

**ROLE OF AROGYAVARDHINI VATI AND VACHA VATI IN MEDOROGA- A
CASE STUDY****Dr. Pawar R.D. ¹**

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ABSTRACT:

In modern medicine , there are various plans , drugs and surgeries available for the management of obesity where as Ayurveda also has explained diet regimens and medicines for Medoroga which are also applicable and acceptable in this new era . In order to find ideal line of treatment lots of work has been done by various researcher about Medoroga in the field of ayurveda and modern science.But still there is a large number of patients suffering from Medoroga and its complications , are coming to clinical set-ups and health clubs to get rid of the disease.

Arogayavardhini has ‘Medovinashani‘ property as narrated in Rasratnasamuchay.Vacha also has lekhaneya property as told by Charkacharya in charak sutrasthana 4/2 & also by Sharangdhar in 4th chaptre of purvakhand.For this reason these dravyas selected for the Medoroga.

Keywords: Medorog,Arogyavardhini,vacha,vati**Introduction :**

In the era of advanced technology world achieved great success in all fields. In spite of all these facts ,the average age of human being is reducing day by day & mortality rate is also increasing due to various disorders.one of the most common disorder which affects whole body phenomenon is MEDOROGA. Medoroga is the most common nutritional disorder in the middle & upper economic societies in india.Medoroga provides the platform for so many serious disorders like stress,anxiety,depression etc.It also diminishes the efficiency and happiness of the

patient. Medoroga is the disease in which there is excess of fat deposition in the human body which prim rarity is caused by sedentary lifestyle, overeating, fast food, high fat containing food consumption and lack of exercise.

In ayurvedic texts, Medoroga is termed as obesity. In Brihatrayee and Laghutrayee of Ayurveda there is detailed description of causes (hetu), pathogenesis (samprapti), sign, symptoms (lakshane), complications and management of Medoroga.

Charakacharya has defined 'Medoroga' (Atisthula) as an incurable disease. Medoroga is 'Santarpanimittaja' vikara which is caused by over nutrition like heavy, sweet, fatty diet, day sleeping, lack of physical and mental work. Ancient ayurvedic texts has also listed complications of Medoroga like Prameha, Bhagandara, Vatvikara etc.

Arogyavardhini has 'Medovinashani' property as narrated in Rasratnasamuchay. Vacha also has lekhaneya property as told by Charakacharya in Charak Sutrasthana 4/2 & also by Sharangdhara in 4th chapter of Purvakhand. For this reason these dravyas selected for the Medoroga.

Objectives of the study :

- To study the effect of Arogyavardhini vati and vacha vati in the management of Medoroga.
- To study the dosh dushya samurchhana in relation of samprapti of medoroga.

Research Methodology :

Study design-

In this case study patients fulfilling criteria of medoroga was selected, patient 1 treated with Arogyavardhini vati and patient 2 was treated with vacha vati. Study carried out for 45 days for each patients. Special case format was prepared and findings were noted.

Criteria for selection of patients

Inclusive criteria:- Details are mentioned in Table No. 1.

Exclusive criteria: Details are mentioned in Table No. 1.

Table No. 1

Inclusive & Exclusive criteria

Inclusive criteria	Exclusive criteria
1.Kshudraswasa 2.Ashakt sarvakarmasu 3.Bharvidhi (increased B.M.I.) 4.sr.cholesterol > 200 mg %	1.Hyperthyroidism 2.Hypertention 3.Familiar history of hypercholesterolemia. 4.DM, Renal disorders, pregnancy, M.I., HIV

DRUG REVIEW

Arogyavardhini and vacha were used to make vati. Details are illustrated below

METHOD OF PREPARATION VATI -

Arogyavardhini and Vacha vati used for study was easy for administration.

The integrants of Arogyavardhini were procured from local market and vati of 250 mg. was prepared as mentioned in RSS by ayurved pharmacy.

Vacha roots were procured from local market and identified as acorus calamus, powdered and vati of 250 mg. was prepared by ayurved pharmacy.

