

**CLINICAL STUDY TO EVALUATE THE EFFICACY OF ASHWAGANDHA MODAKA
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ABSTRACT

Swasthavritta is a science of Health, which prescribes the theory, and practice of the maintenance of public and private health. Swasthavritta in Ayurveda means maintenance of the health of an individual. Malnutrition is a term which is defines as deficiency of nutrition, generally consists of both the terms under-nutrition and over nutrition. Karshya is a clinical condition that can be correlated with under nutrition in which body gets emaciated gradually. Among the eight socially undesirable physical state mentioned by Charaka, Karshya has been categorised under nutritional deficiency. Altered function of Vayu and Agni leads to insufficient production of Rasa Dhatu. Upashoshan of Rasa Dhatu takes place leading to Dhatu Kshaya chronologically. Hence the patient of Karshaya suffers from indigestion, malabsorption, defective metabolism. So, the purpose of my study is to provide an Ayurvedic management and prove the efficacy of Ashwagandha Modaka in the management of Karshaya.

KEYWORDS: Ayurveda, Karshya, Under Nutrition, Ashwagandha Modaka.**INTRODUCTION**

Ayurveda, the science of life, which has the primary aim as to preserve the health of healthy individual laid down all the preventive principles which are necessary in maintenance of health under the subject Swasthavritta, which is known as Preventive and Social Medicine or Community Medicine in modern medical science. The concept of Swasthavritta is pioneer in the field of medicine propagated by our ancient seers and is basic need for building a healthy society. Swasthavritta mainly emphasizes on following a proper daily regime as well as seasonal regime. Many diseases are known to afflict human being these includes infectious, metabolic, genetic and nutritional deficiency disorder. Out of these nutritional diseases are by far the most common throughout the world, among them protein energy malnutrition is the commonest one. Malnutrition is a term which is defines as deficiency of nutrition, generally consists of both the terms under-nutrition and over nutrition. Karshya is a disease in which the body get emaciated gradually. Karshya results from the interaction of poor quality diets and poor –quality healthcare environments and behaviours. In today's busy era people are not able to follow proper diet and life style, so are their children leading to disturbed gastrointestinal and

metabolic functions. In dissertation of Ayurveda Karshya is mentioned as an undesirable clinical condition because untreated cases of Karshya become susceptible to major diseases, like Pleeha, Kshaya, Kasa, Gulma, Udar, Grahani. Ultimately the patients of Karshya subjected to Bala Hani and proceed towards death. Ashwagandha, Ghrita and Guda are among many drugs prescribed by Acharya Sushruta for Karshya Chikitsa. (Su.Su.15/40). In the present study all the three drugs were been prepared as Ashwagandha Modaka for treating Karshya.

AIM & OBJECTIVES

To study the effect of Ashwagandha Modaka in Karshya.

MATERIAL AND METHODS

Raw materials required for the preparation of Ashwagandha Modaka were collected from the local market. The formulation was prepared as per the reference of Sushruta Sutra Sthana 15/40. The ingredients of Ashwagandha Modaka are Ashwagandha, Ghrita and Guda. In the present study all the three drugs were been prepared as Ashwagandha Modaka for treating Karshya. As Ashwagandha Modaka is an oral

therapy and it can be taken safely at home without the necessity of coming to hospital every day.

Source of Data

30 Patients fulfilling the criteria of study were registered for this study. The patients were selected from the O.P.D and I.P.D. of the Rani Dullaiya Smriti Ayurved P. G. Mahavidyalaya Evam Chikitsalaya, Bhopal (M.P.) on the basis of Inclusion and Exclusion criteria.

Inclusion criteria

- Patients presenting the classical sign and symptoms of Karshya.
- Age between 16-70yrs. (Madhyama Awastha), irrespective of sex, caste and religion.
- BMI less than 18.5 in both the sexes.

Exclusion criteria

- Below 16yrs and above 70yrs.
- Patients having serious systemic disease like hypertension, diabetes, renal dysfunction, TB, Juvenile DM, Congenital anomalies.

Criteria of Assessment

- Atikarshya
- Trishnadhikya
- Aruchi
- Nindra Kshaya

Effect of Ashwagandha Modaka on Karshya

Consideration of overall effects provided by Ashwagandha Modaka on Karshya showed 0% patients with complete remission, marked improvement was found in 30% patients and 70% patients got moderate improvement. There were no patients with mild improvement or in unchanged group.

DISCUSSION

Ashwagandha is a Madura Vipaka drug but Laghu and Snigdha in Guna. Its Madura Vipaka and Snigdha Guna increases the Kapha Guna in body and Laghu Guna helps in easy digestion of the drug. Ghrita is also Madhura Vipaka increasing Kapha Guna in body. Guda is also Madhura and Snigdha Guna increasing Kapha Guna in body hence helps to increase weight. As Ashwagandha Modaka is an oral therapy and it can be taken safely at home without the necessity of coming to hospital every day.

Probable Mode of Action of Ashwagandha Modaka

Madhura vipaka, Snigdha Guna Increases Kapha and decreases Vata Cures Karshya

CONCLUSION

Ashwagandha Modaka possess the Madura Vipaka, Laghu and Snigdha Guna due to which Kapha Guna increases in the body. Therefore, Ashwagandha Modaka is effective in Karshya.

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