A COMPARATIVE STUDY OF NAVAK GUGGULU AND AROGYAVARDHINI VATI IN THE MANAGEMENT OF MEDOROGA W.S.R.TO HYPERLIPIDEMIA

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ABSTRACT:
The people know what to eat but they don't know how to eat? Even other medical science are very little aware about dietetic rules. Acharya Charaka has mentioned Aharvidhidhan he dietetic rules and codes of conduct for every season. Now-a-days people do not follow the rules of diet intake and regimen mentioned in Ritucharya. This has invited increased incidence of disease like Amlapitta, Prameha, Rakta Vata, Medoroga etc. In context of Medoroga, Madhukosha mentions Sneha as the factor from which meda is formed. All the Dhatu nourishes mainly by Sneha. So excess intake of fat leads to excess deposition of lipid in the body. Two groups were registered to compare the effectiveness of Navak Guggulu and Arogyavardhini vati in above disease. In group A, out of 30 patients, 6 patients (20.0%) were Effectively cured, 10 patients (33.33 %) had Moderate improvement, 9 (30.0%) patients had mild improvement, while 5 patients (16.7 %) showed insignificant result. In group B, out of 30 patients, 4 patients (13.3 %) got Effectively cured, 11 patients (36.66 %) had Moderate improvement, 9 (30%) patients had mild improvement while 6 patients (20 %) showed insignificant result. It means Navak Guggulu is highly effective remedy for Medoroga (Hyperlipidemia) as compared to Arogyavardhini vati.

Keywords : Hyperlipidemia, Sneha Medoroga, Obesity, Ritucharya

INTRODUCTION: Today is the era of modernization and fast life. Everybody is busy and living stressful life. Consumption of fast foods having high calories is also increasing. Man has achieved every comfort of living and is ignoring physical activity and so the fat along with cholesterol is increasing in his body which has invited disorders like Hyperlipidaemia, Hypertension and heart disease. Now a days, Medoroga i.e., Obesity is the fifth leading risk of global deaths. At least 2.8 million adults die each year as a result of being overweight. In addition, 44% of Diabetes burden, 23% of Ischemic heart disease burden and between 7% to 41% of certain cancer like CA Esophagus, C.A. pancreas, Colon, C.A. breast etc. are attributable to overweight and Obesity. Due to prolonged intake of modern medicine one may face the adverse effect of these modern medicines. In most of cases, patients need to be treated with more than one group of medicine. It becomes costly too. Ayurvedic medicines by the means of its dosha shaman and shodhan property may prove to be better option in present situation. The present work is an effort to establish the phenomenon of
**Medoroga** and Hyperlipidemia on the basis of Ayurvedic principles and to treat the same by safe, economic, and effective herbal formulation based upon proposed theory of Medoroga.

**AIM AND OBJECTIVES:**
To study the aetiopathogenesis of Medoroga(obesity) and Hyperlipidemia according to both Ayurveda and modern science.

To assess the Comparative effect of Navak Guggulu & Arogyavardhini Vati in the management of Medoroga & Hyperlipidemia.

**INCLUSION CRITERIA:**
Patients willing for the trial & able to participate for 6 weeks after consent
Patients suffering from both Medoroga and Hyperlipidemia (Particularly high cholesterol &LDL)

i. BMI >30
ii. Total cholesterol (mg/dl) ->200, LDL (mg/dl)->130,VLDL(mg/dl)->35,Triglycerides->150 mg/dl
iii. Patient’s age between 16-70 years.

