Case Study

A CASE STUDY TO ASSESS PUNARNAVA MANDURAM ACTION IN DYSLIPIDAEMIA

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DOI: 10.7897/2277-4572.0519

Received on: 18/12/15 Revised on: 07/01/16 Accepted on: 22/01/16

ABSTRACT

Dyslipidaemia is becoming common in society. Many people are becoming dependent upon medicines which they have to take lifelong. Clinically a patient of Dyslipidaemia was given Punarnava Manduram of Vaidyaratanam P.S. Varier’s Arya Vaidya Sala, Kottakkal 5g twice a day empty stomach for 15 days. Before starting his treatment clinically his blood reports of Cholesterol, VLDL, LDL and HDL were done. After fifteen days again his blood reports were done. Highly promising results were noticed. The patient was further kept in follow up for 15 days but his cholesterol levels remain within limits even after discontinuation of medicine.

Keywords: Cholesterol, Dyslipidaemia, HDL, LDL, Punarnava Manduram, VLDL

INTRODUCTION

Dyslipidaemia means high level of Cholesterol, high level of Triglycerides, high level of LDL, high level of VLDL and low level of HDL. Many people are suffering through dyslipidaemia. This condition is increasing due to lack of proper lifestyle, including fast food, junk food, improper habits of sleeping during wrong times, stress or genetics. A study showed how urban and rural population of INDIA and U.S. is becoming prone to dyslipidaemia. Of the subjects studied, 13.9% had hypercholesterolemia, 29.5% had hypertriglyceridemia, 72.3% had low HDL-C, 11.8% had high LDL-C levels and 79% had abnormalities in one of the lipid parameters. Regional disparity exists with the highest rates of hypercholesterolemia observed in Tamil Nadu (18.3%), highest rates of hypertriglyceridemia in Chandigarh (38.6%), highest rates of low HDL-C in Jharkhand (76.8%) and highest rates of high LDL-C in Tamil Nadu (15.8%). Except for low HDL-C and in the state of Maharashtra, in all other states, urban residents had the highest prevalence of lipid abnormalities compared to rural residents. Low HDL-C was the most common lipid abnormality (72.3%) in all the four regions studied; in 44.9% of subjects, it was present as an isolated abnormality. Common significant risk factors for dyslipidaemia included obesity, diabetes, and dysglycemia. An estimated 53% (105.3M) of U.S. adults have lipid abnormalities: 27% (53.5M) have high LDL-C, 23% (46.4M) have low HDL-C, and 30% (58.9M) have high TG. Among patients with serum TG levels ≥200 mg/dl, approximately 13% (25.7M) of adults have non-HDL-C levels ≥130 mg/dl. Also, 21% (42.0M) of U.S. adults have mixed dyslipidaemia (high LDL-C with either low HDL-C and/or high TG), with nearly 6% (11.6M) having all three lipid abnormalities. For LDL-C, an estimated 23M adults with CHD or a CHD risk equivalent and 17M with ≥2 risk factors but a Framingham risk ≤20% are not at goals of <100 and <130 mg/dl, respectively. So, there must be some drug which can give complete cure of dyslipidaemia rather than just controlling it lifelong.

AIMS AND OBJECTIVE

To study role of Punarnava Manduram in Dyslipidaemia patients.

MATERIALS AND METHODS

Literary works on Ayurveda and physiology book. Clinical blood reports of Cholesterol, VLDL, LDL, and HDL.

Clinical Study: A patient aged fortyfive year was taken into study. His Lipid profile was done before treatment of Punarnava Manduram fivegram empty stomach twice a day. This treatment was carried for 15 days. Then again after treatment his lipid profile was done.

