



**A STUDY ON GANDHAK RASAYAN AND
TRIPHALA MASHI AS A RAKSHOGHNA DRAVYA IN POST
OPERATIVE MANAGEMENT OF NON-INFECTIVE CASES**

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Abstract:

Amongst the massive world medicines, anti-microbial agents (antibiotics) are one of the widely used and misused drugs available to medical profession. Once upon a time they were called as the magic bullets for the great contribution in caring an infection, but recently these bullets also back fire in way of causing resistance, decreasing their effectiveness and causing side effect. through the centre for disease control and prevention has taken flaring at a rampant rate due to over prescribing of these drugs. This over prescribing is driven largely by patient demand, time pressure on clinicians and diagnostic uncertainly fuelling on ever increasing need for newer drugs.

Keywords: Drugs, Gandhak Rasayan, Triphala Mashi, Rakshoghna Dravya, Ayurvedic System.

Introduction:

Making anti microbial drugs therapy effective safe and affordably has been the focus of interest during recent years, some of the ayurvedic formulations may be considered as an ideal replacement for treating certain bacterial and microbial

infection.

Gandhak Rasayan is one such drug mentioned in ayurvedic text having a wide range of therapeutic properties as well as prophylactic activity it is considered as Rasayan which promotes positive health and vigour retards aging process and increase longevity in Individuals by increasing immunity in the body, thus making in the body to resist against the factor causing ailments. It is extensively used by various physicians for different disease anti-microbial agents usually act against micro-organisms only without having any addiction therapeutic properties. i.e.promoting positive health and increasing the immunity (Rakshoghna) like Gandhak Rasayan as a rakshoghna dravya in non infective of post- operative cases.This study is planned.

श द सित्तां योजय तस्यभागां रसायनं गंधकराज संमम् ।
कषित्तं सवि त्ते म यो वीय य वदधिं द्वेहमि न म् ॥१॥
कहडं च कठं वि श्लेषम ं मासदवयनेह जय योगः ।
घोरात्तिसरं हृणोपदं च हस्तच र त म ढश य त म॥
ससोमरोग सह म क वदधौ हस्तच व गंधकराजयोगः
ह स्ति स क्त रोगान गंधकात्म्यः योगः ॥
दोष वरं राज जं महं पांड य 9वासगदाइकरा दन
एताह रोगानवनीहित शी म रसायनं जि सपतमी9वरण ॥

योगरनाकर- गंधक रसायनं २-३

Mashi is a dosage form in which bulk of raw material is reduced to a greater extent by application of a certain quantum of energy. As a result of this treatment hidden chemical constituents become prominent and/or new chemical moieties are formed which are therapeutically active. Due to thermal degradation or decomposition thermo labile constituent are lost. Therapeutically active organic and inorganic chemical constituents can be prepared by simple

heat treatment in a controlled manner. The black color indicates high percentage of carbon and oxides. Non-specific odor and charcoal like taste may be attributed to oxides, inorganic elements and carbon.

Ayurvedic System of Medicine has its long history of therapeutic potential. Ayurveda is already well accepted and used since thousand years. Now it is time to give it modern scientific proof. Most of the drugs used today are obtained from natural sources or semi synthetic derivatives of natural products as mentioned and used in the Traditional Systems of Medicine. Thus it is a logical approach to drug discovery to screen traditional natural products instead of randomly synthesized chemical moieties. So we undertook this

Triphala Mashī as a prototype to give it scientific proof. References about Triphala Mashī were found in Bhaisajyaratnavali and Bharat Bhaisjya Ratnakar. The objective of the present investigation was to analyze antimicrobial potential of Triphala Mashī and also to assay its toxicities.

dh>Tah i~flall saa maYaaI maVU sayautal |
]PadMSu Pa'laopa ya saVa rnpait va'Nama ||
SaarMQagar sahhata].11/04

Need For Study:

Surgery gives fast relief from various disease, but that not the end of the story, post operative management a crucial role in complete eradication of disease without further worsening faster recovery of the disease as well as patient.

Reduction in post-operative complication and better mobility permit easier discharge and produce cost savings. Early and aggressive treatment of acute condition may prevent the development of chronic complication.

Excessive use of anti-microbial in non-infective pathologies leads to causing resistance, decreasing their effectiveness and causing side effects and many times they are not-affordable by few strata of the society. How ever various advancement are made in the field of surgery in developing countries like india it still needs economic and cost effective, cheaper modalities of any treatment. For true follower of shalya tantra, it is a need to establish an effective ayurvedic management for post-operative Care. A drug that has combined effect of

subsiding the pain enhance the wound healing, leading not only early discharge from hospital stay, but also for the betterment of the poor masses. Therefore, planning a cost effective, reliable time tested and technically simple management is the need of this present era. For the present study by keeping all the points in mind Gandhak Rasayan has been selected.

