

## ROLE OF TRADITIONALLY PREPARED PHALATRIKADI GUGGULU IN THE MANAGEMENT OF MALABADDHATA W.S.R. TO CONSTIPATION AND SEQUEL OF MALABADDHATA IN THE DEVELOPMENT OF DISEASES IN ACCORDANCE TO PANCHABHAUTIK CHIKITSA

Mane Ravindrakumar

M.D. Rasashastra, SaiShree Ayurved Clinic, 824, Dattasmruti Apartment, Near Ganesh Temple, Peth Bhag, Sangli. Dist. Sangli, Maharashtra 416416, India

Email: [ravindrapmane@gmail.com](mailto:ravindrapmane@gmail.com)

### ABSTRACT

*Malabaddhata* is the most common complaint in wide range of diseases. In order to cure various diseases, *vikrit gati* of *Apana vayu* should be normalized to *Prakrit gati*. *Phalatrikadi Guggulu* is the crucial medicine used in *malabaddhata* developed by *Avarodhjanya Samprapti*. In this clinical study an attempt is made with 104 subjects of *Malabaddhata* and at the same time having complaints or diseases related to *Annavaha strotasa* and *Asthivaha strotasa*. It is been observed that traditional *panchabhautik* medicine preparation method and proper *Aushadhi sevan kala* help to reduce the doses up to 60 mg to 120 mg a day. Out of 104 subjects, 97 were reported of complete cure from *Malabaddhata*. Simultaneously it facilitates other medicines to relieve the complaints and various diseases related to *Annavaha strotasa* and *Asthivaha strotasa*. From statistical data we found significantly greater results of *Phalatrikadi Guggulu* in *Malabaddhata* in *avarodhjanya samprapti*.

**Keywords:** *Panchabhautik Chikitsa; Phalatrikadi Guggulu; Malabaddhata; Constipation*

### INTRODUCTION

A healthy body is outcome of regular bowel habit. As the *Apana Vayu* is chief among all *Vayu*, the *Prakrit Gati* of *Apana Vayu* make possible *gati* of all other *Vayu*'s at ease & ultimately results in good *agnisandhukshana*. *Shustruta Acharya* has explained in *Sutrasthana (Su.Su.35/33)* regarding important role of *Apana Vayu* in *Agnisandhukshana*.<sup>1</sup> *Yakruta* also plays important role in digestion and *Vatanulomana*. *Yakruta* secretes *Malapitta*, which has *Ushna*, *Tikshna* and *Sara Guna* & it carry out *Saar Kitta Vibhajana*. Now a day's changes in lifestyle & food are the fore-

most *Pradnyaparadha*'s. It directly affects digestive system and bowel habit which leads to various diseased conditions. Firstly it affects *annavaha strotasa*. The food habits and lifestyle decides what kind of diseases, *Strotas Dushti* or *Dhatu Dushti* a person is going to suffer from. These types of diseases are mostly *Avarodhjanya* or *Aamajanya* in nature. If *Annavaha strotasa* is affected, persons will have complaints regarding same. The condition *Malabaddhata* develops in *Pakvashaya* i.e. *Apanakaksha* referred as *Purishdhara kala*. As we know the *sutra*

“*Purishdhara kala sa eva Ashthidhara kala*”, so *Malabaddhata* ultimately affects *Asthidhara kala* and also shows complaints related to its *strotasa* or *dhatu*. If we cure the *malabaddhata* its easy to manage complaints related to these *strotasas*, *Annavaha strotasa* and *Asthivaha strotasa*.

*Phalatrikadi Guggulu* is a key drug used in *Panchabhautik Chikitsa*, to manage *avarodhjanya* diseases. It directly acts on *Yakruta* and helps in regularizing bowel habit and *agnisandhukshana* process. It helps to relieve illness. So in this study it has been decided to include the subjects having complaint of *Malabaddhata* and at the same time having complaints or diseases related to *Annavaha strotasa* and *Asthivaha strotasa*.

#### AIM AND OBJECTIVES:

1. To see the efficacy of *Phalatrikadi Guggulu* to cure the complaint of *Malabaddhata*.
2. To see the action of traditionally prepared *Phalatrikadi Guggulu* given in low dose.
3. To explain the role of *Phalatrikadi Guggulu* in reducing the complaints and diseases related to *Annavaha strotasa* and *Asthivaha strotasa* having *Avarodhjanya samprapti*.

