

**“A CLINICAL STUDY OF TRIPHALADI GHANA VATI ON
DYSLIPIDEMIA ”**

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ABSTRACT

Objectives: The present study was designed to estimate the efficacy of *Triphaladi Ghana Vati* in Dyslipidemia. In *Ayurveda* Dyslipidemia is known as *Medoroga*. *Meda* is the main *Dushya* (Predisposing Factor) and *Kapha* is the main *Dosha* (Etiological Factor) of Dyslipidemia. It's a *Dushya* dominant disease Therefore, it was expected that proposed drug check the pathogenesis of *Medoroga due to its Medoher properties*. **Methods:** For the clinical trial Patients (n-46) has been selected from the OPD & IPD Arogyashala of National Institute of Ayurveda & Seth Surajmal Bombaiwala Hospital, Jaipur. Orally *Triphaladi Ghana Vati* 500mg twice a day before meal with lukewarm water were administrate in to patients for 60 days. Regular follow-up of 15 days along with *Pathya & Apathya* were advised to the Patients.

Results: Observation & results obtained were computed statistically

and various conclusions were drawn. The mean percentage difference between before and after treatment of serum cholesterol, serum triglyceride, HDL, LDL, VLDL, were respectively 36.59%, 27.67%, 8.71%, 25.13%, 13.45.%, in patients. **Conclusion:** The trial drug was Highly Significant in all the considered biochemical investigative parameters (Lipid

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Profile). Thus it can be concluded that orally *Triphaladi Ghana Vati* can be used as safe and main 'Therapeutic Agent' in the management of Dyslipidemia.

KEYWORDS: *Dosha, Agni, Dhatu, Mala, Medoroga, Dushya, Kapha.*

INTRODUCTION

In this modern era of science and technology, man has become more and more physically inactive along with this dietary habits has changed towards unhealthy food like fast foods, cold drinks, liquors, smoking etc. and hence now a days the code and conduct narrated in the ancient texts of *Ayurveda* have been ignored. By exposing on self to all these factors human beings unknowingly invited number of metabolic syndrome related disorder such as Diabetes, HTN, Obesity, Dyslipidemia, & so on. Cardiovascular diseases (CVD) are the major cause of morbidity and mortality in our society with Dyslipidemia contributing significantly to atherosclerosis.

Lipids as explained in modern sciences has close resemblance with *Sneha Dravya* in *Ayurveda* i.e. *Meda, Vasa, Majja* etc. As described in *Ayurveda*, *Medo Dushti Janya* Sign & Symptoms shows strikingly resemblance with Dyslipidaemia explained in modern text. According to *Ayurveda*, cause for *Medo Dhatu Dushti* is excessive intake of *Shleshma Vardhak Aahar- Vihar* and reduced exercise causes *Agnidushti* resulting in excessive formation *Saam Meda*. Thus it presents as "*Medoroga or Medodosha*". Generally *Medoroga* and *Medo Dosha* appear to be synonyms. Literally, it means a group of diseases caused by abnormality of *Meda Dhatu*. However, some of commentators have described two types of *Medoroga* i.e. *Sthaulya* (adiposity and associated clinical features) and *MedoDosha* (Lipid disorders). Accordingly, enlargement of abdomen due to excessive deposition of fat is considered an example of *Sthaulya*.^[1] Some of the clinical manifestations of *MedoDosha* are caused by obstruction of *Srotas* coupled with vitiation of *Vata* include dyspnoea on exertion, excessive thirst and syncope etc.^[2]

According to WHO survey done in 2002 almost 1/5th (80%) of global stroke events & about 56% of global heart disease are attributed to Dyslipidaemia. This is responsible for about 4.4 million death (7.9% of the total) & 2.8% of global disease burden.^[3] The following figures and many other studies show that Dyslipidemia has been not only in India while around the World increasingly cited as a major health issue in recent decades.

Aims & Objective

Present Research work has been undertaken with the following objectives-

- To study Aetiopathogenesis of *Medodushti* & Dyslipidemia, and work out their probable modern / Ayurvedic correlations.
- To evaluate clinical efficacy of *Triphaladi Ghana Vati* in the management of *Medodushti* w.s.r. to Dyslipidemia.

MATERIAL AND METHODOLOGY

A) Selection Of Patients- For the clinical trial 52 Patients has been selected from the OPD & IPD Arogyashala of National Institute of Ayurveda & Seth Surajmal Bombaiwala Hospital, Jaipur. Six patients were dropped out.

B) Inclusion Criteria

1. Age between 16-70 yr.
2. Sex Either.
3. Diagnosed & Confirmed cases of Dyslipidaemia & *Medodushti* on the basis of investigation.

C) Exclusion Criteria

1. Patient suffering from obesity due to hereditary indisposition.
2. Patients with Hypothyroidism, Diabetes Mellitus.
3. Patients with evidence of Renal, Hepatic involvement.
4. Pregnant and Lactating women.

