

**“A RANDOMIZED CONTROLLED CLINICAL TRIAL TO EVALUATE THE
EFFICACY OF SHIVA MODAK GRANULES IN THE MANAGEMENT OF KARSHYA
IN CHILDREN W.S.R TO UNDERNUTRITION**



Dissertation submitted as partial fulfillment for the degree of
Ayurveda Vachaspati [Doctor of Medicine Ayurveda]
Specialty– KAUMARBHRITYA – Balaroga

Scholar

Dr. DIPAK P. CHAUDHARI

Under the supervision of Guide

Dr. RAJANISH METI

M.D. (Ayu.) Professor & Head of Department

Department of KAUMARBHRITYA – Balaroga

**Department of KAUMARBHRITYA – Balaroga Parul Institute of Ayurveda
Parul University, Limda, Vadodara, Gujarat-391760 (India).**

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ABSTRACT

TITLE: “A Randomized controlled clinical trial to evaluated the efficacy of Shivamodak granules in the management of Karshya in children w.s.r. to undernutrition”.

NAME OF STUDENT: Dr. Dipak P. Chaudhari

NAME OF GUIDE, DESIGNATION: Dr. Rajanish Meti MD (Ayu)

Professor and HOD Department of Kaumarbhritya

NAME OF DEPARTMENT: KAUMARBHRITYA

INTRODUCTION: Under nutrition or under-weight are those who have their expected weight for age to be between (-2) to (-3) SD in growth chart. One in every three malnourished children in the world lives in India. Underweight mainly arises from inadequate diet and frequent infection, leading to insufficient intake of calories, protein, vitamins and minerals. *Ahara Dosha* is the main predisposing factor of this disorder and *Alpasana* and *Vishamasana* (false habits of intake) especially results in the development of Karshya. Present study was undertaken to find out the effect of Shivamodak Granules with nutritional supplement (Hyderabad mix) and only nutritional supplement (Hyderabad mix).

AIM AND OBJECTIVES:

1. To evaluate the efficacy of *Shiva Modak Granules* long with a nutritional supplement in the Management of *Karshya*.
2. To study the concept of *Karshya* and Undernutrition in children.

METHODOLOGY: Thirty patients were studied and randomly divided into two groups, of 15 patients each. namely Group-A and Group-B. Group-A received Shivamodak Granules with nutritional supplement (Hyderabad mix) in intervention of 60th day, follow-up was done on 90th day and Group-B received only nutritional supplement (Hyderabad mix), in intervention of 60th day, follow-up was done on 90th day. 30 Patient satisfying diagnostic criteria and age 3-6 years.

OBSERVATIONS & RESULTS: It was found that Group A and group B i.e. Shivamodak Granules with nutritional supplement (Hyderabad mix) and only nutritional supplement (Hyderabad mix), showed significant results in subjective parameters such as general weakness, state of hunger, activity or interest as well as in objective parameters such as weight in Kg, height in cm, chest circumference, mid arm circumference and B.M.I. but in percentage wise improvement is more in Group A as compare to Group B.

CONCLUSION: The present study it can be concluded that through the nutritional supplementation in Karshya (underweight) children is essential, at the same time more emphasis has to be given to correct their impaired. *Jatharagni bala* with the Formulations like Shivamodak which will enhance appetite and metabolism.

Keywords: Shivamodak, Karshya, underweight, undernutrition, malnutrition