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Clinical review on comparative study of two different formulations *Amritadi Kwatha* and *Kandughna Mahakashaya Ghan Vati* on the basis of clinical efficacy in patients of *Udarda*

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ABSTRACT

Present study deals with study and comparison of two ayurveda formulations in the patients of *Udarda*. *Amritadi Kwath* and *Kandughna Mahakashaya Ghan Vati* were used in separate groups of patients and their effect was compared. *Kandughna Mahakashaya Ghan Vati* was found to be more effective in the patients of *Udarda*.

Key words: *Udarda*, *Kandughna Mahakashaya Ghan Vati*, *Amritadi Kwatha*

INTRODUCTION

Udarda has been described by all *Acharyas*. The detailed description in separate chapters is available in *Madhavanidana*, *Bhavprakash*, *Chakradutta*, *Sarangdhar Samhita*, *Yogratanakar* and *Bhaisjyarnavali*. *Udarda* has been described with *Sheetpitta* and *Kotha*. *Udarda* has *Kapha* dominance.^[1] It is caused by contact with *Sheeta* and *Paniya Sansparsh* especially in *Shishsir Ritu*.^[2]

Udarda is characterized by *Utsang*, *Raag* and *Kandu*.^[3] Present study was done to evaluate the effect of *Kandughna Mahakashaya*^[4] *Ghan-Vati* and *Amritadi Kwath*^[5] on patients of *Udarda*. Two separate groups

of patients were selected on the basis of subjective and objective symptoms. In each group, different formulation was used for the duration of 45 days with three follow ups at the interval of 15 days.

MATERIALS AND METHODS

Plan of study

An open-label comparative clinical trial was planned in the patients of *Udarda*. Patients were selected from the OPD of the hospital and brought under trial after informed consent.

Inclusion criteria

- Patients willing for trial.
- Patients in the age group of 15- 70 years of either sex.
- Patients with the classical signs and symptoms of *Udarda* like *Raga*, *Kandu*, *Udbhisch Mandala*^[6]

Exclusion criteria

- Patients not willing for trial or not ready to give informed consent.
- Patients whose age is less than 15 and above 70.
- Pregnancy, lactating women and puerperium.

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- d) Failure of patients to follow up successive visits.
- e) Patients diagnosed with severe systemic illness like (HIV, Tuberculosis, Malignancy, Systemic Lupus Erythematosus, Hypertension and Anaphylaxis to Medicines)

Lab investigation

All the lab investigations were performed before and after trial.

Blood examination

Hb, TLC, DLC Neutrophils, Lymphocyte, Monocytes, Eosinophils, Basophils and E.S.R.

Biochemistry

- Fasting blood sugar,
- RFT - Blood urea, Serum creatinine, Uric acid.
- Lipid profile - Cholesterol, HDL, LDL, VLDL, Triglycerides

Urine examination

- Routine
- Microscopic

Criteria of assessment

Subjective criteria

Assessment of *Raag*^[7] (Erythema), *Kandu*^[8] (Pruritis), *Mandalotpatti*^[9] (Wheal formation) and frequency of attacks was done before and after treatment on the basis of gradings. (Table 1)

Criteria for final assessment of results

- Complete remission - 100 % relief in signs and symptoms.
- Excellent Improvement - Patients showing more than 75% of relief in signs and symptoms were taken as excellent improvements.
- Moderate Improvement - Patients showing 50% to 75% of relief in signs and symptoms were taken as moderately improved.
- Mild improvement - Patients showing 25% to 50% of relief in signs and symptoms were taken as mildly improved.

- Unimproved - Patients showing 25% of relief in signs and symptoms were taken as unimproved.

Consent of patient

All the selected patients were informed about the nature of study and written consent was obtained on the case report form before inclusion in the trial.

RESULTS

Effects of trial drugs

Total 20 patients were registered in present study. Patients were divided in two groups. 10 patients were given *Kandughna Mahakashaya Ghan Vati. Amritadi Kwath* was given to next 10 patients. The results obtained are discussed below.

Effect of *Kandughna Mahakashaya Ghan Vati* in patients of Udarda

The trial drug provided statistically highly significant relief ($p < 0.001$) of 53.33% in *Raag*, 64.996% relief ($p < 0.001$) in *Kandu*, 41.665% relief ($p = 0.001$) in *Mandalotpatti* and 54.998% relief ($p < 0.001$) in frequency of attacks. p value was highly significant with all the symptoms.