Aim: Compare The Gandhak Rasayan And Triphala Mashi As A Rakshoghna Dravya In Post-Operative Management Of Non infective cases.

Objectives :

- To assess the clinical efficacy of Gandhak Rasayan in non infective post operative cases.
- To evaluate primary benefits of using ayurvedic medicine are relatively safe than irrational use of antibiotics.

1. GANDHAK RASAYAN – INGREDIENTS :

- 10 Gm Fine Powder Of Gandhak – Purified Sulphur
- Godugha (Cow Milk)
- Cinnamon (Cinnamomum Zeylanicum) Water Decoction/Juice Extract
- Ela (Cardamon) (Elettaria Cardamomum)
- Patra (Cinnamomum Tamala)
- Nagkeshara)Mesua Forrea)
- Guduchi (Tinospora Cardifoloo – Stem)
- Haritaki (Terminalia Chebula – Fruit Rind)
- Amalaka (Emblica Officinalis)
- Vibhitaki (Terminalia Bellerica)
- Shunto (Ginger Zingiber Officinalis – Rhizome)
- Bhringaraja (Eclipta Alba)
- Sita

GUNA - Ushna, Snigdha,

VIPAK – Katu

KARMA – Krimihara, Rasayana, Dipana, Pachan, Vatahara, Balya, Medhya,

2. TRIPHALA – INGREDIENTS :

- Haritaki
- Bibhitak
- Amalaki

GUNA - Laghu, Ruksha. Anushna

VIPAK – Madhur

KARMA – Chakshushya, Dipaniay, Rochan, Vishamjwar Nashan

INDICATION :

- Updansha
- SDT's Syphills
- Stravi Vrana

MATERIAL AND METHOD:

MATERIAL –

1. COLLECTION – Gandhak Rasayan will be Purchase from a GMP certified manufacturing company.
2. AUTHENTICATION – Authentication certificate will be collected from a GMP certified manufacturing company.
3. STANDARDIZATION – Standardization certificate will be collected from a GMP certified manufacturing company.
4. SELECTION OF PATIENTS – Patient will be diagnosed and selected for the study after proper consent.

METHOD –

A. TYPE OF STUDY :

- Open randomized control clinical trial study.
- Observations of study during and after the treatment.

B. PLACE OF STUDY :

- OPD/IPD – Shalya clinical department of Bharati Vidyapeeth (Deemed to be university) college of Ayurved and Hospital, Pune

C. STUDY DESIGN:-

- Special Proforma of case paper will be designed.
- Patients will be diagnosed and selected as per the criteria.

STUDY GROUP

GROUP A :- Trial Group Gandhak Rasayan.

GROUP B :- Control Group Triphala Mashi.

SAMPLE SIZE :

1. Trial group - 50 patients will be taken as per Prevalence.
2. Control group - 50 patients will be taken as per Prevalence.

STUDY DURATION :

Gandhak Rasayan and triphala Mashi will be given on daily basis up to 07 days and criteria's will be recorded on all days.

In study duration if the healing is seen before or in between the given days it will be considered as the end point of the study and if healing is not seen 7th day result will be considered as the end and will be recorded.

TREATMENT

DETAILS:-DOSAG:

1. TRIAL GROUP – Gandhak Rasayan

- 1) 1 Masha daily - Bharat Bhaishjya Ratnakar (2nd Part), Ras Prakaran (1533-1534)
- 2) 1 Masha daily – Rasa Tarangini /84

येहं सेवितो गंधो माष मा माणतः ।

मास मा ा योगेण िन हित िविविधान गदान ॥ र.ता./84

- 3) 1 Masha daily – Rastantra Saar
& Siddha Prayog Sangraha 1 Masha
= 1 Gram
500 mg Twice a daily

ANUPAN : Dugdha

SEX : Either.

AGE : Above 12 years.

2. CONTROL GROUP

Triphala Mashi - 500 mg Twice a daily

ANUPAN : Koshna Jal

SEX : Either.

AGE : Above 12 years.

ASSESSMENT CRITERIAS :

Inclusion criteria:

- Post-operative cases having Non infective pathology

Exclusion criteria:

- Patients on steroid treatment.
- Uncontrolled diabetes
- Immune compromised patients
- All infective cases

INVESTIGATION:

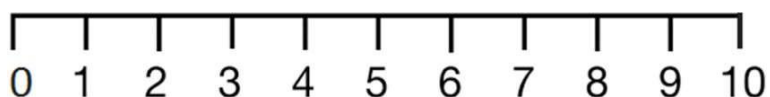
- Heamogram with ESR
- BSL - Fasting, Post Prandial
- HIV
- HbsAg

PARAMETERS OF ASSESSMENT-

Subjective parameters -

PAIN:

Pain will be calculated with Visual analogue scale.



