CHAPTER NO. VII

SUBJECTIVE

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1. SUBJECTIVE ASSESSMENT

Charaka Samhita is predominantly a text on therapeutics. It is pertinent too because Charak represents the school of medicine and his work is the embodiment of doctrines and traditions of therapeutics of this school. The chikitsasthana begins with the chapters on RASAYANA and VAJIKARANA which indicates the priority of prevention and promotion over treatment of disorders. Here we must quote that AMALKI (PHYLLANTHUS EMBLICA) is a very effective Indigenous medicine occupying Immuno - modulatory properties prooved for its IgG (General), IgA (Alimentary canal), IgM (Micro level) mainly responsible for Ageing Factor & intern results into Vyadhi-Kshamatva - Physiological Process.
The British rulers popularised tea among Indians. It’s now an addiction with almost every Indian preferably the poor strata of the Society to consume a cup of tea as his first drink in the morning. The poor fellow is unaware of the hazardous ill-effects of the innocent cup of Tea. The World Health Organization has labelled it as slow-poison as the tanin present in tea affects human liver and kidney slowly but surely.

The recent study made by National Institute of Occupational Health came out with alarming finding to the effect that the unscrupulous businessmen mix Lead, Nickel & Ferrous in tea powder to increase its weight & earn more profit causing health hazards to millions of innocent tea-addicts.

It is also noticed that the percentage of D.D.T., B.H.C. residues again the slow poisons are found in tea powder. The percentage of Lead results in decreasing the Intelligent Quotient of the children.

In order to convert this evil habit of drinking tea every now and then into healthy habit of drinking tea prepared from AMALA is a device used as one of the research methodology.

**Vitamin C - One** of the main ingredients of Chyawanprash is Amla, the richest known natural source of Vitamin C. Not only does it help prevent the common Cold; according to Dr. Linus Pauling trice Nobel Prize winner and best known advocate of Vitamin C therapy, the immune system itself can function properly only if there is enough of this vitamin in our organs and body fluids.

**Fresh amla pulp** more over, most of this vitamin C comes in a conjugated form, to be released directly into your system. Clinical Studies suggest that it best performs its anti-infective & anti-toxic functions in this form; which is able to strengthen your immune system an all-round way.
**AMALAKI**

**Latin Name**: EMBLICA OFFICINALIS/PHYLLANTHUS EMBLICA.

**Parts Used**: Dried fruit, the nut or seed, leaves, roots, bark & flowers. Ripe fruits used, generally fresh.

**Action**: Alterative, Tonic, Aphrodisiac.

**Uses**: Anorexia, Dyspepsia, Hyperacidity, Ulcers: General & Senile debility, Impotence.

Clinical Trial References L Verma et al [1997, 1980] carried a clinical trial on AMALAKI in a large series of patients with doudenal ulcers [27 cases] & non-ulcer dyspepsia [12 cases]. AMALAKI was given in 9 to 13.5 gm. daily dose [in 3 divided doses] for initial two weeks then followed by 6 to 9 gm. daily dose for the rest total duration on of 3 months to the patients of both groups. A significant fall in acid & pepsin secretion was observed. Complete radiological healing was found in most of the patients [78 cases study]. AMALAKI powder produced 66% symptomatic improvement, significant reduction in gastric acidity response and endoscopic healing in 57% cases with doudenal ulcer [Gupta et al 1982]
Rasayana, Chyawanprash & Immune System

Rasayana is the branch of Ayurveda that is concerned with maintaining bodily functions including those of the brain, at the optimum; preventing illness and delaying the debility of ageing.

Chyawanprash is the oldest and most successful formula in Rasayana, and it acts principally by strengthening the immune system.

Our body’s immune system works basically through a network of vessels and nodes through which white blood cells circulate the lymphatic system. Some of these cells, called phagocytes, go into action wherever body tissues are damaged by foreign bodies, such as bacteria. They reach out and simply engulf the alien matter, leaving dead cells we know as pus. Other white cells - a variety of specialised types together called lymphocytes circulate throughout the body looking for intruders, when these are found, the lymphocytes multiply and produce anti-bodies against specific intruders and germs and neutralise them. This is why, though millions of potentially harmful microbes are all around, they can do little or no damage so long as your immune system is in order!
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2. IMMUNO - MODULATORY ASPECT

The Ojovardhaka treatment has to be given by Yukhikrutha or by increasing the acquired immunity in the individual. Therefore proper diet and the regimen should be followed. The particular ahara or food should be given to increase the particular dhatu. Usually the individual will like to have the food which the needs to increase the diminished dhatu.

