

“A comparative study of *Asitakadi Churna* and *Alambusadi Chuna* in the management of *Amavata*.”

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ABSTRACT: -

Amavata is one of the challenging diseases for the physicians due to its chronic nature, difficulty, complications. *Amavata* is the prime disease which makes the person unfit for an independent life. In this study, *Asitakadi Churna* and *Alambusadi chuna* are considered, as both the drugs possess Vata-Kaphahara and Amapachak properties. Here an attempt is made to compare the efficacy of *Asitakadi Churna* and *Alambusadi chuna* in *Amavata* with the title “A Comparative study of *Asitakadi Churna* and *Alambusadi chuna* in the management of *Amavata*” **AIM & OBJECTIVE: -** To compare effect of *Alambusadi chuna* and *Asitakadi chuna* in *Amavata*. **MATERIALS AND METHODS -** The patients were selected from the OPD and IPD of concern institution. 60 patients of *Amavata* were randomly selected and divided into two groups of 30 patients each, and subjected to clinical trial. Group- A patients were treated with *Asitakadi Churna* and Group-B patients were treated with *Alambusadi chuna*. The signs and symptoms were recorded

on the preformed designed for the study and assessment was done on subjective and objective criteria and results were analyzed statistically. **RESULT –** In the present study, it is concluded that both Group A and Group B showed significance in decreasing shool, Shoth, gourava, and jadya. *Asitakadi Churna* is equally effective as *Alambusadi chuna* in on *Amavata*. **CONCLUSION –** The treatments were found to be statistically significant in reducing the signs and symptoms of the disease.

KEYWORDS: - *Amavata*, *Asitakadi Churna*, *Almbushadi Churna*.

INTRODUCTION:-

In principle, *Vata* being predominant among the *Tridoshas*, has the potential to cause more serious and long term diseases. In classical texts most of the dietary habits (*Virrudhahara*), social structure, life style, and environment have been changing. Occurrence of *Amavata* is also one of the outcomes of these modifications lead to the vitiation of *Vayu* and *Ama* producing *Amavata*. Based on the signs and symptoms, this

Amavata can be compared with Rheumatoid arthritis. In the context of *Amvata Chikitsa*, *Bhavprakash Samhita* has indicated the drug “*Asitakadi Churna*”. Though it contains in very high quantity which is having the properties like *tikta-katu rasa*, *laghu-ruksha-ushna guna & ushna veerya*, it acts as a *Kapha-Pitta Shamaka*, *Virechaka*, and *Deepana*, *Pachana*, *Amapachan* and *Sroto shodhana*. There is no research work till now done by using “*Asitakadi Churna*” for the treatment of *Amavata*. Hence, special emphasis should be put in to searching for standard and suitable drugs for *Amavata*. For this study *Asitakadi Churna* and *Alambusadi Churna* is selected for management of *Amavata*, it is easily available also there is no side effects were seen in this study.

AIM AND OBJECTIVE:- To Study of *Alambushadi churna* and *Asitakadi churna* in management of *Amavata*. To compare effect of *Alambushadi Churna* and *Asitakadi Churna* in *Amavata*.

MATERIAL AND METHOD

- Type of Study: - Randomized, Comparative, active Controlled, Single blind Clinical Study
- Location of Study: - OPD and IPD of concern institution.
- Duration of Study: - 28 days for each Patients
- Follow up Study: - Every 7th day
- Study of Population: - Total 60 Patient of *Amavat* a showing classical symptom of the disease were selected and divided in to two groups. I.e. Group A and Group B Each group has 30 patients.
- Sample size estimation: Sample Size was determine considering E.S.R. as main outcome measure following a assuming were made from study by Thote (2015)¹
- Formulation of Drug: - Content of *Alambushadi Churna*



Sr. No.	Contents	Part	Proportion
1	<i>Alambusha</i>	<i>Panchang</i>	1 Part
2	<i>Gokshur</i>	<i>Phal, Mula</i>	2 Part
3	<i>Trifala</i>	<i>Phal</i>	3 Part
4	<i>Shunthi</i>	<i>Mula</i>	4 Part
5	<i>Guduchi</i>	<i>Kanda</i>	5 Part
6	<i>Shyama (shyama trivruta)</i>	<i>Mula</i>	15 Part

