



## EFFICACY OF CHANADANBALALAKSHADI TAILA IN DHATUKSHAYAJANYA DAHA

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### Abstract:

The present study shows the comparative efficacy of Chanadanbalalakshadi Taila in Dhatukshayajanya Daha by its external and internal application. Changed diet pattern in the current eras doesn't meet the daily needs of the bodily tissue and it leads into degeneration of Dhatus. Dhatukshaya gives rise to vataproakopa. Prakupita vata spreads pitta from its place to all over the body which results into Daha Vyadhi. Daha is very much ignored condition. Though it is not a serious problem if not treated in time it can become life threatening. Chanadanbalalakshadi Taila is used as a treatment for Dhatukshayajanya Daha. The method used for the study was cross over. Chanadanbalalakshadi Taila showed good result in Dhatukshayajanya Daha. It Proves useful in reducing the symptoms of Dhatukshayajanya Daha i.e. Hastatala Daha, Padatala Daha, Murccha, Trishna, Angasad. Chanadanbalalakshadi Taila is more effective when administered orally than externally in Dhatukshayajanya Daha. The enrolled patients were of moderate to severe grades. More than 80% patients were showing the maximum symptoms in moderate grade. It was found that there was 93% reduction in the severity grades which shows the remarkable change in before and after treatment. Present study is able to give the Efficacy of Chanadanbalalakshadi Taila in Dhatukshayajanya Daha by its different routs of administration.

**Key Words:** Chandanbalalakshadi Taila, Dhatukshayajanya Daha.

### Introduction:

Its well known that the lifestyle and diet pattern in today's era have been changed totally. This change dose not fulfills the daily needs of the body and body tissues lack in their optimum nourishment. It results in to degeneration of the body tissue which is called Dhatukshaya of the same. Dhatukshaya whether it is of one dhatu or all seven dhatus it gives rise to vataproakopa.

This Prakupita vata spreads pitta from its place to all over the body which results into Daha Vyadhi. This type of Daha is known as Dhatukshayajanya Daha. Though it is not a serious condition if not treated in time it can become life threatening.

We find the reference of Dhatukshayajanya Daha in Madhav Nidan & from Bruhadtrayee. Dhatukshayajanya Daha can be best treated with the drug that pacifies the Prokupita Vata as well as Vimarga Pitta.

Chandanabalalakshadi taila is the best drug for its treatment because it contains all the herbs that pacify Pitta Dosha and the base is Tila taila (Sesame oil), which is the best for all Vata Dosha. Therefore it was decided to see the efficacy of Chanadanabalalakshadi Taila in Dhatukshayajanya Daha

#### Aim:

- To Study the Efficacy of Chanadanabalalakshadi Taila in Dhatukshayajanya Daha.

#### Objectives:

- To Study Daha Vyadhhi with special reference to Dhatukshayajanya Daha.
- To study the efficacy of Chandanabalalakshadi Taila with different routes of administration i.e. Abhyantarpana & Abhyanga (Internal & External application).
- To compare the effects of different routes of administration i.e. Abhyantarpana & Abhyanga (Internal & External application).
- To Study adverse effects of Chanadanabalalakshadi Taila in Dhatukshayajanya Daha by both routes of applications if any.

#### Materials and Methods:

- Yogaratanakar, Haritasamhita, Sharangdhar Samhita, Madhav Nidana, Vangasen and Bruhadtrayi are used as a study material.
- References from different manuscripts & previous work done related to the topic were used as a secondary data.
- Chanadanabalalakshadi Taila mentioned in Yogaratanakar.

