



Assessment of Rasdoshsambandha Siddhanta by Using Pittashamak Rasdravya on Pittavruddhi Lakshanani-A Review

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ABSTRACT: *Ayurveda* is holistic science which is trusted and implemented from many generations over the long period. Starting from the ancient times till today's era *Ayurveda* had remained as a forerunner and proved as a fountain head of all sciences, it is not only comprehensive medical system but also a way of life. A healthy mind in healthy body is the principles aim guiding all the prevailing systems of medicine. Principles of *Ayurveda* have a great value even in life of modern man as the life is the underline theme over which the whole science of *Ayurveda* is interwoven. Hence one cannot deny the implacability of these Principles. The principles of *Ayurveda* are outcome Of strict experimental studies done for several years. Several *Acharyas* had tested the Principles and then they are placed in *Ayurvedic Samhita*. *Dosh, Dhātu* and *Mala* are root of *Sharira*. All the functions of the body might be explained in the term of *Dosh, Dhātu* and *Mala*. *Tridoshas* are the biological entities derived from *Panchamahabhutas* liable for the regulation of all bodily functions and its regulations. *Vishamavastha* (hypo or hyper state) of *Dosha* is known as disease and *samyavastha* is healthy state. Six Rasas acts differently on *Doshas* so as to established healthy state of individuals. So the principle "Rasdosha sambandha siddhanta" have been studied critically. This paper is aimed to summarize and analyze the descriptions regarding the *vishamavastha* of *Tridosha* made by *Ayurvedic* scholars and suggest some objective parameters to assess the functional state of *Tridosha*. Aim of this study is "Evaluation of concept of *Ras-dosha sambhandh Siddhant* by using *pittashamak ras (madhura, tikta, kashaya) dravyas* in management of *pittavruddhi lakshanani*." This is 4 arms, comparative, interventional clinical study with sample size 268. Selection of subjects will be done by lottery method in the age group of 16-50 yrs of any sex having cardinal features of *Pittavruddhi lakshanani* 1) *Mala Pitata*, 2) *Mutra Pitata*, 3) *Netra Pitata*, 4) *Twak pitata*, 5) *Kshuda*, 6) *Trushna*, 7) *Daha* 8) *Alpanidra*. Subjects will be selected from *swasthavrutta* and *Kayachikitsa* OPD. Approval of study taken after presentation from institutional ethics committee. . *Yashtimadhu, Kadunimb* and *Jambubij* will be procured from market and prepared *Chunavati* from authenticated lab. Interventional trial will be measured and by proper statistical analysis, the observations of parameters are assessed.

KEYWORDS: *Pittavruddhi lakshana, Pittashamak Rasas, Yashtimadhu, Kadunimb and Jambubij*

INTRODUCTION

Ayurveda the science of life is an ancient system of medicine which guided the mankind with various principles to remain healthy and stay away from any physical, mental and spiritual illness throughout the life. The main aim of life will be attaining *Dharma, Artha, Kama* and *Moksha*. So *Ayurveda* has stressed more upon preventive aspect than curative to maintain the health of an individual. Modern era is becoming synonymous with sedentary lifestyle. Earlier, people had much more time and could eat healthy food. As the

new era is progressing, human needs are rising proportionately in a higher ratio due to introduction of newer technology through research. But in this fast food era human being forgets everything to achieve their goal. No gain without pain, for that he need a faceoff with hurry, worry, stress, strain, anxiety, improper food habit. All of them accelerate the vitiation of *dosha* by disturbing action on *Agni*. There are so many *siddhantas* which provides fundamental knowledge for understanding the theories of *Ayurveda* regarding *dosh*, *dhatu mala samyavastha* which are *mula of sharira*.¹ So it is important that how we can be understood in the term of *dosha* how it's vitiated and what is the possible management of it. In any disease *samawai* Karan (main cause) is *Doshvaishamyavastha* means *dosha* may be increases or decreases² and any disease we treat *dosha* to maintain its equilibrium not the disease. *Vaidya* must know how *doshas* vitiated; at what extent it vitiated because treatment of any disease is purely depend on *doshvaishmya*. According to *Ayurveda Pittavaishmya* is the basic cause of *pittajanya* diseases.

