

A Clinical Study on the Effect of Dhatkyadi Kwatha in the Management of Balatisara W.S.R. Diarrhea

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ABSTRACT

Diarrhea is one of the chief causes of Children mortality in most tropical and sub-tropical countries. Anti-diarrheal drugs available in market have more or less tarnishing effect on normal intestinal flora whose loss itself induces the diarrhea.

According to *Yogratnakar (balrog chikitsa, sloka-4)*, *Dhatakyadikwath* is a known drug which is useful in *Atisara*. 30 patients of *Atisara* were selected for the study and provide with drug and followed up with clinics for the purpose of effect of *Dhatakyadikwath* on 4th and 7th day from 30 patients.

It suggested reduced in frequency and quantity of diarrhoea, with highly significant results in relieving the symptoms and associated symptoms of Balatisara

Hence, *Dhatakyadikwath* seems to be effective in Balatisara W.S.R. Diarrhoea.

KEYWORDS: *Dhatakyadikawath, Balatisara*

INTRODUCTION

स्वस्थ स्वास्थ्य रक्षणम् | आतुरस्य ऽकार प्रशमनमच || च.सु. ३०/२६ १

Purpose of *Ayurveda* is maintain health of healthy person & cure the disease.

At the age of 1 to 5 year child in *ksheerannad & annad avastha*, in this age child start eat top feed so at that time due to improper *annaprashana vidhi*, child is having indication & produce so many disease i.e one which is *Bala-Atisara*.

India is counted of the faster developing country the industrial development leader to unhygienic environment, water pollution, air pollution, sound pollution etc. this unhygienic environment along with low economical condition in community are some reason causing any health problem like *Bal-Atisara*.

"गुदेन बहुद्रुमल सरणं ततसारम् | मा.तन मधुकोष टिका ३/४ सरत्यततप्रीसारं तमाहुः। मा.तन. ३/४ २

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Alteration in consistency or frequency of stool result in a net loss of fluid & electrolytes from the body. It term as *Atisara*. *Atisara* is one of commonest disease come across in paediatric practice when it occurs in children, it is a cause of concern for the parents as the as the child will have sunken eyes, flabby skin & look severely ill & weak, even if Diarrhoea occur for day or two. The parents would want the Doctor immediately to stop it with in short duration as there may leads to severe complication in children, if not treated as earlier. In some tribal places of India parents are unaware of this *Atisara* disease & its treatment & their negligence result in severe dehydration which finally result in death of child, in India so many death due to *Atisara* are noted today also. In *Ayurvedic samhita* many drugs are advised for *Bal-Atisara* management. According to *Dosha, Avastha, Agni & Bala* of patient which are not only treat the disease but also maintain immunity of child, hence *Dhatakyadikwath* has been selected

In present study Dhtakyadaikawath³ By considering the severity of the problem, line of treatment for *Atisara* is the administration of *Stambhana* or *Grahi* drugs along with *Santarpana* procedure. Though many herbal and herbomineral combinations which are having *Grahi* and *Stambhana* properties in curing the condition *Atisara* are available in all the texts of *Ayurveda*, *Dhatkyadi kwatha*⁴ is one among them and left over from long time. According to *Yogratnakara*, mainly four drugs are there in *Dhatkyadi kwatha* that is *Manjistha*, *Dhataki*, *Lodhra*, and *Sariva*⁴. *Dhataki*⁵ has *Kaphpitta samak guna* and it work as *madahar*, *Trusna Samak*, *Atisarahar* and *Krimighna*. *Manjistha*⁵ has *Kaphpitta samak guna* and it work in *Raktatisara*, *Kusta*, and *Visarpa*. *Lodhra*⁵ has *Kaphpitta samak guna* and it works in *Raktapitta*, *Pravahika*, and *Jwara*. *Sariva*⁵ is *Tridosahara* and it works as *Atisarahhara*, *Amahara*, *sangrahi*, *trushna*, *Aruchi*. For the preparation of *Dhatkyadi kwatha* all these drugs are used in same amount in *Churna* form and *Kwatha* will be made out of it. *Kwatha* will be given with equal amount of honey in syrup form.

By looking at the *Rasa*, *Guna*, *Veerya*, *Vipaka* of the *Dhatkyadi Kwatha*, it will be very effective in combating the signs and symptoms associated with *Balatisasra*. Therefore, the present research work entitled “A CLINICAL STUDY ON THE EFFECT OF DHATKYADI KWATHA IN THE MANAGEMENT OF BALATISARA W.S.R. DIARRHEA” is planned to evaluate the relative merit of the oral administration of *Dhatkyadi kwatha*.

