

## ASSESSMENT OF AYURVEDIC TREATMENT IN LIVER DISORDERS WITH YAKRUTPLIHODARARI LOHA.

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### Introduction

- Chronic liver disorders are the major health problems around the world. Liver disease is the 5th most common cause of death. The most important cause of liver disorders & especially liver cirrhosis is chronic alcohol consumption. Liver cirrhosis was estimated to be responsible for over one million deaths in 2010, which is approximately 2% of all deaths worldwide. Other causes for liver disorders may include non

alcoholic fatty disorders, infections like hepatitis A, B etc or overuse of medicines.

- Yakrutpleehodarari Loha improves Rasa and Rakta Dhatwagni. It is Yakrut and Pleehagami (Specific action on liver and spleen). It is Rasayana and Vishghna. So it helped to give strength to Yakrut and Pleeha which are the Moolasthan (Origin) of Raktavaha Srotasa.

**Aims** - To evaluate the role of Yakrutplihodarari Loha in Liver disorders

### Materials and Methods

Material -

Sr. No.	Name of medicine	Matra	Kala	Anupana
1	YakrutpleehariLoha + Kutkiyukta	125 mg 500 mg	Morning and evening after Taking small quantity of food.	Cow's ghee

### Methodology

- Patient with either Sex having liver disorder

### Inclusion Criteria

### Exclusion Criteria

- pregnant or lactating women,

- Inability to fulfill the study and/or follow-up procedure

### **Plan of Work**

### **Following signs & symptoms were noted before starting Ayurvedic treatment**

1. Pain in Abdomen
2. Hepatomegaly
3. Loss of Appetite
4. Loss of Taste
5. Nausea
6. Vomiting
7. Weight Loss
8. Abdominal fullness
9. Abdominal swelling

10. Jaundice
11. Bone pain
12. Hemetamasis
13. Itching
14. Disorientation
15. Tremors
16. Asthenia

**Medicine was given for minimum period of 3 months.**

**Total number of patients -23**

### **Gradation of symptoms**

Each symptom was graded on a 0 to 3 scale as follows

Symptom	Grade 0	Grade 1	Grade 2	Grade 3
Pain in abdomen	No symptom	Once in a week , Mild pain not interfering with function	2-4 times per week. Moderate pain Relief with medicine.	Sever Continuous pain without relief by medicine.
Hepatimegaly	No symptom	1 finger enlargement without tenderness.	2-3 finger enlargement with tenderness	> 3 figers with tenderness and fluid thrill.



Loss of Appetite	No symptom	Loss of Appetite without alteration in eating habits.	Oral Intake altered without significant Wt. Loss.	Significant Wt. loss
Loss of Test	No symptom	Altered taste but no change in diet	Altered taste with change in diet	-
Nausea	No symptom	Loss of Appetite without alteration in eating habits	Oral Intake altered without significant Wt. Loss.	Inadequate oral caloric or fluid intake.
Vomiting	No symptom	1 episode in 24 hours, Without dehydration symptoms.	2-5 episode in 24 hours, Mild dehydration, No need of IV fluids	>6 episode in 24 hours, sever dehydration. Need of IV Fluids
Abdominal Fullness	Asymptomatic Symptomatic, but not interfering with GI function	Symptomatic, interfering with GI function	-	-
Abdominal Swelling	Asymptomatic Symptomatic, but not interfering with GI function	Symptomatic, interfering with GI function	-	-
Jaundice	Bilirubin $> 1.5 \times$ ULN	Bilirubin $>1.5 - 3.0 \times$ ULN	Bilirubin $>3.0 - 10.0 \times$ ULN	Bilirubin $>10.0 \times$ ULN
Bone pain	Mild pain not	Moderate pain; pain or analgesics interfering with function, but not interfering with ADL	Severe pain; pain or analgesics severely interfering with ADL	Disabling

	with function			
Itching	Mild or localized	Intense or widespread	Intense or widespread and interfering with ADL	-
Disorientation	Transient confusion, disorientation, or attention deficit	Confusion, disorientation, or attention deficit interfering with function, but not interfering with ADL	Confusion or delirium interfering with ADL	Harmful to others or self; hospitalization indicated
Tremors	Mild and brief or intermittent but not interfering with function	Moderate tremor interfering with function, but not interfering with ADL	Severe tremor interfering with ADL	Disabling
Asthenia	Mild fatigue over	Moderate or causing difficulty performing some ADL	Severe fatigue interfering with ADL	Disabling

## Results

### Assessment of Symptoms

**Table 1– Assessment of Symptoms**

	<b>Complete Relief</b>	<b>Moderate Relief</b>	<b>Mild Relief</b>	<b>No Relief</b>	<b>Total No</b>
	<b>No. of patients</b>	<b>No. of patients</b>	<b>No. of patients</b>	<b>No. of patients</b>	<b>No. of patients</b>
<b>Pain in Abdomen</b>	<b>4</b>	<b>7</b>	<b>2</b>	<b>3</b>	<b>16</b>