#### MATERIALS AND METHODS:

##### Enrolment of the subject:

This study is been done in Saishree Ayurved Clinic at Sangli, Maharashtra, India. The subjects who fulfilled the criteria for the selection were selected.

##### Inclusive criteria:

1. Male and female subjects having age of at least 18 years.
2. Subjects fulfilling following criteria.
  - *Malabaddhata* developed by *Avarodhjanya samprapti*
  - Complaints related to *Annavaha strotasa*
  - Complaints related to *Asthivaha strotasa*

##### Exclusive Criteria:

1. Subjects having *malabaddhata* but complaints are related to other *strotasa*.
2. Age below 18 years except *Kamala*.
3. *Malabaddhata* developed by *samprapti* related to *Tej* or *Vayu mahabhoota* i.e. *Kshayajanya samprapti*.

##### STUDY DRUG:

In this clinical study we have given *Phalatrikadi Guggulu* prepared by traditional method. One dose of *Phalatrikadi Guggulu* is composed of *Haritaki*, *Bibhitaki*, *Amalaki*, *Guduchi*, *Kirattikta*, *Nimba*, *Katuki*, *Vasaptra* and *Guggulu*.

**Table 1:** Contents and proportion for approximately 1 kg preparation of *Phalatrikadi Guggulu*.

SN	Dravya	Churna	Yavakut Churna For Decoction	Yavakutchurna For Decoction of Guggulu Purification
1	<i>Haritaki</i>	100 gm	50 gm	110 gm
2	<i>Bibhitaki</i>	100 gm	50 gm	110 gm
3	<i>Aamalaki</i>	100 gm	50 gm	110 gm
4	<i>Guduchi</i>	25 gm	12.5 gm	
5	<i>Katuki</i>	100 gm	50 gm	
6	<i>Nimbatwaka</i>	100 gm	50 gm	
7	<i>Kirattikta</i>	100 gm	50 gm	
8	<i>Vaasapatram</i>	25 gm	12.5 gm	
9	<i>Shuddha Guggulu</i>	325 gm		

#### DRUG PREPARATION:<sup>2,3</sup>

The raw drugs required for preparing *Phalatrikadi Guggulu* were identified and purchased from authentic local market on the basis of *dravyaguna* drug selection criteria (Table no. 1). The impurities were removed and whole raw material sundried for five days.

After that, seeds from *Haritaki*, *Bibhitaki* and *Aamalaki* were removed manually and *yavakutchurna* was prepared with the help of *khalvayantra*. The *yavakut churna* required for *Guggulu* purification was weighted and kept aside. Dead skin from *Guduchi* & *Nimba* was removed. Then again usable parts were

sundried on a cotton cloth for two days. After two days fine *churna* of all contents were prepared with the help of traditional stone grinder manually. In the evening, for *guggulu* purification *yavakutchurna* of *triphal* was taken in a pot and water was added up to four *angul* above the surface of *yavakutchurna* and kept it overnight. It helps to soak water by *dravya* and it separates each particle of *Pruthvi mahabhoota* (*Mahabhoota Vilinikaran Siddhanta*). Next morning, whole water was filtered with muslin cotton cloth from mixture in another pot and required amount of water for decoction (i.e. eight times of the weight of *guggulu*) was added in it. Then half of that water was added in soaked *triphal yavakutchurna*. Water level was marked on the pot. Then remaining water was added. Pot was placed on the gas burner and allowed it for heating. After *swangasheeta* of decoction, it was filtered in another pot and weighted impure *guggulu* was mixed in it. This mixture was kept in pot till next day to allow *guggulu* to dissolve properly in the decoction. On the next day, decoction of *yavkut churna* of all contents was prepared as prepared for *Guggulu* purification. After it, mixture of *Guggulu* and *Triphala* decoction was heated and filtered in firstly prepared decoction and again allowed this mixture to heat till the mixture become semisolid. After that homogeneous mixture of all contents fine *churna* was added slowly in it. Whole mixture was mixed properly till it become homogeneous. After that small '*chakrika*' of mixture was prepared and then allowed it to sundry for one month on a clean cotton cloth. After one month, totally dried *Phalatrikadi Guggulu* was stored in airtight container. As per requirement, then *churna* was prepared out of *chakrika* with the help of traditional stone grinder and used for the subjects in our Saishree Ayurved clinic.

