

## ORIGINAL RESEARCH ARTICLE

# A Study of *Agni*, its Impact on *Kostha Vaddhata* (Constipation) and its Management With “*Saghrita Lavanei Yukta Narau Annavagraham Peebet*”

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### ABSTRACT

**Background:** *Kostha vaddhata* (constipation) is one of the common problems of human beings on society which is mainly based on the state of *Agni*. Because the *vikrita agni* is responsible for creating different types of *Ajirna* which is the initial or earlier symptom of *Grahani Dosha*. The aim of the study was to explain the principle of application of *Gavya-ghrita* mixed with *saindhav lavana* to treat the *Kostha vaddhata*.

**Materials and Methods:** Based on the signs and symptoms of *Kostha vaddhata* (constipation), *Saindhava Lavana* mixed with *Ghritha* described in *Charaka Samhita* was taken for clinical trial. Thirty number of patients, satisfying the inclusion criteria, were taken for the present study and all patients were divided into two equal groups, that is, Group A and Group B. The assessment was made before and after treatment.

**Results:** The better result was obtained when *Gavya Ghritha* mixed with *Saindhava Lavana*.

**Discussion and Conclusion:** Finally, it can be said that the formulation, that is, *Gavya Ghritha* mixed with *Saindhava Lavana* could be the best tool for the management of *Kostha Vaddhata* and it also justifies the *Siddhanta* of *Maharshi Charaka*. Hence, the research needs further studies with larger samples, and increased duration of medicine could be more informative.

## 1. INTRODUCTION

The concept *agni* of Ayurveda which refers to the manifold function described to *pitta* is at once compressive. It does not only include chemical agensis responsible for *aahara pachana* in the *kostha*<sup>[1]</sup> which leads to the separation of *Sarabhaga* (nutrient fraction) of the *ahara* from the *Kittabhaga* (undigested residue of food). This *Agni* is called as *Jatharagni*, *Kosthagni*, *Antarangni*, *Pachakagni*,<sup>[2]</sup> and *Dehaagni*. When this *Jatharagni* (fire) extinguishes,<sup>[3]</sup> man dies. When a man is endowed with it adequately, he likes along with good health. When it is deranged, he falls ill. This deranged (*vikrita agni*) leads to a different type of diseases. Out of that, *kostha vadhata* is one of them. *Kostha vaddhata*<sup>[4]</sup> means defecation of hard stool

with the strain it occurs due to excess *vata vriddhi*, that mentions by Acharya Charaka in *Grahani Roga Adhikara*, that is included in *Vataja Grahani*.

*Kostha vaddhata* (constipation) is one of the common problems of human beings on society which is mainly based on the state of *Agni*.<sup>[5]</sup> Because the *vikrita agni* is responsible for creating different types of *Ajirna* which is the initial or earlier symptom of *Grahani Dosha*. On the basics of involvement, *dosha* in different *ajirna vikara*'s are formed such as *Visthabdajirna*<sup>[6]</sup> - *vata* vitiated *agni vikara*, *Vidagdhajirna* - *pitta* vitiated *agni vikara*, and *Amajirna* - *kapha* vitiated *agni Vikara*. Concern to *kostha vaddhata*<sup>[7]</sup> (constipation), it is *vata pradhanya agni vikara*.<sup>[8]</sup> Hence, on basis of the treatment principle of *Vataja Grahani*, *Ghritha pana* has been indicated basics on this principle.<sup>[9]</sup> I had taken the *siddhanta* “*Saghrita Lavanei Yukta Narau Annabagraham Pibet*”. To prove the principle, the present study was planned to explain the principle of application of *Gavya-ghritha* mixed with *saindhav lavana* to treat the *Kostha*

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vaddhata.

## 2. MATERIALS AND METHODS

### 2.1. Source of Data

#### 2.1.1. Literary source

- Classical books of Ayurveda and modern textbooks.
- Articles from periodicals, journals, dissertation, and other published.
- Related sources of the data from the website.