Discussion are made on the observation & result elaborately based on the observations made during the study, conclusion is drawn & list of whole work summarized in summary.

MATERIALS AND METHODS

Source of data

The subjective and objective parameters will be Assessed for the presence of *Balatisara* among the patients who will attend K.B. OPD and IPD's

Study design

A single blind Clinical Trials

A. INCLUSIVE CRITERIA.

1. Mild to moderate diarrhea.
2. Patients of either sex will be taken for study.
3. Patients of above 3year below 15 year of age.

B. EXCLUSIVE CRITERIA.

1. Patients suffering from *Atisara* with *chardi* and moderate to severe dehydration will be excluded.
2. Children suffering from *Pravahika* and *Visuchika* will be excluded.

3. Patient suffering from Dysentery.
4. Children suffering from any chronic disease, associated with congenital anomalies.
5. Diarrhea associated with immune-deficiency disorder and inborn errors of metabolism.
6. Patients suffering with diarrhea due to recent use of antibiotics.
7. Patients of below 3 year of age and above 15 year of age.

C. Treatment Schedule:

- Medicine – *Dhatkyadi kwatha* with *madhu*
- Dosage –The dose will be According to Young's rule
- Duration – 7 days. Three times a day before food
- FOLLOW UP- 1ST Day, 4th Day, 7th day
- 30 numbers of cases will be selected for the study of either sex.

ASSESSMENT CRITERIA:

Assessment will made by observing the improvements in the clinical features based on the Performa gradation chart before and after the treatment.

FALLOW UP AND VISITS (TABLE NO-1)

➤ Assessment done on following features:-

1. How many Stool passed per day(*Atisara*)
2. *Trishna*
3. Color of stool.
4. Consistency of stool.
5. Associated other symptoms of *Atisara*.

RESULT

OVERALL IMPROVEMENT OF CHILDREN IN STUDY GROUP (TABLE 2 & 3)

In overall improvement on the clinical featur in the study group showed maximum benefits in the main features like *vegas* of stool par day(84.49%), *Trishna* (100%), Color of stool(100%), Consistency of stool(98.38%), Associated symptoms(100%), that is suggested that *Dhatakyadi Kwath* is significant in *Balatisara*.

DISSUSSION

DISSUSSION ON DRUGS:-

In Modern, Anti-diarrheal drugs available in market have more or less harmful effect on normal intestinal flora or this drug itself induces the diarrhea. *Charaka* has mentioned about medicines for children should be *Madhura* (sweet), *Mridu* (soft), *Laghu* (easy to digest), *Surabhi sampurna* (pleasant), *Sheetal* (cold) & *Sanshamaka* (soothing).

Hence, with a view to find out some suitable drug this can alternatively be used in diarrhea.

So, *Dhatkyadikwath* has been selected for present study. This is described in Yogratanakara balachikitsha adhyay. It act on *Atisara due to their Deepana* (Appetizer), *Pachana* (Digestive) and *Grahi* (Absorber) propertie.

PROPERTY OF MADHU (HONEY) (in present study, Honey is taken as *Anupana*.)

Madhu has *Madhur rasa & kashaya anurasa with ruksha & shita guna* due to all this property *madhu* help in cessation of *Atisara*. (.....*swas-kas-Atisarjit-A.H*)

Pharmacological action of Honey:- Act as instant energizer, speeds up healing, antioxidant, antibacterial, Antidiarrheal

MODE OF ACTION OF DRUG (TABLE 4)

DISCUSSION ON RESULT

Discussion on *vega* (stool pass per day)

Out of 30 children it shows that compare to on visit of 1st day mean score was 10.53 and after administration of *Dhatkyadi kwath* significant reduction was noted in *malapravruti* par day. on 4th day mean score was 5.17 and on 7th day it was 1.63 that suggested gradually reduction of *vegas* of stool par day, in study we can show that changes of *vegas* in percentage after administration of drug was 84.49%, according to comparison inn between two visits i.e. on 4th and 7th it suggested that reduction of *vegas* are 68.39% and comparison between 1st and 4th day reduction of *vegas* are 50.95% and $p < 0.001$ highly significant improvement in the symptom of *vegas* after treatment.

Discussion on *Trishna*

Out of 30 children it shows that compare to 1st day visit mean score was 2.60 for *Trishna* where on 4th day it was 1.07 and on 7th day it was 0.00 that suggested gradually reduction in symptoms of *trishna*, in study we can show that changes of *Trishna* in percentage after administration of drug was 100%, according to comparison in between two visits i.e. on 4th and 7th it suggested that reduction of *Trishna* is 100% and comparison between 1st and 4th day reduction of *Trishna* are 58.97% and $p < 0.001$ highly significant improvement in the symptom of *Trishna* after treatment.

