

**A RANDOMIZED CONTROLLED CLINICAL TRIAL ON *DANTI VIRECHANA*
YOGA IN THE MANAGEMENT OF *VICHARCHIKA***



Dissertation submitted as partial fulfilment for the degree of

AYURVEDA VACHASPATI

[Doctor of Medicine – Ayurveda]

Specialty – Panchakarma

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APRIL- 2019

Enrollment No: 160202211003

ABSTRACT

INTRODUCTION-

Virechana is a prime modality of *Shodhana Karma* by which vitiated *Doshas* are expelled through *Adhobhaga*. 245 *Yogas* for *Virechana* are described in classics. A ideal medicine is one which is given in *Alpamatra*, induces *Mahavega*, *Bahudoshahara*, *SukhaSadhaka*, *Laghupaka*, *SukhaSwada*. The routinely practiced *Virechana Yogas* are of high dose, less palatable. Hence there is need to formulate a *Yoga* which will be more palatable & efficacious in smaller dosage. *Vicharchika* is one among the *Kshudra Kushta Roga* which is *Kapha-Pitta Pradhana*. *Virechana Karma* is indicated for *Pitta Dosh* and also in *Pitta Samsrishta Dosh*. In classics *Danti Yoga* and *Trvrutta Yoga* is mentioned as *Virechaka Yoga* in the management of *Kushtha*. Hence the present study has been planned to see the effect of *Danti* as *Virechaka Yoga* in the management of *Vicharchika*.

MATERIALS AND METHOD-

Randomized comparative clinical study with minimum 30 patients diagnosed with *Vicharchika* were taken for study from Out Patient Department and In patient department of Parul Institute Of *Ayurveda* Hospital and Khemdas Hospital, Vadodara. The Study carried out in two groups, each containing 15 patients. In Group A-*Shyama Trivrutta Virechana Yoga* and in Group B-*Danti Virechana Yoga* was given. Assesment of Subjective and Objective Parameters of *Vicharchika* as well as *Virechana Karma* was carried out.

RESULT-

The study observations showed that the 100% good palatability for *Virechaka Yoga* in both groups. 73.3% patients got their first *Vega* within one hour in both groups, both are having same latency period but maximum number of patients in Group-B was observed. 20% patients got 6-8 *Vegas* in group-A and 73.3% patients in Group-B. In both groups 60% Patients got *Samyaka Shuddhi Lakshanas* with *Pittanta* was observed. 70.25% *Samyaka Virikta Lakshanas* was observed in group-A and 71.79% in group-B. There was Significant improvement in symptom was observed in both groups with $p < 0.001$.

CONCLUSION-

After going through the clinical changes observed during and after the treatment, it may be opined that, *Danti Virechaka Yoga* acts as a better *Virechaka Yoga* compare to *Trivrutta Virechaka Yoga* in the management of sign and symptoms of *Vicharchika*.

KEYWORDS - *Vicharchika*, *Danti Churna*, *Trivritta Churna*, *Virechana Karma*.