

## Efficacy of Ritu Haritaki (Haritaki with Saindhav) as Rasayana on naturally vitiated Vata Dosha in Varsha Ritu w.s.r. to quality of life

Sharma S<sup>1\*</sup>, Shukla U<sup>2</sup>, Thakur S<sup>3</sup>

DOI:10.21760/jaims.10.1.1

<sup>1\*</sup> Shivangi Sharma, Post Graduate Scholar, PG Dept of Swasthavritta, Rajiv Gandhi Govt PG Ayurvedic College and Hospital Paprola Distt, Kangra, Himachal Pradesh, India.

<sup>2</sup> Umesh Shukla, Professor and HOD, PG Dept of Swasthavritta, Rajiv Gandhi Govt PG Ayurvedic College and Hospital Paprola Distt, Kangra, Himachal Pradesh, India.

<sup>3</sup> Shalini Thakur, AMO, Department of Swasthavritta, Rajiv Gandhi Govt PG Ayurvedic College and Hospital Paprola Distt, Kangra, Himachal Pradesh, India.

**Background:** As Varsha Ritu is the season with least Bala, weakened Agni and Vata Dosha vitiation. The study included administering Haritaki combined with Saindhav across different parameters to thoroughly assess its effects. This research was aimed to provide insights into how this combination impacted various aspects of health during Varsha Ritu.

**Aim and Objectives:** Study objectives were to assess the efficacy of Ritu Haritaki (Haritaki with Saindhav) as Rasayana and effect of Ritu Haritaki (Haritaki with Saindhav) in improving the quality of life, changes in the state of Mandagni and symptoms of vitiated Vata Dosha in Varsha Ritu.

**Materials and Methods:** Total 20 apparently healthy volunteers were selected for the research work based on inclusion criteria. Prior administration of Ritu Haritaki (Haritaki with Saindhav) as Rasayana, Sanshodhan Karma was done. After that dosage of Haritaki started from 3 gm increased upto a maximum of 6 gm (max.), along with Saindhav having dose of 500 mg for 42 days once a day in evening time with lukewarm water.

**Results:** The results were analysed using Wilcoxon Signed Rank test and paired t-test. Highly Significant results were obtained in pacifying Vriddha Vata and enhance digestive capacity. In the WHO QOL BREF, Domain 1 (Physical), Domain 2 (Psychological) showed highly significant results ( $p < 0.001$ ), Domain 3 showed significant result and Domain 4 showed moderately significant. Among hematological parameters-A highly significant result ( $p < 0.001$ ) was found in lowering F.B.S., S.Uric Acid, Total cholesterol including L.D.L. within normal limits.

**Conclusion:** Ritu Haritaki (Haritaki with Saindhav) has shown wonderful effects on physical and psychological health making it excellent Rasayana to be used in Varsha Ritu.

**Keywords:** Agni, Rasayana, Ritu Haritaki, Saindhav, Varsha Ritu

### Corresponding Author

Shivangi Sharma, Post Graduate Scholar, PG Dept of Swasthavritta, Rajiv Gandhi Govt PG Ayurvedic College and Hospital Paprola Distt, Kangra, Himachal Pradesh, India.  
Email: [sharmaa.shivangi01@gmail.com](mailto:sharmaa.shivangi01@gmail.com)

### How to Cite this Article

Sharma S, Shukla U, Thakur S, Efficacy of Ritu Haritaki (Haritaki with Saindhav) as Rasayana on naturally vitiated Vata Dosha in Varsha Ritu w.s.r. to quality of life. J Ayu Int Med Sci. 2025;10(1):1-6.  
Available From  
<https://jaims.in/jaims/article/view/3910>

### To Browse



Manuscript Received  
2024-12-08

Review Round 1  
2024-12-23

Review Round 2  
2025-01-07

Review Round 3  
2025-01-15

Accepted  
2025-01-23

Conflict of Interest  
None

Funding  
Nil

Ethical Approval  
Yes

Plagiarism X-checker  
13.32

Note



© 2025 by Sharma S, Shukla U, Thakur S and Published by Maharshi Charaka Ayurveda Organization. This is an Open Access article licensed under a Creative Commons Attribution 4.0 International License <https://creativecommons.org/licenses/by/4.0/> unported [CC BY 4.0].



