

**CLINICAL EVALUATION OF RASAYANA EFFECT OF
MADHUYASHTI CHURNA IN APPARENTLY HEALTHY
INDIVIDUALS**

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ABSTRACT

Introduction: The people who appear healthy usually have some physical and mental health problems which generally do not hamper the routine but may significantly contribute to problems in future.

Objectives: To study the effectiveness of *Madhuyashti churna* on *agni, bala, medha, malaptavritti, nidra and keshpata* in apparently healthy individuals. **Materials and Methods:** Sixty *apparently* healthy individuals were enrolled into the study. Group A served as control group and was kept under observation for 2 months while Group B was given *Madhuyashti churna* in the dosage of 4 gms/day with milk for 2 months. **Result:** In Group A, effect on *agni* was found to be

statistically significant. Effect on *bala, medha, malapravritti, nidra* and *keshpata* was non-significant. In group B the effect of the drug on all the parameters was found to be highly significant. **Conclusion:** It was concluded from the present study that *Madhuyashti* have a significant effect on *agni, bala* and *medha* in apparently healthy individuals.

KEYWORDS: *Madhuyashti churna* on *agni, bala, medha, malaptavritti, nidra and keshpata*

1. INTRODUCTION

The people, who appear healthy, in fact encounter many physical and psychological customary troubles. Among those, problems related to digestion, physical and mental strength, low immunity, insomnia, anxiety, stress, fatigue are the commonest ones. The people may not appear ill due to these diseases and often don't get treated for them too. But

these usual and routine health issues hamper the physical and mental output of the individuals in young age and further contribute to main causative or precipitating factors for severe diseases in late age. To meet this necessity some common, affordable and feasible measures must be adopted in the form of medicine and behavioural regimen.

Ayurveda aims at maintenance of health in healthy individuals and prevention and cure of the diseased one. The definition of health given by *Acharya Sushruta* covers all the perspectives of health viz. physical, mental, social and spiritual.^[1] As per WHO “Health is a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity.”^[2]

Rasayanatantra is a branch of *Ayurveda* which describes the measures of attaining long life, maintenance of youthfulness, increasing immunity and providing excellent nutrition to all the body tissues. *Rasayana* on regular practice boosts nourishment, health, memory, immunity and longevity. In nutshell, it aims to produce a state of *dhatu-samya* (*balanced state*) through nutrition to all body tissues. *Madhuyashti* (*glycirrhyza glabra*) has got a place in *medhya Rasayana*^[3], *jivaniya mahakashaya*^[4] group of drugs and many others. It has been mentioned the best *dravya* among *chakshushya*, *vrishya*, *keshya*, *kanthya*, *varnya*, *virajaniya*, *ropaniya*.^[5] *Madhuyashti* being a cost-effective drug, holding *rasayana* property and capable of alleviating many disorders proves beneficial in attaining *dhatu-samya* in the body and resulting in complete state of wellbeing through different modes of action. It has been placed under *swasthsya-urjaskara*.^[6] type of class of medicines which means that it strengthens and promotes the *swasth-bhava* or the *dhatu-samya*.

2. AIMS AND OBJECTIVES

To study the effectiveness of *Madhuyashti churna* on *agni*, *bala*, *medha*, *malaptavritti*, *nidra* and *keshpata* in apparently healthy individuals.

3. MATERIALS AND METHODS

The study was carried out on 60 healthy volunteers of age 20-50 years not undergoing any type of treatment. The individuals having any chronic or acute illness and undergoing any type of treatment were excluded. The volunteers for this study were selected from the campus of NIA, Jaipur and divided randomly into two groups A and B. Thirty individuals were put under control Group A (with no intervention) and thirty under Group B. Group A served as control group and was kept under observation for 2 months while Group B was given

Madhuyasthi churna in the dosage of 4 gms orally, before food twice a day with milk for 2 months. The participants were directed not to interfere with their routine. They were advised to follow their personal routine as before the intervention including diet, exercise etc. The results obtained were analyzed statistically and conclusions were drawn accordingly.