**EXCLUSION CRITERIA:**
i. Medoroga due to endocrinal disorder like Hypothyroidism, Cushing syndrome etc.
ii. Drug induced obesity and Hyperlipidemia such as long-term intake of OCP, Beta Blockers & corticosteroids

**SHOWING EFFECT ON SYMPTOMS SCORE OF 60 PATIENTS OF MEDOROGA:**

<table>
<thead>
<tr>
<th>S.N</th>
<th>Symptoms</th>
<th>Group A BT</th>
<th>Group A AT</th>
<th>Diff</th>
<th>% relief</th>
<th>Group B BT</th>
<th>Group B AT</th>
<th>Diff</th>
<th>% of relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kshudra shwasa</td>
<td>58</td>
<td>25</td>
<td>33</td>
<td>55%</td>
<td>57</td>
<td>18</td>
<td>39</td>
<td>65%</td>
</tr>
<tr>
<td>2</td>
<td>Pipasa-atiyoga</td>
<td>31</td>
<td>20</td>
<td>11</td>
<td>18.33%</td>
<td>31</td>
<td>22</td>
<td>9</td>
<td>15%</td>
</tr>
<tr>
<td>3</td>
<td>Nidra-adhikaya</td>
<td>66</td>
<td>23</td>
<td>43</td>
<td>71%</td>
<td>58</td>
<td>53</td>
<td>5</td>
<td>8.33%</td>
</tr>
<tr>
<td>4</td>
<td>Daurbalya</td>
<td>55</td>
<td>19</td>
<td>36</td>
<td>60%</td>
<td>36</td>
<td>6</td>
<td>30</td>
<td>50%</td>
</tr>
<tr>
<td>5</td>
<td>Sandhi-shoola</td>
<td>77</td>
<td>23</td>
<td>54</td>
<td>90%</td>
<td>61</td>
<td>23</td>
<td>38</td>
<td>63.33%</td>
</tr>
<tr>
<td></td>
<td>Avg. Score</td>
<td>57.4</td>
<td>22</td>
<td>35.4</td>
<td>58.86%</td>
<td>48.6</td>
<td>24.4</td>
<td>24.2</td>
<td>40.33%</td>
</tr>
</tbody>
</table>

iii. Patient with evidence of malignancy.

**DRUG DETAILS:**
- **AROGYAVARDHINI VATI NAVAK GUGGUL:**
  Ref No: R R. Samuchchaya (20/93)
  B. Ratnavali Medoroga chikitsa (39/43)
  - Dose: 2 gm. daily in two divided dose
  - Route of Administration : Oral
  - Time of Administration : After meals
  - Duration of therapy : 45 days
  - Anupan : Luke warm water

**RESEARCH METHOLOGY:**
i. Study type: Interventional
ii. Masking: Open comparative study
iii. No of groups: 2
iv. Sample size: 30 patient in each group
v. Study site: O.P.D. /I.P.D. wing of P.G. Department of Kayachikitsa, Shubhdeep Ayurved medical college & Hospital, Indore.

**SUBJECTIVE CRITERIA:** Kshudra Shwasa , Pipasa-atiyoga, Nidradhikaya , Daurbalya, Sandhi-Shoola .

**OBJECTIVE CRITERIA:** Serum cholesterol level, LDL level, Weight.

**TIME LINES:**
- Total Study Period: Till the enrollment of required no. of patients.
- Treatment Period: 45 days, Follow up Period: 15 days.
EFFECT OF THERAPY ON SYMPTOM SCORE: It was observed that overall % relief was more in Group A (58.86%) than in Group B (40.33%). The symptoms Kshudra-Shwasa, Pipasa-atiyoga, Nidradhikaya, Daurbalya and Sandhi-Shoola were studied as described in table. Percentage relief of all the Symptoms except Kshudra-Shwasa is more in group B.

RESULT: TOTAL EFFECT OF THERAPY

<table>
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<tr>
<th>Effect of therapy</th>
<th>Number of patients</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Insignificant</td>
<td>5</td>
<td>16.7</td>
</tr>
<tr>
<td>Mild Improvement</td>
<td>9</td>
<td>30.0</td>
</tr>
<tr>
<td>Moderate Improvement</td>
<td>10</td>
<td>33.3</td>
</tr>
<tr>
<td>Effective cured</td>
<td>6</td>
<td>20.0</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

2. SHOWING EFFECT ON SYMPTOMS: GROUP B: NUMBER OF PATIENTS

EFFECT OF THERAPY ON SYMPTOM SCORE: It was observed that overall % relief was more in Group A (58.86%) than in Group B (40.33%). The symptoms Kshudra-Shwasa, Pipasa-atiyoga, Nidradhikaya, Daurbalya and Sandhi-Shoola were studied as described in table. Percentage relief of all the Symptoms except Kshudra-Shwasa is more in group B.