#### 2.1.2. Clinical source

Kostha vaddhata patients were randomly selected from OPD and IPD of Government Ayurvedic College and Hospital Balangir and Saradeswari Government Ayurvedic Hospital, Balangir, and the Camps conducted by Government Ayurvedic College and Hospital, Balangir.

### 2.2. Study Design and Grouping

#### 2.2.1. Method of collection of patients

A special pro forma was prepared which was included details of history taking, physical signs and symptoms, and subjective and objective parameters. With this pro forma, 30 number of patients were randomly scrutinized and selected for a clinical study.

### 2.3. Methodology (Single Blind Study)

30 number of patients, satisfying the inclusion criteria, were taken for the present study and all patients were divided into two equal groups, that is, Group A and Group B. Moreover, the assessment will be made before and after treatment [Table 1].

- Group A - 15 patients were given Ghrita and Saindhava lavana yoga.
- Group B - 15 patients were given a Placebo (control group) drug.

(BT=Before treatment, AT = After treatment)

A comparison will be done between Group A and Group B before and after treatment.

### 2.4. Inclusion Criteria

Patients having *Kostha vadhata* as per clinical signs and symptoms as in classical text.

- Patients of both sex in the age between 18 and 60 year
- Patients without systematic disorders
- Straining during bowels
- Krura kostha (passing of hard, lumpy stools)
- Sensation of incomplete evacuation.

### 2.5. Exclusion Criteria

- Constipation is associated with other systemic illnesses and diseases such as external and internal Piles, Fissure, CA anus, Fistula-in-ano, and hypothyroidism.
- Patients of both sex in age below 18 and above 60 years.
- Madyapidita, Vishapidita, Trishna, Ardita, and Garbhini and any other chronic diseases, Pandu, Kamala, Sotha, Udara, etc.

### 2.6. Assessment Criteria

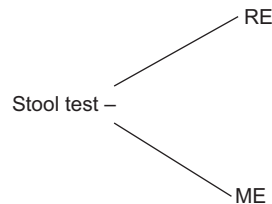
- Assessment was made before and after treatment. The intensity of signs and symptoms of *Kushavarta* will be graded as follows on the basis of four grading scales, that is, 0, 1, 2, and 3 depending upon normal, mild (+), moderate (++), and severe, respectively (+++).

### 2.7. Subjective Criteria

- *Shira shoola*
- *Adhmana*
- *Pakwasaya shoola*
- *Vata varcchaa pravriti*
- *Vikrit vayu pravriti*
- *Pravahana*.

### 2.8. Objective Criteria

If required



### 2.9. Selection of Drugs and Preparation Method

Based on the signs and symptoms of *Kostha vaddhata* (constipation), *Saindhava lavana* mixed with *Ghrita* described in *Charaka Samhita*<sup>[7]</sup> was taken for clinical trial.

## 3. RESULTS

Since observations are on an ordinal scale (gradations), we have used the Wilcoxon signed-rank test to test efficacy in Group A and Group B. From the above table, we can observe that, *P*-value for Group A and Group B is < 0.05. Hence, we can conclude that an effect observed in Group A and Group B is significant [Table 2].

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Mann-Whitney U-test is carried out for comparison between Group A and Group B. From the above table, we can observe that *P*-value for all parameters is <0.05. Hence, we can conclude that there is a significant difference between Group A and Group B [Table 6].

Further, we can observe that, the mean rank for Group A is < Group B. Hence, we can conclude that an effect observed in Group A is better than Group B [Table 7 and Graph 1].

