



**AN UNCONTROLLED, OPEN, PARALLEL STUDY TO EVALUATE THE KARSHANAM
& BRIHANAM PROPERTIES OF TILA TAILA ABHYANGA IN STHOULYA &
KARSHYA W.S.R. TO PRAVRUTTIRUBHAYASSYA TU.**

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INTRODUCTION

The normal natural tendency of human body is as such that dosha, dhatus and malas increase upto a certain limit only. But when the limits have been crossed, the tendency of body becomes to reduce the doshas dhatus and malas and vice versa. STHULA person desires to KRISHA and Krishna person desires to Sthula. But when kapha dosha increases one feels drowsy then there is natural tendency to awaken around which is kapha virodhi (anti kapha or kaphagna) at the sametime vata dosha increases i.e. vata vriddhi. When ushna, tiksna guna dravyas due samana of both dosha. Pitta dosha increases the tendency of body becomes to consumes shita dravyas both tendency induced. Abhyanga performed as preventive therapy or therapeutic procedure or even as rejuvenative therapy also. It is applied all over the body Tila taila Abhyanga is specially indicated for specifically in Sthoulya and Karshya.

Tila taila has unique explanation in Ayurveda. That is why it is elaborated as pruvruttrubhayassya tu. As per SAMANYA VISESH SIDDHANTA similar bhav padhartha (elements) in the body increased by such qualitative lakshana still in normal body why there is enormous growth of such elements due to similar qualitative bhav padharthas cĕĕmĕĕĕhĕ ĪOĕMĕĕ. Mentioned. This explains that at the same time that bhavs are increased (Vriddhi) due to samanya, other side reduction or decrease (Kshaya) due to visesa. This is called प्रवृत्तिरुभयस्य तु। ठढअळढरफढळढरऑढ्रुअदददकअ फ.

MATERIAL AND METHODS

Material: 1. Literary: For the present study the primary sources of literature were different classical text books of Ayurveda and different Indian journals. **2. Assessment tools** multidimensional scoring system. **Medicines** (Drug - Tila taila.) a) Sukhoshna Tila Taila Abhyanga **4. Total no. of patients** is 60 from our Academic institute.

METHODOLOGY

1. Methods of Tila Taila Abhyanga as per procedure:

2. Methods of collection of Data

- A clinically patients attending the OPD and IPD of our Academic Institute was made and patients fulfilling the criteria of diagnosis as per the Performa were selected for the study.
- Clinical evaluation of patients was done by collection of data through history, physical

examination, and laboratory tests. c) Review of literature was collected from Library and from Authentic Research Journals, Websites, Digital Publications etc. d) The data which were obtained by the clinical trial were statistically analyzed.

Source of Data: Patients attending the OPD And IPD in our Academic institute selected for the study.

3. Methods of Conduct of trial: a) Sample size: A total of 60 subjects fulfilling the criteria for diagnosis of Sthoulya and Karshya irrespective of their age, sex, religion, economic status were selected for the present study by simple random sample technique and they were randomly divided into two groups with 30 patients in each group. Group A: This group was labeled as —Group A-AI in which 30 patients were included and treated with Tila Taila Abhyanga. Group B: This group was labeled as —Group B-AI in which 30 patients were included and treated with Tila Taila Abhyanga.

b) Design of the study: Randomized uncontrolled open parallel trial. Screening of patients for inclusion Assessment of textual of Sthoulya and Karshya. In patients Group allocation by Randomization Trial group (Group-A) Intervention by Tila Taila Abhyanga and Pathy-Apthya Trial group (Group-B) Intervention by Tila Taila Abhyanga and Pathy-Apthya.

Drugs and Doses: Drug: SUKHOSHNA TILA TAILA.
Dose: quantity sufficient. **Duration:** 20 to 25 minutes.

Follow up: Follow up taken every week (7 days) for TOTAL 4 Weeks.

- c) **Criteria for diagnosis:** 1. Subjects presented with lakshanas of Sthoulya and Karshya as per Ayurvedic texts. 2. Detailed history was taken and clinical examinations were done on the basis of a special Performa incorporating all the Lakshana of the Sthoulya and Karshya disease. 3. The routine hematological examination such as Hb, CBC etc. were done to **rule out systemic pathology**.
- d) **Criteria for selection: Inclusion Criteria:** Age: 18 to 60 years, Sex: Male and Female, Presence of clinical features of STHOULYA AND KARSHYA

mentioned in Ashtauninditadhyaya Adhyaya (Ch. Su.21. **Exclusion Criteria:** Patients with any drug allergy. Malignancy. Lactating mothers, Hereditary disorder, Autoimmune disease, Obesity secondary to or associated with hyperthyroidism and hypothyroidism, HTN, DM, hyperlipidemia, cushings etc. Patients with starvation, maceration and malnourished. Obesity and cachexia due endocrine disorder or hormonal imbalance. Overweight and underweight with any serious complication, Pregnant patients. **Withdrawal criteria:-** 1. Patients not giving follow ups 2. On occurrence of serious events. e) **Informed consent:** 5. **Dietary guidelines (Pathya-Apthya):** 7. **Criteria for assessment and Results:** The result of therapy was assessed on the basis of Lakshana mentioned as Subjective parameters.