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</tr>
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<td>100.0</td>
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</table>
II Effect of therapy on group B

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<tr>
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<td>11</td>
<td>36.7</td>
</tr>
<tr>
<td>Effective cured</td>
<td>4</td>
<td>13.3</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100.0</td>
</tr>
</tbody>
</table>

**COMPARISON OF EFFECT BETWEEN BOTH GROUPS**

<table>
<thead>
<tr>
<th>Effect of therapy</th>
<th>Groups</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Group A Frequency %</td>
<td>Group B Frequency %</td>
</tr>
<tr>
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**TOTAL EFFECT OF THERAPY:** In group A, out of 30 patients, 6 patients (20.0%) were Effectively cured, 10 patients (33.33 %) had Moderate improvement, 9 (30.0%) patients had mild improvement, while 5 patients (16.7 %) showed insignificant result. In group B, out of 30 patients, 4 patients (13.3 %) got effectively cured, 11 patients (36.66 %) had Moderate improvement, 9 (30%) patients had mild improvement while 6 patients (20 %) showed insignificant result. It means Navak Guggulu is highly effective remedy for Medoroga (Hyperlipidemia) as compared to Arogyavardhini vati.

**DISCUSSION:** Medoroga is one of the common problem of Medovaha Srotas. It is Amashya Samuttha vyadhí caused due to disturbance of Agni, excessive diet and behavioral pattern along with high consumption of junk and oily food. Its pathogenesis depends on factors like Agnimandya, Ama and Medovaha srotodushi along with vitiation of kapha and Vata leading to the qualitative and quantitative changes in kledaka Kapha. Ayurvedic medicine is very effective in this disease because it has the potential to not only suppress the lipid production to optimal level but also offers the advantage.
of koshtha shudhi so that newly formed lipid would be normal in both quality and quantity.”

a) **THE REASON FOR THE SELECTION OF MEDOROGA DISEASE:** Now a day, Medoroga is very common problem in our society. It is observed that Ayurvedic medicine has significant effect on Medoroga. It is related to Kayachikitsa discipline. So, Medoroga disease is chosen for present clinical study.

b) **THE REASON FOR THE SELECTION OF DRUG:** Clinically and literally it has been seen that Navak Guggulu & Arogyavardhini Vati has specific effect on Medoroga. Medoroga is kapha Dosha dominant disease. Contents of Navak Guggulu & Arogyavardhini Vati has Kapha shamaka property and clinically this drugs are commonly used by physicians to treat Hyperlipidemia. According to Ras ratna Samuchchaya (20/93) & B. Ratnavali Medoroga chikitsa (39/43) Navak Guggulu & Arogyavardhini Vati have effect on Medoroga. Its content also has Kaphashamaka property. So both drugs are selected to know their probable mode of action and clinical efficacy in Medoroga according to Ayurvedic concept.

c) **PROBABLE MODE OF ACTION OF MEDICINE**

1. **NAVAK GUGGULU** - Contents of Navak Guggulu such as Triphala and Trikatu have deepana pachana property whereas Guggulu and Triphala are Lekhana in nature. Triphala in addition is mild laxative. Overall Navak Guggulu has Kapha and Vatashamaka property due to Ushna Virya and Katu rasa. Due to presence of above drugs, Navak Guggulu works better in Medoroga having samavastha of Kapha dosha.

