

Original Article

Survey on Ayurvedic formulations used for treatment of various diseases

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Corresponding Author*Shivani Kala**Himalayan Institute of Pharmacy and Research,
Rajawala Dehradun, IndiaE-mail: shivani.kala88@gmail.com**Keywords:**Ayurveda,
Arthritis,
Alopecia,
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Ruhya,
Nephrolithiasis,**Abstract**

Ayur' means 'Life' and 'Veda' means 'Science'. Thus Ayurveda is the 'Science of Life'. Ayurveda helps the healthy person to maintain health and the diseased person to regain health. Also currently various scientists are moving towards Ayurveda to find out the treatment of various diseases and also due to various side effects concerned with allopathic system of medication.

The current aim of our project work was to perform a survey on the ayurvedic formulations used for treatment of various diseases like Fever, Arthritis, Alopecia and Nephrolithiasis. For the purpose of the study a questionnaire was prepared and survey was performed on various selected areas in which various Ayurveda practitioners were asked about various formulations for the treatment of these diseases. The responses obtained from the doctors were arranged in the tabular format and arranged graphically to find out various inferences.

As the result of the survey it was found that most of the people Ayurvedic medicines as almost all ayurvedic medicine has no any side effect and no drug dependence and drug tolerance which is very common in allopathic medicine. Also ayurvedic medication system is traditional and has a good history of recovery from the ancient time.

1. Introduction

Ayur' means 'Life' and 'Veda' means 'Science'. Thus Ayurveda is the 'Science of Life'[1]. Ayurvedic medicine is a system of Hindu traditional medicine.[2] The origins of Ayurveda are also found in the Atharvaveda.[3,4] Ayurveda names three elemental substances, the doshas (called Vata, Pitta and Kapha), and states that a balance of the doshas results in health, while imbalance results in disease.[5] The body is made up of Tridoshas (Tri' means 'Three' and 'Doshas' mean 'Humours') - Vata is Air, Pitta is Fire and Kapha is Water.[1]

1.1 Ayurvedic technique used for treatment of various diseases**Arthritis:**

Arthritis is a form of joint disorder that involves inflammation of one or more joints.[6] The major complaint by individuals who have arthritis is joint pain. Pain is often a constant and may be localized to the joint affected. The pain from arthritis is due to inflammation that occurs around the joint, damage to the joint from disease, daily wear and tear of joint, muscle strains caused by forceful movements against stiff painful joints and fatigue. [7]

Alopecia:

Alopecia is the medical term for hair loss. There are several patterns of natural and disease related hair loss. [8] Hair loss may also be caused by several drugs and medications. Ayurveda describes alopecia by use of terms such as "indralupt" "Khalitya" and "ruhya". When there is a sudden loss of hair, it is considered as "indralupt", while a long term hair loss is termed as "Khalitya". It is believed that indralupt generally affects beard, while Khalitya affects the scalp and when the entire body is affected, it is called "ruhya". [9]

Fever:

In fever, the body temperature increases over the normal range. Normal body temperature is between 98.4F to 99.5F. [10] Since higher body temperatures kill any bacteria or viruses that may be attacking the body, a fever is a natural defense mechanism of the body to treat an illness. [11]

Nephrolithiasis (KIDNEY stone):

Kidney Stones are one of the most painful disorders that affect humans. Kidney stones are solid masses of mineral salt deposits that are normally filtered through the kidney and emptied via urine. Urine has a natural substance, which dissolves these minerals, thereby preventing them into becoming solids or calculi. Sometimes due to dehydration, these salts don't get dissolved and crystallization takes place. It grows large enough to obstruct the renal ducts or get stuck in the ureter, causing sharp and severe pain in the urinary tract. Untreated, kidney stones can cause renal failure.[12]

2. Material and Methodology

To conduct the survey first of all the questionnaire including the all question to be asked during the survey was prepared and was distributed among various physicians for filling it. Survey studies were conducted and for this Ayurvedic practicing physicians at various places of Dehradun, Uttarakhand were visited and responses of the physician were noted.