Literary Review *Rasdosh sambandha siddhanta* is one of the fundamental principles of *Ayurveda*. *Charak Samhita* is famous reference book of *Kaychikitsa*. *Vimanshansthan* is one of the specialty of *Samhita*. First *Adhhyay* of *Vimansthana* is *Rasviman*. In this *addhyaya charak* described the special features of *doshas*, *dravyas*, *Desha*, *Kala*, *Bala*, *Sharir*, *sara* (constitutional dominance of one or the other *dhatu*), *Ahar*, *Satmya*, *Satva*, *Prakruti* and *Vaya* because the therapeutic treatment depends on the knowledge of the features of *doshas* etc. The physician having no knowledge of the features of *doshas* etc. is incapable of controlling the disease. Hence for the knowledge of the features of *doshas* etc. *Charak* described the section on *Vimana* (specific features)³. In the beginning, he told about the effects of *rasa*, *dravya*, *dosha* and *vikara*. *Rasas* are six in number and are *Madhur*, *Amla*, *Lavan*, *Katu*, *Tikta* and *Kashaya* (Sweet, Sour, Saline, Pungent, Bitter and Astringent). They maintain the body if used properly otherwise vitiates the *doshas*. He described *rasa* first because of its importance. *Rasas* takes play an important role in *Chikitsa* as well as in maintenance of body. In treatment drug of choice depends on the *rasa* of *dravya*. *Gunas* of the *dravya* will be identified by *rasa*. *Virya* and *Vipak* of *dravya* also depends on *rasa*. In practice when we treated the patients we treat the *doshas* neither a person nor the disease. We treat the *dosha* to keep them in *samyavastha* (balance state) because *vikrut* (imbalance) *dosha* are *samvai karan* of the disease. Hence the role of *rasa* is very important in keeping the *doshas* in *Samyavastha*. In *Ashtangasangraha Vagbhata* described *Pittavruddhikar Lakshanani*⁴ and In *Ashtanghrudaya Laghu Vagbhata* also described the *Pittavruddhikar Lakshanani*⁵. In *Sushurt Samhita Acharya Sushrut* described *Pittavruddhikar Lakshanani*⁶. After observing all *Pittavruddhikar Lakakshnani* from all *Samhitas*, *Lakshnani* said by *Ashanghrudaykar* are observed in present era and they are as 1) *Mala Pitata*, 2) *Mutra Pitata*, 3) *Netra Pitata*, 4) *Twak pitata*, 5) *Kshuda*, 6) *Trushna*, 7) *Daha* 8) *Alpanidra*. Because of the inappropriate diet and mode of lifestyle the *Pitta Dosha* aggravates. The *Ayurvedic* literature stressed more on faulty food habits and lifestyle as *hetu* for the *doshavruddhi*. In the presence era of urbanization and industrialization drastic changes have taken place in the lifestyle of human being. Human being is trying to cope up the speed and adopted unhealthy diet and lifestyle leading to *Pittavruddhi*. In the list of *Rasa*, the first three are *Madhur*, *Amla* and *Lavan* which mitigates *Vata* and increases *Kapha*. The last three are *Katu*, *Tikta* and *Kashay Rasa* which mitigates *Kapha* and increases *Vata*. *Kashay*, *Tikta* and *Madhur* *Rasa* mitigate *Pitta*. *Amla*, *Lavan* and *Katu* *Rasa* increase *Pitta*⁷. Among these six *Rasas* *Madhur*, *Amla* and *Lavana* overcome *vayu*; *Kashay*, *Madhur* and *Tikta* subdue *pitta* and *Katu*, *Tikta* and *Kashay* win over *kapha*⁸. Three *rasas* aggravate one *dosha* while the other three pacify it. Such as *Katu*, *Tikta* and *Kashay* *rasas* aggravate *vata* while *Madhur*, *Amla* and *Lavan* pacify it. Similarly *Katu*, *Amla* and *Lavana* *rasas* aggravate *pitta* while *Madhur*, *Tikta* and *Kashay* ones pacify it. *Madhur*, *Amla* and *Lavan* *rasas* aggravate *kapha* while *Katu*, *Tikta* and *Kashay* pacify it⁹. In case of the conjunction of *rasas* and *doshas*, the *rasas* aggravate those *dosas* to which

they are similar or mostly similar in properties and pacify by regular use those to which they are contrary or mostly contrary in properties. Because of this system, *rasas* individually are said as six and *dosas* as three¹⁰. Details of mutual combination and proportional variation with regard to them are innumerable because these variations are innumerable¹¹. Where there is a substance having several *rasas* or a disorder having several *doshas* one should first critically analyze the role of *rasas* or *doshas* individually and then decide the effect of the substance or the disorder wholly¹².

