

**“TO STUDY THE EFFECT OF *GHRITA* IN *PADPARUSHATVA*
OF *VATA PRADHANA PRAKRUTI* INDIVIDUALS”**



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ABSTRACT**“TO STUDY THE EFFECT OF *GHRITA* IN *PADPARUSHTVA* OF *VATA PRADHANA PRAKRUTI* INDIVIDUALS”****INTRODUCTION:**

Prakruti :-It is expression of healthy individuals in perspective of body functions, behaviour morphology and physiology. The qualitative and quantitative, unchangeable *Doshika* predominance from birth to death is called as *Prakruti*. Those exhibiting predominance of *Kapha, Pitta or Vata* are called *Dehaprakruti*.

Attributes of *Vata* specific manifestations in the body of the individuals having dry, light, mobile, abundance, quick, cold, rough, non-slime. Due to all these properties of *Vatadosha*, persons of *VataPrakruti*, their body structure is thin and dry, their reaction are quick, he possesses split hairs, cracked hand and feet etc. From these above features *Padaparushtva* are one of them which are generally seen in *Vata Pradhan Prakruti* person. *Parushtava* means hardness/roughness which is the later stage of *Ruksha* and *Khara*. Dry feet is observed because of aggravated *Vata* Dosha due to *Rukshata*.² The increased elements are treated by opposite *Guna*. So, if *Ruksha Guna* is increased then it is to be managed by *Snigdha Guna* and vice-versa.³In this condition *Ghrita* is applied to the affected area because the property of *Ghrita* is opposite to *Vata*, have *Snigdha Guna*.

AIM:

To assess the effect of *Ghrita* in *Padaparushtva* of *Vata Pradhan Prakruti* Individuals.

OBJECTIVES:

1. *Prakruti* were assessed by *Prakruti Parikshana Patrak*.
2. To assess the effect of *Ghrita* in *Padaparushtva* of *Vata Pradhan Prakruti* by Dryness assessment scale.

MATERIALS AND METHODS:

1. It is observational & interventional study.

2. People who fulfill the eligibility criteria were selected and those who are voluntarily willing to participate in the study, are taken with their written consent form.
3. The 111 volunteers of *Vata Pradhan Prakruti* were selected with the help of *Prakruti* assessment Scale and from that those volunteers were selected in which *Padaparushvta* is seen.
4. *Padaparushvta* were assessed with the help of Dryness Assessment Scale and grading were given. A proper process was explained and it is instructed to follow by the volunteers regularly. *Go-Ghrita* were provided for 30 days to the volunteers and advised them to apply *Ghrita* on heels.
5. This process was followed by volunteers regularly over the period of 30 days.
6. After 30 days follow up were taken and assessment were done with the help of Dryness Assessment Scale.

ETHICAL CLEARANCE

Was obtained from Institutional Ethics Committee of Parul Institute of *Ayurveda*, Parul University. (IEC No PU/PIA/IECHR/2019/1), and Registered in Clinical Trial Registry India (CTRI /2019/03/018269).

RESULTS:

The final result showed that effect of *Go-Ghrita* in *Padaparushatva* of *Vata PradhanPrakruti* individuals shows a significant. Within that also in comparison *Vatapitta Prakruti* shows more beneficial result than *Vatakapha Prakruti*.

DISCUSSION:

In present research *Go-Ghrita* was applied in *Padaparushvta* which had shown beneficial effect in roughness and scaling which were present in *Vata Pradhan Prakriti*. Here *Padaparushvta* have *Rukshata*, *Kathinyata*, and *Kharta* which is managed by opposite *Guna* like with *Snigdha Guna*, *Mradu Guna*, and *Slekshna Guna*. So, it was observed that *Go-*

Ghrita shown very beneficial effect in *Padaparushatva*. It was also seen that the volunteers who had followed proper hygiene like wearing foot wear, avoiding contact with dust got very good result. *Go-Ghrita* had shown very good and fast effect within 30 days.

CONCLUSION:

The observation showed that there is significant effect of *Go-Ghrita* in *Padaparushatva* of *Vata Pradhan Prakruti* individual and because of mean difference *Vataptita* shows more beneficial. It was then evident from the current research study that maintaining foot hygiene and avoiding predisposing factors plays a very significant role of disease remission.

Hence, *Go-Ghrita* can be used for the management of *Padaparushatva* in OPD as well as in home preparation.

Keywords: *Go-Ghrita, Padaparushatva, Vata Pradhan Prakruti*