* (Hyperlipidemia) as compared to *Arogyavardhini vati*.

DISCUSSION: *Medoroga* is one of the common problem of *Medovaha Srotas*. It is *Amashya Samuttha vyadhi* caused due to disturbance of Agni, excessive diet and behavioral pattern along with high consumption of junk and oily food. Its pathogenesis depends on factors like *Agnimandya*, *Ama* and *Medovaha srotodushti* along with vitiation of *kapha* and *Vata* leading to the qualitative and quantitative changes in *kledaka Kapha*. Ayurvedic medicine is very effective in this disease because it has the potential to not only suppress the lipid production to optimal level but also offers the advantage

of *koshtha shudhi* so that newly formed lipid would be normal in both quality and quantity.”

a) **THE REASON FOR THE SELECTION OF MEDOROGA DISEASE:**

Now a day, Medoroga is very common problem in our society. It is observed that Ayurvedic medicine has significant effect on *Medoroga*. It is related to *Kayachikitsa* discipline. So, *Medoroga* disease is chosen for present clinical study.

b) **THE REASON FOR THE SELECTION OF DRUG:**

Clinically and literally it has been seen that *Navak Guggulu & Arogyavardhini Vati* has specific effect on *Medoroga*. *Medoroga* is *kapha Dosha* dominant disease. Contents of *Navak Guggulu & Arogyavardhini Vati* has *Kapha shamaka* property and clinically this drugs are commonly used by physicians to treat Hyperlipidemia. According to Ras ratna *Samuchchaya* (20/93) & B. Ratnavali *Medoroga chikitsa* (39/43) *Navak Guggulu & Arogyavardhini Vati* have effect on *Medoroga*. Its content also has *Kaphashamaka* property. So both drugs are selected to know their probable mode of action and clinical efficacy in *Medoroga* according to Ayurvedic concept.

c) **PROBABLE MODE OF ACTION OF MEDICINE**

1. NAVAK GUGGULU- Contents of *Navak Guggulu* such as *Triphala* and *Trikatu* have *deepana pachana* property whereas *Guggulu* and *Triphala* are *Lekhana* in nature. *Triphala* in addition is mild laxative. Overall *Navak Guggulu* has *Kapha* and *Vatashamaka* property due to *Ushna Virya* and *Katu rasa*. Due to presence of above drugs, *Navak Guggulu* works better in

Medoroga having *samavastha* of *Kapha dosha*.

2. Arogyavardhini Vati: Contents of *Arogyavardhini Vati* include *Loha bhsama*, *Abhrak bhsama*, *Tamra Bhsama*, *Shilajeet*, *Triphala*, *Kutki*, *Chitrak mool* and *Nimba swaras*. It has dravyas with predominance of *Tikta* and *Katu rasa*, among which *Tikta* is having property of *Kleda-Meda-Vasa-Majja-Pitta* and *Shleshma (Kapha) Upashoshana*. At the same time, with help of *Deepana-Pachana Karmas* it reduces *Ama* which ultimately leads to reduction of *Medodhatwagnimandya*. In addition to that it also leads to *Lekhana* of *dhatu*s. *Abhrak basma* has *tridosha shamaka* property and pacify *kaphadosa* thus maintaining natural metabolism. *Shilajeet* is a *Rasayana* along with *kaleed shoshak* and *dhatuagni vardhak*.

d) **The Reason of better result of Navak Guggulu than Arogyavardhini Vati.**

1 On the basis of Ayurveda concept - *Navak Guggulu* has lots of constituents. Few are *Tridoshshamaka*, few are *pitta-kaphashamaka* and remaining are *vatakaphashamaka*. Contents of *Navak Guggulu* such as *Triphala*, *Trikatu*, *Trimada* and *Guggulu* works better on *manas-meda-dhatu* along with *lekhan* and *Ama pachana* property as compare to *Arogyavardhini Vati*. Hence *Navak Guggulu* is comparatively much better medicine with respect to *Arogyavardhini Vati*.

2 On the basis of experimental study: On the basis of observation and clinical finding described in clinical study, *Navak Guggulu* is comparatively better medicine than *Arogyavardhini Vati* as it has shown more

relief in symptoms considered for present study

OBSERVATIONS AND RESULT:

1) Medoroga in relation to marital status:

Majority of patients i.e. 63.3% were married. No data or study from Modern science or Ayurvedic science reveals any relationship between Medoroga and marital status.

CONCLUSION:

1. On the basis of concept:

i. Medoroga is a psycho-somatic disorder caused due to mandagni and vitiation of Kaledak kapha.

ii. In modern era, high consumption of junk and oily food along with anxiety and depression are main cause of Medoroga.

iii. Medoroga is a tridoshaja vyadhi with predominance of Kapha dosha.

iv. Kshudra-Shwasa, Pipasatiyoga, Nidradhikaya, Daurblaya and Sandhi-Shoola are inevitable manifestations of Medoroga.

v. Acharya Charaka has mentioned Aharvidhividhana, the dietetic rules and codes of conduct for every season. Now-a-days people do not follow the rules of diet intake, Regimen mentioned in Ritucharya. This has invited increased incidence of Medoroga.

vi. "Sedentary life style is one of the main reason for this disease.

vii. Agnimandya, Ama and Srotodusti are the prime factors in the manifestation of the Medoroga.

viii. Medoroga if becomes chronic and the vitiation of the dosha lead to other conditions like Kshudra-Shwasa, Pipasatiyoga, Nidradhikaya, Sandhi-Shoola .etc.

ix. Ischemic heart disease, CA Esophagus, CA pancreas, Colon, CA breast etc. Of the Medoroga states that severity of agnidushti.

x. Pathyapthya plays definite role in the management of Medoroga.

xi. Drug having properties like Deepana, pachana, and lekhan are useful in the treatment of Medoroga.

2. ON THE BASIS OF OBSERVATION:

i. Patients having Kapha-Vata Prakriti are more affected by this disease than other Prakriti.

ii. Patients of Middle age group are more affected by this disease than other age group.

iii. Female are more affected comparative to male by this disease.

iv. Patients having mental stress are more affected by this disease.

v. Patients having mixed in diet are more affected by this disease than veg. die

3) On the basis of results:

i. The overall effect of the Navak Guggulu with proper diet and regimen was more significant and better than the effect of the Arogyavardhini Vati after treatment and even follow-up.

ii. No any side effects or adverse effects were observed during the study.

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