3. Result and Discussion

After the survey was over, the response of every person was noted and summarized as follows. Also a particular inference was drawn for each disease on various topics.

Most of the physicians responded that almost all ayurvedic medicine has no any side effect and they are not having drug dependence and drug tolerance which is very common in allopathic medicine. Also ayurvedic medication system is traditional and has a good history of recovery from the ancient time.

A. Fever:

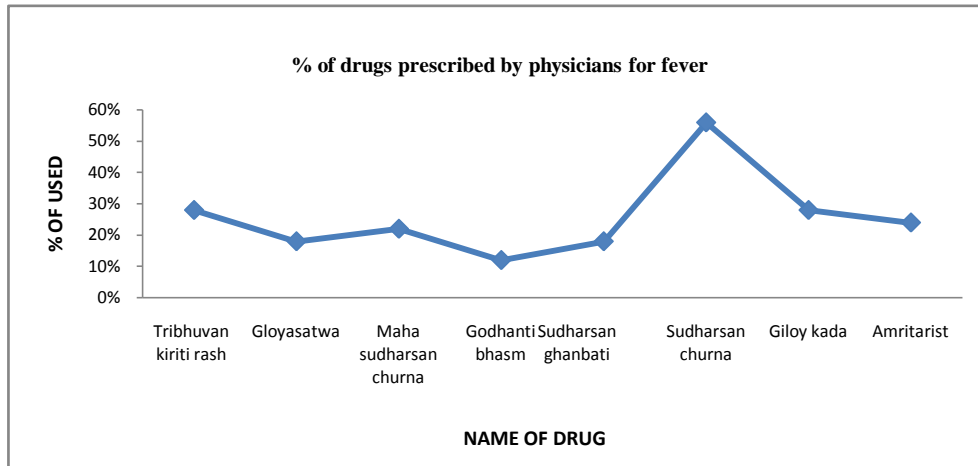
It was found that SudharsanChurna is most commonly prescribed by the physicians for the treatment of fever. Tribjuvan kiriti rash and Giloykada are also a common choice for fever treatment.

The formulations used for various diseases in Ayurveda are summarized in figure1.

Table no.1: Formulations used for the treatment of fever

S. No	Indication/ Symptoms	Suggested Formulations	Dose	Marketed Formula (If any)	Route of Administration	Side Effects
1.	Increase in Temperature	Tribhuvankiriti Ras	125mg (BID)	M-Tribhuvankiritiimishran	Oral	No any
2.		Gloryasatwa	500mg (BID)	_____	Oral	No any
3.	Fatigue	Mahasudharsan churna	2gm (BID)	Ayush-64	Oral	No any
4.	Anorexia	Godantibhasm	250mg-500mg (BID)	Curill	Oral	No any
5.		Sudhar sanghanvati	2 Tab	_____	Oral	No any
6.		Sudharsan churna		_____	Oral	No any
7.		Giloykada		_____	Oral	No any
8.	Body ache	Amrit arishta		Amrita rishta with 10 ml water	Oral	No any