Content of *Asitakadi Churna*

Sr. No.	Content of <i>Asitakadi Churna</i>	Part	Proportion
1	<i>Asitaka (vishanukranta)</i>	<i>Mula, beej</i>	1Part
2	<i>Magadhika(pimpali)</i>	<i>Phal, Mula</i>	1Part
3	<i>Guduchi</i>	<i>Kanda</i>	1Part
4	<i>Shyama (shyama trivruta)</i>	<i>Mula</i>	1Part
5	<i>Varahi(varahikanda)</i>	<i>Kanda</i>	1Part
6	<i>Gajkarn(Erand)</i>	<i>Mula</i>	1Part

7	<i>Shunthi</i>	<i>Mula</i>	1Part
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Method of Administration of Drugs:

Subjects	Trial drug	Control drug
Drug	<i>Asitakadi churn</i>	<i>Alambushadi Churna</i>
Route	Oral	Oral
Dose	1Karsh ² (approximetalyl0gm) 5gm BD	1Karsh(approximetalyl0gm) 5gm BD
Kala	Before meal ³	Before meal
<i>Anupan</i>	Lukewarm water	Lukewarm water
Duration	28 days	28 days
Follow up	7 th , 14 th , 21 st , 28 th	7 th , 14 th , 21 st , 28 th

Inclusive Criteria

- Age: 18 to 60 Year
- Patient suffering from sign and symptoms of *Amavata* mentioned in *madhavidan*.
 - Gaurava*(heaviness)
 - Sandhishool*(Joint pain)
 - Sandhishotha*(Joint swelling)
 - Jadya* (Morning stiffness)

Exclusive Criteria:

- Pregnant women and lactating

mother.

- Patient having joint deformities due to the *Amavata*.
- Having cardiac disease, pulmonary TB, HIV, Hepatitis B or any infectious disease.

Criteria for assessment:-

Subjective criteria: Symptoms and Signs of patients were noted and assess by various parameter.

1) *Sandhishoth* (Swelling)

Severity	Grade
No Swelling	0
Swelling not covering the bony prominence	1
Swelling covering bony prominence	2
Swelling covering above the bony prominence with positive Fluctuation	3

2) *Sandhishool* (Joint pain)

Severity	Grade
No <i>SandhiShoola</i> (joint pain)	0
<i>Sandhishool</i> (joint pain) of low Intensity Causing no Disturbance in routine work	1
<i>Sandhishool</i> (joint pain) hampering daily routine work.	2
<i>Sandhishool</i> (joint pain) causing definite interruption in routine work.	3

3) *Jadya* (Morning stiffness)

Severity	Grade
No morning Stiffness	0
Morning stiffness lasting >1/2 hr. But <1hr.	1
Morning stiffness lasting >1hr. But <3hr	2
Morning stiffness lasting more than 3 hrs.	3

4) *Gaurava* (Heaviness)

Severity	Grade
No feeling of Heaviness in body.	0
Occasional heaviness in body but can do usual work.	1
Continuous heaviness which hamper usual work.	2
Unable to do any work due to heaviness	3

Objective criteria: E.S.R. recorded before and after completion of treatment.

0- 0 to 20 mm/hr

1- 21mm/hr to 35 mm/hr

2- 36 mm/hr 50 mm/hr

3- >50mm/hr

Statistical Analysis

Data analysis included both Descriptive and Inferential statistics.

Descriptive statistics were used to summarize quantitative variables with mean and standard deviation while frequency and percentages were used to summarize categorical (qualitative) variables. Inferential statistics mainly included Chi-square test and t-test for assessing significance of difference in

outcomes expressed as proportions or means in two groups (e.g. Experimental versus Control).

Significance of within-the-group differences in means between before treatment and after treatment was assessed by paired t-test.

Between-the-group differences in mean change from baseline in two groups were tested with two-independent samples t-test.

A p-value <0.05 was considered statistically significant for all comparisons.

RESULTS AND OBSERVATION:

Comparison of *Sandhishoth* in two different groups.

