

**A STUDY TO EVALUATE THE EFFECT OF *GHRITPANA* IN
*MANDAGNI***



Dissertation submitted as partial fulfillment for the degree of

AYURVEDA VACHASPATI

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Specialty – Kriya Sharira

Scholar

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ABSTRACT

TITLE:

“A STUDY TO EVALUATE THE EFFECT OF *GHRITPANAIN MANDAGNI*”

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INTRODUCTION:

In *Ayurveda* the term “*Agni*” is used for the factor which performs the function of digestion of food and metabolism. *Agni* converts food in the form of energy, which is responsible for all vital functions of our body. In *Sushruta Samhita*, *Mandagni* is defined as *Agni* taking long time to digest even a very small quantity of consumed food and at the same time produces *Udara shiro gaurava, Kasa, Shwasa, Praseka, Chhardi, Gatrasadana*. *Mandagni* is the root cause of almost diseases. So, by maintaining *Jatharagni* in normal state, we can prevent further diseases. In view of this practical implementation of this study found to be possible and easily adaptable. Though *Ayurveda* had briefly explained the concept of *Agni* there is some lacuna in establishing the effect of *Ghritpana* in the victim of *Mandagni*.

Deepan is aimed of correcting the *Agni*, by its regular use, life becomes healthy, *Agni* gets improved and health can be maintained. In all most *Samhitas* *Go-Ghrita* describe as *Agnideepaka*, but physician forgets the use of this *Ghrita* in the day-to-day practice. So, here, first *Go-Ghrita* was taken for the clinical study.

AIM AND OBJECTIVES:

- **Aim:** To evaluate the effect of *Ghritpana* in *Mandagni*.

- **Objectives:**

1. To evaluate *Agni (Jatharagni)*.
2. To evaluate the effect of *Ghritpana* in *Mandagni*.

METHODOLOGY:

Clinical study was conducted on 50 subjects with the symptoms of having *Mandagni* condition. After getting Written consent from subject study was carried out and during this study 57 total subject were enrolled. All of them were clearly informed about study. 7 subjects quit treatment at different stage, hence only 50 subjects could complete *Ghritpana* treatment fully. The outcomes of subjective parameter were assessed by standard scoring method of *Agnipareekshana patra* and objective parameter were assessed by BMR (Revised Harris Benedict Equation).

Ethical clearance was obtained (PU/PIA/IECHR/2019/4) and this study is registered in Clinical Trial Registry of India (CTRI/2019/04/018468).

OBSERVATIONS & RESULTS:

Effect of *Go-Ghrita* was significant result in *Abhyavaharana shakti*, *Jarana shakti*, *Udara-gaurava*, *Shiro gaurava* and *Gatrasadana*. and not-significant result was obtained in *Kasa*. Overall effect of treatment- 50 subjects of *Mandagni* condition were treated by *Go-Ghritpana*. So, *Go-Ghrita* is the effective in the condition of *Mandagni*, which is statistically proven by improving in both the subjective and objective parameters, and also no recurrence was observed during the follow up period. During this study it has been observed that *Agni* produced by *Go-Ghrita* will stay for longer period So, *Samagni Lakshana* can be seen for long time.

Go-Ghrita is having *Madhura Rasa*, *Snigdha* and *Guru Guna*, *Sheeta Veerya*. *Go-Ghrita* works efficiently with *Prabhava* and *Agnideepana* is effect of this. So, this *Prabhava*, work by suppressing *Rasa*, *Vipaka* and *Veerya*.

CONCLUSION

According to statistical study, the alternate hypothesis- *Go-Ghrita* has beneficial effect in *Mandagni* is accepted.