A questionnaire was designed to assess the subjective parameters based on general effects of rasayana and determinants of health. These are as follows

- *Agni –Abhyaharana shakti and jarana shakti*
- *Bala- Sharirikabala, Mansikabala, and Vyadhikshamtavabala*
- *Medha shakti*
- *Mala pravriti*
- *Nidra*
- *Kesh pata*

4. RESULT

Table No. 1: Effect on Subjective parameters of Group A.

Parameters	BT	AT	Diff	%	SD	SEM	P Value	Sig
<i>Abhyaharana Shakti</i>	1.77	1.93	0.133	7.5	0.346	0.063	0.022	S
<i>Jarana Shakti</i>	1.80	1.87	0.00	0.0	0.000	0.000	0.0160	S
<i>Sharirika Bala</i>	1.63	1.63	0.00	0.0	0.000	0.000	---	NS
<i>Mansika Bala</i>	1.70	1.70	0.00	0.0	0.000	0.000	--	NS
<i>Vyadhikshmatva Bala</i>	1.27	1.37	0.07	5.3	0.254	0.046	0.831	NS
<i>Medha</i>	1.73	1.73	0.00	0.0	0.000	0.000	---	NS
<i>Mal Pravriti</i>	2.40	2.40	0.00	0.0	0.000	0.000	---	NS
<i>Nidra</i>	2.30	2.30	0.00	0.0	0.000	0.000	--	NS
<i>Keshpata</i>	2.17	2.17	0.00	0.0	0.000	0.000	---	NS

Table No. 2: Effect on Subjective Parameters of Group B.

Parameters	BT	AT	Diff	%	SD	SEM	P value	Sig
<i>Abhyaharana Shakti</i>	1.50	2.63	1.2	80.0	0.761	0.139	<0.0001	HS
<i>Jarana Shakti</i>	1.47	2.67	1.20	81.8	0.714	0.130	<0.0001	HS
<i>SharirikaBala</i>	1.37	1.93	0.53	39.0	0.681	0.124	<0.0001	HS
<i>MansikaBala</i>	1.67	2.03	0.37	22.0	0.490	0.089	0.0003	HS
<i>VyadhikshmatvaBala</i>	1.30	1.97	0.63	48.7	0.490	0.089	<0.0001	HS
<i>Medha</i>	1.63	1.90	0.23	14.3	0.568	0.104	0.018	S
<i>Mal pravriti</i>	2.07	3.00	0.93	45.2	0.691	0.126	<0.0001	HS
<i>Nidra</i>	2.27	2.30	0.00	0.0	0.000	0.000	0.572	NS
<i>Keshpata</i>	1.87	2.83	0.97	51.8	0.999	0.182	<0.0001	HS