## 4. DISCUSSION

### 4.1. Probable Mode of Action of *Saindhava Lavana* Mixed with *Gavya Ghruta* (Flow chart)

The combination of *Lavana* and *Ghruta* is more potential the individual drugs. Accounting to this combined formula, the character of *lavana* is *snigdha*, *deepana*, *pachana*, *chhedana*, *chhedi*, and *bhedana* in nature. The character of *Ghruta Laghu*, *Singdha*, and *pitta anila nasana* both combined together act on *vikruta pitta* to *pitta samana* and to *anuloma* the *vikruta vata*. Hence, that the *Jathargni* comes to the normal stage. Due to *Snigdha guna* of *Ghruta* and *Bhedana*, *chhedana* and *chowbana guna* of *lavana* both drugs combined *biswandana* the hard stool (*kostha vaddhata*) and help for easy expelling the stool from *malaasaya*.

## 5. CONCLUSION

The better result was obtained when *Gavya Ghruta* mixed with *Saidhava Lavana*, as it is said the Maharshi Charaka Principle works for them. Forthcoming researchers may pursue further study in this aspect in large sample size over a longer period of longer duration. Finally, it can be said that the formulation, that is, *Gavya Ghruta* mixed with *Saidhava Lavana* could be the best tool for the management of *Kostha Vaddhata* and it also justifies the *Siddhanta* of *Maharshi Charaka*. Hence, the research needs further studies with larger samples; increased duration of medicine could be more informative.

## 6. ACKNOWLEDGMENTS

None.

## 7. AUTHORS' CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

## 8. FUNDING

Nil.

## 9. ETHICAL APPROVALS

With due approval by the IEC, Government Ayurvedic College and Hospital, Balangir number- IEC /1080 dated 26.05.2021 the study has been conducted among the patients registered for the purpose. Written

consent was obtained from each patient participate in the study with prior proper information.

## 10. CONFLICTS OF INTEREST

Nil.

## 11. DATA AVAILABILITY

This is an original manuscript and all data are available for only research purposes from principal investigators.

## 12. PUBLISHERS NOTE

This journal remains neutral with regard to jurisdictional claims in published institutional affiliation.

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**Table 1:** Group design

Group A (BT) versus Group A (AT)  
 Group B (BT) versus Group B (AT)  
 Group A (AT) versus Group B (AT)

BT: Before treatment, AT: After treatment

**Table 2:** Effect of Gavya-Ghrita mixed with Saindhava lavana in Shirashoola of *n*-30

Shirashoola	Mean	Median	SD	SE	Wilcoxon W	P-value	% Effect	Result
Group A								
BT	2.40	3.00	0.83	0.21	-3.557	0.0004	83.33	Sig
AT	0.40	0.00	0.51	0.13				
Group B								
BT	2.20	2.00	0.41	0.11	-2.236	0.0253	15.15	Sig
AT	1.87	2.00	0.74	0.19				

BT: Before treatment, AT: After treatment

**Table 3:** Effect of Gavya-Ghrita mixed with Saindhava lavana in Adhmana of *n*-30

Adhmana	Mean	Median	SD	SE	Wilcoxon W	P-value	% Effect	Result
Group A								
BT	2.40	3.00	0.91	0.24	-3.307	0.0009	66.67	Sig.
AT	0.80	1.00	0.77	0.20				
Group B								
BT	2.00	2.00	0.65	0.17	-1.342	0.1797	13.33	Sig.
AT	1.73	2.00	0.80	0.21				

BT: Before treatment, AT: After treatment

**Table 4:** Effect of Gavya-Ghrita mixed with Saindhava lavana in Pakwasaya shoola *n*-30

Pakwasaya shoola	Mean	Median	SD	SE	Wilcoxon W	P-value	% Effect	Result
Group A								
BT	0.87	0.00	1.25	0.32	-2.271	0.0231	76.92	Sig
AT	0.20	0.00	0.41	0.11				
Group B								
BT	1.60	2.00	1.24	0.32	-1.000	0.3173	8.33	Sig
AT	1.47	2.00	1.30	0.34				