The treatment advocated should be to increase the bala or resistance or immunity. When bala is increased the ojokshaya will over come and the individual will be in sound health. The Rasayana therapy, is one of the important lines of treatment that may be helpful. Rasayana means Rasa = Nutrition + Ayana = Circulation, which refers nutritionor nourishment at all levels. Rasayana helps in obtaining the optimum qualityof health with best qualities of Dhatu (molecules, cells and tissues in the body) such a state of health imparts bodyresistance against diseases i.e. Vyadhikshamatva or immunity and longavity.
The use of Rasayana helps in rejuvenation of both mental and physical and retards ageing. Rasayana effects on several ways but there is emphasis on its rejuvenative potential and immuno-modulating and adaptogenic effects.

There is nutritional bias in the mode of action of Rasayana remedies. A rasayana recipe either acts itself as specific or non-specific nutrient at the level of Rasa such as Satavari Rasayana or helps in promotion of nutrition by promoting digestion and metabolism at the level of Agni such Pippali Rasayana or helps the overall nutritional status by promoting micro circulation and tissue perfusion acting at the level of srotas such as Guggulu Rasayana. Ordinarily all Rasayana agents may act on all the above mentioned three levels to some extent but different Rasayanas may also have relative specificity in their mode of action.

Apart from this, according to the vability of the diseases ojovardaka dravya or balavrdhaka dravya, which are madhura rasa predominant and are easy for digestion i.e. laghu should be given. Jeevaneeya, balavardhaka, dhatuvardhaka etc. dravya can be tired. Drugs like Ashwagandha, bala shatawari etc. can be administered.
In AIDS the patient loose something essential. The cellular immunity, becomes defenseless against the pathogens and suffers from other clinical manifestation. These clinical manifestations are similar to that which are depicted in the classical Ayurvedic texts in OJOKSHAYA OR BALAKSHAYA patients. By administering the ojovardhaka, balavardhaka, and Rasayana medicaments will promote the process of Dhatu poshana and enrich ojas leading to vita strength and immunity or Vyadhikshamatva i.e. non-specific general immunity. If AIDS are thought over in this way, it may lead to break through for newer views in solving the problems.

If the parents are suffering from immune disease the off springs are expected to suffer from that particular diseases. In such cases if a regimen is planned and administered with Rasayana therapy it may be helpful in preventing the HIV or such other factors by increasing the immunity or Vyadhikshamatva.
A new trend in thinking is taking place asking man to go back to nature; eat raw food and be healthy instead of taking medicines prepared from the same medicinal plants.

Eating an apple a day decreases the harmful blood cholesterol level for better than the intake of Pectin derived from the same apple. Same is the case with an orange, consumption of three fresh orange proven far superior in preventing Liver cancer than the daily intake of 100 mgs. of Vitamin C derived from the same source, which imporve the iron absorption from Farrous Gluconate.

Here, we should attempt the facts that AMALAKI (Phyllanthus Emblica) contains more natural source of Vitamin C rather than orange. So, we deserve the use of AMALAKI in this Clinical - Research.

Hence it is advisable to go far food in natural form instead of processed food because processing of food results in the loss of number of nutritional and medicinal ingredients (i.e. immunoglobins & vitamins) available in the food items, in natural form.

Food items in natural and fresh form provide man with immuno - modulatory action essential for the good health and well-being resulting in the prevention of various diseases due to the availability of Vitamins, Proteins, Carbohydrates, Enzymes etc. in required quantity daily.

An awareness to the effect that traditional medicines known to the Grand - mother and its knowledge transferred from generation to generation is of precious value & not a blind belief. It is also noticed that Anti - Oxidents (i.e. N - Acetyl - L - Cysteine) available in ample quantity in our daily food items, helps us to overcome the modern diseases like Diabetes, Cardiac problems, Arthritis, Allergies, Aging in general and cancer in particular.
Hence one should initiate treatment after having complete knowledge about the nature of the disorder (pathogenesis), locations and etiological factors.

The one (Physician) who initiates treatments, after knowing these three (dosa - dosha - samskar) rationally and according to prescribed procedure, does not get confused in actions.

I found the (Rasayan) qualities of Amalaki and found there is a definite relationship between the factors of Vyadhi-kshamta which take part in disequilibrium of dhatus for the particular disease (i.e. Acquired Immuno-Deficiency Syndrome) and qualities of Amalaki.

