

EFFECT OF INDUKANTA GHritAM AND MAHATIKTAKA GHritAM IN PARINAMASULA (DUODENAL ULCER)

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Mahatiktaka Ghritam and Indukanta Ghritam are administered for 45 & 60 days as Smana combined Sodhana method of treatment and simple Samana treatment in 79 active duodenal ulcer cases. Review endoscopy showed that the healing rate with Mahatiktaka Ghritam is 54.6% and with Indukanta Ghritam is 45.4%.

Introduction

Parinamasula is the pain in abdomen due to an ulcer or ulcers in duodenum which is to be confirmed through an endoscopy. *Indukanta Ghritam* and *Mahatiktaka Ghritam* are commonly used in *Parinamasula* with success by clinicians in Kerala. Though these are proven medicines to give relief in pain, its ulcer healing properties did not screened so far. Hence a systematic study is taken up at Clinical Research Unit (Ay.), Kottakkal in

association with Arya Vaidya Sala, Kottakkal and P.V.S. Hospital Pvt. Ltd., Calicut.

Warrier *et al.* (1980) confirmed the comparative clinical effect of *Indukanta Ghritam* and *Mahatiktaka Ghritam* with subjective findings through their papers and Devidas *et al.*, (1994) had confirmed the relevance of *Pancakarma* technique in the treatment of *Parinamasula* by way of healing the ulcer through objective conclusion in their paper earlier. Present study deals with the effect of both the *Ghritams* in healing duodenal ulcer in different age groups and under different stages of chronicity.

Materials and Methods

79 patients with either of the following symptoms are admitted and subjected for further investigations. They are in the age

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group of 20 to 50 years with 10 years of chronicity and also free from other organic diseases.

1. Pain in abdomen after 2 hours of food.
2. Pain relieved after food without antacids.
3. Nocturnal distress between 12 p.m. to 2 a.m.
4. Pain is provoked by mental and physical fatigue or by spicy deep fried food.
5. Pain may be localised in epigastric area.
6. Heart burn, anorexia, nausea and vomiting.
7. Occult blood in stools.

Endoscopically confirmed duodenal ulcer patients are initiated to the trial and

they are randomly grouped and one group is given *Mahatiktaka Ghritam* and other *Indukanta Ghritam* as *Sodhana* combined *Samana* and *Samana* alone. Both the *Ghritams* administered for 45 days and 60 days separately to observe its effect on varied durations.

Result

24 patients under *Indukanta Ghritam* and 55 patients under *Mahatiktaka Ghritam* group studied. Among the patients treated with *Indukanta Ghritam*, ulcer is completely healed in 3 patients while 6 had their ulcer in healing stage and 15 did not respond in healing the ulcer at the time of study completed. Among the patients treated with *Mahatiktaka Ghritam*, the rate of complete healing was 10 compare to the 20 patients with healing and 25 with no healing. While the response of the two *Ghritams* balanced, *Mahatiktaka Ghritam* is slightly ahead in its healing effect as indicated its better

Table I
Healing effect of *Indukanta Ghritam* and *Mahatiktaka Ghritam*

Type of response	Name of <i>Ghritam</i> (ghee preparation)			
	<i>Indukanta Ghritam</i>		<i>Mahatiktaka Ghritam</i>	
	No. of cases	Percentage	No. of cases	Percentage
Completely healed	3	12.5	10	18.2
Healing stage	6	25.0	20	36.4
Not healed	15	62.5	25	45.4
Total	24		55	

percentage rate in complete healing and under healing and no healing.

Under the different age groups subjected for the trial under *Mahatiktaka Ghritam*, the impact of healing was significant in age group of 20 to 30 years and 31 to 40 years. While in 21.4% patients ulcer is completely healed, healing effect

commenced in 39.3% and the non-healing was 39.3%. In the age group of 31 to 40 years, 17.6% had completely healed ulcer and 41.2% had healing ulcer and 41.2% had no impact. Among 41 to 50 years only 10% had completely healed ulcer, 20% had healing ulcer, 70% did not got their ulcer healed (Table II).