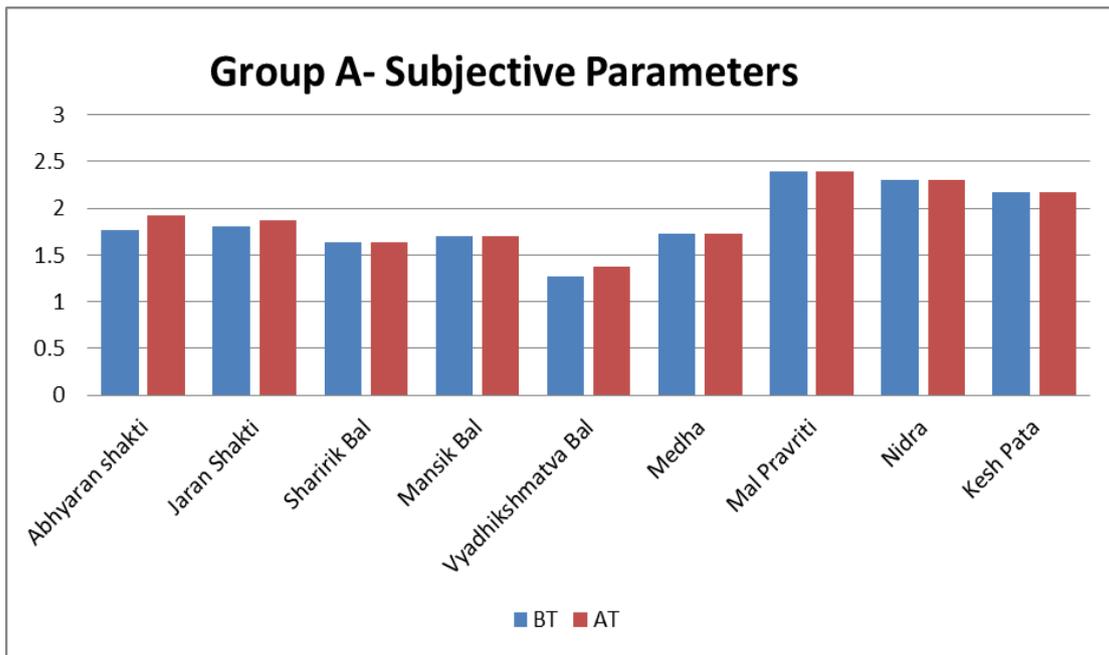


Fig. No. 1: Subjective Parameters of Group A.

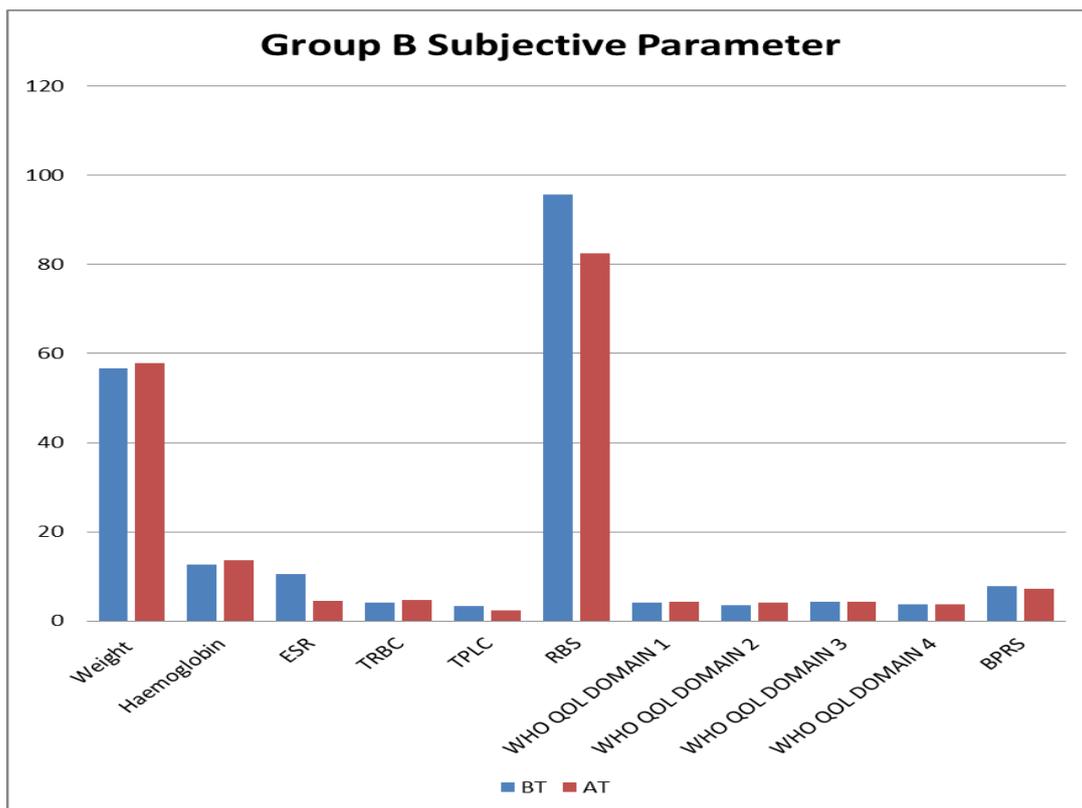


Fig. No. 2: Subjective Parameters of Group B.