**Table No. 1: Detailed Description of Contents of Chandanabalalakshadi Taila**

Name	Kula	Latin Name	Useful part	Properties				Doshagh nata	Rogagnat a
				Rasa	Vipaka	Veerya	Guna		
Chandana	Chandana Kula	<i>Santalum album</i>	Kandasar, Taila	Tikta	Katu	Sheeta	Ruksha Laghu	Pitta Kapha	Daha Shosha Trishna
Bala	Karpaskula	<i>Sida cordifolia</i>	Root, Seed, Leaf	Madhur	Madhur	Sheeta	Laghu Snigdha Pichhil	Vata Pitta	Rasayana Vajikara
Laksha	Lakshakula	Laccifer lacca	Neeryasa	Kashaya	Katu	Sheeta	Laghu Snigdha	Kapha Pitta	Kasa Jwara Kushtha Krimi
Lamjaka		Cymbopogon jwarancusa	Kanda, Taila	Tikta	Katu	Unushna	Laghu	Tridosha ghna	Daha Raktapitta
Usheer	Yavkula	Vetiveria zizanioides	Root	Tikta Madhur	Katu	Sheeta	Laghu Ruksha	Pitta Kapha	Jwara Trishna
Madhuka	Madhukaku	Madhuka	Pushpa,	Madhur	Madhur	Sheeta	Guru Snigdha	Vata Pitta	Atisar Grahani

	la	indica	Beeja, Taila, Twac ha	Kasha ya			a		Shwasa Kasa Hikka mutrakruh htra Daha
Shatav ha	Shata pushp akula	Foenicu lum vulgare	Fruit, Root, Taila	Madh ur, Tikta, Katu	Katu	Sheet a	Laghu Snigdh a	Vata Pitta	Shoola Jwara Agnimandy a, Hridrog
Kutki	Tiktak ula	Picrorhi za kurroa	Bhau mik Kand a	Tikta	Katu	Sheet a	Laghu Ruksha	Pitta Kapha	Daha Kushtha Krimi Hridrog
Devdar u	Saralk ul	Cedrus deodara	Kand asar, Taila	Tikta	Katu	Ushna	Laghu Snigdh a	Kapha Vata	Shohta Jwara Kandu Raktadushti
Haridra	Ardra kakul a	Curcum a longa	Kand a	Tikta Katu	Katu	Ushna	Laghu Ruksha	Kapha Pitta	Shohta Shoola Kishtha
Kushth a	Bhrin garaja kula	Saussur ea lappa	Root	Tikta Katu Madh ur	Katu	Ushna	Laghu Teeksh na Snigdh a	Kapha Vata	Kasa visarpa Kushtha Shoola
Manjis htha	Manji shthak ula	Rubia cordifol ia	Kand a	Tikta Madh ur Kasha ya	Katu	Ushna	Guru Ruksha	Tridosha ghna	Raktadushti Vedanastha paka
Agaru	Agaru kula	Aquilar ia agalloc ha	Kand asar, Taila	Tikta Katu	Katu	Ushna	Laghu Ruksha Teeksh na	Kapha Vata	Kasa Shohta Shoola rsayana Vajikara
Vala	Yavk ula	Pavonia odorata wild	Root	Tikta Madh ur	Katu	Sheet a	Ruksha Laghu	Pitta Kapha	Hridrog Visarpa Atisar Agnimandy a Daurbalya
Ashwa gandha	Kanta kariku la	Withani a somnia ra	Root	Madh ur Tikta kasha ya	Mad hur	Ushna	Laghu Snigdh a	Vata Kapha	Daurbalya Shoola Agnimandy a
Darvi	Haridr akula	Barberi s aristata	Kand a, Root, Fruit, Rasan jana	Tikta kasha ya	Katu	Ushna	Laghu Ruksha	Pitta Kapha	Karnashool a Netrabhishy anda kandu