Composition of Drug

Each 10g of Punarnava Manduram is prepared out of: Punarnava 0.046 g (Boerhavia diffusa Linn.) Trivrit 0.046 g (Operculina turpethum (Linn.) Silva manso) Sunthi 0.046 g (Zinziber officinale Roxb.) Pippali 0.046 g (Piper longum Linn.) Maricha 0.046 g (Piper nigrum Linn.) Vaidang 0.046 g (Emblica ribes Burn. f.) Devakashitha 0.046 g (Cedrus deodara (Roxb.) Loud.) Chitraka 0.046 g (Plumbago zeylanica Linn.) Puskaravah 0.046 g (Inula recemosa Hook. f.) Tripulaha (Harad/Terminalia Chebula Retz, Baehra/Terminalia bellirica Roxb and Amla/Emblica officinalis Gaertn. each) 0.046 g Dweharidre (Haridra/Curcum a longa Linn. and Daruhadiidra/ Berberis aristata DC. each) 0.046 g Danti 0.046 g (Baliospermum montanum Muell-Arg.) Chayika 0.046 g (Piper retrofractum Vahl.) Kutajapahla 0.046 g (Holarrhena antidysenterica (Linn.) Wall) Tikta 0.046 g (Picrorrhiza kurroa Royce ex Benth) Pippalimala 0.046 g (root of Piper longum Linn.) Mustaka 0.046 g (Cyperus rotundus Linn.)
<table>
<thead>
<tr>
<th>Name of Drug</th>
<th>Guna* (quality)</th>
<th>Rasa (Taste sensed by tongue)</th>
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<tr>
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<td>Ruksa, Laghu</td>
<td>Madhura Anurasa Kashaya</td>
<td>-</td>
<td>Shita</td>
<td>Tridosha-nashak</td>
</tr>
</tbody>
</table>

* Laghu (Light), Ruksa (Rough), Snigdha (Greasy), Guru(Heavy) and Tikshana (Sharp)
** Madhur (Sweet), Amla (Snar), Katu (Pungent), Tikta (Bitter) and Kashaya(Astringent)
*** Ushna(low), Shita (Cold) and Anushnashita (in between hot and cold)
**** Vata/Pita/Kapha Shamak(Pacifier) and Vata/Pita/Kapha Hara or Rechaka (remover)

Punarnava: Lekhana (Scraping), Deepana (appetizer), Sothahara (anti-oedema), Rechana (very mild pugative), Hridya (Heart tonic), Jwaraghana (anitpyretic), Raktavardhak (increases blood)
Swedajanan (increases perspiration) and Mutrakrichrta (Oliguria/less and dysuria) 4.

Trivrit: Bhedhan (perforates waste matter), Rechana (purgative), Sothahara (anti-oedema), Jwaraghana (anitpyretic) and Lekhana (Scraping) 5.

Sunthi: Sothahara (anti-oedema), Triptighana (removes satiety), Rothana (increases taste), Deepana (Appetizer), Hridya (heart tonic), Raktoshodhak (purify blood) and Kaphaghana (Reduces Sputum) 6.

Pipalli: Deepana (appetizer), Triptighana (removes satiety), Mridurechana (mild purgative), Raktavardhak (increases blood), Raktoshodhak (purify blood), Mutrakrichrta (Oliguria/less and dysuria) and Jwaraghana (anitpyretic) 7.

Maricha: Lalastavjanan (increases salivation), Deepana (appetizer), Pachana (increases digestion), Hridya (heart tonic), Kaphaghana (removes sputum), Yakritejaka (Liver Tonic and Mutravikaranashak (Treats urine diseases), Jwaraghana (anitpyretic), Raktoshodhak (purify blood) and Sothahara (anti-oedema) 7.

Vidanga: Deepana (appetizer), Pachana (increases digestion), Raktoshodhak (purify blood), Gandamalanashak (treats Lymph nodes of neck), Mutrakrichrta (Oliguria/less and dysuria) 7.

Devakasitha: Deepana (appetizer), Pachana (increases digestion), Hridya (heart tonic), Raktaprasasad (increases blood), Sothahara (anti-oedema), Kaphaghana (Reduces Sputum and) Lekhana (Scraping) 10.

