

STUDY OF EFFECT OF ARDRAKADI KALKA IN AROCHAKA

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ABSTRACT

Arochaka is the commonest symptom complained by the patients. It is a symptom of vitiation of *annavaha srotasa*. Due to *Arochaka* intake of food is reduced, which if continued may lead to weakness, weight loss, anaemia, loss of immunity power and so on, thereby inviting some other manifestations. *Rochak, dipak, kaphaghna, srotoshodhak karmas* of *Ardrakadi kalka* supported for *samprapti vighatana* of *Arochaka*. For this study 60 patients were selected which had *lakshana Arochaka*. Out of these 60 patients, 30 patients were given *Ardrakadi kalka* and remaining, 30 placebo was given. Assessment was done before and after the treatment on the basis of sign and symptom like *Arochaka, Agnimandya, Anannabhilasha....* etc. Statistical analysis was done by applying χ^2 test. It is observed that *Ardrakadi kalka* helps in relieving symptom *Arochaka*

Keywords: *Arochaka, Ardrakadi kalka*

INTRODUCTION

Aruchi or *Arochaka*¹ is the commonest symptom complained by the patient suffering from same or other disease. Unfortunately, it is most often neglected, priority being giving to other complaints. Many a times even after *vyadhi*(disease) is cured i.e. In convalescence period ;patient *nivrutta*(relieved) from

Rajyakshama, Jirnajwara, Kamla

Udara...etc Aruchi stillremains a persisting symptom. i.e called *paratantra*

In *Ayurvedic* classics, *Samhitakaras* appropriately described it as both *lakshana* and *vyadhi*.As a *lakshana* it is seen in *vyadhies* like

jwara, rajyakshma, atisara, amvata, kamla sandhigatavata...etc. As a disease it has been described in '*Arochakadhikara*' in

Bhavprakasha and in *Trimarmiya Adhyaya* in *Charaka Samhita*²

Regarding the *nidana* factors mainly *ahariya, vihariya* and *manasa* factors were observed practically.

Due to etiological factors there is *prakopa* of *tridosha*. Which ultimately cause disturbance in digestion and result in *agnimandya*. There is formation of *apakwa ahararasa* due to indigestion of food stuffs. Due to this *apakwa ahara rasa* there is vitiation of *annavaha srotasa* and symptoms of vitiation of *annavaha srotasa*³ are caused. This *apakwa rasa* circulated and reaches the *jivha* and if there is existence of *sthanavaigunya* it vitiates *bodhak kapha* an afterword's *jivha* the seat of *bodhak kapha*⁴ also get vitiated. And lead to development of *vyadhi arochaka*.

If this pathology is not well treated in time or if there is continuation of *hetusevana* then *apakwa ahararasa* further enters in *rasadhatu* and forms an entity called *rasadhatwagnimandya*. Due to *rasadhatwagnimandya* there is formation of vitiated *rasadhatu*. This vitiated *rasadhatu* is circulated to whole body by means of heart. There is already *sthanvaigunya* at tongue and this vitiated *rasadhatu* and *jivha sthanvaigunya* forms a complex (*doshadushya samurchana*) and *arochaka* becomes *gambhira* i.e. difficult to treat.

In *arochaka*, pathology due to *dosha prakopa* there is mainly disturbance in function of *kledak kapha*. This *kledak kapha* regulates the other types of *kapha* i.e. *bodhak*, *awalambak*, *shleshak*, and *tarpak* in normal condition⁵. By this reference and *anumana pramana* we can say that if *kledak kapha* is vitiated then other four types of *kapha* are also vitiated and if there is *sthanvaigunya*, disease is formed. In case of *arochaka* there is disturbance in function of *bodhak kapha* and its function is hampered.

In *Ardrakadi kalka*⁶, along with *ardrak* there is also *nimbuk rasa* and *saindhav* which enhance the perception of taste by the subject (*ruchikara*) separately. The *amla rasa* of *nimbuk* and *lavana rasa* of *saindhav* both do reduce the *katu guna* of *ardrak* and make the *kalak* easy for consumption. Hence these two are used here as *prakshepa* and which augment the efficacy of the *kalka* in *arochaka*.