Yashtimadhu kand, *Kadunimb chhal* and *Jambu bij* are *Madhur*, *Tikta* and *Kashay Rasa Pradhan Dravyas* respectively which will be used for this study. In *Kaiyadeo Nighantu Acharya* said that *Yashtimadu* is *Madhur rasa pradhan*¹³, *Kadunimb* is *Tikta raspradhan*¹⁴ and *Jambu* is *Kashay rasa pradhan*¹⁵ *dravya*. Also in *Charak Samhita*, *Sushrut Samhita*, *Ashtangasangraha*, and *Ashtanghrudaya* above said *dravyas* are described in *Madhur Skandha*, *Tikta Skanda* and *Kashay Skanda* respectively and also described as *Pittashamak dravyas*. All these drugs are easily available in the present scenario so they are selected for the study purpose.

Need of Study Today due to modern life style there are many health problems observed among the society. In which we found mainly *Pittavrudhikar lakshnani*. It occurs due to vitiated *pitta dosha* in which there is mainly *Annavahastrotas dushti*. Among the many *Pittavruddhi lakshnani* 1) *Mala Pitata* 2) *Mutra Pitata* 3) *Netra Pitata* 4) *Twak pitata* 5) *Kshudha* 6) *Trushna* 7) *Daha* 8) *Alpanidra* are very common. Also in India Gastritis is very common disease which described as *Amlakashcha* in *Pittaj Nanatmaj Vyadhi*¹⁶ in *charaka samhita*. Gastritis is significant problem in present era. Moderate to severe Gastritis affects around 22.2% population. (Hai-Yun-WANG BMC gastroenterol 2016 published online 2016 Mar 15) Its severity correlates with changes in food habit, fast food intake, *viruddhanna sevan* and changes in way of life. In the treatment of disease we treat the *doshas* and in *Ayurveda* we should follow *Ras-Dosh Sambandha Siddhanta* for the treatment without knowing *samprapti*. *Pradhan Ras* of the *dravya* acts by *Rasprabhav* and hence *Pittashamak Rasdravya* treat the *Pittavrudhi lakshanani* which is the best treatment for *Pittavruddhi lakshanas*.

AIM AND OBJECTIVES

Aim of study : Evaluation of concept of *Ras-dosha sambhandh Siddhant* by using *pittashamak ras (madhura, tikta, kashaya) dravyas* in management of *pittavrudhi lakshanani*.

Primary objective of study- To evaluate *Ras-dosha sambhandh Siddhant* by using *pittashamak ras (madhura, tikta,kashaya) dravyas* in management of *pittavrudhi lakshanani*.

Secondary objectives of study -

- To study the effect of *Ekal rasadravya* on *Pittavruddhi lakshanani*.
- To study the effect of *Tri rasadravyas* on *Pittavruddhi lakshanani*.
- To compare the effect of *pittashamaka rasadravyas* on *pittavruddhi lakshanani*.

MATERIALS AND METHODS

Material *Yashtimadhu kand*, *Kadunimb chhal* and *Jambu bij* are *Madhur,Tikta* and *Kashay Rasa Pradhan Dravyas* respectively-Which is presented in table no. 1

Participants of study

Selection of participants: All Patients who are fulfilling minimum four *Pitta vrudhikar Lakshanani* based on history will be selected for the study.

Inclusion criteria

1. Age-16 to 50 yrs
2. Both Genders

3. Patients with classical symptoms of *Pittavruddhi*
4. Patients who are co-operative and ready to give written consent.

