

## THE EFFECT OF AADITYAPAK GUGGULU IN KATISANDHIGATA VATA –A SINGLE CASE STUDY

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### ABSTRACT

“Ayurveda” is an everlasting science as it deals with all the aspects of life, particularly of human beings since time immemorial. However, due to excessive industrialization, sedentary lifestyle, unhealthy food habits, over-usage of technology and their unwanted hazards generate nidana for vitiation of doshas. These doshas lead to disease formation if respective Dushyasthan etc., are available. Vata is the main Dosha which controls Pitta and Kapha as motion is one of the qualities of Vata Dosha<sup>[3]</sup> and therefore the Acharyas gave importance to Vata Dosha. Vitiating Vata dosha causes multiple Vyadhi in the body called as VataVyadhi. SandhigataVata<sup>[4]</sup> is one of them, in which these Vata Dosha affect the Sandhistan in our body and it is described in

Ayurvedic text as various types according to their respective Sthanashray. One of Sandhigata Vata is Katisandhigata vata, which is seen amongst the larger population as with a sedentary lifestyle, being overweight or obese, lack of exercise, excessive physical activity, poor posture- slouching, driving in a hunched position, poor standing posture, sleeping on sagging matters. As a result of sedentary lifestyle, shift from rural lifestyles to urbanization, approximately 60-85% of adults get affected by lower back pain. In modern science, some of the most used medications only reduce pain but do not repair this condition. These current medications resulting in pain-reliever are controversial because of their dangerous side effects. To avoid such situation, we would like to draw attention to identify a perfect and economical remedy, with almost no side effect solution for the management of lumbar spondylosis. Aadityapak Guggul is a polyherbal drug. Aadityapak Guggul contains Triphala, Pippali, Twak, Ela, Guggul with bhavana of Dashmoola kwath. The major features of these

guggul kalpa are 'Rasayana quality of Guggul', to gain the resistance power against the said disease by maintaining equilibrium of Tridoshas in the body as per 'Rasayana Principle'. The most remarkable quality of Guggul is its role as 'Shreshtha' (predominant) dravya among Meda- Vatahara dravyas.<sup>[9]</sup> It also acts as Tridoshahara. Considering these properties of the Guggul Kalpa lead to expected Sampraptibhanga (breaking of pathophysiology) in Katisandhigata Vata (lumbar spondylosis).

**KEYWORDS:** Ayurveda, Katisandhigata vata, Aadityapak Guggulu, Lumbar Spondylosis.

## 1) INTRODUCTION

The changing lifestyle to adapt in a fast-paced life is the key influencer in susceptibility to many diseases. Men have modified their dietary and lifestyle preferences to get suited to this modern era. This has resulted in a rise of many 'Lifestyle disease' and 'Non communicable diseases'. It can lead to various health issues hampering our day to day life and 'Lumbar spondylosis' is one them.

There is no precise terminology for lumbar spondylosis in the Ayurveda classics. But its signs and symptoms are perfectly aligned to Katisandhigata vata, thus it can be co-related.

There is no definite clarity on Sandhigata vata. Charaka Samhita mentions that after Nidana sevana aggravated Vata dosha, it enters in the Sandhi and gets established there by producing a bulge in the joints, which is felt like a bag filled with air and the pain occurs mainly during the flexion and extension the movements of the joints.<sup>[1]</sup>

It requires long term treatment and no drug in modern science can treat the basic pathology of the disease completely and prevent progression without complications. Hence, the ray of hope turns towards Ayurveda. The present scenario regarding Lumbar spondylosis has encouraged us to work on this disease with the help of Polyherbal Combination Aadityapak Guggul.

### Rationale of the study

In the study, patient was 54-year-old female with no history of any known comorbidity was complaining of severe lower back pain, difficulty in movement or forward bending since 5-6 months dietary habits consisted of Adhyashana with excessive Laghu-Ruksha ahara-vihara. Considering the Vata- Pitta Dosha Vikruti and Asthi-Majja- Mansa Dhaatu dushti, we first addressed the Shamana chikitsa which will not only pacify the Dosh-Dhatu dushti but also act

as Rasayana in this case for better management of Katisandhigata vata in prolong term.

## 2) AIM

To study the effect of Aadityapak Guggul on various symptoms of Katisandhigata Vata.

## 3) METHODOLOGY

1. A clinical case study was conducted in OPD of the hospital
2. 4 Tablets of (500mg) Aadityapak Guggulu, thrice a day (6gm/day) with warm water after meal was given<sup>[2]</sup>
3. Patient was asked to follow Pathya ahara- vihara during study
4. The Patient was observed during study on weekly basis for 8 weeks.

## Samprapti

Hetu Sevan (Ruksha Padarth, Laghu, Parush, Ratrijagaran- Tridosh Dushti- Asthi- Majja Sroto Dushti- Hanti sandhi, Shotha, Sphutan, Shoola, Aakunchana-Prasarana savedana<sup>[3]</sup> lakshana were seen on examination.

## Aadityapak Guggulu-Mode of action<sup>[4]</sup>

- In the pathogenesis of Katisandhigata vata main factors are Margavrodha janya or Dhatukshay janya vata dushti. Hence, for the purpose of this study 'Aadityapak Guggul' has been selected to break down its samprapti.
- Aadityapak Guggulu includes Deepana, Pachana, Shothhara, Shulahara and Rasayana effect evidently.
- As per pharmacological action of Aadityapak Guggul, it has an inhibitory action on inflammatory substances and proved that anti-inflammatory properties mediated via PG synthesis inhibition. It acts as COX-2 inhibitors and reduces inflammation that might be responsible for its NSAID's like activity.

## 4) OBSERVATION

#	Lakshana	Before Treatment	On 4 <sup>th</sup> week	On 8 <sup>th</sup> week
1	Pain	+++	+	+
2	Pain on extension and flexion	+++	++	+
3	Stiffness	+++	++	+
4	Tenderness	+++	+	+
5	Nature of pain	++	++	+
6	SLRT (Straight leg raising test)	+	+	+
7	Coin Test	+++	+++	+
8	VAS Scale	09	07	04

**Parameter for Assessment**

# Table showing observation of signs and symptoms before and after the treatment.

**5) RESULT**

In our study, the symptoms of Katisandhigata vata were significantly reduced after treatment with Aadityapak Guggulu and pathya sevan; achieving better quality of life for the patient.

**6) DISCUSSION**

In our study, we observed that Aadityapak Guggulu being Vedana Sthapak, Tridoshara, Vata Shamak and Rasayana worked effectively in the patient. During the course of our study we noted remarkable improvement in patient's joint function. A larger group study on this Guggulu kalpana is needed for further analysis for the preparation and its benefits in Katisandhigata Vata [Asthi-majjagata Vyadhi/ VataVyadhi].

**7) CONCLUSION**

Aadityapak Guggulu has significant role in reducing signs and symptoms as well as managing Katisandhigata vata.

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