Samprapti Ghataka

1. *Dosha* – *kledak & bobhak kapha*
2. *Dushya* – *rasa* i.e. *ahar rasa*
3. *Agni* -, *agnimandya* is main cause of *arochaka*
4. *Ama* – *amotpatti* due to *agnimandya*

5. *Udbhav sthana* – *amashaya*
6. *Vyaktisthana* - *jivha*

Contains of Ardrakadi kalka

- *Ardrak* - 5 gms
- *Saindhav* - 250 mg
- *Nimbuk rasa* - 1 ml

STUDY DESIGN

Aim and Objective

The present research work has been undertaken with the two main objectives.

1. To evaluate the efficacy of *Ardrakadi kalka* in *Arochaka*.
2. To evaluate the efficacy of *Ardrakadi kalka* on symptom related with vitiation of *Annavaha srotasa*

Material and method

60 patients (27 Male and 33 Female) from *Arogyashala* Hospital Nasik were inducted for study to evaluate the efficacy of *Ardrakadi kalka* in *Arochaka*.

For a scientific study two groups were made each consisting of 30 patients

The groups are as follows

1. First Group - *Ardrakadi kalka* was given
 2. Second Group - Placebo was given
- For both the groups similar criteria for selection were applied

Method of examination of patient and criteria for assessment

Arochaka

When the patient complained a *lakshana arochka* taste test done. Taste test was done as follows.

Taste test

The impairment of perception the taste of normal food or any consumable food stuff is only diagnostic sign of *arochaka*. This symptom is only perceptible to patient and so seriousness of the disease is difficult to understand by *Vaidya*. But for this we have done an attempt as follows.

Firstly six rasa powders are diluted in weak amount such that layman can identify each taste correctly . For the base (for dilution)

the edible starch powder is used and for taste following substances are used.

Table No 1

<i>Madhura</i>	Sugar powder
<i>Amla</i>	Citric acid powder
<i>Lavana</i>	Salt powder
<i>Katu</i>	Black pepper powder
<i>Tikta</i>	Paracetamol tab powder
<i>Kashaya</i>	Alum powder

For finalization of various powder I have used my medical field colleagues as volunteers. For this I have used single blind test. Labeling of powder as follows

Madhura: C *Katu:* D
Amla: F *Tikta:* B
Lavana: A *Kashya:* E

When patient of *Arochaka* is approached then for testing the severity, following test is done

Table No 2

0	If patient identifies all the tastes correctly	Absent
1	If patient identifies one or two rasa wrong or cannot identify them	Mild
2	If patient identifies 3 or 4 rasa wrong or cannot identify them	Moderate
3	If patient identifies 5 or 6 rasa wrong or cannot identify them	Severe

Table No 3 Other lakshna

<i>Lakshna</i>	Absent(0)	Mild(1)	Moderate(2)	Severe(3)
<i>Jivasamata</i>	<i>Nirama jiva</i>	Mild <i>samata</i>	Moderate <i>samata</i>	<i>Sama &also amagandhi</i>

1)The powder to be tested is kept on the tongue of the patient in amount of 125mg and patient is asked to identify the test of the powder. If patient identified the test of powder correctly then the patient is not having *Arochaka* for that *rasa*. Such type of conclusion is drawn.

2) After cleaning of mouth is done with water next powder is tasted for perception of taste.

3) Inference is drawn after testing 6 *rasas*

<i>Agnimandya</i>	Eat whole food supplied with hunger .Hunger after 4-5 hrs after food .	Eat whole food without hunger	Cannot take his regular meal .Moderate hunger after 8-10 hr can eat at least once aday	Cannot take food supplied or even breakfast.
<i>Anannabhilasha</i>	Give negative answer after leading question about this symptom	He is unable to tell the symptom confidently after asking leading question	He is telling the symptom confidently but after asking leading question	He is telling the symptom on his own (without asking for it)
<i>Asyavairasya</i>	Give negative answer after leading question about this symptom	He is unable to tell the symptom confidently after asking leading question	He is telling the symptom confidently but after asking leading question	He is telling the symptom on his own (without asking for it)
<i>Ashraddha</i>	Give negative answer after leading question about this symptom	He is unable to tell the symptom confidently after asking leading question	He is telling the symptom confidently but after asking leading question	He is telling the symptom on his own (without asking for it)
<i>Hrullasa (Amla or Tikta)</i>	No <i>hrullsa</i>	Once or twice a day	5 to 6 aday after meal	Frequently
<i>Chardi</i>	No <i>chardi</i>	Once a day	2 to 3 times a day	More than 3 per day
<i>Adhamana</i>	No	Feeling of	Distention	Always

	<i>adhamana</i>	fullness in abdomen	after taking even small amount of food .	gaseous distention cannot take food and restlessness
Udarshula	No <i>shula</i>	Bearable occasionally	Bearable continuous	Unbearable patient in agony
Mala samata	Floats on water no foul smell (<i>Nirama</i>)	Floats on water foul smell	Deeps in water, foul smell	Deeps in water, foul smell and sticky
Manasikaswastyia	Doing his daily work with pleasure	Doing his daily work but without his own interest	Does not do his daily work properly and without interest and rest for while	Does not do his daily work and severe rest for all the time

SELECTION CRITERIA

The patients were selected randomly for the study according to decided norms. They are as follows

Inclusion criteria

1) Both male and female of age group 16 to 60 years.