### STUDY DESIGN:

In this clinical study total 104 subjects were undertaken. Powder form of *Phalatrikadi Guggulu* was given to the Subjects at 6 am i.e. *Anannakala* (OD) or 6 am & 6 pm (BD) with warm water. *Phalatrikadi Guggulu* was continued till the complaint of *Malabaddhata* gets relieved and subject report regarding regular stool passing i.e. bowel habit. Follow up after every week of each subject was taken by asking questions related to *Malapravrutti* or bowel habit.

### OBSEVATIONS AND RESULTS:

In this study 104 subjects were studied and completed successfully. OD dose of 60 mg of *Phalatrikadi Guggulu* was given at 6 am to 77 subjects. And BD dose of 60 mg each of *Phalatrikadi Guggulu* was given at 6 a.m. & 6 p.m. to 27 subjects (Table no. 2). To get the status of *Malapravrutti* some leading questions were asked to subjects to rule out the depth of *samprapti* behind it, to set the proper dose and time i.e. *aushadhi sevan kaala* of *Phalatrikadi Guggulu*. The questions were, is the bowel habit regular? Is stool sticky or hard in nature? (Consistency of stool) Is the bowel habit is in the morning or any other time in the day? How many times you go to latrine? From how many days *malabaddhata* persisting? How much is the quantity of the stool?

All 104 subjects had complaint of *malabaddhata* but also had complaints related to *Annavah strotasa* & *Asthivaha strotasa*. Among 104 Subjects, 77 i.e. 74.04% subjects had complaints related to *Annavaha strotasa* & 27 i.e. 25.96% subjects had complaints related to *Asthivaha strotasa*. (Table no. 3)

All subjects had age more than 18 years except one subject. Among 104 subjects, 50 were females and 54 were males (Table No.4). Weekly follow up was taken till complaint gets relieved. All subjects had taken medicines till their complaints or diseases get cured, but *malabaddhata* complaint was not seen again. Among 104 subjects, only 7 subjects didn't get relief from complaint of *Malabaddhata*. (Table No. 5)

**Table 2:** Dose of *Phalatrikadi Guggulu*.

SN	<i>Aushadhi Sevan Kaala</i>	Quantity	No. of Pts.	%
1	OD i.e. 6 am	60 mg	77	74.04
2	BD i.e. 6 am and 6 pm	60 mg and 60mg	27	25.96

**Table 3:** Distribution according to *Strotasa*

SN	<i>Strotasa</i>	No. of Pts.	%
1	<i>Annavaha Strotasa</i>	77	74.04
2	<i>Asthivaha Strotasa</i>	27	25.96

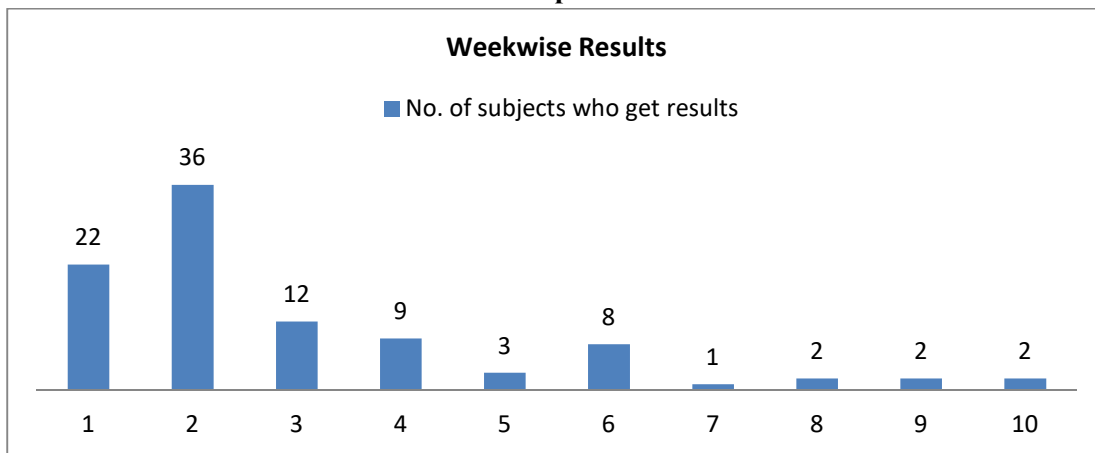
**Table 4:** Distribution of subjects according to age & gender