Table II
Age wise healing effect of *Mahatiktaka Ghritam*

Age group	Total	Type of response					
		Completely healed		Healing stage		No. healing	
		No. of cases	Percentage	No. of cases	Percentage	No. of cases	Percentage
20 to 30	28	6	21.4	11	39.3	11	39.3
31 to 40	17	3	17.6	7	41.2	7	41.2
41 to 50	10	1	10.0	2	20.0	7	70.0
Total	55	10		20		25	

Table III
Age wise healing effect of *Indukanta Ghritam*

Age group	Total	Type of response					
		Completely healed		Healing stage		No. healing	
		No. of cases	Percentage	No. of cases	Percentage	No. of cases	Percentage
20 to 30	13	3	23.1	4	30.7	6	46.2
31 to 40	6	-	-	1	26.7	5	83.3
41 to 50	5	-	-	1	20.0	4	80.0
Total	24	3		6		15	

Table IV

Healing effect of *Mahatiktaka Ghritam* when used as *Sodhana* combined *Samana* drug

Type of response	Name of <i>Ghritam</i> (ghee preparation)			
	<i>*Indukanta Ghritam</i>		<i>Mahatiktaka Ghritam</i>	
	No. of cases	Percentage	No. of cases	Percentage
Completely healed	2	11.8	4	12.5
Healing stage	4	23.5	17	53.1
Not healed	11	64.7	11	34.4
Total	17		32	

* If the table is with regard to *Mahatiktaka Ghritam*, where is the need to bring *Indukanta Ghritam* cases.

Table V

Healing effect of *Mahatiktaka Ghritam* and *Indukanta Ghritam* when used as *Samana* drug without *Sodhana Chikitsa*

Type of response	Name of <i>Ghritam</i> (ghee preparation)			
	<i>Indukanta Ghritam</i>		<i>Mahatiktaka Ghritam</i>	
	No. of cases	Percentage	No. of cases	Percentage
Completely healed	1	14.3	6	26.1
Healing stage	2	28.6	3	13.1
Not healed	4	57.1	14	60.8
Total	7		23	

Among 24 patients treated with *Indukanta Ghritam*, 13 of them was under the age group of 20 to 30 years and 3 had completely healed ulcer, 4 had healing ulcer and 6 of them had their ulcer present

at the time of the completion of their study. Hence the combined rate of healing is slightly better than the non-response in the healing of the ulcer. The age group under 31 to 40 years and 41 to 50 years, the

Table VI
Effect of *Mahatiktaka Ghritam* in the healing of ulcer after 45 days and 60 days trial

Type of response	45 Days treatment		60 Days treatment	
	No. of cases	Percentage	No. of cases	Percentage
Completely healed	7	28.0	3	20.0
Healing stage	9	36.0	11	36.7
Not healed	9	36.0	16	53.3
Total	25		30	

Table VII
Effect of *Indukanta Ghritam* in the healing of ulcer after 45 days and 60 days trial

Type of response	45 Days treatment		60 Days treatment	
	No. of cases	Percentage	No. of cases	Percentage
Completely healed	2	11.7	1	14.2
Healing stage	4	23.5	2	28.6
Not healed	11	64.7	4	57.1
Total	17		7	

response was not encouraging as the non response rate is very high than the response rate (Table III).

When the *Mahatiktaka Ghritam* used to treat as *Sodhana* combined *Samana* drug, its healing effect was very high

compared to *Indukanta Ghritam* as the response was 65.6% with *Mahatiktaka Ghritam* and 34.3% with *Indukanta Ghritam* (Table IV).

Both the *Ghritams* are administered through out the treatment with constant

Table VIII

Ulcer healing effect in different stage of chronicity of *Parinamasula* with *Mahatiktaka Ghritam*

Age group (in years)	Total	Type of response					
		Completely healed		Healing stage		No. healing	
		No. of cases	Percentage	No. of cases	Percentage	No. of cases	Percentage
Upto to 2	15	3	20.0	8	53.3	4	26.7
3 to 4	12	3	25.0	4	33.3	5	41.7
5 to 6	7	3	42.9	1	14.2	3	42.9
7 to 8	Nil	-	-	-	-	-	-
8 to 9	13	-	-	4	30.8	9	69.2
9 to 10	8	1	12.5	3	37.5	4	50.0
Total	55	10		20		25	

Table IX

Ulcer healing effect in different stages of chronicity of *Parinamasula* with *Indukanta Ghritam*

Age group (in year)	Total	Type of response					
		Completely healed		Healing stage		No. healing	
		No. of cases	Percentage	No. of cases	Percentage	No. of cases	Percentage
Upto to 2	8	2	25.0	4	50.0	2	25.0
3 to 4	7	-	-	2	28.6	5	71.4
5 to 6	3	-	-	-	-	3	100.0
7 to 8	3	1	25.0	-	-	2	75.0
9 to 10	3	-	-	-	-	3	100.0
Total	24	3		6		15	

dose (*Samana*) without any pre-purificatory process (*Poorva Sodhana Karma*) and then it did not show any significant impact in healing the ulcer as the non-response rate was 57.1% with *Indukanta Ghritam* and 60.8% with *Mahatiktaka Ghritam* (Table V).

