

ROLE OF BILWADI PANCHAMOOOL GHANA VATI IN THE MANAGEMENT OF STHOULYA

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Introduction

The Ayurveda is a major ancient system of Indian medicines. The Ayurveda postulates human being as a part of the universe and places its unique procedures for the health and happiness in the world. To treat such Sthoulya (Obesity) Charakacharya has told Bilwa Panchamool in Sutra Stana due to Kaphavataghna and medohar property.

Economic growth, modernization, urbanization and globalization of food markets, at the same time large shifts towards less physically demanding work, increasing use of automated transport, technology are just some of the forces thought to underlie the Obesity epidemic.

Sthoulya is chronic disease and not only it affects the body & health but also affects day- today activities of human being. Due to wide spread of the sthoulya and paucity of effective medicines for it the subject is chosen for the study.

Aim:

To study the efficacy of Bilwadi Panchamool Ghana Vati in management of Sthoulya.

Objectives:

To observe the adverse effect of Bilwadi Panchamool Ghana Vati, if any.

MATERIALS

Drug : Bilwadi Panchamool Ghana Vati

No. Of Patients: 30.

Methodology

Inclusion Criteria

Patients was selected on the basis of B.M.I. (Body Mass Index) 25 to 35.

The patient within the age group 18 to 55 years was selected irrespective of sex and constitution.

Exclusion Criteria

Hypertension, diabetes mellitus disease of endocrine glands, and pregnant women

Therapy:

- Route of administration - Oral
- Time – empty stomach and after Dinner
- Dose – 500mg twice a day (rasayan and udan)
- Duration - 3 months
- Anupan – Madhu
- Follow up – After every 15 days.

Study Design:– Exploratory study- An Open Randomised

CRITERIA FOR ASSESSMENT:-

1. SUBJECTIVE PARAMETER:-

Grades of sign and symptoms of sthoulya:

1) **ATIKSHUDHA:**-

On the basis of Aharkal:

Grade 0:	Absent -	Taking diet three times a day (without any supplementary)
Grade 1:	Mild	- Taking diet three times a day (with some supplementary diet)
Grade 2:	Moderate	- Taking diet 3-5 times a day (with supplementary diet)
Grade 3:	Severe -	Taking diet more than 5 time a day (with or without supplementary diet)

2) **ATIPIPASA:**

(on the basis of consumption of water)

Grade 0 : Absent - Average of 2 lit. of water in 24 hrs for drinking

Grade 1 : Mild - More than 3 lit. of water in 24 hrs of drinking

Grade 2 : Moderate- More than 4 lit. of water in 24 hrs of drinking.

Grade 3 : Severe -More than 6 lit. of water in 24 hrs of drinking.

3) Daurbalya (AlpaVyayam):

- Grade 0: Can do routine exercise
Grade 1: Can do moderate exercise without difficulty
Grade 2: Can do mild exercise with very difficulty
Grade 3: Cannot be even mild exercise

4) Kshudraswasa / Ayasenaswasa:

- Grade 0: Dyspnea after heavy work(movement) but relieved soon and upto tolerance.
Grade 1: Dyspnea after moderate work but relived later and up to tolerance.
Grade 2: Dyspnea after little work but relieved later and upto tolerance.
Grade 3: Dyspnea after little work but relieved later and beyond tolerance.

Objective Parameters:-

- 1) Body weight
- 2) Body-Mass Index
- 3) Waist - Hip Ratio
- 4) Mid Arm Circumference

OVERALL ASSESSMENT OF THERAPY:-

- <25 % Relief – Unchanged.
26 - 50 % Relief– Minor improvement.
51 – 75 % Relief – Moderate Improvement.
>76 % Relief – Marked improvement.
100% Relief - Complete remission.

Observations

Before Treatment

	Atikshudha	Atipipasa	Daurbalya	Ayashashwas
Mean Score	2.2667	2.0000	2.0667	1.9667
Standard Deviation	0.44978	0.37139	0.44978	0.41384

After Treatment

	Atikshudha	Atipipasa	Daurbalya	Ayashashwas
Mean Score	1.1333	1.0333	0.6333	0.7333
Standard Deviation	0.43417	0.18257	0.49013	0.44978
Z-Value	-4.919	-5.038	-4.939	-5.069
P Value	<0.00001	<0.00001	<0.00001	<0.00001
Result	Sig.	Sig.	Sig.	Sig.