Exclusion criteria

1. Pregnant and lactating
2. Known cases of Gastric Ulcer, Duodenal ulcer, Cancer of stomach, Cardiac disease, Diabetes
3. Patients suffering with any chronic disease

Withdrawal criteria

1. If patients developed any complications.
2. If patient refuse to continue the treatment.

Other work

1. Preparation of case record form
2. Selection of study subjects.
3. Written consent of patient will be taken priority.
4. Administration of drug for 7 days

Subjective Parameters

- | | |
|------------------------|------------------------|
| 1) <i>Mala Pitata</i> | 2) <i>Mutra Pitata</i> |
| 3) <i>Netra Pitata</i> | 4) <i>Twak pitata</i> |
| 5) <i>Kshudha</i> | 6) <i>Trushna</i> |
| 7) <i>Daha</i> | 8) <i>Alpanidra</i> |

The symptoms are recorded in terms of clinical grades as per the statement of the patients. The different gradations will be done for different complains

Case Definition : Subjects Satisfying inclusion criterion having cardinal signs and symptoms of *Pittavruddhi* of either gender between age group 16-50 yrs.

Sample size : calculated by $N = z^2p(1-p)/d^2$ and sample size for this study is 268 that means sample size of each group is 67.

Sampling technique: Subject will be selected by using Purposive sampling method from patients in OPD who satisfactorily the eligibility criteria till the desired sample size achieved. Patients of *Pittavruddhi lakshanani* will be selected in OPD on the basis of irrespective of gender, economic states, religion, and occupation. Assessment will be done pre-post Treatment follow up and data collection will be done on 1st, 3rd, 7th and 9th day of treatment. Treatment will be given to patients as it mentioned previously and there efficacy will be seen and which is presented in table no. 2

Assessment criteria-

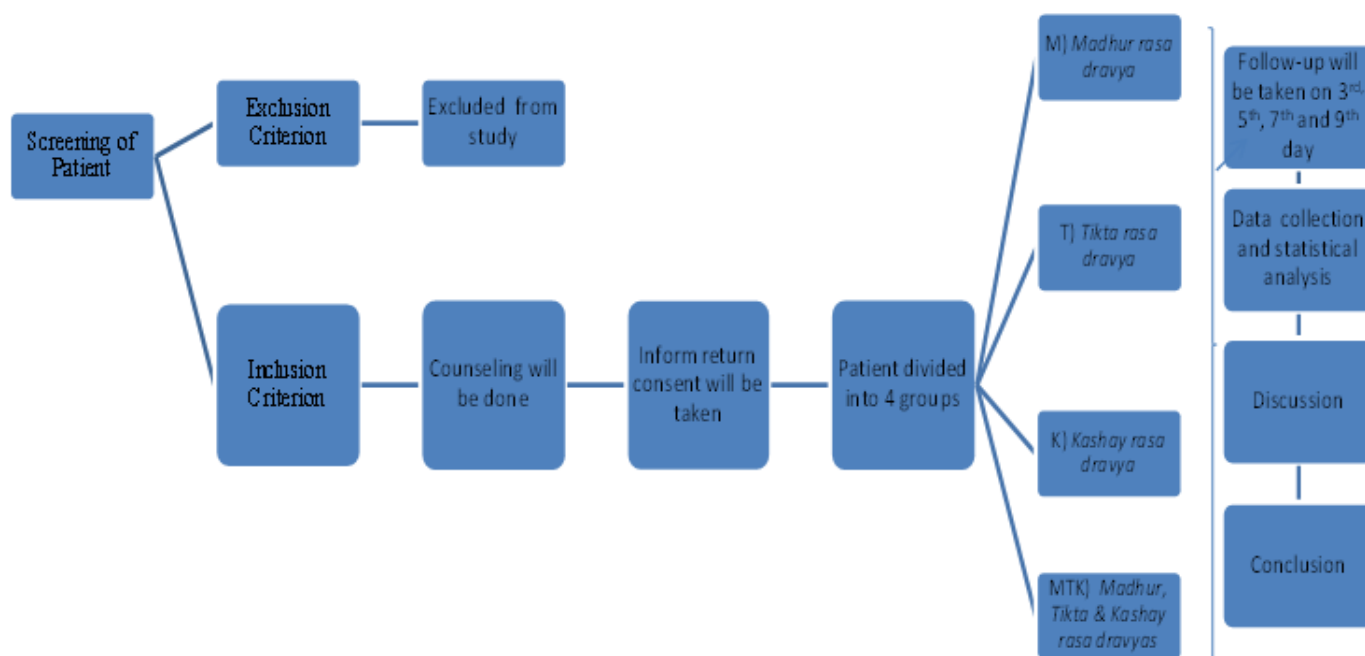
Subjective Parameters

- | | |
|------------------------|------------------------|
| 1) <i>Mala Pitata</i> | 2) <i>Mutra Pitata</i> |
| 3) <i>Netra Pitata</i> | 4) <i>Twak pitata</i> |
| 5) <i>Kshudha</i> | 6) <i>Trushna</i> |
| 7) <i>Daha</i> | 8) <i>Alpanidra</i> |