Trial Drug

Table 1: Contents of *Triphaladi Ghana Vati*^[4]

Sr. No.	Drug Name	Latin Name	Family	Part used	Proportion
1	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	<i>Phala</i>	1 Part
2	<i>Vibhitaki</i>	<i>Terminalia bellirica</i>	Combretaceae	<i>Phala</i>	1 Part
3	<i>Amalaki</i>	<i>Emblica officinale</i>	Combretaceae	<i>Phala</i>	1 Part
4	<i>Palash</i>	<i>Butea monosperma</i>	Fabaceae	<i>Beeja</i>	1 Part
5	<i>Dhava</i>	<i>Anogeissus latifolia</i>	Combretaceae	<i>Kastha</i>	1 Part
6	<i>Chitraka</i>	<i>Plumbago zeylanica</i>	Plumbaginaceae	<i>Moola</i>	1 Part
7	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i>	Apocynaceae	<i>Twaka</i>	1 Part
8	Shinshpa	<i>Dalbergia sissoo</i>	Fabaceae	Kastha	1 Part

Method Of Preparation: Useful part of all the above ingredient herbs were taken as *Yavakuta Churna* in same ratio and boiled in water to prepare *Kwatha*. (*Sha. Sam Madhyam*)

Khanda 2/1) Filtrate of this *Kwatha* was again boiled to prepare *Ghana Satva* then which was dried and tablets weighing 500mg each were prepared and packed well in air tight container. This formulation was done in *Rasashala*, i.e. Pharmacy National Institute of Ayurveda, Jaipur.

- **Drug Doses:** *Triphaladi Ghana Vati* 500mg twice a day before meal.
- **Anupana:** Luke warm water
- **Time Period Of Clinical Trial:** Duration of medication completed at least for 60 days and according to condition of patient.
- **Follow Up:** Total four (every 15 day) follow ups were recorded during 60 days of treatment period.
- **Pathyapathya:** Patient has been made to follow *Pathyapathya* While taking medication.

OBSERVATION & RESULTS

Table No. 2

Showing Effect Of Therapy In 46 Patients Of Dislipidemia (Biochemical Investigation)
(Parametric Data Paired 't' Test is used)

Table No.2: shows that *Triphalaadi Ghana Vati* is Highly significant in all the considered biochemical investigative parameters.

Sr. No.	Parameters	Mean			% Relief	SD±	SE±	“t”	P	S
		BT	AT	Deff						
1	Serum Cholesterol	216.41	179.83	36.59	16.90	23.12	3.40	10.73	0.001	HS
2	Serum Triglyceride	161.15	133.48	27.67	17.17	30.58	4.51	6.14	0.001	HS
3	HDL	52.58	43.87	8.71	16.56	5.99	0.89	9.76	0.001	HS
4	LDL	133.13	108	25.13	18.88	26.75	3.94	6.37	0.001	HS
5	VLDL	41.30	27.85	13.45	32.57	53.20	7.844	1.71	0.001	HS

DISCUSSION

Probable mode of action of drug: *Meda* is considered as *Sneha* dominant *Drava Dhatu* which is having *Guru* (heavy), *Snigdha* (oiliness) properties and dominance of *Prithvi*, *Apa* and *Teja Mahabhoota*.^[5] Specificity of diet having *Guru*, *Madhura*, *Snigdha*, *Sheeta Guna*, *Sneha Guna Pradhana Dhatu Poshakansa* and *Agni Mandya* are main causative factor of Dyslipidemia

According to *Ayurvedic Pharmacodynamic*, drug do some part of work through *Rasa*, some part through *Virya*, some through *Vipaka* and remaining some part through *Prabhava*.^[6]

All the contents of *Triphaladi Ghana Vati* contain *Kashaya* predominantly followed by *Katu & Tikta Rasa*. *Katu, Tikta Rasa* have *Deepana, Pachana, Ruchikara, Shodhana, Srotansi Vivrunoti (Prasaryati Srotansi –Arundatta), Kaphaghna etc^[7]*, properties. Due to their *Deepana Karma* it helped in *Jatharagni Deepana* and also *Dhatvagni Deepana*. With *Pachana Karma* it helped in *Ama Pachana* which is main cause in the *Samprapti* hence with *Deepana* and *Pachana Karma* it helped in *Samprapti Vighatana*. All *Rasa* have *Kaphaghna* properties, *Kapha* is one of the main *Dosha* in the *Samprapti* of *Dyslipidemia*, so with *Kaphaghna* property it again helped in *Samprapti Vighatana* of *Dyslipidemia*.

Maximum contents of *Triphaladi Ghana Vati* contain *Ruksha & Laghu Guna*. *Ruksha Guna* is known for its *Dhatu Shoshaka* and *Kapha Shamaka^[8]* Properties by its *Rukshana & Lekhana Karma* where as *Laghu Guna* is *Kaphashamaka & Dhatuhasakaraka, Krishtakaraka* and *Srotoshodhaka* by its *Laghana Karma*. Due to their *Rukshana Lekhana* and *Langhana* properties they results in reduction of excessive *Medo Dhatu* from body by having *Medokshaya* and *Sneha Kshaya* properties which again helped in *Samprapti Vighatana* of *Dyslipidemia*.

Maximum contents of *Triphaladi Ghana Vati* have *Katu Vipaka* which is responsible for *Ama Pachana* and *Srotoshodhana* by enhancing *Jatharagni* and *Dhatvagni*.^[9] It helps in *Samprapti Vighatana* of *Dyslipidemia*. *Ushna Veerya* of ingredients digests *Ama^[10]* by enhancing *Medo Dhatwagni*. Digestion of *Ama* clears the obstruction of *Rasavaha Srotas* and *Medovaha Srotas* which results in *Vata Shaman* too. This again helps in *Samprapti Vighatana* of *Dyslipidemia*.

The known pharmacological action of majority of the drug contents is *Tridosha Shamaka* followed by *Kaphapitta Shamaka Dosha Karma*. Drugs are having *Deepana, Pachana, Grahi, Pramathi, Lekhanna, Chedana, Anulomana* and *Rasayana* etc. properties. The effect of the study drugs can be attributed to the above mentioned properties of its ingredients.

CONCLUSION

Orally *Triphaladi Ghana Vati* in the dose of 500mg twice a day before meals with the *Anupana Ushnodaka* has the beneficial effect *Dyslipidemia* thus it can be used as safe and

main Therapeutic Agent.

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