## Introduction

Due to significant changes in lifestyle and seasonal variations, human beings are more prone to various infections and lifestyle ailments. In *Ayurvedic* texts, it is mentioned that when seasonal variations occur, the *Dosha* get imbalanced in the form of *Chaya* and *Prakopa*.

*Varsha Ritu* is the season with least *Bala*, weakened *Agni* and *Vata Dosha* vitiation. In *Varsha Ritu* "Haritaki" is mentioned to be taken with *Saindhav*, which is mentioned in one of the *Laghutrayi-Bhavprakash*, in the *Haritakyadi Varga* as *Rasayana*, both *Haritaki* and *Saindhav* possess *Agnivardhana* and *Tridoshashamna* properties.[1]

Benefits of *Rasayana* has been mentioned by different Acharya are *Arogya*, *Deerghaayu*, *Taruna Vaya*, *Smriti*, *Prabha*. *Dehabala*, *Indriyabala*, *Kanti* etc.[2]

## Aim and Objectives

1. To assess the efficacy of *Ritu Haritaki (Haritaki with Saindhav)* as
2. To assess the effect of *Ritu Haritaki (Haritaki with Saindhav)* in improving the quality of life.

## Materials and Methods

The study was conducted as a preventive trial in apparently healthy volunteers in *Varsha Ritu*. Based on inclusion and exclusion criteria 20 participants were selected in *Varsha Ritu*. Before administration of *Ritu Haritaki (Haritaki with Saindhav)* as *Rasayana*, *Sanshodhan Karma* was done as mentioned in *Charak Samhita*. [3]

*Murchitta Til Taila* for *Snehpana* was administered for 3-7 days, after which *Sarvanga Abhyanga* and *Swedana Karma* were performed for 3 days. On the day of *Pradahna Karma*, *Haritakyadi Yoga* (includes *Haritaki*, *Saindhav*, *Aamlaki*, *Guda*, *Vacha*, *Vidanga*, *Haridra*, *Pippali*, *Vishavbhesaj*) was administered orally with dose of 10 gm in powdered form once with *Anupana* of *Ushna Jala* was given to the patient.[4]

Following that, *Sansarjana Karma* was carried out for 4, 8 or 12 *Annakala*, extending up to 3, 5 or 7 days depending upon *Heena*, *Madhya* and *Pravar Shuddhi* and after that *Ghrit Sadhit Yavagu* was given on the basis of *Shuddhi*. [4]

## Procedure of Sanshodhan Karma

Purva Karma	Pradhana Karma	Paschat Karma
<ul style="list-style-type: none"> <li>•Snehana</li> <li>•Swedana</li> </ul>	<ul style="list-style-type: none"> <li>•Shodhan Aushadha Prayogafor Virechana Karma</li> </ul>	<ul style="list-style-type: none"> <li>•Samsarjan Krama</li> </ul>

Afterward, *Ritu Haritaki Churna (Haritaki with Saindhav)* was given to analyze the *Rasayana* effect during *Varsha Ritu*.

## Inclusion Criteria

1. Volunteers willing for trial.
2. Age group 18-60 years irrespective of sex, race, religion and socioeconomic status.
3. Apparently healthy volunteers having complaint of generalized weakness.

## Exclusion Criteria

1. Volunteers unwilling to participate in the trial.
2. Volunteers below 18 years and above 60 years.
3. Volunteers having any associated chronic ailments.
4. Pregnant and Lactating mothers.

