



**CLINICAL EVALUATION OF RASAYANA EFFECT OF GUDUCHI
SVARASA IN APPARENTLY HEALTHY INDIVIDUALS**

¹Singh Mukti Manki Mita,

²Bhatnagar Shailza

¹MD 3rd Year, Dept. of Maulika Siddhanta & Samhita, National Institute of Ayurveda, Jaipur, India.

²Assistant Professor, Dept. of Maulika Siddhanta & Samhita, National Institute of Ayurveda, Jaipur, India.

ABSTRACT

Introduction- The people who appear healthy in fact are accustomed to many health troubles in routine such as digestive problems, low strength, stress and insomnia. In *Ayurveda rasayana* has been placed under *svasthya urjaskara* type of class of medicine which are basically intended to promote health of healthy individuals. *Guduchi (Tinospora cordifolia)* is described as a *rasayana* which enhances longevity and memory, alleviate diseases resulting in total gain of physical and mental health. **Aims and Objectives**-To evaluate the effectiveness of *Guduchi svarasa* in terms of physical and mental health based on different subjective parameters of *rasayana* in apparently healthy individuals. **Materials and Method** – Forty apparently healthy individuals were given fresh *Guduchi svarasa* in the dosage of 40ml/day empty stomach in the morning for 2 months with a follow up period of 4 weeks. **Result-** The result was found extremely significant in *jarana shakti, sharirika bala, mala-pravriti, nidra, dhriti and varna* among different subjective parameters. **Conclusion-** Improvement was seen in overall health in apparently healthy individuals.

Keywords: *Rasayana, Guduchi svarasa, Ayurveda.*

INTRODUCTION - Desire of long and healthy life has been cherished by the man since ages.ⁱ *Ayurveda* aims at maintenance of health in healthy individuals and prevention and cure of the diseased one.ⁱⁱ A very unique and scientific concept of *rasayana* therapy has been mentioned in this traditional science which has gained tremendous popularity nowadays and is being practiced by *Ayurveda* practitioners in wide perspectives. Among the single *dravya* therapy *Guduchi (Tinospora cordifolia)* is one of the commonly used *rasayana* drugs. Many works have been carried out on disease curing effect of *Guduchi* and its immunomodulation effect but very limited work has been done on clinical evaluation of its *rasayana* properties in terms of improvement of physical and psychological health.

Guduchi is a cost-effective drug, holding *rasayana* property and capable of alleviating many disorders. Expansion and innovations of modern medical science have led to enhanced life span and better treatment of many diseases but the health in terms of total physical and mental well-being still needs to be pondered upon. The present study was taken to evaluate the effectiveness of *Guduchi svarasa* in terms of physical and mental health based on simple classified *samhita* based parameters in apparently healthy individuals. The hypothesis was that administration of *Guduchi svarasa* in apparently healthy individuals will benefit them with improvement in overall health.

MATERIAL AND METHODS- 40 Apparently healthy volunteers willing to participate in the trial were selected from

the campus of NIA, Jaipur. Written informed consents were taken from each individual. *Vatatapika* method was adopted for administration of *rasayana*. Forty apparently healthy individuals were enrolled into the study and given *samshodhana* with *haritkyadi churna* with warm water followed by light diet daily for 3-7 days (depending on *koshthashudhi*). Then from the next morning fresh *Guduchi svarasa* in the dosage of 40ml/day was given empty stomach for 2 months with a follow up period of 4 weeks. The participants were directed not to interfere with their routine. They were advised to follow their personal routine as before the intervention including diet, exercise etc.

ASSESSMENT CRITERIA-Based on the benefits of *rasayana* mentioned by sages and definition of health given by different *acharya*, a questionnaire was designed to assess the subjective parameters related to health.ⁱⁱⁱ This is as follows

AGNI i) Abhyaharana shakti

- Does not feel hungry at all - 0
- Feels little hungry and takes very less quantity of food - 1
- Moderate hunger with moderate quantity of food thrice a day - 2
- Good hunger with normal quantity of food thrice a day - 3

ii) Jarana shakti

- No feeling of *utsaha*, *laghuta*, *udgara shudhi*, *kshudha trishna* after 4-5 hours of taking food - 0
- Feeling of 1 to 2 symptoms after 4-5 hrs of taking food - 1
- Feeling of 3 to 4 symptoms after 4-5 hrs of taking food - 2
- Feeling of all above symptoms after 4-5 hrs of taking food - 3

