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Research Article

EFFECT OF SHASHANKA KIRANA BHAKSHYA IN GRISHMA RITU AS DAHA PRASHAMAKA AND RUCHYA: A CLINICAL STUDY

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ABSTRACT

Introduction- Ayurveda has been developed on the firm grounds of prevention of the health of the healthy and treating the diseases of the diseased. The preventive branch of Ayurveda may be traced to the following headings. Dinacharya- the daily regimen, Ritucharya-the seasonal regimen, Sadvritta-proper codes and conducts of living. Trayopasthambha-Ahara, Nidra, Brahmacharya, Rasayana- Rejuvenation through Ahara Rasayana and Achara Rasayana, Vajikarana-virility and improving the health of the progeny. Ritucharya holds great significance in Ayurveda. Ritucharya has developed as a cost-effective intervention for all season-based ailments. Present study is a step forward based on EBM (Evidence Based Medicine). Aims-to highlight the role of Shashanka Kirana Bhakshya in Grishma Ritu(summer) taking Daha and Aruchi as the cardinal symptoms beside symptoms explained in Greeshma Ritu. Shashanka Kirana Bhakshya is one among the interventions of Greeshma Ritu as Daha prashamaka and Ruchya. Methodology -It is a randomized comparative clinical study with pretest, posttest and follow up designs. Results-Shashanka Kirana Bhakshya has shown highly significant result for Aruchi and significant result for Daha. Discussion- Each ingredient of Shashanka Kirana Bhakshya makes this yoga a unique one. Thus helping to overcome the other complications of Greeshma ritu like daha, ruksha,ushna guna along with klama ,anidra and balahani . Conclusion-Utility of Shashanka Kirana Bhakshya or Thalisa churna vataka is explained in Raja Yaksha Chikithsadyaya in Astanga hridaya in the context of Aruchi chikithsa shows its wider applicability and efficacy on Aruchi and Agnimandya.

Keywords: Ritucharya, Greeshma Ritu, Shashanka Kirana Bhakshya.

INTRODUCTION

Ayurveda has been developed on the firm grounds of preventing the health of the healthy and treating the diseases of the diseased. As per Ayurveda – Equilibrium of Dosha Dhathu and Mala, Agni, Prasanna Atma, Indriya and Mana is said to be Health.¹ The aim of Ayurveda is preserving the health of healthy individuals by averting causes at their primitive stage. The ultimate aim of person's life is the attainment of Purushartha Chathushtaya ie Dharma, Artha, Kama and Moksha and person can achieve these only when he is healthy ², The preventive branch of Ayurveda may be traced to the following headings. Dinacharya- the daily regimen, Ritucharya-the seasonal regimen, Sadvritta-proper codes and conducts of living. Trayopasthambha-Ahara, Nidra, Brahmacharya, Rasayana-rejuvenation through Ahara Rasayana and Achara Rasayana, Vajikarana-virility and improving the health of the progeny.

Ritucharya holds great significance in Ayurveda. A good seasonal routine helps in achieving balance of Doshas³. Following seasonal routine is intended to nullify the influence of changing climatic conditions on the body. Ritucharya has developed as a cost-effective intervention for all season-based ailments. In Greeshma Ritu, the environment is prevalent with intense heat. ⁴

Strength of the individual reduces, ⁵develops Klama, Daha ⁶ and Aruchi as the main features of climatic effects on human body.

Present study is a step forward in the direction based on EBM (Evidence Based Medicine) to highlight the role of Shashanka Kirana Bhakshya in Grishma Ritu (summer) taking Daha and Aruchi as the cardinal symptoms besides symptoms explained in Greeshma Ritu.

Various possibilities like sunstroke in summer can be controlled by following Ritucharya. India is a tropical country and reports highest casualties in summer. Simple changes in routine as advised in Ritucharya Adhyaya can avert this menace. To prevent the lakshanas of Greeshma Ritu, different regimens have been explained like Sattu kalpana, Paneeya etc. ⁷

Shashanka Kirana Bhakshya is one among the interventions of Greeshma Ritu as Daha prashamaka and Ruchya ⁸ This study also includes the assessment of effect of this Bhakshya in other conditions of Greeshma Ritu like Thrishna, Dourbalya, Galatalu shushketa etc.

Objective of the study: To study the effect of Shashanka Kirana Bhakshya as Daha prashamaka and Ruchya in Greeshma ritu.

MATERIALS AND METHODS

Study design

Study type-Comparative
 Allocation- Randomized
 Masking- Open labelled
 Interventional model- Parallel
 Primary purpose - Treatment.
 End point classification - Efficacy study.
 Design-Pretest, Posttest and Follow up Design.
 Human subjects involved in the study have been explained about the study regarding assessment of features of Greeshma Ritu before the commencement of the study and Institutional Ethical Clearance or Approval has been taken from S D M College of Ayurveda, Udupi.
 Study is carried out as per International Conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

Source of Data: Minimum 30 apparently healthy individuals fulfilling the inclusion criteria were selected in to 2 groups- Treatment group and control group and are considered as Group A and Group B, irrespective of sex, caste and socio-economic status were selected.

Method of collection of data: A special proforma is prepared, taking Daha and Aruchi as the cardinal symptoms of Greeshma Ritu lakshanas as mentioned in classics.

Inclusion criteria: Apparently, healthy volunteers willing to take Shashanka Kirana Bhakshya. Age between 30-45 years, irrespective of gender, religion and socio-economic status were included.

Exclusion criteria: Subjects suffering from any acute or chronic systemic illness.

