

**A COMPARATIVE CLINICAL STUDY OF *DHANVANTARA
GUTIKA AND BALADI MOOLA GHANAVATI IN GARBHINI
UDARSHOOLA IN SECOND TRIMESTER***



Dissertation submitted as partial fulfillment for the degree of

AYURVED DHANVANTARI

[Master of Surgery – Ayurved]

Speciality – Prasuti Tantra evum Stri Roga

Scholar

POORNIMA PRAMOD GHADI

Under the supervision of

Guide

DR. PRADIP KINAGE

Department of *Prasuti Tantra evum Stri Roga*

Parul Institute of Ayurved

Parul University, Limda, Vadodara

Gujarat – 391760 (India).

30th April 2019

Enrollment No. 160202206003

**A COMPARATIVE CLINICAL STUDY OF DHANVANTARA GUTIKA
AND BALADI MOOLA GHANAVATI IN GARBHINI UDARSHOOLA IN
SECOND TRIMESTER**

ABSTRACT:

Introduction: *Udarshoola* during *sagarbhavastha* with a variety of causes and presentation can be experienced by women as the body undergoes various physical and physiological changes to accommodate the growing fetus. *Udarshoola* can be managed by controlling the *Vata* which is mainly causing the *Shoola*. **Aim & Objectives:** Aim-To study the effect of *Dhanvantara Gutika* and *Baladi Moola Ghanavati* in *Garbhini Udarshoola*. **Objectives:** To have a thorough study on *Garbhini Udarshoola* and vague abdominal pain in second trimester and to compare the efficacy of the two drugs. **Materials & Methods:** The study was a single blind randomized comparative clinical study with pre and post test design. Total 30 patients diagnosed with *Garbhini Udarshoola* and fulfilling the inclusion and exclusion criteria were registered and randomly allocated into two groups. Group A was subjected to *Dhanvantara gutika*(500 mg) with *Ushnodak* and Group B was given *Baladi Moola Ghanavati* with *Dugdha* and *sharkara*. Both medicines were administered in *vyanodaan kala* for 7 days. *Dhanvantara Gutika* was procured from Vaidyaratnam Pharmacy and *Baladi Moola Ghanavati* was prepared in the GMP certified pharmaceutical unit of PIA, Vadodara. Assessment was done on Day 2,4 and 7 of treatment for subjective and objective parameters. **Results:** Results were decided after statistical analysis using Students paired and unpaired 't' test. In group A- 9 Patients and group B- 10 Patients got complete relief. **Discussion:** *Garbhini Udarshoola* presented as a *Swatantra* as well as a *Paratantra vyadhi*. *Dhanvantara Gutika* contains *Ushna virya dravya* which mainly work by their *deepana, pachana, shoolahara* and *anulomana karya*. *Baladi Moola Ghanavati* does *Vatashaman* by *Madhura rasa, Snigdha guna, deepana, pachana and anulomana*. **Conclusion:** *Baladi moola ghanavati* proved to be more effective than *Dhanvantara gutika* in curing *Garbhini Udarshoola*.

KEYWORDS: Ayurveda, Baladi Moola Ghanavati, Dhanvantara Gutika, Garbhini Udarshoola, Second trimester.