

**ROLE OF DADIMASHTAKA CHURNA IN THE MANAGEMENT OF GRAHANI DOSHA  
W.S. R. TO DISEASE PREVALENCE IN SCHOOL GOING CHILDREN****Dr. Ranjit Narang<sup>1\*</sup>, Dr. Moti Rai<sup>2</sup> and Dr. Sandeep Kamble<sup>3</sup>**<sup>1</sup>Lecturer, Department of Kaumarbhritya, Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya evam Chikitsalaya, Bhopal (M.P.) India.<sup>2</sup>Prof., Dept of Kaumarbhritya, Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya evam Chikitsalaya, Bhopal (M.P.) India.<sup>3</sup>Reader, Department of Kaya Chikitsa, Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya evam Chikitsalaya, Bhopal (M.P.) India.**\*Corresponding Author: Dr. Ranjit Narang**

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**ABSTRACT**

Ayurveda described *Grahani Dosha* as a disease which mainly affects children susceptible to infectious diseases. *Grahani Dosha* is considered disorders of *Annavaha Srotasa* involving bad dietary habits (*Adhyashana*, *Samashana* & *Viruddhashana*) and faulty life style (*Ratri Jagarana* and *Vega Vidharana*). The organ *Grahani* related with *Agni* therefore any impairment of *Agni* (*Agni Dushti*) may leads *Grahani Dosha*. It is believed that growing children are more prone to be affected by *Agni Dushti* due to lack of *Bala* and external infections. Therefore prevalence of *Grahani Dosha* is very common in children especially belongs from unhygienic environmental conditions. Ayurveda mentioned different approaches for the management of *Grahani Dosha* including traditional Ayurveda formulations. There is a great need to focus in this area since spread of *Grahani Dosha* increases day by day due to the disturb dietary and living regimen. Considering all these aspect present study was planned to ascertain effect of *Dadimashtaka churna* in the management of *Grahani Dosha*. Study observed that ayurveda formulation *Dadimashtaka churna* offers appreciable relief in the symptoms of *Grahani Dosha*.

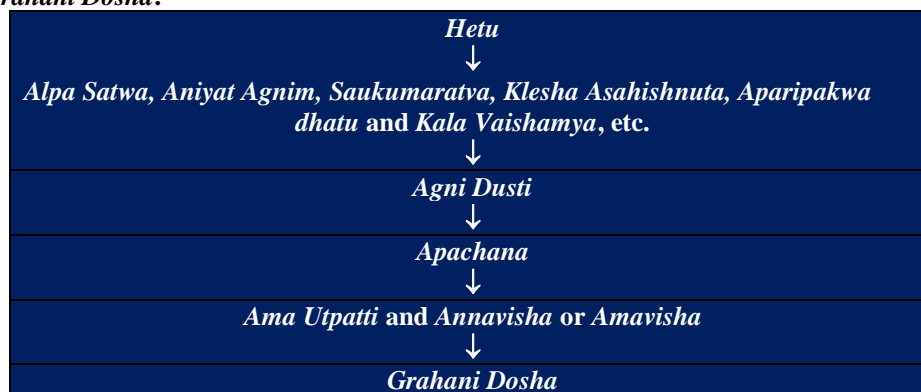
**KEYWORDS:** *Ayurveda, Grahani Dosha, Dadimashtaka churna, Agni Dushti.***INTRODUCTION**

*Grahani* the term specifically describe for the site of *Agni* situated above *Nabhi*, which support process of digestion. The disturbance in normal functioning of *Agni* initiates *Agni Dushti* which further causes *Grahani Dosha*. *Grahani Dosha* involves derangement of *Agni* and the *Mandagni* is mainly considered responsible for *Grahani Dushti*. The disease also associated with other pathological conditions such as; *Apachana, Ama Utpatti*

and *Annavisha*. There are various etiological factors which triggered pathogenesis of *Grahani Dosha* such as; improper dietary & living regimen, unhygienic environmental condition, lack of internal immunity, stress, anger and presence of other diseases also initiates early symptoms of *Grahani Dosha*. The pathogenesis of *Grahani Dosha* triggered by these factors depicted in Figure 1.