## Intervention

The clinical trial was started after the approval from Institutional Ethics Committee vide certificate no. Ayu/IEC/2022/1319 and the same study was also registered in Clinical Trial Registry of India vide CTRI Reg.No.CTRI/2023/05/052932. Informed consent was taken from participants in document form after being informed regarding the study, intervention and duration.

- *Kala - Varsha Ritu*
- Drug - *Haritaki with Saindhav*
- Dose of *Haritaki* - 3 - 6 gm [5]
- Dose of *Saindhav* - 500 mg
- Dosage form - *Bhrith Churna* [6]
- Route of Administration - Oral
- Time of Administration - Once a day in evening before meal
- *Anupana* - Lukewarm water
- Mode of Usage - The dosage started from 3gm and was increased upto a maximum of 6 gm depending upon emergence of *Jirna Aahara Lakhshana* in an individual at a particular dose of *Ritu Haritaki (Haritaki with Saindhav)*. [7]

- This adjustment was made without inducing purgation in the individual due to Haritaki
- Intervention Period - 42 days

**Assessment Criteria**

1. The W.H.O.Q.O.L.- BREF[8]
2. Change in the state of *Mandagni* and *Vridhdha Vata* as it was dominant feature of *Varsha Ritu*.
3. Haematological parameters: CBC, ESR, FBS, SGOT, SGPT, ALP, S. Albumin, Blood Urea, S. Creatinine, Total cholesterol, Triglycerides, HDL, LDL, VLDL and S. Uric Acid.

The clinical study was carried out from 1st July to 15th September and the study parameter were assessed before and after intervention and follow up was done on 28th day after intervention.

**Data Analysis**

The information collected on the basis of observations was subjected to statistical analysis where "Wilcoxon Sign Rank Test" was applied on The WHO QOL BREF and change in the state of *Mandagni* and *Vridhdha Vata* as it was dominant feature of *Varsha Ritu*. The laboratory investigations were analysed using "paired t-test".

**Results**

**A. Effect of Ritu Haritaki (Haritaki with Saindhav) used for 42 days on 4 domains of WHOQOL in 20 apparently healthy volunteers during Varsha Ritu:**

**Table 1: Evaluation of effect of Ritu Haritaki (Haritaki with Saindhav) on Mandagni.**

Domain	B.T.		A.T.		W-critical	W-stat	p value	Sig.
	Mean	Interpretation	Mean	Interpretation				
Domain 1 (Physical)	56.61	Q.O.L. Moderate	73.39	Q.O.L. Good	190	0	<0.001	HS
Domain 2 (Psychological)	47.29	Q.O.L. Moderate	63.54	Q.O.L. Good	210	0	<0.001	HS
Domain 3 (Social relationships)	58.33	Q.O.L. Moderate	61.67	Q.O.L. Good	28	0	0.016	S
Domain 4 (Environmental)	50.78	Q.O.L. Moderate	52.03	Q.O.L. Moderate	36	0	0.008	MS

HS - Highly Significant, S - Significant, MS - Moderately Significant

In WHOQOL BREF, Wilcoxon signed rank test was applied among four domains, in which domain 1,

2 were highly significant, domain 3 was significant and domain 4 was moderately significant and quality of life changed from moderate to good in Domain 1, 2 & 3 [Table 1].

**Domain I**

The significant difference was noted with a mean difference of 16.79 Domain 1 (Physical) which was highly significant p-value (p<0.001) and quality of life changed from moderate to good [Table1].

**Domain II**

The mean score increased from 56.61 to 73.39 with a mean difference of 16.25 which was highly significant p-value (p<0.001) and quality of life changed from moderate to good [Table1].

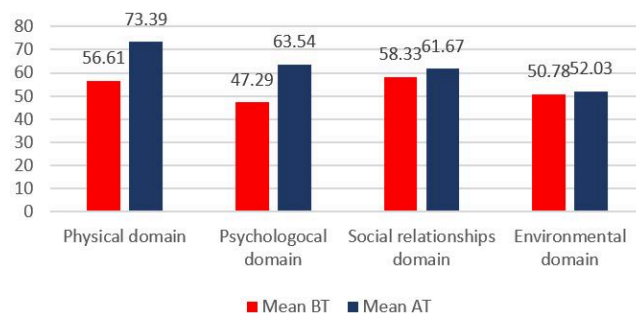
**Domain III**

The significant difference was noted with a mean difference of 3.33 which was significant p-value (p<0.016) and quality of life changed from moderate to good [Table1].

