SUMMARY
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Each Dravya of Dashemani mentioned by Charakacharya has different pharmaco kinetics and pharmacodynamics, they act through various ways hence on should study the actions of that particular drug through various ways considering this view point medicinal plants have been studied for their pharmacological actions based on Ayurvedic along with modern scientific parameters so this study had planned on "Lekhan Karma of Haridra (Curcuma longa Linn) and Daruharidra (Berberis aristata, D.C) of Lekhaniya Dashemani. The Lekhan Karma was studied on Medodhatu i.e. with special reference to obesity which is one of the major disease of modern era with increasing risk factors like C.H.C. hypertension, various cancers etc.

This research study was mapped out aiming at

• To standardize Haridra and Daruharidra prior to its administration.
• To study / assess the Lekhan Karma (scraping action) of Haaridra in obesity.
• To study / access the Lekhan Karma of Daruharidra in obesity.
• To compare the Lekhan Karma of Haridra and Dariharidra with each other and placebo.
• To find out the adverse effects If any of these two dravyas,

Hence, this work planned to carry out in four parts.

1) Literacy review
2) Pharmacognostical study.
3) Phytognostical study (Standardization)
4) Clinical stydy and its statistical analysis.

1) Literacy Review : It done in 3 parts.
   A) Drug Review : Review regarding Haridra Druharidra was studied from Vedic literature, Brihat and Laghu trai, Nighantus as well as Botanical analytical experimental clinical review from modern sciences.
B) Disease Review:

Detailed review of Medovaha strotas Medodhatu and its dushtilakshanani Nidanpanchak of Shaurlya and its assessment had taken from Ayurvedic as well as Allopathic texts.

C) Update Review:

Review of previous work done by scholars had taken from reknown research journals, research institutes and various websites.

2) Pharmacognostical study:

The raw material for the present study i.e Daruharidra bark and Haridra rhizomes were identified i.e. Curcuma longa as Haridra and Berberis aristata as Daruharidra by expert Taxonomist of Pune University.

Powder studies of these drugs were carried out by treating plant. Powder with chloral hydrate solution, glycerin and water and observed under the microscope. This study was done at I.D.R.L Pune for authenticity and quality of these dravyas.

3) Phytochemical Studies:

Phytochemical analysis for ash value, PH extractive values etc. were carried out by successively extracting these dravyas in different solvents and physical standards were established for purity and quality.

T.L.C. and H.P.T.L.C finger printing for identification and separation of major constituents of these dravyas were done in “anchrom Mumbai” Silica gel TLC plates were developed by the solvent systems where maximum resolution was observed and right values were calculates. Under TLC scanner at 254 mm in HPTLC chamber dual wavelength flying spot scanning densitometry and finger printing of these plates were recorded.

4) Clinical Study:

Clinical Study was carried out in the hospitals which are affiliated to the centre of research. This study was single blind controlled randomized clinical trials
confirmed 138 cases of obesity (Sthaulya) were divided into 3 groups. Patients of Group ‘A’ were administered 2.5 gm B.D. of Haridra and Group ‘B’ patients were treated with 2.5 gm x B.D. Daruharidra for 3 months AND Group ‘C’ was controlled group treated with placebo in same dose. They were assessed for efficacy of these drugs by serum analysis of lipids on 0th and 90th day also assessed by measuring thropometric parameters and body weight before and after treatment. Effect of these two dravyas compared with each other and placebo.

5) Results:

For perfection of results statistical analysis was done ANOVA test was applied for comparison between the groups at the same time.

- Results indicates that Druharidra reduce more weight than Haridra very significantly and Haridra reduces significant body weight than placebo.
- Haridra reduces all lipid levels and increases HDL and HB% significantly than Daruharidra and placebo.
- Daruharidra reduces total cholesterol and LDL than placebo.
- Results after ANOVA comparison indicate that there is sufficient reduction in B.M.I., weight, Skinfold thickness and frequency of occurrence of symptoms by Daruharidra, Haridra and placebo in the increasing order.

Discussion

- Mode of action of Haridra is probably due to decreased hepatic triglycerides synthesis and purifies Rakta dhatu mean anticholesterol than medolekhan.
- Mode of action of Daruharidra is on adipose tissues sue to which it reduces weight and anthropometric parameter significantly than antocholesterol action because of its Kaphkledaghna properties.
- Both dravyas have Lekhan action being dominant in Akash and Vayu Mahabhuta having Kaph Vataghna properties. This is substantiated by significant weight reduction and also have reduced lipid levels significantly Rakta prasadak property of these dravyas is supported by significant increase in HB%.
• Berberin in Daruharidra and Curcumine and Turpen present in Haridra may be responsible for weight reduction and hypolipidemic effect.

Conclusion

• Global analysis of this study is concluded that Daruharidhra has better medolekhan karma than Haridra & Haridra has better Raktdoshak Raktalekhan karma than Daruharidra.