

**Evaluation of Efficacy of Dhanyadi Churna in Balatisara****Vda.Asmita S. Yesane**M.D(Koumarbhrittha) Assistant Professor  
Late Kedari Redekar Ayurved College, Gadhinglaj.**Abstract:-**

Diarrheal diseases rank among the top three causes of death in pediatric population and are important contributors to pool of malnutrition in children in developing country. In Ayurvedic literature, there are many atisaragna drugs described along with their properties on the basis of Dosha, Avastha, agni and bala of child. Dhanyadi churna described in Vangsen Samhita is Deepak, pachak, grahi and increase the agnibal of the child. The present research work is undertaken to evaluate the efficacy of Dhanyadi Churna in Balatisar.

**Key Words :-** contributors, Vangsen Samhita, agnibal.

**Introduction:-**

In developing countries like India diarrheal disease is most leading cause of morbidity and mortality in infants and children. According to WHO diarrheal is defined as passage of three or more loose or liquid stool a day. Early and recurrent episodes of diarrheal can cause severe malnutrition and micronutrient deficiency and leads to development deficit.

During the treatment of diarrheal, it is not desirable to give bowel-binding medicine to the patients's in the immature stage of Balatisar. Administration of such bowel-binding therapies obstructs the movement and elimination of the already aggravated doshas which gives rise to several diseases. Hence there is need of drugs which treats diarrheal not just decrease the frequency of disease.

**Aims:-**

- To study the efficacy of Dhanyadi churna in management of diarrheal in children.

**Objectives:-**

- To study in detail the literature on Balatisara and its management from ayurvedic and modern aspect.
- To assess the clinically the efficacy of Dhanyadi churna in Balatisar.

**Ethical Clearance:-**

This study was clinical study and required patients for assessment purpose. Hence the ethical

clearance was taken from Institute Ethical Committee.

**Materials and methods:-**

The present study was subjected to prepare dhanyadi churna and clinical trial on children having diarrheal.

**Study Design:-**

Randomised controlled clinical trial study.

**Materials and Methods :-****A) Material:**

For preparation of Dhanyadi churna -  
Raw drugs – Dhanyaka, Ativisha, Karkatshrunji, Gajpippali  
Equipments – Morter and pestle, vessels, spatula.

**Methods:-**

The finely powdered raw materials were passed through sieve number and mixed in equal parts.

Patients – 60 patients

**Dose And Duration --**

Dhanyadi Churna:

Dose – 4 gm (according to Sharangdhar Samhita)

Time – T.I.D. (after food)

Route – Oral

Anupan - Madhu

Follow up during treatment on 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> day.

**Sampling:-**

30 patients of diarrheal selected randomly from Balroga opd of LKR Hospital Gadhinglaj as outpatients.

**Grouping:-**

Thirty selected patients allotted as group A (trial group)

**Inclusion Criteria :-**

- i) Patients of either sex between the age group 6 – 12 yrs.
- ii) Patient with complain of loose motions with no or some dehydration.
- iii) Non-Infective diahorrea as per pathological investigations.

**Exclusion Criteria:-**

- i) Patients suffering from diarrhoea as complication of other disease.
- ii) Patient suffering from diahorrea with moderate or severe dehydration.
- iii) Patients suffering from Pravahika & Vishuchika.
- iv) Patients suffering from loose motions with blood and mucous.

**Assessment Criteria :-**

**Subjective Criteria –**

- i) Malavega
- ii) Thrust
- iii) Restoration of Agni
- iv) Mutrapravrutti

**Objective Criteria –**

- i) Examination of stool croutine & microscopy
- ii) State of dehydration ( as per WHO)

**Results and Observations:-**

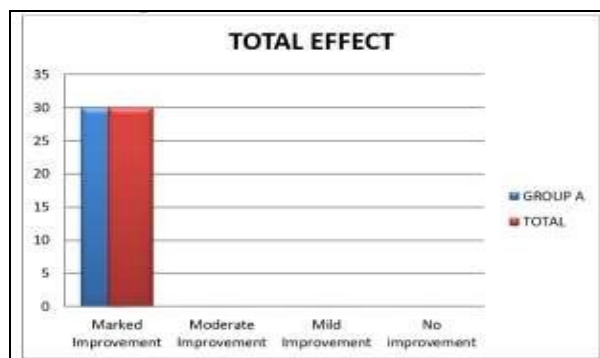
Overall effect of drug-

Effect	Dhanyadi Churna	Total
Marked Improvement	30	30
Moderate Improvement	00	00
Mild Improvement	00	00
No Improvement	00	00

**Dhanyadi Churna Group-**

Overall effect over this group showed 30 patients were shown marked improvement

**Total effects of Drug.**



**Discussion :-**

Discussion is an essential and most significant part of a research work which helps to bring out the specifics of the whole work carried. All conceptual study discussed here.

- a) Concept of Atisara ( Diahorrea ) :-  
Atisara is characterised ny atidrava mal pravritti due to vimarga gaman of udaka from udakvaha strotas to the annavha strotas and purishvaha strotas. Ati means increased frequency and sara indicates increased gati. In this condition abnormal rapid passage of food material mixed with fluid drawn from the whole body through the mahastrotas due to vitiation of ahara parinamakara bhava.
- b) Selection of drug :-  
Dhanyadi churna has four ingredients i.e Dhanyaka , Ativisha, Karkatshrungi and Gajapipalli all in equal proportion. All these drugs are mainly katu and tikta in rasa and Madhur in vipak ushna virya, laghu- ruksha gunatmaka. Collectively these drugs possesses deepan, pachan, stamban, grahi as well as anti-diarrhoeal , anti-helmenthic and anti-bacterial properties. Acharya Vangasenna has suggested to take this churna along with madhu to make it palatable in children.
- c) Mode of Action of Drug :-  
Dhanyadi Churna has katu, tikta, rasa, and Madhur in vipaka and laghu ruksha guna. It act as agnideepak ampachak. Ativisha and Karkatshrungi have Sangrahi property, so they reduce dravata of mala. Gajapippali is a rasayan so it boosts the immunity if children. Thus Dhanyadi Churna effectively acts on Atisara.

**Conclusion :-**

Atisara is one of the commonest diseases of gastrointestinal tract found in the children that leads to death in pediatric population of developing countries.

Poor personal hygiene, poor residential hygiene, poor eating habits, poor living standard, unawareness about health are the important etiological factors for diarrhoea. Dhanyadi Churna has shown significant relief in the symptoms of Atisara like Dravamal vega, aruchi, daurbalya and dehydration.

Action of churna is due to grahi stambhan, Deepan-Pachan and Vatanuloman properties of its ingredients. The Churna used is cost effective, easy to prepare & easy to take. No adverse effect like nausea, vomiting, constipation, gastric irritation. Finally it is concluded that dhanyadi churna has positive role in the management of Atisara.

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