BT: Before treatment, AT: After treatment

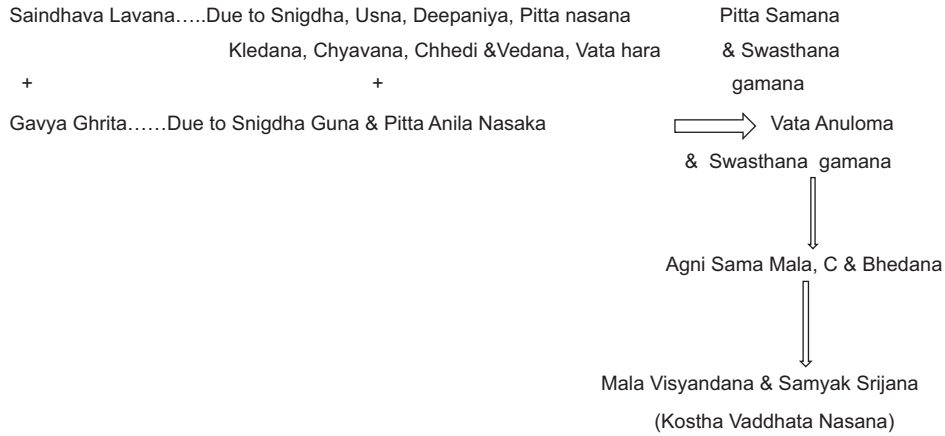
**Table 5:** Effect of Gavya-Ghrita mixed with Saindhava lavana in Vatavarchaapravriti of *n*-30

Vatavarchaapravriti	Mean	Median	SD	SE	Wilcoxon W	P-value	% Effect	Result
Group A								
BT	1.33	1.00	1.29	0.33	-2.701	0.0069	80.00	Sig
AT	0.27	0.00	0.46	0.12				
Group B								
BT	1.47	2.00	1.30	0.34	-1.000	0.3173	4.55	Sig
AT	1.40	2.00	1.24	0.32				

BT: Before treatment, AT: After treatment

**FLOW CHART**

**Probable mode of action of *saindhava lavana* mixed with *gavya ghrita***



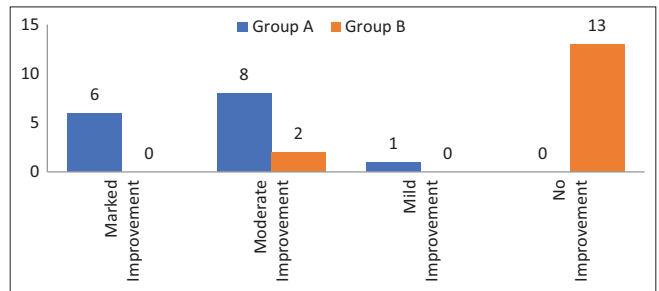
**Table 6:** Between Group A and Group B on subjective parameters. Comparison between Group A and Group B (AT-BT)

Variable	Group	n	Mean rank	Sum of ranks	Mann-Whitney U	P-value
Shirashoola	Group A	15	22.33	335.00	10.000	0.000006
	Group B	15	8.67	130.00		
	Total	30				
Adhmana	Group A	15	20.93	314.00	31.000	0.000238
	Group B	15	10.07	151.00		
	Total	30				
Pakwasaya Shoola	Group A	15	17.93	269.00	76.000	0.040300
	Group B	15	13.07	196.00		
	Total	30				
Vatavarchaapravriti	Group A	15	19.67	295.00	50.000	0.001924
	Group B	15	11.33	170.00		
	Total	30				

BT: Before treatment, AT: After treatment

**Table 7:** Clinical assessment of results in patients, n=30

Overall effect	Group A		Group B	
	n	%	n	%
Marked improvement	6	40.00	0	0.00
Moderate improvement	8	53.33	2	13.33
Mild improvement	1	6.67	0	0.00
No Improvement	0	0.00	13	86.67
Total	15	100.00	15	100.00



**Graph 1:** Overall effect of the intervention on both the groups