	<i>Sandhishoth 0</i>				<i>Sandhishoth28</i>			
	Group 1		Group 2		Group 1		Group 2	
	No.	%	No.	%	No.	%	No.	%
0	0	0	0	0	1	3.33	0	0
1	1	3.33	0	0	1	3.33	0	0
2	15	50	14	46.7	15	50	19	63.3
3	14	46.67	16	53.3	13	43.33	11	36.7
Total	30	100	30	100	30	100	30	100
p value	0.558				0.451			

Comparison *Sandhishool* in two different group

	<i>Sandhishool 0</i>				<i>Sandhishool 28</i>			
	Group 1		Group 2		Group 1		Group 2	
	No.	%	No.	%	No.	%	No.	%
0	0	0	0	0	0	0	0	0
1	2	6.67	0	0	2	6.67	0	0
2	21	70	21	70	22	73.33	21	70
3	7	23.33	9	30	6	20	9	30
Total	30	100	30	100	30	100	30	100
p value	0.325				0.269			

Comparison of *Jadya* in two different groups

	<i>Jadya 0</i>				<i>Jadya 28</i>			
	Group 1		Group 2		Group 1		Group 2	
	No.	%	No.	%	No.	%	No.	%
0	0	0.00	0	0.00	0	0.00	0	0.00
1	1	3.3	0	0.00	2	6.7	0	0.00
2	12	40.0	12	40.0	20	66.7	14	46.7
3	17	56.7	18	60.0	8	26.7	16	53.3
Total	30	100	30	100	30	100	30	100
p value	0.598				0.057			

Comparison of *Gaurava* in two different groups

	<i>Gaurava 0</i>				<i>Gaurava 28</i>			
	Group 1		Group 2		Group 1		Group 2	
	No.	%	No.	%	No.	%	No.	%
0	18	60	11	36.7	20	66.7	11	36.7
1	11	36.7	11	36.7	9	30	11	36.7
2	1	3.3	8	26.7	1	3.3	8	26.7
3	0	0	0	0	0	0	0	0
Total	30	100	30	100	30	100	30	100
p value	0.028				0.016			

ESR:- Group 1(Trial group):- the mean \pm SD of before treatment was 2.4 ± 0.49 and after treatment it was reduce to 1.16 ± 0.37 . The test was significant as $p < 0.0001$.

Group 1(Trial group):- the mean \pm SD of before treatment was 2.76 ± 0.43 and after treatment it was reduce to 1.56 ± 0.5 . The test was significant as $p < 0.0001$. Between the group difference is 0.3915. Test was not significant as $p > 0.005$

Mean ESR (mm/hr) difference in two groups

Variable	Group 1	Group 2
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	Mean	SD	Mean	SD
ESR BT	2.4	0.49	2.76	0.43
ESR AT	1.16	0.37	1.56	0.5
p value	0.0001		0.0001	

Mean comparison of ESR (mm/hr) –within the group and between the group differences- difference in two groups

Variable	Group 1		Group 2		Between the group difference (Unpaired t –test)
	Mean	SD	Mean	SD	
ESR (BT)	2.4	0.49	2.76	0.43	
ESR (AT)	1.16	0.37	1.56	0.5	
Within the group difference	1.23		1.2		0.03
p value (paired t test)	0.0001		0.0001		0.3915

DISCUSSION: Mode of action of the drug based on *Rasa Panchaka* and *Doshaghnata* of the ingredients

Rasa:

All the ingredients of the formulation are *Tikta*, *Katu* in *rasa*. By virtue of its *Tikta*, *Katu pradhana rasa*, the trial drug *Kaphahara*, *Amapachaka* and *Karshaka*.

Guna:

The ingredients of formulation are *Ruksha* and *Teekshna* in nature predominantly. By virtue of *Ruksha* and *Teekshna gunas* predominance, the formulation is *Kaphahara*, *Amahara* and *Karshaka*.

Veerya:

The formulation is highly *Ushna*, as all the ingredients in both drugs are *Ushna* in *Veerya*. Thus drug is *Kapha-Vatahara*, *Amapachaka* and *Karshaka*.

Vipaka: the ingredients of the both drug are *Katu* and *Tikta* in *Vipaka*, whereas

Shunthi is *Madhura*. Predominant *Katu vipaka* of the combination adds to the *Amapachana*, *Agni deepana* and *Kaphahara karma* that is discussed earlier.

CONCLUSION:-

Asitakadi Churna is as effective as *Alambushadi Churna* in the management of *Amavata*.

As the study was included over a small period, a similar study performed over a longer period and Larger Sample Size would have produced much sharper and more accurate results.

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