Hepatomegaly	0	1	0	5	6
<b>Loss of appetite</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>7</b>	<b>18</b>
Loss of taste	1	3	2	7	13
<b>Nausea</b>	<b>4</b>	<b>3</b>	<b>1</b>	<b>7</b>	<b>15</b>
Vomiting	0	0	2	3	5
Weight Loss	0	3	3	4	10
Abdominal Fullnes	0	1	2	6	9
Abdominal swelling	0	0	0	2	2
Jaundice	0	0	0	4	4
Bone pain	0	0	1	0	1
Heamatamesis	0	0	0	0	0
Itching	0	0	0	2	2
Disorientation	0	0	1	3	4
Tremors	0	0	0	0	0
<b>Asthenia</b>	<b>0</b>	<b>6</b>	<b>2</b>	<b>6</b>	<b>14</b>

### Statistical Analysis

Symptom	P Value	Significance
<b>Pain in Abdomen</b>	<b>0.0140</b>	<b>Considered significant</b>
<b>Nausea</b>	<b>0.0029</b>	<b>Considered very significant</b>
<b>Loss of appetite</b>	<b>0.0017</b>	<b>Considered very significant</b>
<b>Asthenia</b>	<b>0.0039</b>	<b>Considered very significant</b>

## Discussion

### Drug Review -

Yakrutplihodarari Loha	Proportion
Suvarna Bhasma	1
Raupya Bhasma	1
Tamra Bhasma	1
Vanga Bhasma	1
Suvarna Makshik Bhasma	1
Abhrak Bhasma	1
Loha Bhasma	3

### **Bhavana Dravya (Herbs used for triturating)**

- Ardraka Swarasa (Fresh juice of Zingiber officinale)
- Shephali Dala Swarasa
- Nirgundi Patra Swarasa (Fresh juice of leaves of Vitex negundo)
- Parijataka Patra Swarasa (Fresh juice of leaves of Nyctanthus arbortristis)
- Bilwa Patra Swarasa (Fresh juice of leaves of Aegle marmalos)
- Kirtatikta Kwatha (Decoction of Swertia chirata)
- Tulasi Kwatha (Decoction of Oscimum sanctum)

**Three Bhavana (trituration) with each medicine mentioned above.**

## Mechanism of Action of the drug

Guna & Rogagnata of contains of Yakrutplehodadari loha

Bhasma	Rasa	Veerya	Vipaka	Guna	Useful in diseases related with Rasa - Raktaraha Srotasa
Suvama	Madhura	Sheeta	Madhura	Snigdha	<b>Pandu</b> , Kasa, Shwasakrucchata, Jwara, Bharaksh, Atisara
Roupya	Kashaya Amla	Sheeta	Madhura	Snighdha Laghu	Jwara, Prakoshtagata Vat
Tamra	Tikta Kashaya Amla	Ushna	Madhura		Jwara, Kasa, Agnimandya, <b>Udarshula, Jatodara, Yakrutshula</b>
Vanga	Tikta Kashaya Lavana	Ushna	Katu	Ruksha Laghu	Kasa, Shwasakrucchhata, <b>Chhardi</b>
Suvama Makshik	Madhur Tikta Kashaya Amla	Sheeta	Madhura	Laghu	<b>Pandu, Agnimandya</b>
Abhrak	Madhura	Sheeta	Madhura	Snighdha	<b>Pandu</b> , Jwara, Shwasa, Kasa, <b>Udara, Agnimandya, Jatharashula</b>
Janta Loha	Tikta Kashaya	Sheeta	Madhura	Ruksha Guru	<b>Pandu</b> , Pratishyaya, Kasa, Shwasa, Jwara, <b>Udarashula, Bharakshaya, Chhardi, Atisara, Yakrut Shula</b>

- Yakrutpleehodarari Loha improves Rasa and Rakta Dhatwagni.

- It is Yakrut and Pleehagami (Specific action on liver and spleen).
- It is Rasayana and Vishghna. So it helped to give strength to Yakrut and Pleeha which are the Moolasthan (Origin) of Raktavaha Srotasa.
- Kutaki is Deepani, Bhedini and Pitta – Rakta Dosha Nashak.

Thus it was used to improve function of Raktavaha Srotasa and to eliminate dosha Sanchaya (Accumulation of Doshas) due to its Bhedana action.

### **Conclusion**

Yakrut Pleehadarari Loha is found to be effective clinically and statistically in symptoms like Udarshool (Pain in abdomen) and Agnimandya( Loss of appetite) , Nausea & Weakness.

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