

Conceptual study of *Pippalyadi Ghruta* on various diseases with special reference to *Rajyakshama*

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ABSTRACT

Rajyakshma is oldest disease known to mankind as its first reference found in oldest literature *Rugveda*. It is called as King of Diseases, which indicates its severity. Tuberculosis remains major public health problem not only in India but also in world. According to WHO one third of global population is suffering from tuberculosis. Anti-tubercular therapy is long lasting and has many side effects, so it is necessary to develop adjunct therapy which will minimize the hazards and help patient to improve the immune status. In *Ayurvedic* classics *Sneha kalpana* has gained its own importance. *Sneha kalpana* has been introduced as a Pharmaceutical

preparation only in the *Samhita* period. It consists of *Sanskara anuvarthitwa guna* that is *sneha* can enhance the therapeutic properties of the drugs which are used in the preparation which makes the *Ghruta kalpana* superior in the context of *Sneha Kalpana*. *Pippalayadi Ghruta* (PG) is such a preparation which is mainly indicated in *Rajyakshama* and *Kasa*.

Keywords: *Rajyakshama, Kasa, Tuberculosis, Sneha kalpana, Pippalyadi Grita.*

INTRODUCTION

According to *Ayurveda*, health is defined as the state where physical body, senses, and

psyche are in original or natural state with respect to body and function . The imbalance state of all those are known as *Dhatu Vaishamy/Vyadhi*. There are so many diseases (*Vyadhi*) have been described in *Ayurveda*. *Rajyakshma* is also one of them. *Rajyakshma* is considered as king of all diseases . Thus it being termed as *Raja*(king) *Yakshma*(decay), which means of frailing condition of huge magnitude.

Symptoms of *Rajyakshma* are *parshwashoola*, *jwara*, *kasa* and *raktashthiwana*. In such case all seven *Dhatu* convert primarily in to *Mala* and passed away rather than being partly converted to *Ojas*, which considered as carrier of *Prana*.

Ancient *Acharya* have classified causes of *Rajyakshma* into four Categories-

1. *Sahasa*
2. *Sandharana*
3. *Vishamashana*
4. *Kshaya*.

Premonitory signs ^[5]: The premonitory symptoms (of *Rajyakshma*) are coryza, debility, nitpicking (or an inclination to find faults where there is noreason to), morbid appearances on the body; feeling of disgust, loss of strength and flesh (inspite of consuming adequate food), craving for

women, wine and meat, desire to be always covered by something (feeling of cold), imagined feeling of one's food being infested with insects, flies, hair,, rapid growth of hairs and fingernails, imagined feeling of being attacked by birds, wasps, and animals, seeing dreams of climbing heaps of hair, bones, and ashes, and dreaming of dried or withered ponds, mountains, and forests- these are to be known as premonitory symptoms of *Rajyakshma* of various types. Pathogenesis and clinical features Normally, the *dhatu*s of the body get metabolised (being acted upon) by their own *ushmas* or *dhatvagnis* (transforming enzymes in the tissue elements). From these *dhatu*s, (nutrient tissue elements), the other *dhatu*s (next *dhatu* to it that which receive nourishment) gets nourished through their respective *srotas* (channels of circulation). Once, however, there is any obstruction to *srotas* or if there is diminution of stable tissue elements like *rakta* or if there is diminution of *dhatvagnis* then *Rajyakshma* is manifested. In such a case, whatever food is digested in the gastrointestinal tract by *jatharagni* is mostly reduced to waste products and very little of it contributes to the formation of *ojas* (nourishment). The patient is depleted of all tissue elements and strength. The patient's stool should be preserved and it is

the only source of strength left with him.

Because of the obstruction to the *srotas*, *rasa dhatu* becomes *vidagdha* (improperly metabolized) in its own location (heart) and this vitiated *rasa* comes out through the upper passages in different forms by way of coughing. Subsequently, six or eleven symptoms (or forms of diseases) are manifested, and their aggregation is the syndrome called *Rajayakshma*. Cough, *anshparshwa abhitap*, *swarbheda*, fever, pain in flanks, headache, vomiting of *rakta* and *kapha*, dyspnea, diarrhea and anorexia are the eleven symptoms of *Rajayakshma*; or they are also six viz., cough, fever, pain in flanks, hoarseness of voice diarrhea and anorexia. With eleven, six or even three of the symptoms, a patient is incurable if he is losing *mamsa* (flesh tissues) and strength, but he is curable if he is behaving otherwise in spite of showing all the symptoms. Appearance of sputum Expectorates resulting from coughing (when afflicted with *Rajayakshma*) contain slimy, thick, putrid, greenish or whiteyellowish matter along with *kapha*. Clinical features of *Rajayakshma* The typical characteristics of *Rajayakshma* include a feeling of warmth (or burning sensation) in the shoulders and flanks, burning sensation in hands, and feet, and raised temperature all over the body. *Swarabheda* (hoarseness of voice) and characteristics as per *dosha* affliction *Rakta*

shthivana (hemoptysis).

