

**CLINICAL EVALUATION OF SHUNTHI SIDDHA JAL IN KAPH PRAKOP JANYA
AGNIMANDYA OF VASANT RUTU – A CASE SERIES****Vd. Suhas Uttamrao Sakhare^{1*}, Vd. Sneha Arun Pawar (MD)², Dr. Yeshwant R. Patil³**¹PG Scholar, Dept. of Swasthvritta and Yoga, Govt. Ayurved College, Nanded.²Dept. of Swasthvritta and Yoga, Govt. Ayurved College, Nanded.³Professor and HOD, Dept. of Swasthvritta and Yoga, Govt. Ayurved College, Nanded.***Corresponding Author: Vd. Suhas Uttamrao Sakhare**

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ABSTRACT

Vasant rutu is one of the six rutu (season). According to ayurveda this is the period of kaph prakop (vitiated kapha) dosh. In Hemant and Sishir rutu there is naturally chaya of kapha dosha which in nature similar to this rutu. In vasant rutu there is increased heat influences the dissolution of this kapha; which leads to agnimandya. The properties of kapha is opposite to properties of agni which directly affect the agni(digestion). Shuthi is katu in taste, ushn in virya and madhur in vipak helps to decrease the vitilised kaph dosh. For this acharyas indicated the regimen of sunthi siddh jal for drinking in vasant rutu. This case series include the 20 patient of agnimandya in vasant rutu and treated with shunthi siddh jal for 15 days. This sunthi siddh jal is prepared according to Aushdhpianiya reference of bhaishajyakalpana. 10mg of shunthi is taken and in 64 times of water is added after decoction ¼ is remained.

KEYWORDS: Vasant rutu, Shunthi, Kapha Dosha, Agnimandya.**INTRODUCTION**

Acharyas had very good knowledge of nature and body relation. They were known of human body phenomenon depends upon the environmental changes. According to Ayurveda a year is divided in six seasons (rutu). Each season is made up of two months. The method of counting the year is not similar with English month calendar like January, February. They have their own method.

According to Ayurveda, entire year is divided in two kaal or periods based on the apparent position of sun in the north and southern direction. They are 1. Uttarayan – North

2. Dakshinayan –South

Uttarayan is also called Adaan kaal made up of three rutos shishir, vasant and grishm in which strength(bal) of living being is decreased and Dakshinayan is Visarg kaal in which strength(bal) of living being is pretty good; which is made up of varsha, sharad and hemant.

Sr no.	English Month	Marathi Month	Rutu (Season)	Dosha
1.	March- April	Chaitra–Vaishakh	Vasant	KaphPrakop
2.	May – June	Jesht - Aashadh	Grishm	KaphPrasham
3.	July – Aug	Shravan–Bhadrapad	Varsha	Vat Prakop
4.	Sept.- Oct.	Aashwin–Kartik	Sharad	Pitta Prakop
5.	Nov. – Dec	Margshish – Paush	Hemant	Pitta Prasham
6.	Jan- Feb	Magh–Falgun	Shishir	Kaphchay

According to Ayurveda, entire functioning of human body is regulated by the Dosha, which itself are affected by external environment. As long as this interaction remains balanced, the body retains the state of health.

In Hemant and Sishir rutu there is naturally chaya of kapha dosha, which is in nature similar to these rutu. In

vasant rutu there is increased heat influences, it forms dissolution of this kapha; Which is a reason of agnimandya and agnimandya is a root cause of disease. The properties of kapha is opposite to property of agni which directly affect the agni (digestion). So in these rutu Acharya has advised the dietary and behavioural regimen which is opposite to these kaph. Shuthi is katu

in taste, ushn in virya and madhur in vipak helps to decrease the vitalised kaph dosh.

Here is a series of 20 agnimandya patients having symptoms of loss of appetite, heaviness of abdomen etc. These patients are selected in period of March and April i.e. season of vasant rutu in O.P.D. of Govt. Ayurved College, Nanded and received with drug shunthi sidhh jal for 15 days.

MATERIAL AND METHOD

For this case study 20 patients of both sexes in age group of 20 to 60 of agnimandya are selected. The diagnosis of agnimandya is done according to scale of abhyavaharanshakti and jaranashakti. These patient are advised with 500ml of sunthi siddha jal for daily regimen for 15 days.

RESULT AND OBSERVATION

Abhywaran Shakti- By applying WILCOXON'S SINGED RANK TEST.

	Mean	SD	SE	Wilcoxon's Singed rank W	P value
BT	3.200	1.005	0.2248	123.0	0.0009
AT	2.300	1.031	0.2306		

From above data the p value is 0.0009 which is < 0.05 it means that given treatment is effective for increasing the abhyavaharanshakti

Jaranashakti –By applying WILCOXON'S SINGED RANK TEST.

	Mean	SD	SE	Wilcoxon's Singed rank W	P value
BT	3.400	0.7539	0.1686	171.0	< 0.0001
AT	2.300	0.8013	0.1792		

P value for jaran Shakti is analysed after the data collection which is < 0.0001 and highly significant and clearly states that sunthi siddh jal is useful in vasant rutujanya agnimandya.

DISCUSSION

In India march and April are the months coming after winter season. In these two month heat of sun increases which provokes the people to drink cold water, ice creams, cold drinks etc. i.e. cold lifestyle is preferred but according to Ayurveda winter seasons coldness is responsible for chay of kapha dosha. In (March & April) there is increased heat influences the dissolution of this kapha; which is reason of agnimandya. This sunthi siddh jal helps to decreases the effect of vitiated kapha dosha and significantly improving the agni and its pachan shakti.

CONCLUSION

In Vasanat Rutu Kapha Prakopjanya Agnimandya is treated by Shunthi Sidhha Jal. There is significant result found in Jaran Shakti And Abhyvaran Shakti by Shunthi Sidhha Jal. So it is concluded that Shunthi Sidhha Jal is

Assessment criteria

Assessment criteria Grade Description

AbhyavaharanShakti: 0 Taking food in good quantity twice / thrice

1. Taking food in normal quantity twice a day
2. Taking food in moderate quantity twice a day
3. Taking food in less quantity twice a day
4. Person taking food in less quantity once in aday
5. Person not at all taking food.

2. Jaranashakti

Scoring according to Jeerna Aahara lakshana present after 6-8 hrs after taking food

They are Utsah, Laghuta, Udgarsuddhi, Kshut, Trishnapravritti, Yathochitmalotsarga

Assessment criteria Grade Description

Jaran Shakti: 0 Presence of five symptoms

1. Presence of four symptoms
2. Presence of three symptoms
3. Presence of two symptoms
4. Presence of one symptom
5. Absence of all the symptoms

effective in Kapha Prakop Janya Agimandya of Vasant Rutu.

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