Chitraka: Deepana (appetizer), Pachana (increases digestion), Pitasaarak (secretion of Pita from liver), Yakrit-Pithasahohghana (anti inflammation of liver and spleen) and Kaphaghana (Reduces Sputum) 11.

Puskaralva: Deepana (appetizer), Pachana (increases digestion), Mutrakrichrta (Oliguria/less and dysuria), Kaphaghana (Reduces Sputum), Hridya (heart tonic) and Swedajanan (increases perspiration) 12.

Harad: Deepana (appetizer), Pachana (increases digestion), Hridya (heart tonic), Kaphaghana (removes sputum), Yakritejaka (Liver Tonic and Mutravikaranashak (Treats urine diseases), Jwaraghana (anitpyretic), Raktoshodhak (purify blood) and Sothahara (anti-oedema) 11.

Bahera: Deepana: Pachana (increases digestion), Hridya (heart tonic), Rasa-Rakta-Mamsa-Medha Dhatu Samikaran (brings to normal level), Kaphaghana (Reduces Sputum) and Sothahara (anti-oedema) 14.

Amla: Rothana (increases taste), Deepana (appetizer), Hridya (Heart tonic), Raktapitashamak (Pacifier of Pita and Rakta), Yakritejaka (Liver Tonic) and Mutrakrichrta (Oliguria/less and dysuria) and Jwaraghana (anitpyretic) 13.

Harida: Rothana (increases taste), Pitasaarak (secretion of Pita from liver), Raktoshodhak (purify blood), Raktaprasasad

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(increases blood), Kaphaghana (removes sputum), Pramehaghana (decreases frequency of urine) and Jwaraghana (antipyretic) 16. Darurhidra: Deepana (appetizer), Pitasaarak (secretion of Pita from liver), Raktashodhak (purify blood), Kaphaghana (removes sputum), Pramehaghana (decreases frequency of urine) and Jwaraghana (antipyretic) 17. Danti: Deepana (appetizer), Yakrutejak (Liver Tonic) Pitasaarak (secretion of Pita from liver), Virechak (Purgative), Raktashodhak (purify blood), Kaphaghana (removes sputum), Swedajaniaan (increases perspiration), Sothahara (anti-oedema) and Jwaraghana (antipyretic) 18. Chavika: Deepana (appetizer), Pachana (increases digestion), Kaphaghana (removes sputum) and Yakrutejak (Liver Tonic) 19. Kutajaphala: Vamak (emetic), Deepana (appetizer), Aamnashak (removes fermented food in body), Raktashodhak (purify blood), Jwaraghana (antipyretic) and Lekhana (scraper) 20. Tikta: Rochana (increases taste), Deepana (appetizer), Pitasaarak (secretion of Pita from liver), Kaphaghana (removes sputum), Yakrutejak (Liver Tonic), Raktashodhak (purify blood), Sothahara (anti-oedema), Pramehaghana (decreases frequency of urine), Jwaraghana (antipyretic) and Lekhana (scraper) 21. Mustaka: Deepana (appetizer), Pachana (increases digestion), Raktaprasadak (increases blood), Kaphaghana (removes sputum) Mutraapartha (Oliguria/less and dysuria) and Jwaraghana (antipyretic) 22. Mandura: Deepana (appetizer), Raktaprasadak (increases blood), Kamilahr (jaundice treatment), Sothahara (anti-oedema) and Pithaviridihara (reduces increased size of spleen) 23. Gomutra Katu (pungent), Tikshana (sharp), Ushna (warm), Lavana Amaras (end taste salty) Laghu (light), Mala Shodhak (waste product remover) Kapha-Vataghana (removes them), Krimi (parasites), Meda (fats), Vishapham (Toxins) remover. It cures Arsha (piles), Udara (abdominal disorders), Gulma, Sotha (swelling), Aruchi (don’t want to eat), Pandu (anaemia). It is Dastavar (purgative), Hridya (heart tonic), Deepan (appetizer) and Pachan (digestor) 24. Guda: Mutra (urine) and Raktashodhak (cleanses blood) 25. Makshika: Raksha (rough), Sukshamamargansuri (able to get into all channels), Tridoshaprashamak (pacify all dosha), Medanashak (removes Meda) and Lekhana (scraper) 26.