Management of *Rajayakshma*- [3][2]

सर्वस्त्रिदोषजोयक्ष्मादोषाणांतुबलाबलम्

परीक्ष्यास्त्रिथिकां र्ऌैद्यः शोषषणां समुपाचरेत्॥६३॥

Saamana Chikitsaa:

- The guideline for management of *Rajayakshma* is to assess the strength of the patient, his *Doshas* and his *Agni*, then decide upon the course of treatment.
- One, who has good self-control, has good digestive capacity with no emaciation and the disease of recent origin should be taken up for treatment.
- After purification therapies, when the digestive power is restored and the complications are allayed, the patient should be given bulk promoting diet.

In Bharat *bhaishyajya ratnakar* the use of *Pippalyadi Ghrut* is mentioned for *Rajayakshma*.

OBJECTIVE OF THE STUDY

Analysis of “*Pippali Ghruta*” in *Rajayakshma*.

MATERIAL AND METHOD

Conceptual study comprises the review of the available literature in the ancient classical texts, scientific journals, dissertations, research paper etc. concerned with this concept.

प्लीगुडसनसध्दंछागक्षीरयुतंघृतम्/

एतदग्निमृत् ृ ध्वयर्थेसिग्निश्चक्षयकािसनाम//

भारतभैष्यज्यरत्नाकर राजयक्ष्मारोगानधकार

भारतभैष्यज्यरत्नाकर राजयक्ष्मारोगानधकार^[1]

Pippalyadi Ghruta – [6][7][13][14]

Contents

1. *Pippal Kalka* 100gms.
2. *Guda* 100gms
3. *Go Ghruta* 320gms.
4. Goat Milk 1280ml

Pippali-

Latin name- piper longum Family- Piperaceae

Ras- Katu, tikta Kapha and Vatadosha har, dipaneeya, kasahar, shwasahar. Its *virya* is *anushnashita*—neither hot nor cold, a fact the renders it invaluable for *pitta*. It contains volatile oil, alkaloids piperin and piperlonguminine, terpenoids and N-isobutyl deca-trans-2-trans-4-dienamide, a waxy alkaloid.

Karm- Rejuvenative, Aphrodisic, Anthelmintic, Antiallergic, Anticancer,

Antioxidant, Antimicrobial.

Guda [4][11] —*Majja, shonit, med ,mansavardhak.* *Alpdoshkar* mitigates *pitta, vata, Raktaprasadana* and *madhura rasa*

The mineral content of jiggery includes calcium, phosphorus, magnesium, potassium, iron, traces of zinc and copper. The

vitamin content includes folio acid and B complex vitamins. It is a good source of energy; it also prevents rheumatic afflictions,

prevents disorders of bile, helps in relieving fatigue, relaxation of muscles, nerves and blood vessels, maintains blood pressure.

Gogrita [4][9][11] - *Sapta dhatu vardhan, yogvahi, shukrasthapan, sheet, agnivaradhan.* Having *Madhura Rasa; Guru, Snigdha, Chakshusya, Balya, Vrishya, Jeevaneeya, Medhya, Vishaghna* and *Vatapittashamaka* properties.

It is *yogavahi dravya* which potentiates the actions of other medicines without changing its own properties.

Goat milk - *Sheet, laghu. Saptadhatuwardhan, Madhur, Kashaya,* It is mentioned as *Sarva Roghar.* It is therapeutically used in many diseases like *Rajyakshma, Raktapitta, Atisara, Kasa* and *Jwara.*

DISCUSSION-

Pippalyadi Ghrita is Ayurvedic medicine. It is medicated ghee prepared by boiling ghee with prescribed *Kalka (Pippali)* of herbs as given in formula.