SN	Parameters	Below 18	18 - 25	26 - 35	36 - 45	46 - 55	56 +	Female	Male
1	No. of subjects	1	10	13	19	29	32	50	54
2	%	0.96	9.62	12.5	18.27	27.88	30.77	48.08	51.92

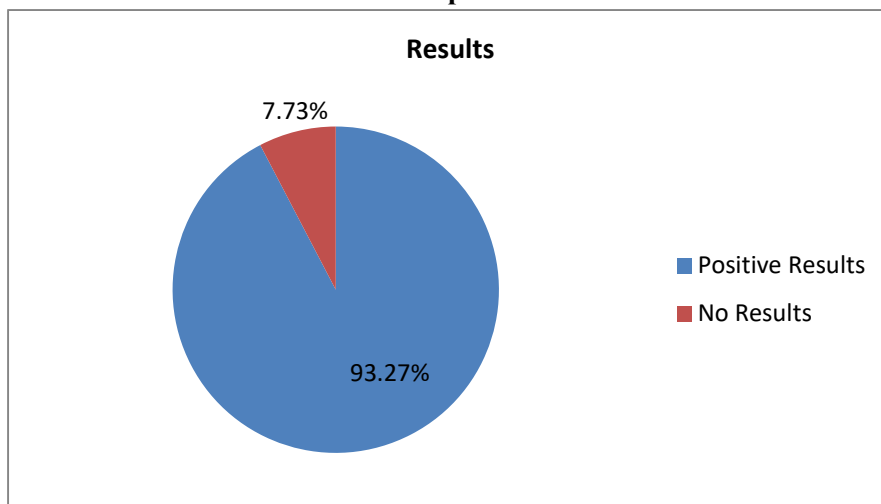
**Table 5:** Weekly follow up and results.

SN	Parameters	Numbers									
		1	2	3	4	5	6	7	8	9	10
1	No. weeks	1	2	3	4	5	6	7	8	9	10
2	No. of Sts. Who get results	22	36	12	9	3	8	1	2	2	2
		97									
3	% of Sts. Who get results	21.15	34.62	11.54	8.66	2.89	7.69	0.96	1.92	1.92	1.92
		Total % - 93.27									
4	No. of Sts. Who not get results	7									
5	% of Sts. Who not get results	Total % - 6.73									

**Graph 1**



**Graph 2**



**STASTICAL ANALYSIS:**

Our objective is to show more than 50% of the subjects get positive results. Therefore we setup null hypothesis as  $H_0: P=0.5$  against alternative hypothesis  $H_1: P>0.5$ . To test this hypothesis we use normal test statistic Z. Using the information based on the sample

size 104 we get the value of Z as  $Z = 8.78$  which is greater than 2.58 (standard normal table value at 5% level of significance). This implies  $H_0$  is rejected at 5% level of significance. It shows proportion of subjects getting the result is significantly greater than 50% (Table no. 6).

**Table 6:** Statistical analysis

Sample Proportion (p)	Population Proportion ( $P_0$ )	Total Samples (n)	Z
0.93	0.5	104	8.78