BALA: i) Sharika bala

- No energy to do routine work - 0
- Very less energy to do routine - 1

- Moderate energy to do routine work - 2
- Enough energy to do routine work - 3

ii) Mansika bala

- Very less mental strength - 0
- Moderate mental strength - 1
- Good mental strength - 2
- Very good mental strength - 3

iii) Vyadhikshamata bala

- Falls sick frequently and needs medication in 15 days - 0
- Falls sick and needs medication every month - 1
- Falls sick occasionally - 2
- Fall sick rarely - 3

MALA PRAVITTI

- Severe constipation in routine and need some medicine - 0
- Constipation present most of time and need some medicine - 1
- Constipation occasionally present - 2
- No constipation / normal bowel habits - 3

NIDRA

- <5hrs/ day and interrupted - 0
- 5-6hrs/day and interrupted - 1
- 7-8hrs/day but do not feel fresh and energetic after waking up - 2
- 7-8 hrs sound sleep & feels fresh and energetic after waking up - 3

MEDHA/PRAGYA SHAKTI: i) Dhi

- Unable to take decision and is dependent on others - 0
- Takes decision with difficulty with help of others - 1
- Takes decision but no stability - 2
- Good decisive capacity and stability - 3

ii) Dhriti

- No grasping and retaining power - 0
- Very less retaining power - 1
- Average retaining power - 2
- Good retaining power - 3

iii) Smarti

• No memory power	- 0	gadgad, kshina, deen, anukirna (no pause between two sentences) svara are abnormal type of speech. ^{iv}
• Very less memory power	- 1	
• Average memory power	- 2	
• Good memory power	- 3	
VARNA		
• Presence of blemishes and extremely dry /oily skin	- 0	• presence of 6-7 features -0
• Some blemishes and somewhat dry / oily skin	- 1	• presence of 4-5 features -1
• No blemishes , less lustre	- 2	• presence of 2-3 features - 2
• Normal complexion with lustre	- 3	• normal voice, absence of all features - 3
SVARA	<i>-Sukshma, grasta (sarvathaanucharita), avayakta,</i>	

OBSERVATION AND RESULTS-

Statistical analysis was done the help of Paired t- test.

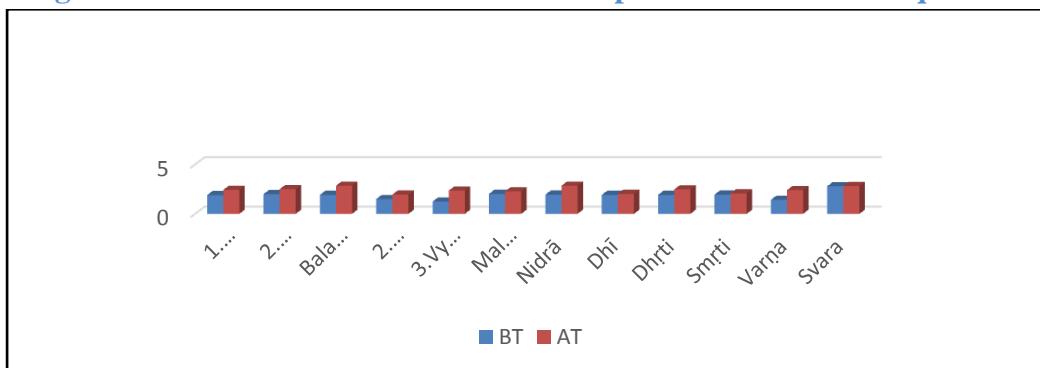
Table No. 1 Effect of Guduchi svarasa on simplified samhita based questionnaire