CASE HISTORY

Case No. 1 (Patient No. 1)

Basic Information:

Name – ABC, Age – 50 years, Sex –female, Occupation – house wife

Chief Complaints-Kshudraswasa (+++), Ashakt sarvksrmasu (+++), Trisha(++), harvridhi(++),

Past History: No major illness

Investigations-Sr.cholesterol-215 mg/dl, B.M.I.-33.33 kg/m²

Samprapti Ghatak: Dosha – Kapha-kledaka ,pitta-pachaka, vata-samana,vyana

Dushya –Ras and Meda dhatu, Strotas – Medovaha, Mansavaha,swedvahava

Adhishtan –Sarvanga, ,Udbhava Agni-Jatharagni,Ras and Meda dhatugni

Stana-Amashaya Vyadhimarga – Bahya

Vyakti tana- sarvanga specially Udara,Sphika,Stana and gala pradesha.

Diagnosis -Medoroga

Treatment: Arogyavardhini vati 250 mg x BD Anupan-Koshna jal.

Follow ups: Patient was called for routine follow up at every 15 days.

Effect of Therapy: All symptoms were relieved to a good extent and sr.cholesterole as well as B.M.I. were lowered almost up to normal.

Case No. 2 (Patient No. 2)

Basic Information:

Name – XYZ, Age – 39 years, Sex – Male, Occupation – Service.

Chief Complaints: bharvridhi (+++), ksudraswas (++), Ashaktkarmasu(++)

Past History: No major illness

General Examination: Pulse – 70/min, BP – 128/80 mm of Hg Prakriti – Kapha-Vata, Agni – Tikshna, Koshta – Krura.

Investigations: Sr.cholesterol-248.3 mg/dl, B.M.I.- 26.98 kg/m²

Samprapti Ghatak: Dosha – Kapha-kledaka ,pitta-pachaka, vata-samana,vyana

Dushya –Ras and Meda dhatu, Strotas – Medovaha, Mansavaha,swedvahava³

Adhishtan –Sarvanga, ,Udbhava Agni-Jatharagni,Ras and Meda dhatugni

Stana-Amashaya Vyadhimarga – Bahya

Vyakti tana- sarvanga specially Udara,Sphika,Stana and gala pradesha.

Diagnosis -Medoroga

Treatment: VACHA VATI 250mg x BD

Follow ups: Patient was called for routine follow up at every 15 days.

Effect of Therapy: All symptoms were relieved to a good extent and sr.cholesterole as well as B.M.I. were lowered almost up to normal

RESULTS

- In both cases patients have shown good relief in symptoms and investigations. Results are shown in Table No. 3 and 4. Khudraswas , bharvridhi,,Ashaktkarmasu,Trisha ymptoms were decreased by the treatment with Arogyavardhini vati. By the treatment with Vacha vati 250 mg. Sr.cholesterole decreased to significant level.
- By Arogyavardhini vati B.M.I. reduced from 33.33 kg/m² to 29.33 kg/m² and Sr.chlo. from 215mg/dl to 178mg/dl. Vacha vati also shows effective results .B.M.I. reduced from 26.98 kg/m² to 25.60 kg/m² and Sr. chol. 248.3mg/dl to 203.4 mg/dl.
- Arogyavardhini vati 250 mg was found more effective than Vacha vaiti to reduce B.M.I. While Vacha vati 250 mg shows good results in reducing sr.cholesterole level than Arogyavardhini vati.
- So, intensity of symptoms can be reduced & MEDOROGA can be treated well with Ayurvedic drugs.Also weight and sr.cholesterol level reduction observed in this case study.

Finally, it was concluded that,

- Arogyavardhini vati 250 mg is effective than vacha vati 250 mg to reduce symptoms of Medoroga.
- Vacha vati was highly effective in reduction of total Sr.cholesterol than Arogyavardhini vati.

DISCUSSION AND CONCLUSION –

In 45 days study both cases shows highly significant in the management of Medoroga.Arogyavardhini vati promotes digestive fire, clears body channels for the nutrients to reach to tissues for balances fats in the body and removes toxins.

Arogyavardhini vati was better on BMI reduction than Vacha vati.

Vacha vati was highly effective in reduction of total Sr.cholesterol than Arogyavardhini vati. Arogyavardhini and vacha vati was safe and shows no side effects during the study.

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