**Domain IV**

The mean score increased from 50.78 to 52.03 with a mean difference of 1.25 which was moderately significant p-value (p<0.008) and quality of life remained moderate before and after the trial [Table1].

Effect of Ritu Haritaki (Haritaki with Saindhav) used for 42 days on 4 Domains of W.H.O.Q.O.L.-BREF in 20 apparently healthy volunteers



**Figure 1: Effect of Ritu Haritaki (Haritaki with Saindhav) on WHOQOL-BREF**

**B. Change in the state of Mandagni and Vridhdha Vata as it was dominant feature of Varsha Ritu.**

I) Effect of Ritu Haritaki (Haritaki with Saindhav) used for 42 days on Mandagni in 20 apparently healthy volunteers during Varsha Ritu:

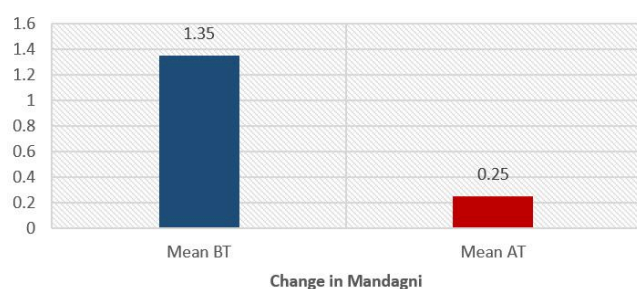
**Table 2: Evaluation of effect of Ritu Haritaki (Haritaki with Saindhav) on Mandagni.**

Name of Symptom	Mean B.T.	Mean A.T.	Mean Difference	%age Change	W-critical	W-stat	p value	Sig.
Mandagni	1.35	0.25	1.1	81.4	-171	0	<0.001	HS

HS - Highly Significant

The mean score for *Mandagni* decreased from 1.35 to 0.25 after trial, indicating 81.4 % improvement, which is statistically highly significant ( $p < 0.001$ ) [Table 2].

Effect of Ritu Haritaki (Haritaki with Saindhav) used for 42 days on Mandagni in 20 apparently healthy volunteers during Varsha Ritu



**Figure 2: Effect of Ritu Haritaki (Haritaki with Saindhav) on Mandagni**

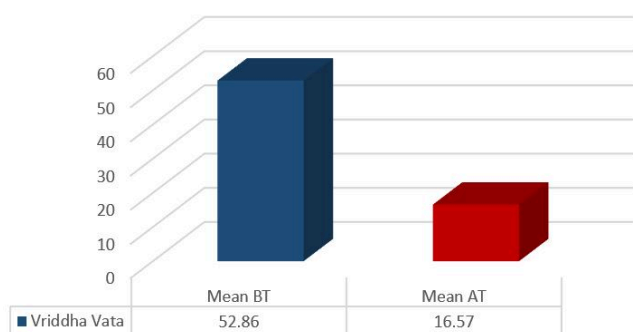
ii) Effect of Ritu Haritaki (Haritaki with Saindhav) used for 42 days on *Vridhha Vata* in 20 apparently healthy volunteers during *Varsha Ritu*:

**Table 3: Evaluation of effect of Ritu Haritaki (Haritaki with Saindhav) on Vridhha Vata.**

Name of Symptom	Mean BT	Mean AT	Mean Difference	%age Change	W-critical	W-stat	p value	Sig.
Vridhha Vata	52.86	16.57	36.291	68.65	-210	0	<0.001	HS

HS - Highly Significant

Effect of Ritu Haritaki (Haritaki with Saindhav) used for 42 days on Vridhha Vata in 20 apparently healthy volunteers during Varsha Ritu



**Figure 3: Effect of Ritu Haritaki (Haritaki with Saindhav) on Vridhha Vata**

The mean score for *Vridhha Vata* decreased from 52.86 to 16.57, indicating 68.65 % improvement, which was statistically highly significant ( $p < 0.001$ ) [Table 3].