2) Patient having symptom *Arochaka* related only vitiation of *annavaha srotas* with

symptoms, *Jivasamata, Agnimandya, Ananna bhilasha, Asyavairasya, Ashraddha, Hrullasa, Chardi, Adhamana, Udarashula, Manasik aswasthya* .

Exclusion criteria

1) Patient with HIV positive, malignancy, gastric or duodenal ulcer,

2) Patient having symptom *Arochaka* as *upadrava* or symptom in *madhyam* or *bahya margastha vyadhies* are excluded

3) Male and female patients below age 16 and above 60 years.

4) Patients in emergency condition
Table No 4

5) Pregnant women

A Performa of case sheet was prepared. And thus all patients were subjected for detailed clinical examination. Detail history clinical findings relevant observations were recorded.

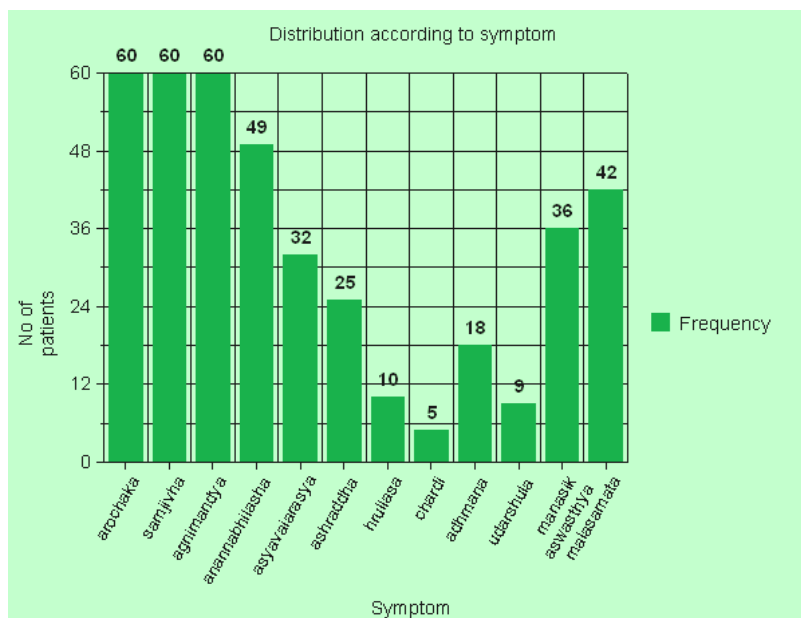
Thus on the first day patient was examined and selected for the treatment. Then he/she was given *Ardrakadi kalka*/Placebo and called evening for second dose. Morning dose was at 11 to 12 am and evening dose was given at 6 to 7 pm approximately. Total

seven days treatment was given. Along with this treatment daily record of pulse, BP, weight, *kshuda nidra, mala mutra prakruti* and symptom like *daha* etc was kept. To study effect of treatment on *Arochaka* etc a separate record of symptoms kept on first

and seventh day i.e. Hence for assessing the degree of *Arochaka* the taste test is done again on eighth day.

Table showing distribution of symptom observed in selected patients

Sr.No.	Symptoms	Frequency	Percentage
1	<i>Arochaka</i>	60	100.00
2	<i>Sama jivha</i>	60	100.00
3	<i>Agnimandya</i>	60	100.00
4	<i>Anannabhilasha</i>	49	81.67
5	<i>Asyavairasya</i>	32	53.33
6	<i>Ashraddha</i>	25	41.67
7	<i>Hrullasa</i>	10	16.67
8	<i>Chardi</i>	05	08.33
9	<i>Adhmana</i>	18	30.00
10	<i>Udarashula</i>	09	15.00
11	<i>Manasik aswasthya</i>	36	60.00
12	<i>Malasamata</i>	42	70.00



Total 60 patients were studied
Two groups of 30 patients each were made as follows

Group A – Treatment group =30

Group B – Placebo group =30

Since data is qualitative Chi Square test for independence of attributes is applied

STATISTICAL ANALYSIS⁷

In this present study population is divided in to two groups

For above purpose Null Hypothesis and Alternative are stated as follows.