a) Subjective parameters- Parameter for subjective criteria

STHOULYA-	KARSHYA-
1) Ayathaupchayaautsah (defficient energy) 2) Javoprodh (hamperd movements) 3) Dourballya (debility) 4) Dourghandhya (bad odour) 5) Swedhadhikya (over sweating) 6) Kshudhadhikya (increased appetite) 7) Pipsaadhikya (increased thirst)	1) Atisauhityaasahatva(decreased intake of food) 2) Vyayamasahatva (intolerance exercise) 3) Daurballya (weakness) 4) Kshudhaasahatva (intolerance appetite) 5) Pipasaasahatva (intolerance thirst)

Clinical Lakshanas in Ayurvedic text for assessment

The changes observed in Lakshanas were assessed by adopting suitable scoring method by using multidimensional scoring system. The efficacy of the therapy will be assessed on the basis of subjective criteria of STHOULYA AND KARSHYA before and after treatment by multidimensional scoring system adapted for easier statistical analysis of the result. Scores for before and after treatment will be given as clinical tools. The details of the assessment of Lakshanas are mentioned and attached with C.R.F- STHOULYA AND KARSHYA SUBJECTIVE SCORING CRITERIA gradation, The results are drawn by assessing the criteria.

Resentation of Data

The data collected and compiled from this clinical trial were sorted out, processed further by subjecting to varied

statistical methods, and presented with tabular form in the following sequence. A) General observations viz. age, sex, religion, etc B) Results of therapy evaluated based on improvement in signs and symptoms.

Statistical Analysis

Null Hypoyhesis (H0):- TILA TAILA has either Karshanam or Brihanam properties. **Alternative Hypothesis (H1):-**TILA TAILA has both Karshanam and Brihanam properties. In the present study the effect of Tila Taila Abhyanga on 30 patients in Group-A and on 30 patients in Group-B were analyzed properly. Scores of Lakshanas in each group separately were analyzed by comparing before treatment with after 28 days (after treatment) by using **Wilcoxon match pairs Test (i.e. non parametric test)**. The results of both group after treatment was analyzed by p-value statistics.

DISCUSSION SUMMARY

GROUP: A	GROUP: B
In stoulya purusha strotorodha all over body due to the excess accumulation of Apachit meda. Tila tailam being Sukshma, tikshna, Vyavayee gunas that liquefies meda and clears the strotas due to medapachana of excessive meda. As a result of that all the nutrients are reach to further specific Dhatus (as per Dhatusnehaparampara) and able to proper nourishment of Dhatus Compare the data in group A was done by Wilcoxon match pairs test (non-parametric test). There was significant difference found Before treatment and after treatment. The p value <0.0001, which means the Tila Taila Abhyanga is effective in Group A.	In Karshya purusha condition of strotansisankoch. Due to strotasankuchitwat though karshya purusha taken Brimhanam diet not able to reach specific Dhatus. Thus though Brimhanam diet unable to nourish them. Tila tailam having sukshma, tikshna, Vyavayee gunas able to clear the strotasankocha. As a result of Strotoshuddhi happens. Beacuse of strotoshuddhi which helps to transformation of proper nutrients to reach specific Dhatus.(as per Dhatusnehaparampara) Compare the data in group B was done by Wilcoxon match pairs test (non-parametric test). There was significant difference found Before treatment and after treatment. The p value <0.0001, which means the Tila Taila Abhyanga is effective in Group B.

कृत्रानां बृहणायालं स्थुलानां कर्त्रनाय च ॥ (अ.ह.सु. ५/५५), प्रवृत्तिरभयस्य तु । च.सु.१/४४

SCOPE: In the present study, no side effects were observed in both Trial group. The plus point observed in a case of Ayurvedic management, which is really benefit to the patients and is of vital importance in view of global acceptance of Ayurveda. The present work was carried out with institutional research criteria and was undertaken with some specified parameters only, with many of unavoidable limitations. However, the results are quite encouraging. Still to come to concrete results, large number of patients should be taken and duration of Tila Taila Abhyanga procedure should be more than one month in the considerations for further study. The topic is open to the research scholars for further study.