5. DISCUSSION

Rasayana drugs are used for preservation of positive health. It increases longevity and provides resistance against disease. *Rasayana* is a specialized type of treatment influencing

the fundamental aspect of body i.e. *dhatu*, *agni* and *srotasa*. The study was designed with the hypothesis that administration of *rasayana* in healthy individuals will lead to improvement in their overall well-being and better quality of life.

Madhuyashti has *guru* and *snigdha*guna. It is *madhura* and *tikta* in *rasa* and has *sheetavirya*. It is *pittashamaka* and *vataashamaka*.^[7] It nourishes all the *dhatu*s especially *rasa*, *mamsa*, *shukra* and *ojus*. It facilitates the movement of *mala* and *mutra*. It has specific action on *chakshu*, *swara*, *twacha* and *kesha*.

Among the effects on Subjective Parameters of Group A (control group), *abhyaharana shakti* and *jarana shakti* show the p value 0.022 and 0.0160 respectively which is statistically significant. The other parameters like *sharirika bala*, *mansika bala*, *vayadhishamatva bala*, *mala pravritti*, *nidra*, *kesha pata* and *medha* showed non-significant result. Group A served as controlled Group and no intervention was done. So the result was likely to come. The significant change in *Abhyahararyana* and *jaranashakti* can be explained as the trial was started in beginning of *hemantaritu* and completed around the beginning of *shishiraritu*. This period is considered important for physiological increase of *agni* in individuals.

In group B the effect of the drug on *abhyaharana shakti*, *jarana shakti*, *sharirika bala*, *mansika bala*, *vayadhishmatva bala*, *mala pravriti* and *kesha pata* was found to be highly significant (p value < 0.0001). Though it is *guru*, *snigdha* in *guna* and *sheeta* in *virya*, it has shown significant result on *agni* i.e. *jarnashakti* and *abhyaharana shakti*. This action may be attributed to *prabhava* action of *Madhuyashti* as a *rasayana*.

Bala was categorised into *sharirika bala*, *manasika bala* and *vayadhiksamatava bala*. The effect was found to be highly significant. The possible explanation may be the *guru*, *snigdha* and *madhura* properties of *Madhuyashti* which are directly responsible for *balya* and *brimhana* actions. Secondly, due to its property of improving *agni*, it increases the production of all the seven *dhatu*s resulting in increased physical and mental strength. It is clearly explained in classical texts that *Rasayana* increases *agni* and *bala* due to *prabhava*. The study proves its *agnivardhaka* and *brimhana* effect through promotion of *agni* and production of excellent *rasadi dhatu*s.

Effect on *medha* was found to be significant. The effect of *medhya rasayana* is also at different levels such as at level of *rasa*, *agni*, and *srotasa*. At the level of *Agni* these drug act

by stimulating and improving the function of *agni*. At the level of *srotsa*, these drugs improve the circulation of *rasa* by opening and cleaning the micro channels and then ultimately improve the function of *medha*. Effect on *nidra* was found non-significant in both the groups. Effect on *keshpata* was found non-significant in control group and highly significant in interventional group.

So, it is concluded from the results that *Madhuyashti rasayana* improves the well-being of the healthy individuals significantly.

6. CONCLUSION

It was concluded from the present study that *Madhuyashti* have a significant effect on *agni*, *bala* and *medha* in apparently healthy individuals. It improves the quality of life of healthy individuals and overall wellbeing. The study proves its *agnivardhaka*, *brimhana* and *medhya* effect through promotion of *agni* and production of excellent *rasadi dhatus*. In nutshell, it can be said that routine health problems, both physical and mental can be treated by such single, cost effective, easily available *rasayana* drugs.

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