Fig.1-Percentage of drug prescribed by physician for fever



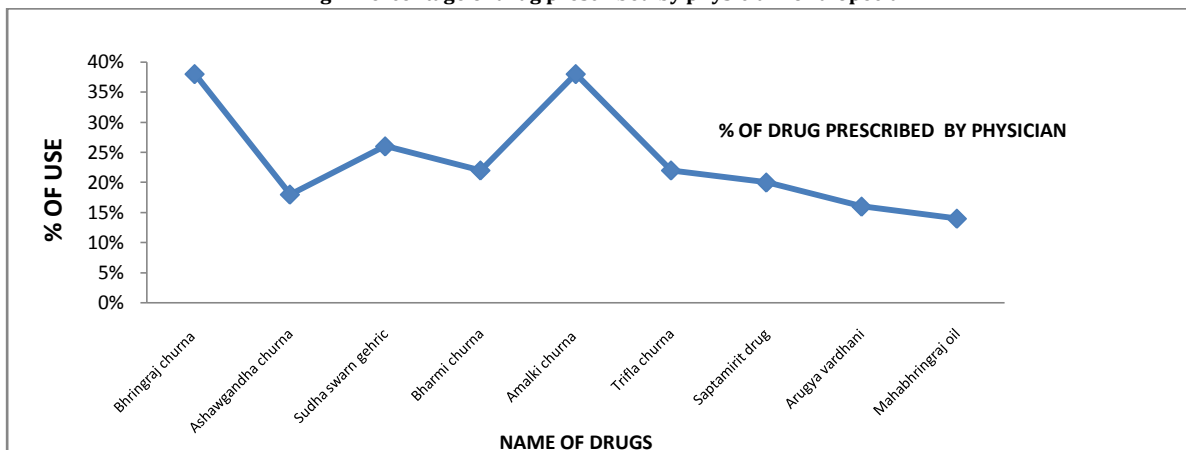
B. Hair Fall (Alopecia)

It was found that Bhringrajchurna is most commonly prescribed by the physicians for the treatment of Alopecia. Amalki churn and SudhaSwarnGehric are also a common choice for alopecia treatment.

Table no.2: Formulations used for the treatment of alopecia

S. No	Indication/ Symptoms	Suggested Formulations	Dose	Marketed Formula (If any)	Route of Administration	Side effects
1.	Dandruff	Bhringraj churna	3gm (BID)	G-7 capsule (2BID) Cap. Neutrich	Oral	No any
2.	Localized or gernalised alopecia	Ashawgandha churna	3gm (BID)	Ashawgandharist Cap.viton-99 Cap.trichun	Oral	No any
3.		Etching on head	Sudhaswarn Gehric	500 mg	Tab. Purim Tab. Purin	Oral
4.	Bharmi churna		2gm	Bharmi tail	Local /oral	No any
5.	Premature graying of hair	Amalkichurna	2gm	Amla oil	Local /oral	No any
6.		Trifla churna	2gm	Nealibhringraj tail	Local /oral	No any
7.		Saptamirit drug	2 (BID)	_____	Oral	No any
8.		Arugyavardhani	1 (BID)	_____	Oral	No any
9.		Mahabhringra oil		_____	Local	No any

Fig.2-Percentage of drug prescribed by physician for alopecia



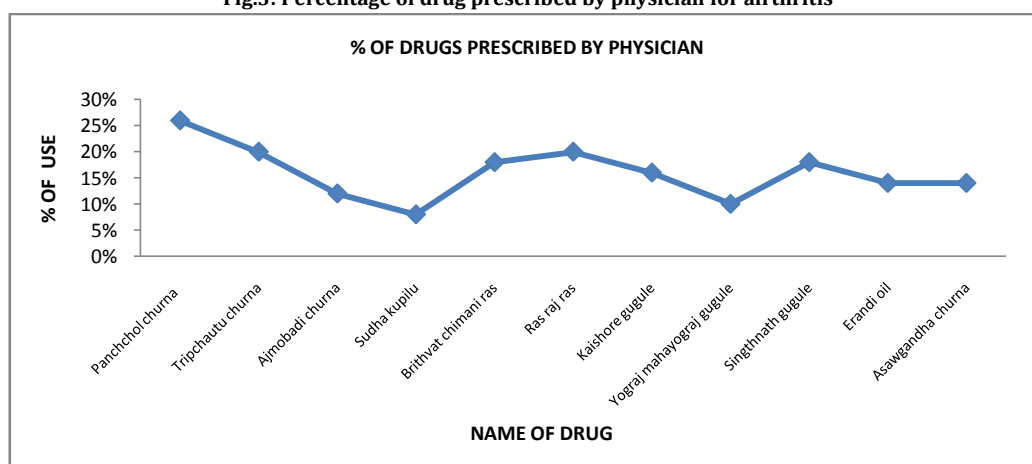
C. Arthritis (Gout/Rheumatoid):

It was found that Panchcholchurna is most commonly prescribed by the physicians for the treatment of Arthritis. Tripchaduchurna and Ras Raj Ras are also a common choice for Arthritis treatment.