Assessment criteria: Assessment is done - Before treatment, After treatment –for 15 days, After follow-up: for 15 days

Objective parameters

Aruchi assessment-

Anana vairasya
 Virasa vakthrata
 Mukha picchilata
 Shleshma samsrava

Daha assessment

Sarvanga daha
 Karapada daha
 Urodaha

Akshi daha
 Jihwa daha
 Mukha daha
 Udara daha

Subjective parameters

Thrishna
 Dourbalya
 Gala talu shushkata

Method of preparation of Shashanka Kirana Bhakshya: The key ingredients of Shashanka Kirana Bhakshya are procured, and it was authenticated by Dr Shrikanth, HOD of Dept of Dravya Guna of SDM College of Ayurveda Udupi.

The ingredients were measured as per the requirement and kept ready. Mahisha ksheera was procured daily as per the required quantity.

Preparation: All the ingredients are mixed together. Separate 15 medicine packets of each 2 gm of Shashanka kirana bhakshya was kept ready. It was prepared on daily basis. This medicine was given to the healthy individuals of the study group (Group A) at night time, along with 200ml of Mahisha ksheera.

Intervention: The included subjects were randomly divided into group A and B.

Improvements were assessed by assessment criteria.

Group A-Treatment group

Number of volunteers-15

Dosage of milk -200 ml

Dosage of Shashanka Kirana Bhakshya - 2 gm/day

Route-Oral

Duration- 15days

Follow up- 15days

Group B - Control group where no medicine is given during the study and follow-up period.

Table 1: Gradation Index of Aruchi (Done Before treatment, after treatment and after follow-up)

| | |
|----------------|---|
| No symptoms | 0 |
| One symptom | 1 |
| Two symptoms | 2 |
| Three Symptoms | 3 |

Table 2: Gradation Index for Daha (Done Before treatment, after treatment and after follow up)

| | |
|----------------|---|
| No Symptom | 0 |
| One Symptom | 1 |
| Two symptoms | 2 |
| Three symptoms | 3 |
| All symptoms | 4 |

RESULTS AND DISCUSSION

Table 3: Result of Wilcoxon sign rank test

| Features | P value A | P Value B | Inference |
|--------------------|-----------|-----------|-----------|
| Mukha pichilata | 0.005 | 0.005 | S |
| Asya vairasya | 0.046 | 0.025 | HS |
| Virasa vakthrata | 0.000 | 0.000 | HS |
| Shleshma samsrava | - | - | - |
| Sarvanga daha | 0.083 | 0.083 | S |
| Karapada daha | 0.083 | 0.083 | S |
| Urodaha | 0.157 | 0.157 | NS |
| Akshi daha | 0.157 | 0.157 | NS |
| Udara daha | 0.025 | 0.025 | S |
| Thrishna | 0.025 | 0.025 | S |
| Dourbalya | 0.083 | 0.083 | S |
| Galatalu shushkata | 0.083 | 0.083 | S |

Table 4: Result of Mann-Whitney Test

| Features | P value | Inference |
|---------------------|---------|-----------|
| Asya vairasya | 0.157 | NS |
| Mukha pichilata | 0.005 | S |
| Virasa vakthrata | 0.001 | HS |
| Shleshma samsrava | 0.000 | - |
| Sarvanga daha | 0.083 | S |
| Karapada daha | 0.221 | NS |
| Urodaha | 0.014 | S |
| Akshi daha | 0.025 | S |
| Udara daha | 0.018 | S |
| Thrishna | 0.007 | S |
| Dourbalya | 0.114 | NS |
| Daha | 0.000 | HS |
| Gala talu shushkata | 0.221 | NS |

Discussion on the drug

Shashanka Kirana Bhakshya is said to be Daha prashamaka and Ruchya. Thalisa patra churna, Sitopala and Karpoora are to be taken along with Mahisha ksheera at nighttime, during Greeshma ritu, to assess the Daha hara and Aruchi hara property of the test drug. Thalisa patra is said to be Deepana and Aruchi hara.

Probable drug action

Rasa Panchaka of Talisa Patra

Rasa –Madhura, Thikta, Guna-Laghu- Theekshna, Ushna Veerya and Katu Vipaka

Sitopala is said to be Ruchikara, Pushtikara, Balya and Vata pitta hara.

Karpoora is said to be Sheetala, Daha hara and pittahara.

Each ingredient of Shashanka kirana bhakshya makes this yoga a unique one.

Mahisha ksheera has guru, sheeta, hima and snigdha properties. It is obvious that Mahisha ksheera being guru it suppresses the Agni. But the qualities of other ingredients counteract the guru guna of Mahisha ksheera. Thus helping to overcome the other complications of Greeshma ritu like daha, ruksha, ushna guna along with klama, Anidra and Balahani.

Utility of Shashanka Kirana Bhakshya or Thalisa churna vataka is explained in Raja Yakshma Chikithsadyaya in Astanga hridaya in the context of Aruchi chikithsa shows its wider applicability and efficacy on Aruchi and Agnimandya.

CONCLUSION

Ritucharya is an untapped tool of Ayurveda developed to counteract seasonal variations and have enough potential to address the global problems caused by climatic changes. Greeshma ritu by its Ruksha, Ushna guna, imparts Balahani, Klama, Daha and Aruchi lakshanas in healthy individuals. Simple intervention like Shashanka Kirana bhakshya (Bhakshya kalpana) is more applicable practical remedy to address Daha and Aruchi in Greeshma ritu. This study reveals a slow and steady acclimatization for Greeshma ritu with Shashanka Kirana Bhakshya.

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