H_0 – *Ardrakadi kalka* does not help in curing the symptoms

H_1 – *Ardrakadi kalka* helps in curing the symptoms.

χ^2 Value is calculated as follows

$$\chi^2 = \frac{(O_1 - E_1)^2}{E_1} \quad \text{For each cell}$$

Where O = Observed value

E = Expected value

$$\text{i.e. } E = \frac{\text{Sum of column} \times \text{Sum of row}}{\text{Total no. of patient}}$$

$$\chi^2 = \chi^2_1 + \chi^2_2 + \chi^2_3 + \dots + \chi^2_8 = V_2$$

$$\begin{aligned} \text{Degree of freedom (d.f.)} &= (\text{Column} - 1) (\text{Row} - 1) \\ &= (4-2)(2-1) \\ &= 3 \end{aligned}$$

In this data degree of freedom is same for all symptom i.e. Table value from Chi square table at 5% level of significance in d. f. 3 = $V_1 = 7.82$

Table shows result obtained in symptoms

Table No 5

Sr no.	Symptom	Groups	Mild cure	Moderate cure	Complete cure	Uncured	Total	calculated χ^2 value (V_2)
1	<i>Arochaka</i>	Treatment	1	5	24	0	30	35.74
		Placebo	4	2	1	23	30	
		Total	5	7	25	23	60	
2	<i>Jivasamata</i>	Treatment	2	4	24	0	30	50.06
		Placebo	3	2	0	25	30	
		Total	5	6	24	25	60	
3	<i>Agnimandya</i>	Treatment	2	3	25	0	30	54.5
		Placebo	2	1	0	27	30	
		Total	4	4	25	27	60	
4	<i>Anannabhilasha</i>	Treatment	2	3	19	1	25	28.33
		Placebo	3	2	2	17	24	
		Total	5	5	21	18	49	

5	<i>Ashradha</i>	Treatment	3	4	2	3	12	12.19
		Placebo	1	0	0	12	13	
		Total	4	4	2	15	25	
6	<i>Hrullasa</i>	Treatment	0	1	4	0	5	10
		Placebo	1	0	0	4	5	
		Total	1	1	4	4	10	
7	<i>Adhamana</i>	Treatment	2	2	5	1	10	8.64
		Placebo	1	0	0	7	8	
		Total	3	2	5	8	18	
8	<i>Udarshula</i>	Treatment	0	2	3	0	5	11
		Placebo	1	0	0	4	5	
		Total	1	2	3	4	10	
9	<i>Manasik aswasthya</i>	Treatment	4	6	9	1	19	26.48
		Placebo	1	1	0	15	17	
		Total	5	7	9	16	36	

Therefore it is statistically true that *Ardrakadi kalka* helps in curing all above symptoms

DISCUSSION

No one has taken *Arochaka* seriously, even doctors also. And no work was done upon this up till now. The *Arochaka* is seen in both poor and rich people. In case of rich people *atibhojana, atisnigdha bhojana* etc. and mental stress are the leading causes. While in poor those are inadequate diet, *viruddha ahara* and over work. And drug *Ardrakadi kalka* is cheap and easily available.

In *Arochaka*, *agnimandya* is main incident and gives rise to *amanirmiti*, followed by

kapha dushti that is *kledak kapha* and then *bodhak kapha* i.e. *samprati* takes place up to *amashaya* and above i.e. *kaphasthana*. In *arochaka kaphghana* and *amapachak* treatment is having priority, and by the contains of *Ardrakadi kalka* it becomes *tridoshaghna, amapachak, agnidipak*, and *ruchikara* also. So *Ardrakadi kalka* is perfect remedy on *Arochaka*.

In present study maximum incidence of *aharaj hetu* are found (91.34%). 26 to 35 years group is mostly affected (33.33%), incidence in female are more (55%)

CONCLUSION

Arochaka is the common entity observed in practice. It is found *Ardrakadi kalka* is

useful in *Arochaka*. The statistical analysis supports the statement that *Ardrakadi kalka* helps in reliving symptom *Arochaka*. Further it is observed that *Ardrakadi kalka* is useful in *agnimandya* which is believed to *Ayurveda* the causative factor of all disease. However further study is necessary.

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