### C. Haematological parameters

In haematological parameters, paired t test was applied after intervention of *Ritu Haritaki (Haritaki with Saindhav)* in *Varsha Ritu* among 20 apparently healthy volunteers for 42 days in evening time.

**Table 4: Evaluation of effect of Ritu Haritaki (Haritaki with Saindhav) on Laboratory investigations.**

Laboratory Investigations	Mean B.T.	Mean A.T.	Mean Difference (B.T. -A.T.)	%age Change	S.D. ±	S.E. ±	t stat	P value	Sig.
Low Density Lipoprotein (LDL) (mg/dl)	98.65	80.45	18.2	18.45	13.376	2.991	6.085	<0.001	HS
Total Cholesterol (mg/dl)	169.25	143.5	25.75	15.21	22.57	5.048	5.101	<0.001	HS
Fasting blood sugar (mg/dl)	91.55	82.65	8.9	9.72	9.23	2.06	4.311	<0.001	HS
Serum Uric Acid (mg/dl)	4.75	4.35	0.4	8.42	0.462	0.103	3.870	0.001	HS

HS - Highly Significant

- In hematological there was decrease in the Low Density Lipoprotein (LDL) within the normal limits with a mean difference of 18.2 and S.D. of 13.37. The t value was 6.085 which was statistically highly significant ( $p < 0.001$ ) [Table 4].
- There was a decrease in Total Cholesterol with a mean difference of 25.75 and S.D. of 25.57. The t value was 5.101 which was statistically highly significant ( $p < 0.001$ ) [Table 4].
- The mean score of FBS reduced from 91.55 to 82.65 with a mean difference of 8.9 and S.D. of 9.23, the difference was stastically highly significant at  $p < 0.001$  [Table 4].
- The mean score of S. Uric Acid decreased from 4.75 to 4.35 with a mean difference of 0.4 and S.D. of 0.462, which was stastically highly significant at  $p < 0.001$  [Table 4].

Effect of Ritu Haritaki (Haritaki with Saindhav) used for 42 days on laboratory investigations in 20 apparently healthy volunteers during Varsha Ritu

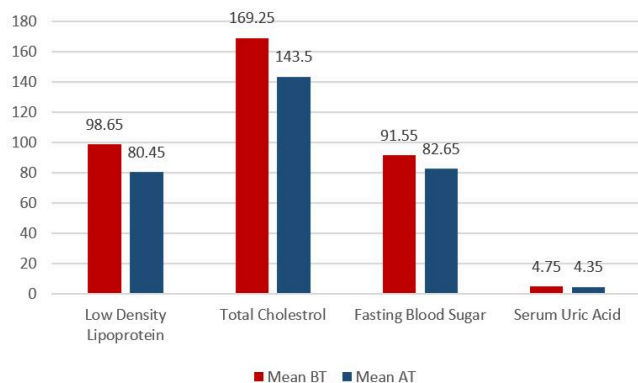


Figure 4: Effect of Ritu Haritaki (Haritaki with Saindhav) on laboratory investigations

## Discussion

In the discussion of clinical study, it was observed that Ritu Haritaki (Haritaki with Saindhav) is highly effective during Varsha Ritu.

### 1. Discussion based on W.H.O.Q.O.L.-BREF :

Out of 4 domains of W.H.O.Q.O.L.- BREF, it was observed that Domain 1 and Domain 2, had highly significant p-value ( $p < 0.001$ ). It might be due to the fact that that Haritaki is believed to support digestive health, detoxification and overall wellness while Saindhav improves metabolic processes thus balance bodily functions.