Objective Criteria

	Body Weight	BMI	Cholesterol	Triglycerides	LDL
t critical	2.04	2.54	1.69	1.54	1.7306
t stat	23.33	21.50	0.000737	0.003599	0.000577
Test	Paired t test	Paired t test	Paired t test	Paired t test	Paired t test
Result	Significant	Significant	In significant	In significant	In significant

Relief of symptoms:

Sr.No	No.of Patients
1.	Less than 25%
2.	Between 26-50%
3.	Between 51-75%
4.	More than 76%
5.	Complete relief 100%

Discussion

Atikshudha:

The overall relief in this symptom was an average 50% which is significant (p value is <0.0001).

Bilwadi Panchamool Ghana Vati is having katu-vipaka and ushna-virya srotoshodhan

properties which releases medasavrutta vayu, regularates agni, gives relief from atikshudha.

Atipipasa:

The overall relief in this symptom was an average 48.33% which is significant (p value is <0.0001).

Bilwadi Panchamool Ghana Vati reduces excessive sweating; maintaining rasa dhatu thus controls atipipasa.

Daurbalya:

The overall relief in this symptom was an average 77.16% which is significant (p value is <0.0001).

Bilwadi Panchamool Ghana Vati reduces the excessive kapha, kleda and abddha shithil mansa-meda so channelizes the proper nutrition of dhatus and reduces daurbalya.

Ayassenashwasa:

The overall relief in this symptom was an average 62.17% which is significant (p value is <0.0001).

The trial drug Bilwadi Panchamool Ghana Vati has katu-vipaka which causes srotansi-vivrunoti and also it reduces meda which leads to relief from ayassenashwasa.

Effect of drug on symptoms in total:

The average% of overall relief in symptoms in detail is 52.22% which is significant (p value is <0.0001).

Effect on body weight:

Body weights of all patients were observed to every follow up. After treatment paired t test was applied which is significant. The t critical value is 2.04 and t stat value is 23.33 which is significant. Effective reduction in body weight could be due to vata-kaphahar properties of Bilwadi Panchamool Ghana Vati.

Effect on body mass index (BMI):

The t critical value is 2.54 and t stat value is 21.50 which is significant this could be due to vata-kaphahar, srotoshodhan properties of Bilwadi Panchamool Ghana Vati.

Effect on bio-chemical parameters:

No significant reduction in values of serum cholesterol, triglycerides and low density lipoproteins observed after completion of the clinical trial. It is observed that Bilwadi Panchamool Ghana Vati was not effective in reducing bio-chemical parameters.

Probable action of the drug –

Kapha and meda dhatu plays a vital role in the pathogenesis of the sthoulya disease. Sthoulya is a santarpanjanya vyadhi and the chikitsa recommended for it by acharya charaka is “guru cha-aptarpana”. Along with kapha and meda which are the main dosha and dushya involved in the pathogenesis of sthoulya So the chikitsa must be focused on alleviating the vata and kapha dosha

By virtue of its properties, Bilwadi panchmool is very well indicated in sthoulya by charak samhita. Madhu here used as anupan is also kaphaghna, yogvahi. Because of its ushna-guna, it works on kapha, meda and vata and brings out kapha-vatashamana. Overall the trial drug breaks the samprapti of sthoulya by regulating agni and pacifying vata and kapha.

Conclusion

The present study entitled “To study the efficacy of Bilwadi Panchamool Ghana Vati in management of Sthoulya – An Exploratory study”

Concludes as-

➤ The Bilwadi Panchamool Ghana Vati was found effective in management of sthoulya for reducing:

Body Weight

Body Mass Index (BMI)

And in symptoms of sthoulya

1. Atikshudha

2. Atipipasa

3. Daurbalya

4. Ayasenashwas

➤ Bilwadi Panchamool Ghana Vati was found In significant in-

Bio- Chemical Parameters – Lipid Profile (serum Cholesterol, Triglycerides, Low Density Lipoproteins)

➤ Bilwadi Panchamool Ghana Vati had no adverse effect found clinically.

➤ Bilwadi Panchamool Ghana Vati was found very cost effective.

➤ Bilwadi Panchamool Ghana Vati was well tolerated in all age groups and various prakruti.

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