Interestingly the administration of *Mahatiktaka Ghritam* for 45 days and 60 days did show little difference in the healing of ulcer but the non response was considered higher in 60 days treatment than 45 days of treatment. Since 53.3% not healed in 60 days and 36.0% not healed in 45 days of treatment (Table VI).

There was not much difference in healing the ulcer when *Indukanta Ghritam* was administered for 45 days and 60 days respectively. While the ulcer is completely healed in 11.7% in 45 days treatment and 14.2% in 60 days treatment. The healing stage was 23.5% in 45 days treatment and 28.6% in 60 days treatment. While 64.7% are noted in 45 days treatment and 57.1% in 60 days treatment as not healed (Table VII).

Both the *Ghritams Mahatiktaka Ghritam* and *Indukanta Ghritam* and respond well to induce the healing in duodenal ulcer when the chronicity of the *Parinamasula* is within 2 years. Also *Mahatiktaka Ghritam* responded very well to heal the ulcer when the ulcer is affected within 6 years (Table VIII). But *Indukanta Ghritam* did not show any impact more than 3 years of chronicity as the non healing

rate is 100% in 5 to 6 and 9 to 10 years. 71.4% in 3 to 4 years and 75% in 7 to 8 years (Table IX).

Discussion

Out of 55 patients treated with *Mahatiktaka Ghritam*, 54.6% had their ulcer healed or under healing stage while 45.4% did not had any effect. *Indukanta Ghritam* was administered to 24 patients and 37.5% had the effect of healing and 62.5% did not shown any response to medicine. This indicates that *Mahatiktaka Ghritam* has a better healing effect than *Indukanta Ghritam* but a firm conclusion is possible only after the completion of sufficient number of studies. However there is significant relief of symptoms to all group of patients studied so far and therefore they agree to be treated at this Unit. Healing effect of *Mahatiktaka Ghritam* are significantly high in the age group to 20 to 30 years as 60.7% of the patients had their ulcer either healed or healing at the time of conclusion of the study. Among the age group of 31 to 40 years 58.8% had responded to healing and 41.2% had no effect of healing. Among 41 to 50 years, healing rate was only 30% compare to the non healing of 70% of cases. This shows that effect of *Mahatiktaka Ghritam* in the age group of 20 to 40 is significant while in 41 to 50 years, it is negligible. In *Indukanta Ghritam* group, healing rate is slightly better in the age group of 20 to 30 years while it is insignificant in the 31 to 50 years age group. Both *Mahatiktaka Ghritam* and

Indukanta Ghritam administered as *Sodhana* combined *Samana* and *Samana* alone and while in *Mahatiktaka Ghritam* the combined healing rate is 65.6% and 34.4% had no healing. But in the other *Ghritam*, the healing effect is 35.3% and the non healing effect is 64.7%. This indicates the significance of *Mahatiktaka Ghritam* as a better healing agent. In the *Samana* group of medication, the healing rate of both *Ghritams* are poor as *Mahatiktaka Ghritam* effected in 39.2% cases while *Indukanta Ghritam* is 42.9% cases. In an interesting observation, there was no difference noted in the healing rate neither with *Mahatiktaka Ghritam* nor *Indukanta Ghritam* after 45 and 60 days trial.

Mahatiktaka Ghritam had significantly responded to heal the ulcer and also to induce healing in less than 2 years chronic *Parinamasula* cases as 73.3% had either healed or healing ulcer at the end of the trial. This is 58.3% in 3 to 4 years chronicity,

57.1% in 5 to 6 years and less than 50% in the other group. While in *Indukanta Ghritam* shown better effect of healing gradually reduced when chronicity of *Parinamasula* increased as the response rate is 75% in 20 to 30 years of age group while it is less than 25% in the other groups. Over all *Mahatiktaka Ghritam* due to its balanced combination of *Tridosha Samaka* drugs could be an effective combination of treating *Parinamasula* due to its better ulcer healing effect than *Indukanta Ghritam*. However sufficient number of cases yet to be studied to confirm the preliminary conclusions arrived with this paper.

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सारांश

इन्दुकान्त घृत और महातिक्तक घृत का परिणाम शूल में प्रभाव

के.वी. देविदास, पी. राधाकृष्णन एवं पी.के. वारियर

प्रस्तुत शोध पत्र में शमन चिकित्सा के साथ शोधन विधि में ४५ से ६० दिनों तक महातिक्तक घृत और इन्दुकान्त घृत का उपयोग तथा सामान्य शमन चिकित्सा सक्रिय परिणामशूल के आतुरों में ७६ दिनों तक प्रयोग करायी गयी। इन्ड्रोस्कोपी द्वारा पुनरावलोकन में ब्रज रोपण दर महातिक्तक घृत में ५४.६% और इन्दुकान्त घृत में ४५.४% पायी गयी।