2. **Arogyavardhini Vati** - Contents of Arogyavardhini Vati include Loha bhsama, Abhrak bhsama, Tamra Bhsama, Shilajeet, Triphala, Kutki, Chitrak mool and Nimba swaras. It has dravyas with predominance of Tikta and Katu rasa, among which Tikta is having property of Kleda-Meda-Vasa-Majja-Pitta and Shleshma (Kapha) Upashoshana. At the same time, with help of Deepana-Pachana Karmas it reduces Ama which ultimately leads to reduction of Medodhatwagnimandya. In addition to that it also leads to Lekhana of dhatus. Abhrak basma has tridosha shamaka property and pacify kaphadosa thus maintaining natural metabolism. Shilajeet is a Rasayana along with kaled shoshak and dhatuagni vardhak.

d) **The Reason of better result of Navak Guggulu than Arogyavardhini Vati.**

1 On the basis of Ayurveda concept - Navak Guggulu has lots of constituents. Few are Tridoshshamaka, few are pittakaphashamaka and remaining are vatakaphashamaka. Contents of Navak Guggulu such as Triphala, Trikatu, Trimada and Guggulu works better on manas-meda-dhatu along with lekhan and Ama pachana property as compare to Arogyavardhini Vati. Hence Navak Guggulu is comparatively much better medicine with respect to Arogyavardhini Vati.

2 On the basis of experimental study: On the basis of observation and clinical finding described in clinical study, Navak Guggulu is comparatively better medicine than Arogyavardhini Vati as it has shown more
relief in symptoms considered for present study

**OBSERVATIONS AND RESULT:**

1) **Medoroga in relation to marital status:** Majority of patients i.e. 63.3% were married. No data or study from Modern science or Ayurvedic science reveals any relationship between Medoroga and marital status.

**CONCLUSION:**

1. **On the basis of concept:**
   i. Medoroga is a psycho-somatic disorder caused due to mandagni and vitiation of Kaledak kapha.
   ii. In modern era, high consumption of junk and oily food along with anxiety and depression are main cause of Medoroga.
   iii. Medoroga is a tridoshaja vyadhi with predominance of Kapha dosha.
   iv. Kshudra-Shwasa, Pipasatiyoga, Nidradhikaya, Daurblaya and Sandhi-Shoola are inevitable manifestations of Medoroga.

v. Acharya Charaka has mentioned Aharvidhividhana, the dietetic rules and codes of conduct for every season. Now-a-days people do not follow the rules of diet intake, Regimen mentioned in Ritucharya. This has invited increased incidence of Medoroga.

vi. “Sedentary life style is one of the main reason for this disease.

vii. Agnimandya, Ama and Srotodusti are the prime factors in the manifestation of the Medoroga.

viii. Medoroga if becomes chronic and the vitiation of the dosha lead to other conditions like Kshudra-Shwasa, Pipasatiyoga, Nidradhikaya, Sandhi-Shoola .etc.

ix. Ischemic heart disease, CA Esophagus, CA pancreas, Colon, CA breast etc. Of the Medoroga states that severity of agnidshti.

x. Pathyapthya plays definite role in the management of Medoroga.

xi. Drug having properties like Deepana, pachana, and lekhan are useful in the treatment of Medoroga.

2. **ON THE BASIS OF OBSERVATION:**

i. Patients having Kapha-Vata Prakriti are more affected by this disease than other Prakriti.

ii. Patients of Middle age group are more affected by this disease than other age group.

iii. Female are more affected comparative to male by this disease.

iv. Patients having mental stress are more affected by this disease.

v. Patients having mixed in diet are more affected by this disease than veg. die

3) **On the basis of results:**

i. The overall effect of the Navak Guggulu with proper diet and regimen was more significant and better than the effect of the Arogyavardhini Vati after treatment and even follow-up.

ii. No any side effects or adverse effects were observed during the study.

**ACKNOWLEDGEMENT:** It is a great pleasure and privilege to express my heartiest indebtedness and gratitude for my venerable and adorable Guide Dr. Satish Agrawal, M.D. (Ayu); Professor, Co-Guide, Dr. Ramakant dwivedi, M.D. (Ayu.) assistant professor. I would like to steal this opportunity to disclose my gratitude towards Dr. A.K. Singh, M.D. (Ayu), Director cum principal & H.O.D., PG Dept. of Kayachikitsa.
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