



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

Effect of herbo - Mineral formulation on Hypercholesterolemia; A Case Study

Dr. Parag Sharad Patani

Professor,
M.D. Dravyaguna Vignan, Dravyaguna Dept.,
RJS Ayurved Medical College and Research
Center, Kokamthan, Tal. Kopargaon,
Dist. Ahmednagar (Maharashtra, India)

Dr. Nikhil Madhukarrao Paikrao

Assistant Professor,
M.D. Dravyaguna Vignan, Dravyaguna Dept.,
RJS Ayurved Medical College and Research
Center, Kokamthan, Tal. Kopargaon,
Dist. Ahmednagar (Maharashtra, India)

DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doilink/04.2023-97127424/IRJHIS2304014>

Abstract:

Changed and void of discipline in lifestyle had given rise to various non-communicable disorders which are growing at an insane pace. Hypertension is one of the disorders which has many reasons as causative factors. One of it is Hypercholesterolemia or deranged lipid levels in plasma. Sedentary lifestyle, less physical workout, faulty food habits led to improper functioning of digestive fire and thus in tern tend to increase the load on liver functions. Here it facilitates the entry of high percentage of lipids in blood plasma and thereby increases the risk of hypertension and further complications. A noble and herbal formulations of Arjuna, Guggulu, Guduchi, Arogyavardhiniras, Mahamanjishtadi Kwath and Triphala are been used for underlying condition in a case study to report its effectiveness.

Keywords: *Arjuna, Guggulu, Guduchi, Arogyavardhiniras, Mahamanjishtadi Kwath*

Introduction:

As there is progress in materialistic world there is vast change in lifestyle of humans. We as humans had forgotten the purpose of life and are entrapped in the never-ending vicious cycle of desires. In this rat race we had completely neglected the importance of right food habits and its health protective effects. Consuming artificially prepared food stuffs, energy drinks, any food combinations as per desired taste, one has hampered the optimum functioning of digestive fire – *Kayagni*. Uneven function of *Kayagni* led to improper or incomplete digestion of ingested food and thus results in formation of *Aam Visha*. This *Aam* is nothing but the undigested food getting into circulation and we can correlate it with increased lipid levels in plasma. *Pitta* in *Udara* is responsible for the digestion and has its seat in *Yakrut*. The secretion and optimum quality of it is governed by liver. This is responsible for the first pass metabolism which gets hampered resulting in raised lipid

levels in blood. Here a case is discussed with raised lipid levels and is treated with following treatment to get the desired results.

Case report -

Name – abc

Age – 50 years

Sex – male

Prakruti; Pitta – Vata

History - Diagnosed as hypertensive and is under treatment for 8 months (Tab. Telmisartan 20)

Presenting signs and symptoms;

Bloating, indigestion – since 1 year

Constipation –3 -4 times a week

Breathlessness on exertion – 5 months

Heaviness in body – 3-4 months

On investigation

Blood reports before the Ayurvedic treatment –

TESTS	RESULTS	UNITS	REFERENCE RANGE
LIPID PROFILE			
Serum Appearance	: Clear		Clear
S. Cholesterol	: 290	mg/dl	125 - 225
S. Triglycerides	: 185	mg/dl	25 - 160
HDL Cholesterol	: 41	mg/dl	30 - 70
LDL Cholesterol	: 212	mg/dl	85 - 150
VLDL Cholesterol	: 37	mg/dl	7 - 35
LDLC/HDLC RATIO	: 5.17		2.5 - 3.5
TC/HDLC RATIO	: 4.51		3.0 - 5.0
S.Cholesterol/HDLC Ratio	: 7.07		

Treatment protocol –

- a) *Nidanparivarjan*
- b) *Prakruti – Pitta – Vata*

On the basis of *Prakruti*, treatment included *Pitta* pacifying and *Vata* balancing procedures and drugs.

- c) *Pachana - Deepana* – as this is result of *Aam* formation, here *Pachana* and *Deepana* is undertaken.
- d) Procedure – *Abhyanga* (whole body massage) with sesame oil daily for 7 days followed by part massage (soles of foot and lumbar region) for rest of treatment period i.e. for 1 month.
- e) Drugs used –
 1. *Arogyvardini Vati* – 500mg along with *Mahamanjishtadi Kwath* in morning empty stomach – for 1 month
 2. *Arjuna + Guggulu + Guduchi Churna* – 3 gm with lukewarm water after food 2 times – for 2 months.
 3. *Triphalachurna* – 3 gm with lukewarm water at night for 2 months.

Probable mode of action:

In Ayurveda the treatment is designed on specific set of principles. It includes *Nidanparivarjan* – avoiding use of causative factors which are responsible for formation of disease. In the following case use of spices in food and untimely food habits which were responsible for aggravation of *Pitta* as well as *Vatadosha* were avoided. Also moderate exercise was added to the daily routine for 30 min.

From *Hetusevana* to formation of a disease, the pathological sequence – *Samprapti* was observed and treatment accordingly was designed.