Murva	Arkakula	Marsdenia tinacissima	Root	Tiktakashaya	Katu	Ushna	Guru Ruksha	Trodoshaghna	Trishna Jwara Kushtha Kandu Hridrog Prameha
Mustak	Mustakakula	Cyprus rotandus	Kanda	Tikta Katukashaya	Katu	Sheeta	Laghu Ruksha	Pitta Kapha	Trishna Jwara Agnimandya
Mulaka	Rajee kakula	Raphanus sativus	Kanda, Parna, Beeja	Katu	Katu	Ushna	Teekshan	Trodoshaghna	Jwara Kasa Agnimandya
Ela	Arkakula	Eletlaria cardamomum	Fruit, Seed	Katu Madhur	Madhur	Sheeta	Laghu Snidgha Sukshma	Trodoshaghna	Kasa Agnimandya
Twak	Karpurakula	Cinamonum zeylonicum	Twak	Katu Tikta Madhur	Madhur	Ushna	Laghu Ruksha Teekshana	Trodoshaghna	Trishna Daurbalya Agnimandya
Nagkeshar	Nagkesharakula	Musua ferrea	Punke sar	Kashaya Tikta	Katu	Eshat ushna	Laghu Ruksha	Pitta Kapha	Shoola Shotha Vatavyadhi
Rasna	Bhringarajakula	Pluchea lanceolata	Patra, Moolaa, Panchang	Tikta	Katu	Ushna	Guru	Kapha	Shoola Amavata Vatavyadhi
Ketaki	Ketakikula	Pandanus odorotissimus	Pushpa, Root, Taila	Tikta Madhur katu	Katu	Ushna	Laghu Snidgha	Trodoshaghna specially Kapha Pitta	Shotha Krimi Raktavikar
Champaka	Champakakula	Michellia champaka	Pushpa, Twacha	Tikta Katu Kashaya	Katu	Sheeta	Laghu Ruksha	Pitta Kapha	Shotha Raktavikar
Sariva	Arkaula	Hemidesmus indicus	Root	Madhur Tikta	Madhur	Sheeta	Guru Snidgha	Trodoshaghna	Jwara Kasa DAurbalya Rasayana

### Methodology:

- For the study Cross over method was used. 30 patients having signs and symptoms of Dhatukshayajanya Daha were selected and two groups i.e. Group A and Group B of 15 patients each were made.
- For Group A Chandanabalalakshadi Taila was given internally (Abhyantar Pan) for first seven days and similarly for Group B Chandanabalalakshadi Taila was given

externally i.e. for external application (Abhyanga) for the same time period. Next seven days for both the groups were kept as a washout period i.e. Pariharkala

- After Pariharkala the groups were interchanged for the corresponding treatment for the next seven days. Thus the patients of both the group were under treatment for the period of 21 days.
- The follow up was been taken on 7th, 14th and 21 day. According to classical texts all the signs and symptoms were noted. As per the need subjective criteria were noted in the severity index and graded according to severity.
- For objective evaluation severity index was prepared using VAS (Visual Analog Scale). All clinical observations had been made and also recorded in tabular and graphical form. The results after treatment of each group have been compared with each other.

#### **Inclusion Criteria:**

- Patients of signs and Symptoms of Dhatukshayajanya Daha.
- Patients of age group between 20 to 70
- Patients of either gender.

#### **Exclusion Criteria:**

- Patient who did not give written consent.
- Patients who were not arha/suitable for Snehapan.
- Pregnant women & lactating mother.
- Patient having any systemic disorders like Diabetes mellitus, Neuritis etc.

#### **Method of Assessment of Severity Index:**

##### **Visual Analog Scale (VAS)**

A 10 cm horizontal line divided into ten equal parts from 0 cm to 10 cm was drawn on a blank paper. Patients were asked to grade their pain on the same paper and define accordingly in numbers and then draw a line on VAS chart.

0---1---2---3---4---5---6---7---8---9---10  
cmcm

The relief in burning sensation for VAS is calculated according to the following formula

**Burning sensation relief in percentage =  $\frac{Ip0 - IpL}{Ip0} \times 100$**

Ip0

Where,

**Ip0:** Intensity of burning sensation on 0th day

**IpL:** Intensity of burning sensation on last day

#### **Criteria of Assessment:**

Change in the severity index was the prime criteria of assessment. The changes in the signs and symptoms were observed carefully and noted properly.

Changes in the burning sensation and other symptoms assessed by VAS pain chart was considered as deciding factor.

#### **Statistical analysis:**

For data analysis Paired t-test / Two tailed test were applied.

#### **Dropout:**

There were total 2 dropouts as they were failed to give regular follow-up.