Objective Parameters-

- 1 *Mala varna pariksha*
- 2 *Mutra varna pariksha*
- 3 *Netra varna pariksha*
- 4 *Twak varna pariksha*

STUDY DESIGN



Data collection tools and detail process: Data about analysis will be collected through information collected before and after intervention of drug in the form of “Case Report Proforma”.

Observation and results: Clinical efficacy of the Yashtimadhu Churna vati, Kadunimb Churna vati and Jambubij Churna vati will be assessed regarding the Pittavruddhi lakshanani. All subjective parameters observed and recorded before treatment and after treatment. Then compare the group relationship.

Methods of statistical analysis: Student paired T-test; Student unpaired T-test, ANOVA test, Chi square test; & proper statistical analysis.

RESULTS

Expected Results: The subjects with *Pittavruddhi lakshanani* fit for oral intervention of *Yashtimadhu Churna vati*, *Kadunimb Churna vati* and *Jambubij Churna vati*. The expected result will be drawn on the basis of observations.

Outcome

- Reliving *Pittavruddhi Lakshanani* in the subject intervened.
- Transitory scale of assessing *rasdosh sambanda* by choosing the type of *Rasa*.
- Invented new drug intervention which effective on to *doshavruddhi lakshanas* by choosing type of *dravya*.
- Early identification and management of *Pittavruddhi lakshanani* which may prove key factor on preventing future lifestyle disorders.

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TABLE 1. :- Pittashamak Rasdravyas

DRUG	YASHTIMADHU	KADUNIMB	JAMBUBIJ
Latin name	<i>Glycyrrhiza glabra</i> , Linn	<i>Azadirachta indica</i> , A. Juss	<i>Syzygium cumini</i> , Linn
English name	Liquorice	Margosa tree	Jamin, Black berry
Family	Leguminosae	Meliaceae	Myrtaceae
PrayoJyang	<i>Kand</i>	<i>Chhal</i>	<i>Bij</i>
Guna	<i>Guru, Snigdha</i>	<i>Laghu</i>	<i>Laghu, Ruksha</i>
Rasa	<i>Madhur</i>	<i>Tikta, Kashay</i>	<i>Kashy, Madhur, Amla</i>
Vipak	<i>Madhur</i>	<i>Katu</i>	<i>Madhur</i>
Virya	<i>Shit</i>	<i>Shit</i>	<i>Shit</i>
Doshagnata	<i>Vatashamak, Pittashamak</i>	<i>PittaShamak. Kaphashamak</i>	<i>Kaphashamak, Pittashamak</i>
Karma	<i>Dahashamak, Vedanashamak, Shothaghna, Keshya</i>	<i>Dahaprasham, Vranashodhan, Vranapachan, Jantughn</i>	<i>Stambhan, Twakdosshar, Dahaprashman</i>

TABLE 2 :- Drug Intervention Table:

GROUPS	GROUP M	GROUP T	GROUP K	GROUP MTK
Sample size	67	67	67	67
Intervention	<i>Yashti madhu</i>	<i>Kadunimb</i>	<i>Jambubij</i>	<i>Yashtimadhu + Kadunimb + Jambubij</i>
Dose	2 gm bid, with <i>Anupan</i> - Water After meal.	2 gm bid, with <i>Anupan</i> - Water After meal.	2 gm bid, with <i>Anupan</i> - Water After meal.	2 gm bid, with <i>Anupan</i> - Water After meal.
Route of Drug	Oral	Oral	Oral	Oral
Drug Form	<i>Churna Vati</i>	<i>Churna vati</i>	<i>Churna vati</i>	<i>Churna vati</i>
Duration	7 days.	7 days.	7 days.	7 days.
Followup period	After 1 st , 3 th , 5 th , 7 th , 9 th days	After 1 st , 3 th , 5 th , 7 th , 9 th days	After 1 st , 3 th , 5 th , 7 th , 9 th days	After 1 st , 3 th , 5 th , 7 th , 9 th days