OBJECTIVE

PARAMETERS –WOUND

HEALING TIME :

SR NO.	GRADE	HEALING DAYS
1	Grade 1	0-2 Days
2	Grade 2	3-5 Days
3	Grade 3	6,7 Days

DISCHARGE:

Normal	0	Absent
Mild	+	Slightly wet gauze
Moderate	++	Partially wet gauze
Severe	++ +	Fully wet gauze

NATURE OF DISCHARGE:

DISCHARGE	GRAD E
No discharge	0
Serous – Sero sanguinous	+
Blood	+++
Pus	++++

REDNESS : Present

Absent

ODEMA : Present

Absent

TENDERNESS : Present

Absent

LOCAL TEMPRATURE : Present

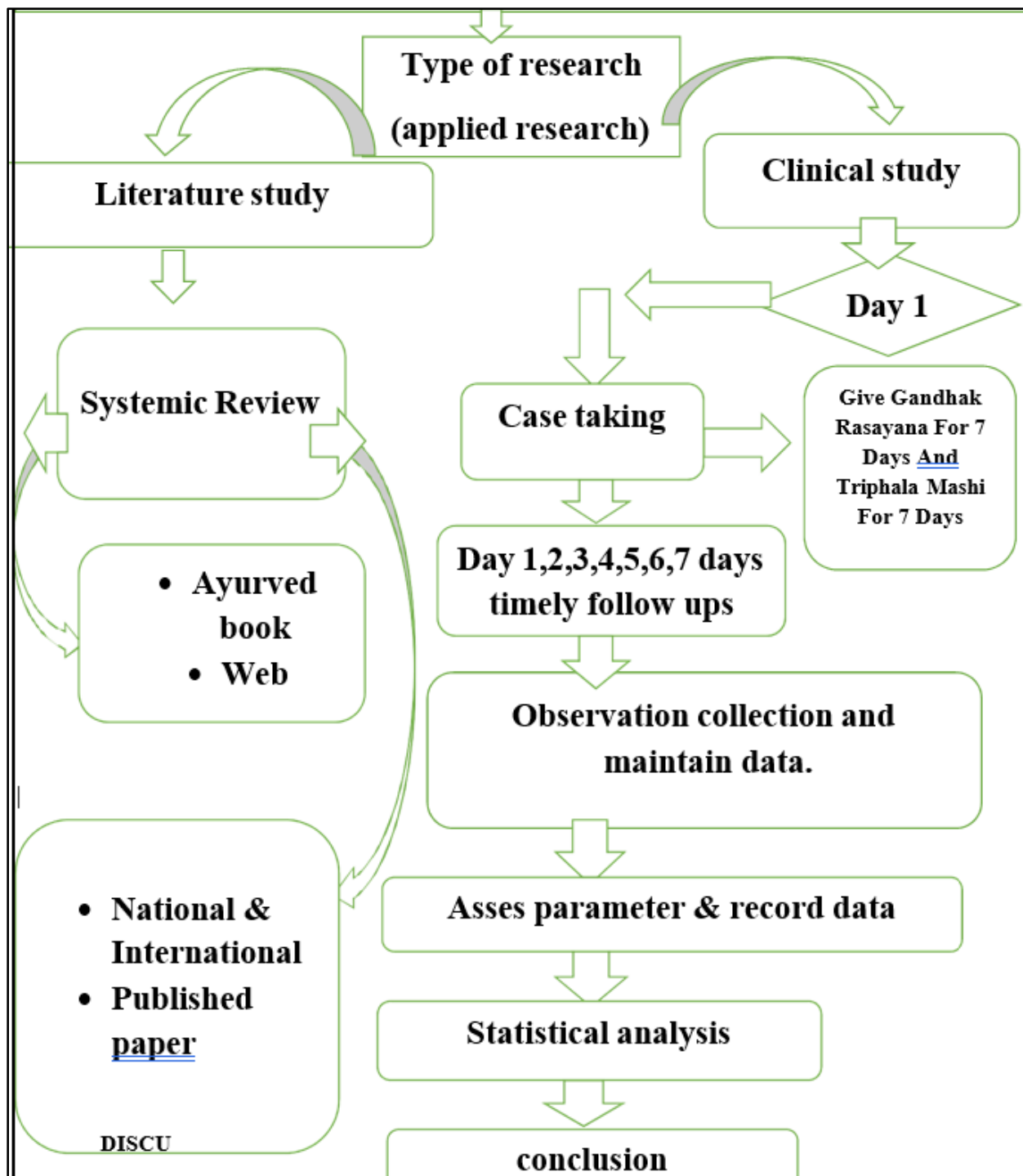
Absent

RESULT AND OBSERVATIONS:

- Observations of the clinical study shall be carefully noted.
- Entire data will be presented using different graphical presentations.
- The results will be obtained on the basis of these observations.

STATISTICAL ANALYSIS:

Statistical analysis will be calculated with the help of appropriate test.



DISCUSSION:

A discussion will be conducted on the basis of results and observations.

CONCLUSION:

On the basis of results, discussion, and statistical analysis conclusion will be drawn.-

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