

**“A COMPARATIVE RANDOMIZED CLINICAL TRIAL TO ASSESS THE
EFFECT OF SAMVARDHANA VALEHA AND SAMVARDHANA GHRITA ON
VYADHIKSHAMATVA IN CHILDREN WSR IMMUNITY”**



Dissertation submitted as partial fulfillment for the degree of

Ayurveda Vachaspati
[Doctor of Medicine – Ayurveda]
Specialty – Kaumarbhritya

Scholar

Dr. Priti S. Chaudhari.

Under the supervision of
Guide

Dr. Mukesh Auropremi

M. D. (Ayu.)

Professor, Department of Kaumarbhritya

Department of Kaumarbhritya
Parul Institute of Ayurveda
Parul University, Limda, Vadodara, Gujarat-391760 (India).

March- 2018

Enrollment No-150202207002

ABSTRACT

Great varieties of infectious microorganisms are present in our environment viz virus, bacteria, fungi, protozoa and multi cellular parasites. These microbes can cause diseases or may not cause diseases. Inability of microbes to produce disease is because of human immune system which combats infectious agents. Concept of immunity is explained through many factors like Bala and Ojasthat are responsible for the normal functioning of the body and mind. In Ayurvedic text (Ch. Su. 28/7, Chakrapani commentary) the term Vyadhikshamatva described body resistance against diseases very well. Vyadhikshamatva is resistance of body to tussle with disease. It can be linked with immunity in contemporary science. The Vyadhikshamatva can be correlated with the Bala of a person which is of three types: Innate – Sahaja Bala; Deviated according to season, age – Kalakrita Bala; The immune power which can be enhanced with different measures – Yuktikrita Bala. Various factors can be correlated with immunity. They are normal *doshas*, equilibrium state of *dhatu*s, normal *Agni*, potency of *Srotas* etc. In Ayurvedic text, various Acharyas described countless useful *Dravyas*, formulations (*Yogas*) to enhance immunity. While in modern science there are some drugs for enhancing immunity but they are not suitable to every patient. In Ayurveda Acharya Sushruta, Vagbhata, Kashyapa described a special formulation called as ‘Lehana’ and Acharya Kashyapa has been mentioned *Suvarna Prashana*, *Samvardhana ghrita*, and some other formulations to enhance the immunity and ultimately reduces the recurrent illness and gives a healthy long life for children