

**“ Evaluation of Effect of Amalaki Churna (*Emblica Officinalis* Gaertn.) As Rasayana and Its Free Radicals Scavenging Activity in Healthy Individuals on Basis of Time of Administration Of Medicine” By CATALASE Test (CAT).**

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**ABSTRACT:**

The present study was carried out in Parul Institute of Ayurved, Parul University, Vadodara, Gujarat, India. Amalaki fruits were collected from Khanderao Market, Vadodara, Gujarat, India. The Amalaki fruit was authenticated at The Maharaja Sayajirao University of Baroda, Department of Botany, Faculty of Science, Vadodara- 390 002, Gujarat, India and sample code number was compared with (BARO 123450018408, 18415). Main objective of the study is to screen comparative study of Amalaki churna (*Emblica officinalis* Gaertn.) as Rasayana in three different Oushadha sevan kala i.e. time of administration of medicine as Kinchit suryodayajate (Sun-rise), Divas bhojane (Midday meal), Nishi (Night meal), and Regular food is given to Control group.

Study design- A total of 100 healthy individual were selected and divided into 4 groups.

Control group: Regular food was given for 30 days

Group 1; Amalaki churna was given for 30 days during (Kinchit Suryodayajate) during sunrise process time (06:00 a.m.)

Group 2: Amalaki churna was given for 30 days at Midday meal time (12:00 pm)

Group 3: Amalaki churna was given for 30 days at Night time (08:00 p.m.)

CATALASE was assayed in all the study groups. Blood samples were collected from all the subjects. Analysis of study was done by using Tukeys multiple posthoc procedure and one way ANOVA test. Result- A significant difference was observed between pretest and posttest blood serum levels of catalase (CAT) chemical in group I ( $t=-4.8046$ ,  $p=0.0001$ ) at 5% level of significance. It means that, the posttest blood serum levels of catalase (CAT) chemical in group I are significantly higher (about 9.10% increase) as compared to pretest blood serum levels of catalase (CAT) chemical in group I. A significant difference was observed between pretest and posttest blood serum levels of catalase (CAT) chemical in group II ( $t=-2.4495$ ,  $p=0.0220$ ) at 5% level of significance. It means that, the posttest blood serum levels of catalase (CAT) chemical in group II are significantly higher (about 5.17% increase) as compared to pretest blood serum levels of catalase (CAT) chemical in group II. Non significant difference was observed between pretest and posttest blood serum levels of catalase (CAT) chemical in group III ( $t=0.0616$ ,  $p=0.9514$ ) at 5% level of significance. It means that, the pretest and posttest blood serum levels of catalase (CAT) chemical in group III are similar (about 0.03% increase). Non significant difference was observed between pretest and posttest blood serum levels of catalase (CAT) chemical in group IV ( $t=1.5409$ ,  $p=0.1364$ ) at 5% level of significance. It means that, the pretest and posttest blood serum levels of catalase (CAT) chemical in group IV are similar (about 4.50% decrease).

**Conclusion:** Evaluation of oushadha sevan kala was the main objective of the study. The outcome was highly significant difference among the groups. On the basis of Oushadha sevan kala, Amalaki boost weakened antioxidant defenses in Kinchit suryodayajate kala (morning time of administration). **Keywords:** Amalaki churna, CAT, Free radicals scavengers, Healthy individuals, Rasayana, Oushadha Sevan Kala, Time of administration of medicine.

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