### 2. Discussion based on state of Mandagni and Vriddha Vata:

It was observed that among 20 apparently healthy volunteers, there was 81.4% improvement in state of Mandagni and 68.65% decrease in Vata Vriddhi Lakshana. It might be due to the fact that Vata Dosha tends to vitiate during Varsha Ritu and in the evening as mentioned in Ayurvedic classics. In the present study, Ritu Haritaki (Haritaki with Saindhav) has been given in the evening time that helps in pacifying the Vata Dosha and Haritaki stimulates digestive enzyme and enhance digestive capacity due to its Deepaniya and Paachniya property leading to Agni Vriddhi.

### 3. Discussion based on laboratory investigation:

The results revealed there was 9.72% change in FBS, 15.21% change in Total Cholesterol,

18.45% change in Low-Density Lipoproteins and 8.42 % change in S.Uric Acid which was highly significant ( $p < 0.001$ ), it might be due to the fact Haritaki with Saindhav detoxify the toxins from the body.

## Conclusion

This study aimed to identify a simple and cost effective Rasayana to address the vitiation of Vata Dosha during Varsha Ritu and to assess its impact on quality of life. A highly significant ( $p < 0.001$ ) result was found in Domain 1 (Physical) & Domain 2 (Psychological), moderately significant ( $p < 0.01$ ) in Domain 4 (Environmental) of W.H.O.Q.O.L. BREF scale. Highly significant ( $p < 0.001$ ) result was obtained in reduction of Mandagni and on improvement in pacifying Vriddha Vata as both are common natural phenomena of Varsha Ritu. A highly significant result ( $p < 0.001$ ) was found in lowering F.B.S., S.Uric Acid, Total cholesterol including L.D.L. However, this reduction was within normal limits as we have taken the apparently healthy volunteers. On the basis of these evidences, it is being concluded that Ritu Haritaki (Haritaki with Saindhav) has shown wonderful effects on physical and psychological health making it excellent Rasayana to be used in Varsha Ritu.

## References

- Mishra SB. Bhavprakash Nighantu. Volume I. Varanasi: Chaukambha Sanskrit Sansthan; Haritakyadi Varg, Shlok no. 25, p. 6 [Crossref] [PubMed] [Google Scholar]
- Shastri K. Charak Samhita. Volume II. Varanasi: Chaukambha Sanskrit Sansthan; Chikitsa Sthan, Chapter 1, Shlok no. 7, p. 5 [Crossref] [PubMed] [Google Scholar]
- Shastri K. Charak Samhita. Volume II. Varanasi: Chaukambha Sanskrit Sansthan; Chikitsa Sthan, Chapter 1, Shlok no. 24, p. 9 [Crossref] [PubMed] [Google Scholar]
- Shastri K. Charak Samhita. Volume II. Varanasi: Chaukambha Sanskrit Sansthan; Chikitsa Sthan, Chapter 1, Shlok no. 25-28, p. 9 [Crossref] [PubMed] [Google Scholar]
- The Ayurvedic Pharmacopeia of India. Part 1. Volume I. . [Crossref] [PubMed] [Google Scholar]

6. Mishra SB. Bhavprakash Nighantu. Volume I. Varanasi: Chaukambha Sanskrit Sansthan; Haritakyadi Varg, Shlok no. 30, p. 6 [Crossref] [PubMed][Google Scholar]

7. Mishra SB. Bhavprakash Nighantu. Volume I. Varanasi: Chaukambha Sanskrit Sansthan; Dincharyadiprakran, Shlok no. 119, p. 121 [Crossref][PubMed][Google Scholar]

8. World Health Organization. WHOQOL: Measuring Quality of Life [Internet]. Available from: <https://www.who.int/tools/whoqol> [Crossref] [PubMed][Google Scholar]

Disclaimer / Publisher's NoteThe statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of Journals and/or the editor(s). Journals and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.