



## CASE STUDY

### ROLE OF GUDUCHI SWARASA AS A MEDHYA RASAYANA

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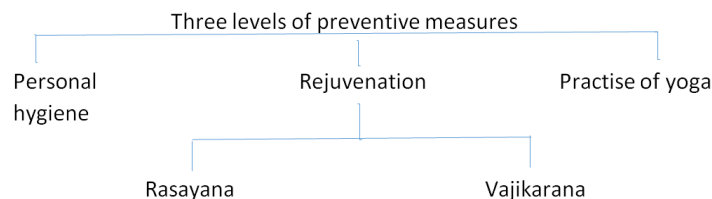
Rasayana,  
Guduchi,  
Charak,  
Medhya rasayana,  
Oja,  
Ayurvedhak,  
Dhatu.

#### ABSTRACT

Ayurveda is one of the greatest gifts of sages of ancient india to the mankind. The word "Ayu" means all aspects of life from birth to death. The word "Veda" means knowledge or learning. Hence Ayurveda is a science by which life in its totality is understood. It is away of life which describes, the diet behaviour & alsoteaches us to maintain & protect mental, physical health & achieve longevity. Health means balance, harmony & equilibrium in all physiological activities of body & mind i.e. balance state of Doshas, Dhatus, Malas, Agni, Prasanna atma, Indriya & Mana.

Contents of swasthviritta are

1. Dincharya
2. Ritucharya
3. Sadviritta
4. Preventive Measures



Medicine that improves oja & prevents from aging & disease is called Rasayana. Rasayana means the food, exercise, medicine & all which provide nutrition to sapta dhatus & avoid aging. Rasayana includes concept of vayasthapana, Ayurvedhak, Medhya Rasayana. A person undergo rejuvenation therapy attains longevity, memory, intellect, freedom from disease, youth excellence & voice. Acharya charak decribed 4 dravyas as medhya rasayan. Out of these Guduchi is one of the most rejuvenative herb.

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## INTRODUCTION

Ayurveda is a science of life. Its first & foremost aim is to preserve good health & to prolong the life, secondly to combat the diseases. "Swasthaviritta" the most important branch of Ayurveda illustrated many things for the study of social health. Who follows meticulously the rules of health preservation as given in swasthaviritta, lives for full span of life – hundred years without being disturbed by diseases. It is a preventive science developed as branch of Ayurveda distinct from public health. Its primary objective is prevention of diseases & promotion of health. While defining Rasayantantra as a part of Astang Ayurved it is a measure to preserve the youthfulness,

to prolong the life, to promote the Medha (memory & intelligence), Bala (physical & immunological strength) & the capacity to remove the disease & decay process of the body. Among the various Rasayana dravyas Guduchi is one of the Rasayana which have the following properties. Guduchi is Katu, Ushna, Trishagna, Rasayana & Balya.

### Aims and Objectives

Primary aim of the subject

- To study the effect of "Guduchi Swarasa" on Medha.
- Secondary aim of the subject
- To study the effect of Kushmanda avelh on Medha
- To study any benefits or effect of drugs "Guduchi".
- Comparative study of Guduchi Swarasa & Kushmand Avelh as a medhya rasayana.

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## Assessment Criteria

### Criteria for selection

- Children with normal IQ are selected randomly for study.
- Age group 10-15
- Only healthy children are selected after routine examination.
- Total 40 children are selected. Out of them 20 in experimental group i. e. group A & 20 in control group i.e. group B.
- Guduchi swarasa was given to the group A, Kushmanda Aveleh was given to Group B.

### Criteria for rejection

- Children which are mentally retarded
- Age less than 10 yrs & greater than 15 yrs
- Child having previous head injury or any accidental injury
- Diagnosed neurological diseases

### Lab Investigation

- Hb%
- TLC
- DLC
- Urine (R)
- Stool Examination

### Plan of study

Total no. of 40 children were selected for the study, they were divided into 2 groups, 20 each.

#### Group A

Children are thoroughly examined. The group was given Guduchi Swarasadose 10 ml. daily in the morning. The therapy was carried out for period of 3 months. Observations were noted down with each follow ups within interval of 30 days.

#### Group B

Children are thoroughly examined. The group was given Kushmanda aveleh 10gm daily in the morning& evening. The therapy was also carried out for period of 3 months. Observations were noted down with each follow ups within interval of 30 days.