Samprapti (Pathogenesis)

Pandu Roga: Sadhak Pita located in heart increases due to its aetiology. Then it is thrown into ten channels towards whole body by vitiated Vata. It gets located in between Twachas (skin) and Mamsa (Muscles) spoiling Kapha, Vata, Rakta, Twacha and Mamsa Dhatu giving Pandu (pale), Haridrā (tumeric colour) and Harita Varma (Green shade) 29. Plilha Roga: Meda Dhatu Dhushti 30.

Arsha: Twach, Rakta, Mamsa and Meda Dushti 31.

Vishamjwara: Tridoshas 32 get vitiated by their aetiology. They enter into stomach and get mixed with Rasa Dhatu closing Rasavha Strotas (channels in which Rasa flows) and Svedvha Strotas (Channels in which sweat flows). It decreases Agni (digestive power) and makes it to spread in whole body leading to Jwara 33. Vishmajwara is of five types Santat: affecting Rasavha Strotas 34, spoiling all Dhatus and Muta-Purushadi 35, Satat: Doshas affecting Rakta Dhatu 36, Anyadhyushak: affecting Medovahi Sira 37, Trityak: affecting Ashti Dhatu and Chaturthak: affecting Magja Dhatu 38.

Sotha: Spoiled Vayu when enters in veins located exteriorly then it spoils Kapha, Rakta and Pita. These spoiled Kapha, Rakta and Pita stop ways of spoiled Vayu. This catch Vayu now runs here and there leading to bulging of that area known as Sotha 39.

Grahni: Jathragni when spoilt due to its aetiology not able to digest even light food. Undigested food gets fermented and takes form of toxic form Aam 40.

Kushtha: Tridosha spoiled due to their aetiology spoil Twacha, Rakta, Mamsa and Ambu leading to Kushtha 41.

Krimiroga: There are two types of Krimi: Bhaiya (external) and Abyantar (internal). External due to Mala which occurs due to personal unhygienic conditions 42. Internal are of three types Raktaj: etiology same as of Kushtha and located in Raktvha Dhaymi (arteries), Shleshmaj: occurs due to diet which increases Kapha, dirty food, Virudha and Asatmya food (not suitable for own body) located in Aamnasiya (stomach) and Purishaj: etiology same as of Shleshmaj located in Pakwashya (intestines).

Udara Roga: Due to weakness of Jathragni (digestive power) Malas: Mutra and Purisha (urine and stool) increases in body. When these Mala start accumulating in Udara (abdomen) they spoil Prana Vayu and Apana Vayu stopping upper and lower ways. Now these Malas and Tridoshas accumulates in between Twacha and Mamsa causing Adhyamana (flatus) along with Udara Roga 43.

Anaha: When Aam and Purisha accumulate together causes constipation with locking of Vayu in abdomen 44.

Shula: It has eight types according to different Doshas single or in combination with Aam as eighth type 45. Harita says it has same pathogenesis as Jwaradi 46.

Gulma Roga: Vayu due to its aetiology increases in Mahastrotas (abdominal region). It vitiates Kapha and Pita expelling them out of their natural abodes. These two now block Vayu ways due to which it cannot come out. Ultimately leading to pain in heart, umbilical region, flanks, abdomen and suprapubic region. This Vayu stays independently or dependently in Pakwashya, Pitashaya and Kaphashya in Pinda Rupa (mass form) which can be palpated well. This is known as Gulma named after different Doshas 47.