**Samprapti Ghataka of Grahani Dosha**

❖ <i>Nidana</i>	<i>Aharaja</i> and <i>Viharaja</i>
❖ <i>Dosha</i>	<i>Kledaka Kapha, Pachaka Pitta &amp; Samana Vayu</i>
❖ <i>Dushya</i>	<i>Rasa</i>
❖ <i>Agni</i>	<i>Mandhya</i>
❖ <i>Srotasa</i>	<i>Rasavaha Srotasa</i> and <i>Annavaha Srotasa</i>
❖ <i>Udbhavasthana</i>	<i>Amashaya</i>

**Samprapti of Grahani Dosha:****Figure 1: Pathogenesis of Grahani Dosha.**

Ayurveda described various treatment options for the management of *Grahani Dosha* and *Dadimastaka Churna* is one of them. The treatment possessing *Deepaniya*, *Pachaniya*, *Brimhaniya* and *Vatanulomana* effect may offers relief in *Grahani Dosha*. The formulation *Dadimastaka Churna* is recommended in *Grahani* by *Bhaisajya Ratnavali* since its ingredients having all these properties. It is believe that the specific action of formulation's ingredient on *Jatharagni* help to control *Grahani Dosha*.

*Dadimastaka Churna* consisted of *Tugashiri Bambusa arundinacea*, *Twak Cinnamomum Zeylanicum*, *Patra Cinnamomum tamala*, *Ela Electtaria cardamomum*, *Nagkeshara Mesua ferrea Adrociium*, *Yawani Apium leptophyllum*, *Dhanyaka Coriandrum sativum*, *Ajaji Cuminum cyminum*, *Granthi Piper longum*, *Nagar Zingiber officinale*, *Maricha Piper nigrum*, *Pippali Piper longum*, *Dadima Punica Granatum* and *Candy sugar*.

**Aim and Objectives**

- To explore concept of *Grahani Dosha*.
- To study pathogenesis of *Grahani Dosha* in the school going children.
- To evaluate, clinical efficacy of *Dadimashtaka Churna* in the management of *Grahani Dosha*.

**MATERIALS AND METHODS****Source of data**

Patients (School going Children) suffering from *Grahani Dosha* were selected randomly from OPD & IPD of Kaumarbhritya, Balaroga Department of Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya Evam Chikitsalaya, Bhopal (M.P.) India.

There are total 30 patients were selected from above sources on the basis of clinical manifestation of *Grahani Dosha*.

**Inclusion criteria**

1. Patients of age group 6-16 years, irrespective of caste, religion, sex and socio-economic status.
2. Patients manifesting the symptoms of acute symptoms of *Grahani Dosha*.

**Exclusion criteria**

1. Patients below 06 years and above 16 years.
2. Patients suffering from Chronic Debilitating Infectious Diseases.
3. Patients of congenital anomalies/hereditary diseases.
4. Patients having other chronic condition.

**Investigation**

- ❖ Blood profile
- ❖ Erythrocyte Sedimentation Rate (ESR)
- ❖ Urine routine
- ❖ Stool microscopic examination

**Assessment Criteria**

Effect of the therapy assessed on the basis of improvement in following:

- ❖ *Muhurbaddha Muhurdravam Mala Pravritti*
- ❖ *Balakshaya*
- ❖ *Alasya*
- ❖ *Trishna*
- ❖ *Arochaka*
- ❖ *Mukha Vairashya*

**Method of Preparation of Dadmashtaka Churna**

First all ingredients of *Dadimashtaka Churna* were dried and finned to powder, all ingredients then mixed together and passed through sieve number 44 to obtain homogenous formulation and packed in air tight container.

**Treatment protocol**

Drug:	<i>Dadimashtaka Churna</i>
Kaal:	<i>Saman Kaal</i> (mid of meal)
Anupan:	<i>Koshna Jala</i>
Mode of Administration:	Orally
Duration:	as 15 days

**RESULT AND DISCUSSION****Improvement in Muhurbaddhata Muhurdravam Mala Pravritti:**

Study observed 31% improvement in first follow up and 42% improvement in second follow up. The result suggested that *Dadimashtaka Churna* destroy the *Samprapti* of *Grahani Dosha* due to its *Agni vraddhikara*

and *Vata Kapha hara* property, which improves digestion.

#### Improvement in *Balakhshaya*

Study observed 37% improvement initially then 46% improvements after second follow up. *Dadimashtaka Churna* having *Dadima* & *Sita* drugs which offers *Balya* property gives strength to the body.

#### Improvement in *Alasya*

The results showed 64% improvement in first follow up which turned to 65% in second follow up. The *Katu Tikta Rasa* and *Laghu guna* helps in the *Samprapti Bhanga* of *Grahani Dosha* which reduces *Ama* and *Kapha* aggravation thus relieve *Alasya*.