SYMPTOMS	BT	AT	DIFF .	S.D.	SEM	%	P- VALUE	SIG .
<i>Agni- 1. Abhyaharaṇa Shakti</i>	1.9 5	2.42 5	0.525	0.371 2	0.058 6	22 %	< 0.0001	ES
<i>2. Jarana Shakti</i>	2	2.5	0.5	0.353 5	0.055 9	20 %	< 0.0001	ES
<i>Bala- 1. Sharirika Bala</i>	1.92 5	2.85	0.925	0.654 0	0.103 4	32 %	< 0.0001	ES
<i>2. Mānsika Bala</i>	1.5	1.95	0.45	0.318 1	0.050 3	23 %	< 0.0001	ES
<i>3. Vyādhikṣhamatva</i>	1.25	2.35	1.1	0.777 8	0.122 9	47 %	< 0.0001	ES
<i>Malapravriti</i>	2.02 5	2.27 5	0.25	0.176 7	0.027 9	11 %	0.0078	VS
<i>Nidra</i>	1.95	2.85	0.9	0.636 3	0.100 6	32 %	< 0.0001	ES
<i>Medha-1.Dhī</i>	1.92 5	2.02 5	0.1	0.070 7	0.011 1	10 %	0.125	NS
<i>2.Dhriti</i>	1.92 5	2.47 5	0.55	0.388 9	0.061 4	55 %	< 0.0001	ES
<i>3.Smṛti</i>	1.95 5	2.07 5	0.125	0.088 3	0.013 9	13 %	0.0625	NQ S
<i>Varna</i>	1.42 5	2.4	0.975	0.689 4	0.109 0	98 %	< 0.0001	ES
<i>Svara</i>	2.8	2.82 5	0.025	0.017 6	0.002	3%	> 0.9999	NS

*E.S. -Extremely Significant, V.S. – Very significant N.Q.S. - Not quite Significant N.S. -

Not Significant

Fig No.1: Effect of Guduchi svarasa on simplified samhita based questionnaire



DISCUSSION- The approach of Ayurveda is totally holistic. So, the different parameters of health are *agni*, *bala*, *medha* and *nidra* etc. which indicate physical built, working capacity, tolerance to disease, appropriate functioning of all the systems viz. digestive, circulatory, respiratory, excretory, reproductive and nervous system. The *rasayana* are mentioned to improve all of those.

Agni- The *agni* was assessed in the terms of *abhyharana shakti* and *jarana shakti*,^v in which result was found extremely significant. *Guduchi* has been mentioned as *dipaniya* in classical texts.^{vi} It is also clearly explained in classical texts that *rasayana* increases *agni* due to *prabhava*. Moreover, *ushna virya* of *Guduchi* is also responsible for improvement in digestion. So, the study proves its *agnivardhaka karma*.

Bala- *Bala* was categorised into 3 types- *sharirika*, *mansika*, *vyadhiksmatva bala*. All three parameters showed extremely significant result. These are due to its *brihana*, *tridosamana*, *dhatusamya* properties of *Guduchi*.

Mala- Pravriti- In case of *mala pravriti* result was very significant. It indicates the action of *Guduchi* as *vibandha prashamana* as told by *acarya Caraka*.

Nidra- Effect on *nidra* was found to be extremely significant. In case of *nidra*, the

volunteers reported an improvement in the quality of sleep and feeling of freshness and energetic after waking up. Statistically the result was found extremely significant. It is signifying the *kapha dosha shamana* and relaxant properties of *Guduchi*.

Medhā -The *medhā* was assessed in the terms of *dhi*, *dhriti* and *smriti*. Effect on *dhriti* was found to be extremely significant. *Acarya Vaghbhatta* has mentioned that *tikta rasa* has *medhya* properties and mainly acts by *acintiya virya* i.e. *prabhava*.^{vii} In case of *dhi* & *smriti*, there was no change observed which might be due to short duration of therapy.

Varna- A noticeable improvement was seen in *varna* (complexion, blemishes, lustre). It signifies *rakta-pitta prashamna karma* of *Guduchi* on *bhrajaka pitta* which is responsible for skin-colour.

Svara- As far as *svara* (voice) is concerned, all the volunteers were healthy and having no abnormality regarding voice, so no change was observed.

The *rasayana* act at different levels such as at level of *rasa*, *agni*, and *srotas*. The *rasayana* drugs are rich source of nutrients, so they directly enrich the *rasa* and other *dhātus*. At the level of *agni*, these drugs act by stimulating and improving the function of *agni*. At the level of *srotas*, these drugs improve the

circulation of *rasa* by opening and cleaning the micro channels and then ultimately nourish all the body tissues.

CONCLUSION- The administration of *Guduchi svarasa* has shown positive effects on the parameters of *rasayana*. It improves the digestive capacity, physical strength, mental strength, immunity, sleep, complexion and lustre of skin in healthy individuals. *Guduchi svarasa* is affordable and feasible measure which can be adopted in the form of health promoter and preventive measure.

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Corresponding Author:

Dr. Singh Mukti Manki Mita,P.G.Scholar, Dept. of Maulika Siddhanta & Samhita, National Institute of Ayurveda, Jaipur, India.

Email- muktimmsingh@gmail.com;

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Declared

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