Dhatu-Mala/Updhatu relationship: Kapha is Mala of Rasa Dhatu 48, Sweda is Mala of Meda Dhatu Mamsa has Updhatu Twacha and Vasa (fats in adipose tissues) 49.

Aam and Agni: Aamrasa is produced when Agni is not able to digest even light diet and turns it into Shukta (fermented by product) rather than Rasa Dhatu 50.

Prameha: Meda, Mamsa and Sharirik Kleda (water contents) are spoiled 51.
RESULTS

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<th>Date:1/4/15</th>
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<td>120</td>
<td>150</td>
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<tr>
<td>Triglycerides (60-160 mg %)</td>
<td>280</td>
<td>165</td>
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<tr>
<td>HDL (40-60 mg %)</td>
<td>48</td>
<td>42</td>
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<tr>
<td>VLDL (16-32 mg %)</td>
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<td>33</td>
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<tr>
<td>LDL (80-160% mg %)</td>
<td>16</td>
<td>75</td>
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DISCUSSION

Cholesterol, LDL, VLDL, HDL, Triglycerides can be compared with Vasa, Meda, Kapha, and Kleda in body. Punarnavamanduram has drugs which acts on decreasing Kapha, Agni deepen which ignites process of digestion which is root cause of Aam production. It has Pachana drugs which clean Aam if formed. It is Rakshodhak which removes out toxins produced due to less Agni. It increases secretions of Pita (bile) thereby helping in better metabolism of fats. This drug is able to break trap of Vata by Kapha/Pita/Mala means it is able to clear any sort of blockages in body. It is Pramehaghana which is in basic Dushi (spoiling) is of Kapha, Meda and Kleda of body. It is Jwaraghana means works up to level of Majja Dhatu cleaning dushti. It is Swedajamana which is Mala (waste) of Meda, showing not only cleaning Meda but removing its Mala also. It acts at the level of Twacha which is produced as Updhatu of Mamsa and produces Vasa also at same time. Punarnavamanduram acts on different diseases by working on as:

In Pandu Roga alleviating ailment at level of spoiled Kapha, Vata, Rakta, Twacha and Mamsa Dhatu, in Arsha corrects Twacha, Rakta, Mamsa and Meda Dushita, in Gula removes Avran of Vayu by Kapha/Pita, in Vishamjwara it cleanses Rasa, Strotas which is spoiling all Dhatus and Mutra-Purishadi, 52 Satar: Doshas affecting Rakta Dhatu, 53 Anyadhyushak: affecting Medovali Sira. 54 Trityak: affecting Asthi Dhatu and Chaturthak which is having major Dhatu all are normalized, in Shula works at Vatik Shula, Paitik Shula, Kaphaj Shula, Vata-Pita, Pita-Kapha, Kapha-Vata and Vayu Avrit by Aam, in Anaha removes Aam and Purisha entrapping Vayu, in Udara Roga cleans Mala and Tridoshas accumulated in between Twacha and Mamsa causing Adhyamanam, in Kushtha cleanses Twacha, Rakta, Mamsa and Ambu Dushita, in Plaha Roga removes Meda Dhatu Dhiusti. It removes Mala in Krimiroga, breaking pathology works at locations in Rakthva Dharmi (arteries), Shleshamaj: occurs due to diet which increases Kapha, dirty food, Virudha and Asatmya food (not suitable for own body) located in Aamashya (stomach) and Purishaj: etiology same as of Shleshmaj located in Pakwasha (intestines). In another clinical study also it was found ayurvedic formulation is having good role in curing dyslipidaemia55.

CONCLUSION

Punarnavamanduram is able to work at Kapha, Meda, Vasa and Kleda levels. Which are responsible for abnormal levels of Dyslipidaemia in body. So this drug is able to cure Dyslipidaemia. This is a single patient study but it can be evaluated in more patients to conclude efficacy of results in better way.

REFERENCES


How to cite this article:

Source of support: Nil, Conflict of interest: None Declared

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