In Chapter XXX of Sutrasthana Maharshi CHARKACHARYA says:

The Ojas, which maintains the living beings by its (i.e. Immunoglobulins e.g. IgG, IgM, IgA, IgD, IgE) saturation; without which no life of creatures exists; which is the initial essence of embryo and also the essence of its nourishing material, which enters into the cardiac cycle first, which destroyed leads to destruction, which is the sustainer and located in heart, which is the cream of the nutrient fluid in the body, and where vital factors are
established, is the fruit of them or they produce various types of fruits (effects). Hence they (Vessels i.e. Lymphocytes, CD4 or T4 cells, B - cells etc.) are called as 'mahaphala' (having important fruit or great variety of fruits due to immuno - modulatory action).

In Ayurveda, the measures of life has also been described according to the body constitution; ingredients of Vyadhi - kshamatva; e.g. lymphocytes, CD4 cells or T4 cells, B - lymphocytes more particularly Immunoglobulins.

The object of Ayurveda is to protect health of the healthy and to alleviate disorders in the diseased.

Hence, we used Amalaki in various forms which always stands as Rasa - yan; by hook or crook for alleviation of disorders and to protect health also.

With my little knowledge of Ayurvedic Science in according to Vyadhi - kshamatva and little knowledge of Immunity from Modern Medical Science; I could hypothetically explain the relation between the Immunological Status of Vyadhi kshamatva and the drug Amalaki.
Amalaki after administration in body it may converted to mercaptopurine due to ingredients such as immunopolysaccharide which is responsible for the immunologic specificity of a micro-organism. It may acts by stimulating DNA synthesis and hence supports proliferation of lymphocytes, furtherly strengthen to cell mediated immunity, therefore Amalaki (Phyllanthus Embtica) stands or known as immunomodulator = Rasayan, and proven as immuno therapeutic medicine.

Modern medical science says that Immunity depends upon lymphocytes, CD4 or T4 Cells, B-Lymphocytes or more particularly on Immunoglobulins; which are in physiological status (natural phenomena) may compared as physiological status of Ojaswi or Dhatusar Prakruti. Here, Amalaki being Rasayan i.e. रशयन्; (Immuno- modulatory action) it helps to stimulate the production of lymphocytes and also eternally continuing the longevity of lymphocytes, at the same time. So, I think Amalaki is effective for Vyadhi-Kshamtva i.e. Immunity.
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3. EFFICACY OF AMALAKI BY VIRTUE OF VYADHI-KSHAMATVA

The body, strength, health & life depends upon normality of five Prana & Agni. Hence, in the pathogenesis of all diseases, the vitiated Agni is counted first. I concentrate my research on Metabolism; it’s Immunological Status in according to “धात्वाध्यापी”. I

The current trend in medicine is to step back from viewing the body as an agglomeration of individual organs which can be treated with high tech medicines designed specifically to treat a particular disease or dysfunction.

Implicit in this philosophy is that, we focus on treating people rather than diseases. At the forefront of this effort is maintaining and strengthening the body’s natural immune system i.e. त्वाधिक्षमत्व.

In addition to its ability to stimulate the immune-system, Amalaki - Phyllanthus Emblica has a wide range of nutritional elements that contribute to restoring health.
**Amalaki** contains various **polypeptides** (Which can mention as **immune stimulators**), which helps control a broad spectrum of immune system diseases and disorders. Chemical analysis shows that **Amalaki** contains enzymes, amino-acids, minerals, vitamins specially vitamin 'A and majoritily **Vitamin C**; all of which are vital to general health in body systems and some of which are vital to the formation of certain enzymes.

Many researchers have proposed a possible synergistic relationship between all of the substances contained within **Amalaki**. **Synergistic** means the ability of all chemical and physical components of the plant, working together (प्रभावावलो) to effect a greater benefit than the total sum of each working individually.

**Phyllanthus Emblica** is available throughout in India and is a cheap one. It can at least improve the weight gain and the quality of health regarding Dhatu-Sarata. Hence, use of this drug in supportive management will be useful in many disease management (more properly - digestive oriental) in resource poor settings like ours.

**Phyllanthus Emblica** (Amalaki) an Indigenous medicine has been used effectively as Rasayan (Vitalising or Promotive medicine) Vayastha • mainly responsible for longevity by eliminating the ageing factors. However, the mechanism of action is known as Idiosyncrasy • a qualitatively altered response to a stimulus occurring without obvious reason. Phyllanthus Emblica is well known selective nutritive Indigenous medicine.

Here in this research study, I tried to emphasize or establish immuno modulatory property of **Amalaki** along with mass clinical trials; furtherly which can be varified by Immunoglobulin Levels (i.e. IgG, IgA, IgM - basically proteins) which will be stand as another research work.