#### Improvement in *Trishna*

The improvement in *Trishna* was observed 68% after the first follow up and after second follow up it become 70%. The *Vata Pitta Shamaka* property and *Trishnashamaka Karmukta* gives relieves in *Trishna*.

#### Improvement in *Arochaka*

Initially 79% improvement was observed in *Arochaka* after the first follow up and after second follow up it was noted down 83%. *Dipana*, *Pachana* and *Aruchinashaka* property of the ingredients of formulation relieves symptoms of *Arochaka*.

#### Improvement in *Mukha Vairashya*

Study observed 67% and 69% improvement in first and second follow up respectively. The *Pitta Shamaka* property of the drug pacifies vitiated *Pitta Dosha* and relieves *Mukha Vairasya*.

#### Overall effect of *Dadimashtaka Churna* on *Grahani Dosha*

Study showed that *Dadimashtaka Churna* offers marked improvement in 16.66% patients, 50% moderate improvement and 33.33% mild improvement in *Grahani Dosha*. No patients observed with complete remission similarly no patients found in unchanged group as depicted in Figure 2.

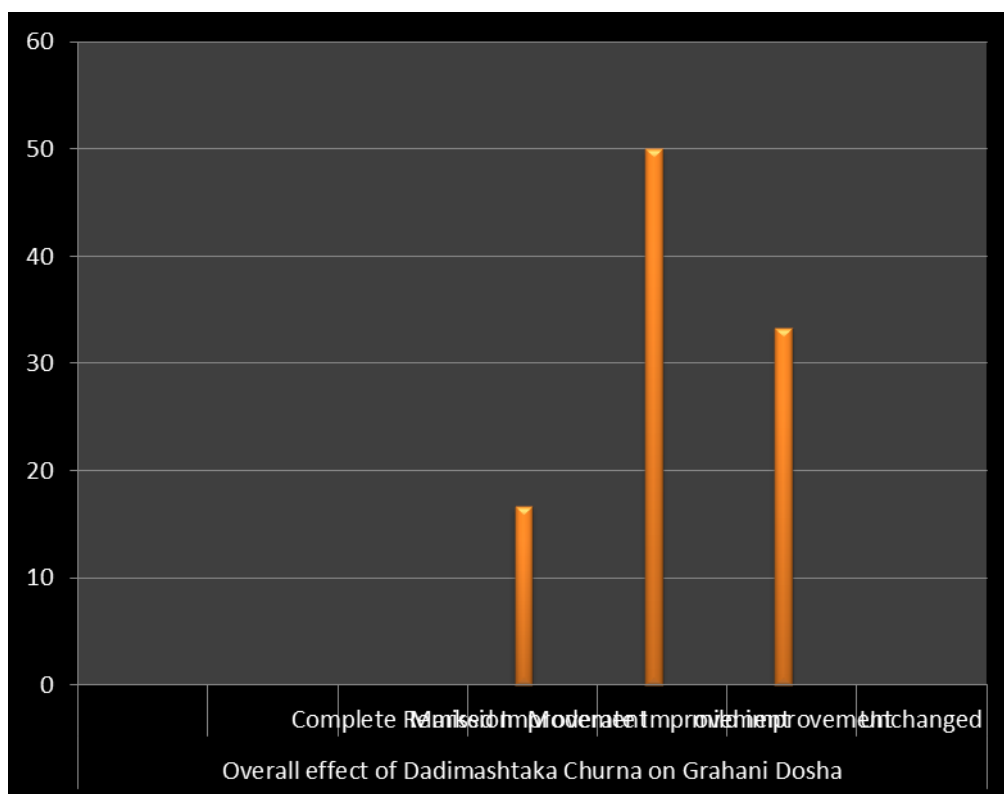


Figure 2: Overall effect of *Dadimashtaka Churna* on *Grahani Dosha*.

#### CONCLUSION

*Dadimashtaka Churna* with *Anupana* as *Koshna Jala* possess *Katu*, *Tikta Rasa*, *Laghu*, *Ruksha*, *Tikshna Guna*, *Katu Vipaka*, *Ushna Virya* and *Deepana*, *Pachana* properties which help to restrict pathological progression of *Grahani Dosha*. *Dadimashtaka Churna* help to control symptoms of diseases such as; *Muhurbaddh Muhurdravam Mala Pravritti*, *Balakhshaya*, *Alasya*, *Trishna*, *Arochaka* and *Mukha Vairasya*. Therefore we concluded that *Dadimashtaka Churna* can be considered

as good treatment option for the management of *Grahani Dosha*. However study on large population is recommended.

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