**DISCUSSION**

*Yakruta* has important role in digestion and *malapravrutti* i.e. regular bowel habit. *Pitta* has *panchabhautik* properties and it has five types *Pachaka*, *Ranjaka*, *Sadhaka*, *Aalochaka* and *Bhrajaka*. *Yakruta* secretes *pachak pitta* in *grahani*. This *pachak pitta* has mainly properties of *Pruthvi*, *Aap* and *Tej mahabhoota*. Working area of *Samana vayu* starts from *Grahani*. *Drava guna* is more in quantity in the mixture of first stage of digestion process in *Amashaya*. To neutralize this mixture of *Drava guna*, *Pachak pitta* should be *Ushna* and *Tikshna* in property. After mixing of *Pitta* in the mixture came from *Aamashaya* digestion process gets started with the help of these properties of *Pitta* and *Gati* of *Samana vayu* plays important role in the bowel movement. After division of *saar* and *kitta* i.e. useful part and waste part from the mixture, waste part is

thrown out by *Apana vayu* after completion of total digestion. This shows that, proper digestion of food and healthy body is depending on good *Agnisamrthya* i.e. digestion process. This *Agni* has qualities of *Tej mahabhoota* which are *Ushnatwa*, *Tikshnatwa*, *Dahakatwa*. Food has qualities of *Pruthvi Aap mahabhoota*. In healthy body and proper digestion process, properties of *Pruthi* and *Aap mahabhoota* from food help to provide nutrition to our body. To maintain proper nutrition of our body we can say that, proper consumption of food is important. And if we see from other side, excessive consumption of food is the main cause of different types of diseases. When we consume excessive food, properties of *Tej mahabhoota* cannot digest the properties of *Pruthvi* and *Aap mahabhoota* properly in proper time. It will take more time to digest it. But due to *Pradnyaparadha*, if we do not give time to digest the

food, it will not digest properly and *Aama* formation takes place. And this is the phase where formation of various diseases is initiated. *Samyavastha* of *Sthool Mala* i.e. *Purisha* which is referred as stool gets disturbed and *strotorodha* state is initiated. This *strotorodha* increases gradually and it affects the secretion of *pitta* from *yakruta* and *Agni* gets disturbed. And after this, complaints and diseases of *Annavaha Strotasa* get happening. *Saar bhaga* means useful part from the digestion also becomes incompletely digested. This part has less qualities of *Tej mahabhoota* to form proper *Rasadhatu*. All *Dhatwagni's* are depending on the main *koshthastha Agni*. If this *Aamayukta*

or incompletely digested *Rasadhatu* reaches to the other *dhatwagni's*, they cannot digest it properly. And *Asthi dhatwagni* also gets disturbed and *Asthi dhatu* become *aamjanya*. And after that complaints and diseases related to *asthivaha strotasa* get started.

We can explain another part of *samprapti* of *Asthivaha strotas dushti* related to *Malabaddhata*. The condition *Malabaddhata* develops in *Pakvashaya* i.e. *Apanakaksha* referred as *Purishdhara kala*. As we know the *sutra* “*Purishdhara kala sa eva Asthidhara kala*”, so *Malabaddhata* ultimately affects *Asthidhara kala* and also shows complaints related to *Asthivaha strotasa* or *dhatu*.

**Table 7:** Qualities of *Phalatrikadi Guggulu*

SN	<i>Dravya</i>	<i>Rasa</i>	<i>Mahabhoota</i>	<i>Samanya Guna</i>
1	<i>Triphala</i>	<i>Pancharasa</i>	-	<i>Deepana, Ruchya</i>
2	<i>Guduchi</i>	<i>Katu Tikta Kashaya</i>	<i>Agni Vayu Aakasha Vayu Pruthvi Vayu</i>	<i>Sangrahi, Ushna, Laghu, Deepana</i>
3	<i>Katuki</i>	<i>Katu Tikta</i>	<i>Agni Vayu Aakasha Vayu</i>	<i>Ruksha, Laghu, Deepana, Dahanashaka</i>
4	<i>Nimbatwaka</i>	<i>Tukta Kashaya</i>	<i>Aakasha Vayu Pruthvi Vayu</i>	<i>Sheeta, Laghu, Grahi</i>
5	<i>Kirattikta</i>	<i>Tikta</i>	<i>Aakasha Vayu</i>	<i>Ruksha, Sheeta, Laghu</i>
6	<i>Vaasapatram</i>	<i>Tikta Kashaya</i>	<i>Aakasha Vayu Pruthvi Vayu</i>	<i>Laghu, Sheeta, Kapha Pitta nashaka</i>
7	<i>Shuddha Guggulu</i>	<i>Katu Tikta Kashaya</i>	<i>Agni Vayu Aakasha Vayu Pruthvi Vayu</i>	<i>Ushna, Tikshna, Sukshma, Sara, Ruksha, Picchila</i>