Effect of *Amritadi Kwath* in patients of Udarda

The trial drug provided significant relief ($p = 0.01$) of 28.332% in *Raag*, 33.332% relief ($p = 0.011$) in *Kandu*, 28.332% relief ($p = 0.025$) in *Mandalotpatti* and 43.332% relief ($p = 0.029$) in frequency of attacks. p value was significant in *raag* and non-significant in *Kandu*, *Mandalotpatti* and frequency of attacks.

Comparison of trial group 1 and trial group 2

In intergroup study between group 1 and group 2, *Raag* and *Kandu* shows statistically significant difference, rest of symptoms shows no significant reduction. (Table.2)

On the basis of percent relief, it can be said *Kandughna Mahakashaya Ghan Vati* was more effective than *Amritadi Kwatha* in the patients of Udarda.

DISCUSSION

The purpose of discussion is to interpret and describe the significance of findings in the light of what was

already known. Discussion based on *Shastras* about any conceptual or clinical study is always fruitful.

Clinical study incorporates the role and comparison of *Kandughna Mahakashaya Ghan Vati* and *Amritadi Kwatha* in the patients of *Udarda*.

Udarda has been described by all *Acharyas*. The detailed description in separate chapter is available in *Madhavaidana*, *Bhavprakash*, *Chakradutta*, *Sarangdhar Samhita*, *Yogratanakar* and *Bhaisjyaratnavali*. *Udarda* has been described with *Sheetpitta* and *Kotha*. *Udarda* has *Kapha* dominance. It is caused by contact with *Sheeta* and *Paniya Sansparsh*^[10] especially in *Shishsir Ritu*.^[11] *Udarda* is characterized by *Utsang*, *Raag* and *Kandu*.^[12]

Probable mode of action of *Kandughna Mahakashaya Ghan Vati*

Rasa : Out of 10 ingredients 8 have *Tikta Rasa* which is *Kapha* and *Pitta Shamak*.

Guna : *Laghu* and *Ruksha Guna* are predominant in the contents.

Vipaka : Seven contents have *Katu Vipaka* and three have *Madhura Vipaka*.

Overall effect of *Kandughna Mahakashaya* is *Kapha* and *Pitta Shamak*, hence, it is useful in normalizing *doshas* involved in *Udarda*.

Probable mode of action of *Amritaadi Kwatha*

Rasa : Contents of *Amritaadi Kwatha* have *Katu*, *Tikta* and *Kashaya Rasa* which are *Kaphanashak*.

Guna : *Laghu* and *Ruksha Gunas* are predominant in *Amritaadi Kwatha*.

Vipaka : *Katu Vipaka* is present in all contents except *Guduchi*.

Hence, overall effect of *Amritaadi Kwatha* is *Kaphanashak*.

Effect of therapy

Kandughna Mahakashaya Ghan Vati (Bar diagram 1)

Patients taking *Kandughna Mahakashaya Ghan Vati* shows significant relief in all the symptoms. 64.99% relief in *Kandu* followed by 54.99% relief in frequency

of attacks, 53.33% relief in *Kandu* and 41.66% relief in *Mandalotpatti*.

Amritadi Kwatha (Bar diagram 2)

Patients taking *Amritadi Kwatha* show significant relief in *Raag* and non-significant relief in other symptoms.

There was 33.33% relief in *Kandu*, followed by 28.332% relief in *Raag*, 28.332% relief in *Mandalotpatti* and 43.332% relief in frequency of attacks.

Intergroup comparison of two groups (Table 2) (Bar diagram 3)

In intergroup study between group 1 and group 2 only *Raag* and *Kandu* shows statistically significant difference, rest of symptoms shows no significant reduction.

Effect of *Kandughna Mahakashaya Ghan Vati* was better than *Amritadi Kwatha* in patients of *Udarda*.

CONCLUSION

Udarda is a *Vyadhi* caused by *Kapha* dominance. Due to its acute nature *Udarda* has been a disease a concern. *Acharyas* has mentioned various formulation for its treatment. *Amritadi Kwatha* and *Kandughna Mahakashaya* were found to be effective in *Udarda*. *Kandughna Mahakashaya* was found to be more effective in *Udarda*.