Abhyanga – as stated in Ayurveda classics, it kindles the digestive fire and also balances the *Vata Dosh*. Hence for proper digestion of food it is indicated.

a) *Arogyavardhini Vati* – (*Rasaratnasammuchaya 20/106*).

It is a prime herbo – mineral formulation which is used by many Ayurveda Vaidya. It is mentioned under *Kushta Roga Adhikara*. If we study the *Samprapti* of present disease and the drug in detail, we can use this drug as it acts on Skin so is acting on *RaktaDhatu* and would eventually be effective in hypercholesterolemia. It is administered with the *Anupana* of *Mahamanjishtadi Kwath*, this helps or is the deciding factor for the *Karya Kshetra* of given drug.

पाचनीदीपनीपथ्याहृद्यामेदोविनाशिनि |

मलशुद्धिकरीनित्यंदुर्धर्षुत्प्रवर्तिनी | |

If we go through the indications – *Phalashruti* of *Arogyavardhi*, it is clearly stated that it increases the appetite, i.e. acts as potent *Deepan – Pachana* drug. It is said to have *Mala shodhana*

effect, i.e. the unwanted raised lipids after digestion will be removed from the circulation.

Apart from it, *Arogyavardhini* has *Katuka* as a major content. It is said to be effective on liver and associated functions. Thus will rectify the liver functioning and will help in lowering raised lipid levels.

b) *Arjuna + Guggulu + Guduchi Churna* –

Fine powder of each is taken in equal quantity and mixed thoroughly. It is given in dose of 3 gm after food with water. *Arjuna* owing to its cardio protective properties and also its effect on liver, it has been administered in this case. *Guggulu* is the resin which *Hrudya* according to *Acharya Sushruta*. Due to *Kaphaghana* and *Deepana Guna* it is included in the treatment protocol. According to modern science the resins contains some flavonoids and active principles which has direct lipid lowering action. *Guduchichurna* is included for *Tikta Pachana*. It also acts on liver by regulating the required secretions necessary for digestion and other body activities.

c) *Tiphala Churna* –

Equal quantity of each, *Amla*, *Bheda* and *Haritaki* is used in *Triphala*. This *Churna* is administered at night along with water for proper bowel functioning. It helps to pacify vitiated *Vata Dosha* and helps to regain its normal *Gati*. Thus helps in ease and facilitate proper functioning of *Jathar Agni*.

Blood reports after treatment –

BIOCHEMISTRY			
TESTS	RESULTS	UNITS	REFERENCE RANGE
LIPID PROFILE			
Serum Appearance	: Clear		Clear
S. Cholesterol	: 190.0	mg/dl	125 - 225
S. Triglycerides	: 85.0	mg/dl	25 - 160
HDL Cholesterol	: 37.0	mg/dl	30 - 70
LDL Cholesterol	: 136	mg/dl	85 - 150
VLDL Cholesterol	: 17	mg/dl	7 - 35
LDLC/HDLC RATIO	: 3.68		2.5 - 3.5
TC/HDLC RATIO	: 2.3		3.0 - 5.0
S.Cholesterol/HDLC Ratio	: 5.14		

Inference:

Ayurvedic principles plays an important role in management of diseases. When studied thoroughly the etiopathogenesis – *Samprapti* of disease on the basis of *Prakruti*, *Lakshan* and *Upashanupashaya* the treatment protocol can be decided. In present case, the *Rasayan Kala Sevana* of *Arogyavardhini Vati* with *Mahamanjishtadi Kwath* helped to lower the raised lipid level. The *Churna* combination of *Arjuna*, *Guggulu* and *Guduchi* effectively checked the causative factor that is disturbed *Agni* and *TriphalaChurna* helps to regulate the bowel movements had facilitated the evacuation of digested *Ama*.

References:

1. Vagbhata, Ashtang Hrudaya, edited by Dr. Bramhanand Tripathi, Chaukhamba Sanskrit Prakashan, Delhi, reprint 2009.
2. Acharya Charaka, Charak Samhita, edited by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakashan, Varanasi, Vol. 1, reprint 2009.
3. Acharya Shushruta, Shushrut Samhita, Edited by Dr. Anant ram Sharma, Chaukhamba Surbharati Prakashan Varanasi, Vol I,II,III, reprint 2010.
4. C.P. Khare, Indian Medicinal Plants, Springer Science international, second reprint 2008.
5. Shree Bapalal G. Vaidya, Nighantu Adarsa, Chaukhambha Bharti Academy, Vol.I, II, reprint 2007.
6. Vd. Ranjitray Desai, Ayurvediya Kriyasharir, Shree Baidyanath Ayurved Bhavan Ltd. Nagpur, Eighth Edition 1999.
7. Rasa Vagbhata, Rasaratna Samucchaya, edited by Professor D.A. Kulkarni, Meharchand Lachhmandas Publications New Delhi, part – I, reprint 2006
8. P.H.C. Murthy, Rasashastra- The Mercurial system, Chowkhamba Sanskrit series office, Varanasi, Second Edition 2011
9. Pandit Sharangdhar, Sharangdhar Samhita, edited by Dr. Bramhanand Tripathi, Chaukhamba Surbharati Prakashana Varanasi, reprint 2008

IRJHIS