**Observations:**

- There were total 83.3% patients of Hastatala Daha followed by Padatala daha, Angasad, Murchha, Trishna, etc. they were 80%, 90%, 86.6% & 76.6% respectively out of all symptoms found in the study.
- 30 patients were classified into two groups. Their intensity of the-particular symptoms before treatment and after treatment is given in the table below

**Table No. 2: Intensity of Dhatukshayajanya Daha Lakshanas by VAS pain chart**

Intensity According to VAS Sclae	Group A		Group B	
	Before Treatment	After Treatment	Before Treatment	After Treatment
Hastatala daha	7-8	1-2	7-8	3-4
Padatala daha	8-9	1-2	8-9	3-4
Murchha	6-7	0-1	6-7	1-2
Trishna	7-8	1-2	7-8	2-3
Angasad	7-8	1-2	7-8	3-4

Above table shows the intensity of symptoms of Dhatukshayajanya Daha before and after treatment in group A and Group B by Visual Analogue Scale.

**Result:**

- Statistically the study shows T cal value is more than T tab value at 30 patient's level. Therefore as p- value is less than 0.05 ( $p < 0.0001$ ), the results were highly significant.
- In Hastatala Daha the result was highly significant because the p value is 6.7E-06, which is less than that of 0.0001. Chandanabalalakshadi Taila acts more effectively when used as Abhyantarapana than Abhyanga.
- In Padatala Daha the result of Chandanabalalakshadi Taila was highly significant because the p value is 0.003009, which is less than that of 0.0001. Chandanabalalakshadi Taila pan is more effective than Abhyanga.
- In Murchha the result was highly significant because the p value is 1.2E-07, which is less than that of 0.0001. It means the use of Chandanabalalakshadi Taila by Abhyantarapana method is more effective than Abhyanga.
- The result of Chandanabalalakshadi Taila in Trishna is highly significant as p value is 1.95E-05, which is less than that of 0.0001 and Abhyantarapana is more effective than Abhyanga
- In symptom Angasada the result of Chandanabalalakshadi Taila is highly significant as p value is 2.57E-06, which is less than 0.0001 Therefore it proves that its oral administration has got more effect than its external application.

Chandanabalalakshadi Taila has got good result in Dhatukshayajanya Daha. It is useful in reducing the symptoms i.e. Hastatala Daha (Burning sensation in palms). Padatala Daha (Burning sensation in sole), Murchha (Giddiness). Trishna (Thirst) & Angasad (Weakness).

**Discussion:**

The aim of the research work was to study the efficacy of Chandanabalalakshadi Taila in Dhatukshayajanya Daha. This study was undertaken as the prevalence of Vatavyadhi is more than Pittaj and Kaphaj Vyadhi. The study was carried out on 30 patients. This disease found more in females than in males i.e. 93.3% & 6.66% respectively. Maximum people were in between the age group 20 to 50 followed by 50 to 70 i.e. 86.6% & 13.3% respectively.

Maximum people were of Vata dominance Prakriti with Pittanubandha and Kaphanubandha i.e. 46.6% & 43.3% respectively. Followed by Kaphavataj & Pittavataj Prakriti was 6.66% & 3.33% respectively.

People consuming fast food and Laghu, Ruksha, Sheeta, Teekshna Gunatmak and Tikta, Kashaya, Amla, Katu Rasatmaka aahar are more prone to the disease.

The grade of severity was moderate to severe in the selected patients. More than 80% patients were showing maximum symptoms with moderate severity. This was indicating depth of the disease. The positive result of Chandanabalalakshadi Taila was seen in such condition. It was found that there was 93% reduction in severity grades. This shows the remarkable change in before and after treatment.

### Conclusion:

- In this research work the efforts were made to study the efficacy of Chandanabalalakshadi Taila by internal and external application in Dhatukshayajanya Daha.
- It shows that Chandanabalalakshadi Taila have got positive effect on Dhatukshayajanya Daha. It is useful in reducing Hastataladaha (burning sensation in palm), Padataladaha (burning sensation in sole), Murccha (giddiness), Trushna (thirst) and Angasad (weakness). It also reduces general signs and symptoms of Dhatukshayajanya Daha.
- Chandanabalalakshadi Taila has positive effect through both the routes of administration i.e. by Abhyantarpan and Abhyanga.
- Chandanabalalakshadi Taila is more effective when it administered orally i.e. by Abhyantarapana than external application i.e. Abhyanga.
- Chandanabalalakshadi Taila has not shown any adverse effect during the study.

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