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"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 Superoxide Dismutase Test (SOD)

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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 Amalakichurna (Emblica officinalis Gaertn.) as Rasayana in three different Oushadhasevan kala i.e. time of administration of medicine as Kinchitsuryodayajate (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.) Superoxide dismutase was assayed in all the study groups by the method devised by Marklund S, Marklund G modified by Nandi and Chatterjee. 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- The serum SOD levels were significantly decreased in group 1 (8.09 units/ml.) as compared to control (14.37 units/ml.), group 2 (9.74 units/ml.) and group 3 (9.77 units/ml.) respectively. Conclusion- These results provide enough evidence of increased oxidative stress and a compromised antioxidant defense system in groups of healthy individuals.

Keywords:
Amalakichurna, SOD, Free Radicals Scavengers, Healthy Individuals, Rasayana, Time of Administration.

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