The principle ingredient of this medicine is *Pippali*, *Gogrut* and Goat milk *Guda*. *Pippali ghruta* is an effective for treating respiratory and digestive diseases.

Pippalyadi Gruta is therapeutically used in *Kshaya*, *Kasa*, *Jirna jwara*, *Shirashool*, *Parshwashoola*, *Ansabhitap*, *Vishamagni*, *Halimak*, *Shwasa*. **Mode of Action of *Pippalyadi Ghruta*** [6][7][13][14][15][16]

Respiratory System- *Pippalyadi Ghruta* acts on the lung and improves lung strength. *Pippali* with *Tikshna Guna* causes *Bhedana* of *Kapha*, which is stuck to the *Srotasa* by *Pichchila* and *Sandra Guna*. Once the *Dosha* is separated from the *Srotasa*, the *Ushna Guna* of the drug causes *Vilayana* of *Kapha* and generates easy expectoration. *Kaphasthivana* causes *Srotoshuddhi*, and hence, *Vata Sanga* and *Vimarga-gamana* are corrected. That leads to *Vyadhi Shamana*.

Digestive System-

Pippali has proved antimicrobial activities against bacterial species so it improves Digestion and used in constipation with *gruta*, *guda*. It has also having antihelmintic

properties so used in worm infestation.

Nervous system- *Pippali ghrut* improves intelligence, induces behavioral alterations, increase memory power due to *yogvahi guna* of *ghruta*.

Musculoskeletal system- Due to antipyretic, anti inflammatory, antispasmodic action used in muscular pain, spasm and myalgia. Also used in disease like arthritis, rheumatic arthritis.

Cardiovascular system- It improves strength of heart muscles and vessels so used in hypertension and various cardiovascular diseases. **Endocrine**

system- It improves endocrine secretions by enhancing signals to respective glands and promoting secretions.

Pippali ghruta regulates *sroto*—*agni* of *pranavahasrotas*, the respiratory tract. It acts as a bronchodilator, decongestant, expectorant, and lung rejuvenative. In *annavahasrotas*, the digestive tract, it also has powerful actions as carminative and *deepan (agni kindler)*. *Pippali ghruta* kindles *bhutagni* in the liver, improving liver function, and is a metabolic stimulant, aiding the thermogenic response by increasing the level of thyroid hormone.

Apart from above uses of *pippali ghruta* it mainly use in *rajyakshama*. *Pippali* possess *Katu Rasa*, *Laghu*, *Snigdha*,

TikshnaGuna, Anushnasheeta Virya, Madhura Vipaka, Kaphavata Shamak, and Rasayan, which may aid in improving lung function.

Ghrita has *Madhura Rasa, Snigdha, - GuruGuna, SheetaVirya* and *Madhura Vipaka* and *Tridosha Shamaka, Yogavahi, Rasayana, Agnideepana* which may help in alleviating the symptoms such as dyspnea by pacifying the vitiated *Vata Dosha*, and its property helps in strengthen the *Pranavaha Strotas*.

Property of *kshira* are similar to property of *Ojas*. By these properties *kshira* promotes the longevity of life and maintain the *dhatu*s in *Rajyakshama*.

The medication reaches *Sukshma Strotas* because of *Ushna Virya*, which helps to clear the *Strotorodh* due to *Kapha* and prepare them for *Vata* smooth operation. These properties may help in alleviating *Pratyatma Lakshana* (Cardinal Feature) of Pulmonary Disease i.e. chronic

cough, dyspnea, sputum formation, and also have antiasthmatic activity, anti-inflammatory activity.

Study shows that If patient is taking AKT for tuberculosis, AKT alone significantly increased the hemoglobin and eosinophil count and significantly increased serum cholesterol and serum alkaline phosphatase.

In addition insignificant increase in serum SGOT, SGPT and blood urea.

Pippali ghrut with AKT will caused significant reduction in serumbilirubin and insignificant decrease in serum alkaline phosphatase, SGOT and SGPT .

Conclusion-

Pippali ghruta with AKT may provides better physical and mental well being to the patients by potentiating therapeutic efficacy of AKT and also counteracting the unwanted effects caused by AKT. *Pippali Ghrut* has hepatoprotective, antioxidant effect along with nutritive value, immunomodulator, immunoprotective properties . Hence, it may contribute significantly to achieve the goal of health for all particularly in National Health Programme to combat TB to make the ailing society healthy and happy.

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