In *Phalatrikadi Guggulu*, *Katuki* is the chief content. Its *Bhedana Karma* facilitates to secrete *pitta* from *yakruta*. *Guduchi*, *Nimbatwak*, *Vaasapatram* are from *Guduchyadi varga*, they have *Sthir guna* and they reduce *avarodha*. *Triphala* and *Kiratatikta* are from *Haritakyadi Varga* helps to remove excessive *dosha's*. *Triphala*, *Guduchi* and *Guggulu* have *Rasayana* property. *Guggulu* has *Ushna*, *Tikshna* and *Sara* properties which helps to reduce the properties of *Pruthvi Aapa Mahabhoota*. Overall, *Phalatrikadi guggulu* has properties of *Vayu Akasha mahabhoota* and it plays important role to reduce & digest the properties of *Pruthivi Aap mahabhoota* i.e. *Aama*. It also increases the qualities of *Tej mahabhoota* which helps for

*Agnisandhukshana* and *Vatanulomana* which helps for proper *Malapravrutti* i.e. regular bowel habit. (Table no.7)<sup>4,5</sup>

We have given *Phalatrikadi guggulu* in OD or BD dose, depending on *Avarodha & Kaala* of *smaprapti*. According to *Aushadhi Sevan Kaala*, 6 am and 6 pm are the *sandhi kaala's* of *Vaata* and *Kapha*. According to *Vagbhata*,<sup>6</sup> if there is *kapha prakopa* or *avarodhjanya samprapri* medicine should be given at *Abhaktakala* i.e. 6 am to digest or reduce excessive properties of *Kapha* i.e. *Pruthvi Aapa Mahabhoota* i.e. *Aama*. Before 6 am, properties of *Vaata* are more and after 6 am properties of *Kapha* are more. As explained earlier in *Avarodhjanya Samprapti*, Properties of

*Kapha* i.e. *Pruthvi Aap mahabhoota* get disturbed. Body is in harmony with nature & it is most important *siddhanta* in *Ayurveda*. As sun rises, *Agnisandhukshana* process in our digestive system gets started. At this time *Amashaya* is also empty. *Yakruta* secretes *pitta* which has properties of *Agni* i.e. *Tej Mahabhoota*. As mentioned earlier, *Yakruta* has important role in *Agnisandhukshana*. Medicine we have given on this *anannakala* acts directly on *Yakruta*, *Vaata*, *Aama* and it works efficiently without any interactions with food and that's why *Samprapti bhedana* takes place earlier.<sup>7</sup>

Here OD dose was given to 77 subjects because in those subjects *samprapti* was not so deep and BD dose was given to 27 subjects because in those subjects *samprapti* was deep *shakhagata* and complaint of *malabaddhata* was developed from long time i.e. chronic (Table no. 2). By the age, number of subjects was increased. From this we can say that, due to life-style changes and improper *aahara*, *vihara*, *avarodhjanya samprapti* was developed slowly (Table no. 4). In first two weeks approx. 50% subjects got relief which shows in those subjects *samprapti* was not so deep and *dosha's* were in *koshtha*. As number of weeks increased to reduce the complaint of *malabaddhata*, in those subjects *samprapti* was deeper and *dosha's* were deep in *shakha*. (Table no. 5 and graph 1). 7 patients did not get results may be due to chronic disease or lack of awareness about *Ayurveda* or improper medicine consumption or not following *pathya's* etc.

## CONCLUSION

This study shows *Phalatrikadi Guggulu* has unsurpassed results in *Malabaddhata* in *avarodhjanya samprapti*. Traditional preparation method and proper *Aushadhi sevana kala* help to decrease the dose of medicine. *Phalatrikadi guggulu* gives support to other medicines to reduce the complaints and diseases related to *Annavaha strotasa* and *Asthivaha strotasa*. Like this *Phalatrikadi* can help to other medicines to reduce the complaints and diseases related to other *strotasa's* having *Avarodhjanya samprapti*. We can say that, by

working on *Yakruta* we can give results infinitely and in low dose as mentioned in *Panchabhautik Chikitsa*.

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