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A CLINICAL STUDY TO EVALUATE THE EFFICACY OF SIDDHA PEYA IN PATIENTS SUFFERING FROM AGNIMANDYA, ANGAMARDA AND DAURBALYA AFTER VISHAMAJWARA (TYPHOID FEVER) WHEN GIVEN AS AAHAR AND PATHYA KALPANA

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Introduction

In Ayurvedic texts, along with nidanapanchak and chikitsa, pathya kalpana are widely described under various diseases and panchakarma as a sansarjan kram. Pathya kalpana are widely used all over as a diet, sansarjana kram, daurbalya (weakness), agnimandya, diet in various diseases like jwara, atisar. Manda, peya, vilepi and yoosh are popular and easy to prepare. While studying and applying concepts of Ayurved since one has to know the importance and use of aahardravya and aushadha dravya accordingly. Wide use of these aahardravya are found in pathya, anupan, sansarjan and vicharanas. Pathya kalpanas can be used as diet in obesity, vranapachana, post surgery, post infections, weakness, in garbhini and sootika as a diet.

Siddha Peya and Siddha Yoosh are preparations made along with textual references with deepan ingradients. They are easy to cook and prepare and user friendly. In jwara samprapti koshtagni is hampered and not functioning properly. After jwara severe weakness and agnimandya is present. One has to

improve agni accordingly with laghu and santarpan chikitsa with agnideepana. Aahar should be laghu (easy to digest) and should give energy to patients. Keeping this view in mind the preparation is decided. It may help many patients in the community for fast recovery and healthy recovery in various diseases.

Aims and Objectives:

To study the efficacy of siddhapeya and siddha yoosh in patients suffering from agnimandya, daurbalya and angamarda after jwara when given as an aahar and pathya kalpana.

Objectives:

To study peya kalpana in detail
To observe the effects of peya when given in aahar kala as a pathya kalpana after typhoid fever

Materials:

Preparation of siddha peya

Siddha Peya:

Siddha peya is prepared with raktashali along with sunthi, marich, saindhav and pippali as a prakshep.

Preparation of siddha peya

Raktashali (Red Rice) 10 g (Roasted course powder)
 Sunthi (zinziber officinalis) 333mg
 Marich (piper nigrum) 333mg
 Pippali (piper longum) 333mg
 Saindhav 1g

Trial Design: Prospective single-blind

Number of patients screened: 36

Number of patients enrolled: 31

Number of patients treated: 31

Trial site: OPD and IPD of Ashvin Rural Ayurved College, Manchi Hill, Sangamner, Dist Ahmednagar

Aaahar and Pathya kalpana used: siddha peya

Kala : each annakala for 3 days

Dose : according to agni and jaranashakti of patient

Duration: 3 days

Trial Period: 14th January 2020 to 29th March 2020

Methodology:

The study was open labeled in patients with recently cured from vishamajwara (Typhoid). The patients who are eligible to participate, by inclusion & exclusion criteria, have provided a written informed consent at the screening visit. The study had a diet plan of siddha peya .Siddha peya was prepared accordingly by procedure mentioned previously and administered in annakala. The symptoms

Processed in 140 ml water and cooked accordingly and total part of preparation was advised to consume during annakala

.A Clinical study to evaluate the Efficacy of siddha peya in patients suffering from agnimandya, angamarda and daurbalya after vishamajwara (Typhoid fever) when given as aahar and pathya kalpana

daurbalya, agnimandya and angamarda were observed and noted before and after treatment.

Main Criteria for Inclusion:

1. Patients aged between 21 to 65 years
2. Patients having symptoms like daurbalya, agnimandya, angamarda
3. Patients having confirmed diagnosis of vishama jwar (typhoid) and cured from it.

Exclusion criteria included:

1. Patients above age 65 years and below 21 years
2. Patients having recurrent fever, TB, Liver and kidney diseases.
3. Patients having other complications like diabetes, hypertension, thyroid etc.
4. Patients having any ongoing treatment.

Gradations of Symptoms

Agnimandya

Feeling complete digestion and hunger after 3 hrs of taking food	0
Hunger after 4 to 7 hrs after taking meal	1
Hunger after 8 to 11 hrs after taking meal	2
No feeling about hunger even after 12 hrs	3

Daurbalya

Can do routine exercise/ work	0
Can do exercise with hesitancy	1
Less exercise with difficulty	2
Unable to do routine work	3

Angamarda

No body ache	0
Generalized body ache of and on during the day	1
Generalized body ache during most part of the day but not affecting any work	2
Generalized body ache throughout the day and unable to do work	3

Observations and Results

1. In weakness (daurbalya), anorexia, Angamarda (Body ache) significant results were observed after treatment.
2. No any adverse or unwanted observations were noted during and after the completion of treatment duration
3. Siddha peya was found to be very effective in symptomatic improvement within 3 days in terms of agnimandya, daurbalya and angamarda.
4. It also has potentiating deepan activity as seen by the decrease in kshudhamandya.
3. Being pathya kalpana and having characteristics like laghu, deepana, paachana siddha peya was very much helpful to reduce symptoms like Angamarda and daurbalya.
4. As it is having mostly aahariya dravyas and classified under pathya kalpanas they can be used widely in post disease weakness, post operative healing, in infants having age more than 6 months, garbhini and sootika avastha and in healthy individuals also as alternatives to diet.
5. No side effects were seen with diet used. There was good response in terms of compliance.

Study Discussion:

1. Being prepared with trikatu and saindhav manda and peya are Deepak, pachak, laghu (easy to digest) and helped to reduce agnimandya.
2. Angamarda and daurbalya were the symptoms associated with jwar and koshtagni vikriti.

Conclusion:

It can be concluded that siddha peya is significantly effective on the symptoms like agnimandya, daurbalya and angamarda in the patients recently recovered after jwara. It can be stated that siddha peya may be given widely in

post disease weakness, post operative healing, in infants having age more than 6 months, garbhini and sootika avastha and in healthy individuals also as alternatives to diet.

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