Table no.3: Formulations used for the treatment of arthritis:

S.No	Indication/ Symptoms	Suggested Formulations	Dose	Marketed Formula (If any)	Route of administration	side Effects
1.	Pain in joints OR Whole body Stiffness of joints	Panchcholchurna	2gm	Chirtcadivati Agnichundivati 2(BID)	Oral	No any
2.		Tripchautuchurna	2gm	=====	Oral	No any
3.	Fever	Ajmobadichurna	2gm	=====	Oral	No any
4.	Anorexia	Sudhakupilu	50mg-100 mg	Vishtindukvati Pumera X-vati	Oral	No any
5.	Ristrictness of movement Swelling	Brithvatchimaniras	125 mg	Panchgun tail	Local	No any
6.		Ras raj Ras	125 mg	Mahanarayan tail Bishgrav tail	Local	No any
7.	Increase uric acid Increase temperature	Kaishoreguggul	2 (BID)	=====	Oral	No any
8.		Yograjmahayograjguggul	2 (BID)	=====	Oral	No any
9.		Singhnathguggul	2 (BID)	=====	Oral	No any
10.		Arandi oil		=====	Local	No any
11.		Asawgandhachurna	3gm	Cap. Stress corn Cap. Afort Cap. Rahuge	Oral	No any

Fig.3: Percentage of drug prescribed by physician for arthritis

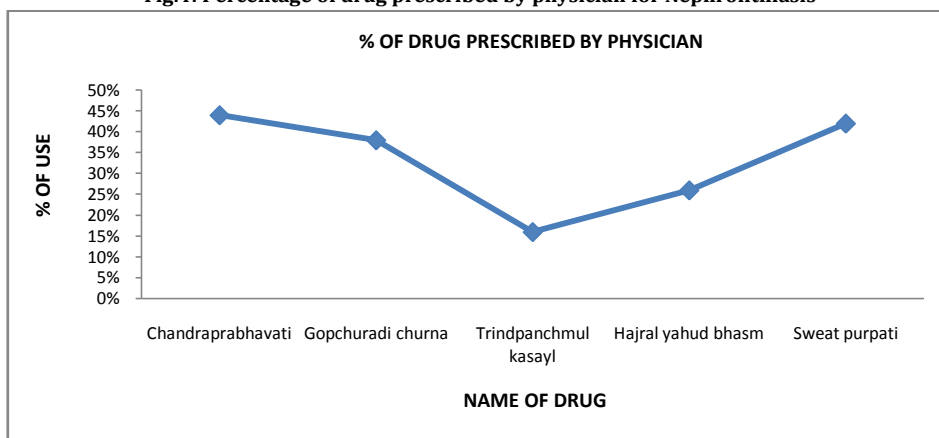


D. Nephrolithiasis:

It was found that Chandra prabhavati is most commonly prescribed by the physicians for the treatment of Nephrolithiasis. Sweatpurpati and Gopchuradi churna are also a common choice for Arthritis treatment.

S. No	Indication/ Symptoms	Suggested Formulations	Dose	Marketed Formula (If any)	Route of administration	Side effects
1.	Pain in abdomen	Chandraprabhavati	2 (BID)	Tab. Jambuwin 2(BID)	Oral	No any
2.		Gopchuradi churna	2gm	Gopchuradigugule	Oral	No any
3.	Retention of urine	Trindpanchmulkasayl	50ml	Pasanbhedikasyl	Oral	No any
4.		Hajralyahudbhasm	250mg	Cap.Calculosin Tab.Neari Tab Systone	Oral	No any
5.	Vomiting Burning sensation in urine	Sweat purpati	500mg	Tab. Calcuri Syp. Rinlka Syp.Alka Syp. Asmari	Oral	No any

Fig.4: Percentage of drug prescribed by physician for Nephrolithiasis



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