Table 1: Subjective Parameters

1.	<i>Raag</i> (Erythema)	Before Trial	After Trial
	No	0	0
	Mild	1	1
	Moderate	2	2
	Severe	3	3
2.	<i>Kandu</i> (Itching)	Before Trial	After Trial
	No	0	0
	Mild	1	1

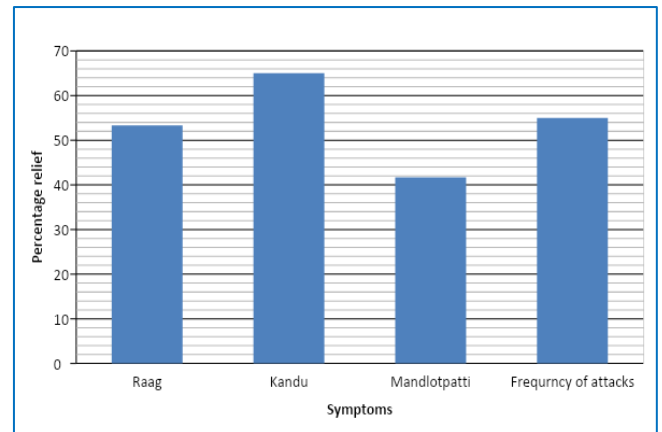
	Moderate	2	2
	Severe	3	3
3.	Mandalotpatti (Wheals formation)	Before Trial	After Trial
	No	0	0
	Mild	1	1
	Moderate	2	2
	Severe	3	3
4.	Frequency of attacks	Before Trial	After Trial
	No	0	0
	Once a week	1	1
	Alternate day	2	2
	Daily	3	3

Table 2: Comparison of trial group 1 and trial group 2

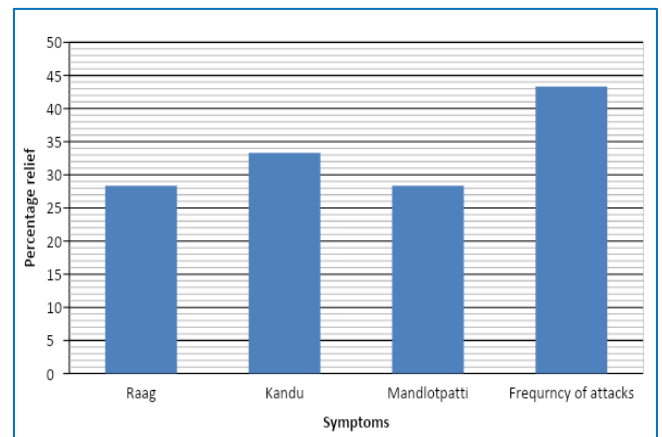
Criteria	N	Mean	Percent age relief	SD	SE	t	p
<i>Raag</i>	n1 = 10	1.5	53.33%	0.707	0.224	6.708	0.001
	n2 = 10	0.7	28.332%	0.675	0.213	3.28	0.01
Intergroup	-	-	24.998%	0.691	0.309	2.588	0.0186
<i>Kandu</i>	n1 = 10	1.8	64.996%	0.632	0.2	9	<0.001
	n2 = 10	0.8	33.332%	0.789	0.249	3.207	0.011

	10						
Intergroup	-	-	31.664%	0.714	0.320	3.128	0.0058

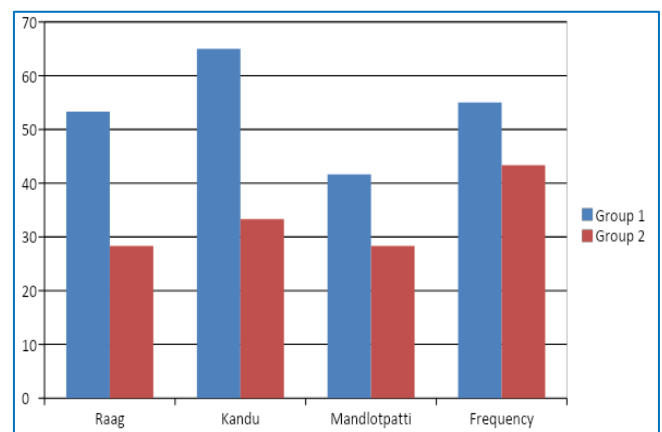
Bar diagram 1: Effect of *Kandughna mahakashaya ghan vati* in patients of Udarda.



Bar diagram 2: Effect of *Amritadi Kwatha* in patients of Udarda.



Bar diagram 3: Comparison of trial group 1 and trial group 2.



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