### Assesment Criteria

- WISC – Weschler’s Intelligence scale for children
- Full scale IQ - $\frac{\text{Total of verbal IQ} + \text{Total of performance IQ}}{2}$
- HB% of child
- Weight of child

### Method

- Preparation of Guduchi swaras
- Doses of Guduchi swaras – It was decided to give 10ml. of Guduchi Swarasa

- Prakshep Dravya – Madhu, Sharkara, Guda, Jiraka , salt, Ghrita, Taila are some prashep dravya which can be mixed with Guduchi Swarasa
- Market preparation drug Kushmanda avaleh
- Dose of avaleh –10gm

## DISCUSSION

### “Iq”Bq fufoZdkjRosu vofr”Br bfr LokLFk”I

The meaning of swastha is ‘Nirvikar’ i.e. dosha, dhatu, updhatu, agni, trimala, all are in a state of equilibrium, also prasana Indriya, atma is called ‘swastha’

### Concept of ‘Medha’ in Ayurved

Nirukti – The word ‘Buddhi’ is derived from

### cqf) \$fDyu~& cq)h

#### Medha

The intelligence which remains deposited is called Medha the word Medha denotes total gradients of intelligence.

Medhya rasayana

Drugs which acts on Buddhi& enhance its intellectual aspects called as Medhya rasayan.

In ancient literature, various medhya rasayan are described. Medhya drugs works due to its Prabhava. There are 2 types of Medhya dravya ushna viryatmaka & sheet viryatmaka. ushna viryatmaka dravya such as Guduchi acts on sadhaka pitta which enhances the acquisition(Dhee) & recollection power(Smriti). Acharya Charak describes 4 medhya rasayana in which ‘Guduchi’ is one of them. This rasayana enhances the intellectual capacity & promotes a positive health also i.e. it perform for aayu, Bala, Varna, Kanti, Agni, Swara etc.

#### Guduchi

Rasa – Tikta, Kashaya

Guna – Laghu

Virya – Usna

Vipaka – Madhur

Karma – Samgrahi, Balya, Dipana, Rasayana

Parts used – stem leaves

Internally Guduchi is one of the most effective rasayana. It works well on seven dhatus & keep the system in balance. The rasayana accords longevity, enhances memory, improves health & bestows youth, better complexion, voice, energy & luster of skin.

### Conclusion

In this clinical study, 40 children were studied. These children are divided into 2 groups containing 20 children in each group.

Group A – Guduchi swarasa was given.

Group B – Kushmanda Avaleha was given.

#### 1) Effect of Guduchi Swarasa therapy on Group A

- Effect of Guduchi Swarasa therapy on IQ level is significant at 0.001% level.

- Effect of Guduchi Swarasa therapy on Hb% is also significant at 0.001% level.
- Effect of Guduchi Swarasa therapy on weight is also significant at 0.001% level.

## 2) Effect of Kushmanda Avaleha preparation on Group B

- Effect of Kushmanda Avaleha preparation on IQ level is significant at 2% level.
- Effect of Kushmanda Avaleha preparation on Hb% is significant at 5% level.
- Effect of Kushmanda Avaleha preparation on weight is significant at 1% level.

Contents	Parameter		
	IQ	Hb%	Weight in kg
Group a	P<0.001	P<0.001	P<0.001
Group b	P<0.02	P<0.05	P<0.01

## Comaparision between effect of Guduchi swarasa & Kushmanda avaleh

- 1) IQ- In this study in group A, Guduchi swarasa was effective on medha while in Group B, Kushmanda avaleh preparation was also effective on medha.
  - In group A comparison between before & after treatment range of IQ was done by applying paired 't' test & calculated value of mean was 3.9, SD was  $\pm 3.09$  & p value (P<0.001)
  - In group B comparison between before & after treatment range of IQ was done by applying paired 't' test & calculated value of mean was 0.4, SD was  $\pm 0.75$  & p value (P<0.02)
- 2) Hb% - In this study both the therapies Guduchi swarasa& Kushmanda avaleh preparation was effective on Hb%.
  - In group A comparison between before & after treatment values of Hb% was done by applying paired 't' test & calculated value of mean was 0.36, SD was  $\pm 0.31$  & p value (P<0.001)
  - In group A comparision between before & after treatment values of Hb% was done by applying paired 't' test & calculated value of mean was 0.10, SD was  $\pm 0.23$  & p value (P<0.05)
- 3) Weight in Kg – In this study both the therapies Guduchi swarasa& Kushmanda avaleh preparation was effective in weight gaining.
  - In group A comparison between before & after treatment score of weight in kg was done by applying paired 't' test & calculated value of mean was 0.65, SD was  $\pm 0.87$  & p value (P<0.001)

- In group A comparison between before & after treatment score of weight in kg was done by applying paired 't' test & calculated value of mean was 0.55, SD was  $\pm 0.88$  & p value (P<0.01)

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