Discussion on color of stool

Out of 30 children it shows that compare to 1st day visit mean score was 1.37 for color of stool where on 4th day it was 0.60 and on 7th day it was 0.00 that suggested gradually reduction in symptoms of color of stool, in study we can show that changes of color of stool in percentage after administration of drug was 100%, according to comparison in between two visits

i.e. on 4th and 7th it suggested that reduction of color of stool is 100% and comparison between 1st and 4th day reduction of color of stool are 56.10% and $p < 0.001$ highly significant improvement in the symptom of colour of stool after treatment

Discussion on consistency of stool

Out of 30 children it shows that compare to on 1st day visit mean score was 2.03 for consistency of stool where on 4th day it was 1.03 and on 7th day it was 0.03 that suggested gradually improvement in consistency of stool, in study we can show that changes of consistency of stool in percentage after administration of drug was 98.36%, according to comparison in between two visits i.e. on 4th and 7th it suggested that reduction of consistency of stool is 96.67% and comparison between 1st and 4th day reduction of color of stool are 49.18% and $p < 0.001$ highly significant improvement in the symptom of consistency of stool after treatment.

Discussion on Associated symptoms of *Atisara*

Out of 30 children it shows that compare to on 1st day visit mean score was 1.97 for Associated symptoms where on 4th day it was 1.07 and on 7th day it was 0.00 that suggested gradually improvement in Associated symptoms, in study we can show that changes of associated symptoms in percentage after administration of drug was 100%, according to comparison in between two visits i.e. on 4th and 7th it suggested that reduction of consistency of stool is 100% and comparison between 1st and 4th day reduction of color of stool are 45.76% and $p < 0.001$ highly significant improvement in the symptom of Associated symptoms of *Atisara* after treatment.

CONCLUSION

- *Dhatkyadi kwath* has shown effect in reducing the mla *atiparvruti*, *trishna*,cosistancy of stool, change in the colour of stool with reduced in associated complain along with balatisara like *udarsula* etc.
- *Dhatkyadi Kwath* has shown more effect in reducing the *Trishna* and consistency of stool.
- *Dhatkyadi kwath* can act as peripherally acting *Trishnahara*.
- During study there were no ADR noted.

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TABLES

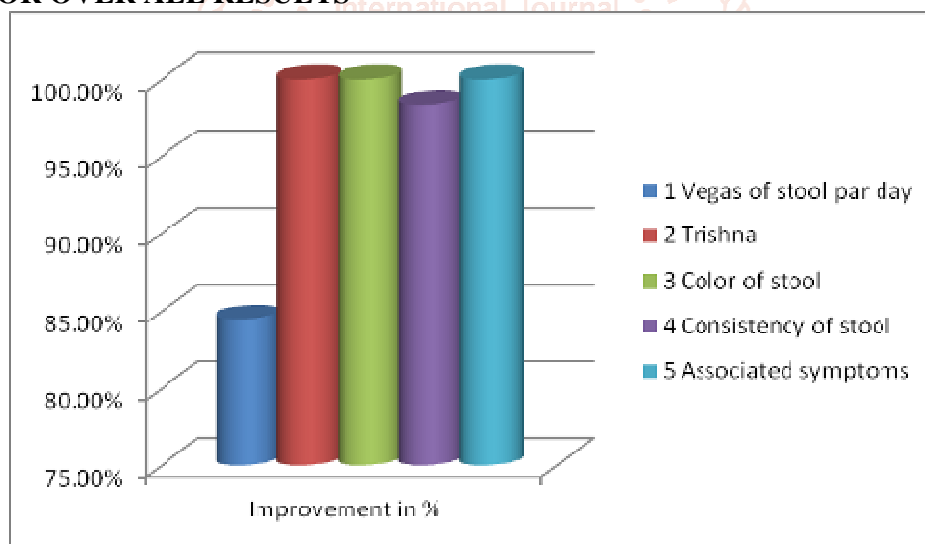
1. FALLOW UP AND VISITS

VISIT	DAY	ASSESSMENT
FIRST	1 st	Base line data collection, History taking, Examination and initial assessment according to assessment criteria. Collection of stool for lab. Investigation.
SECOND	4 th	Assessment according to assessment criteria.
THIRD	7 th	Assessment according to assessment criteria

2. OVERALL IMPROVEMENT OF CHILDREN IN THE STUDY GROUP

Sl. No.	Criteria's	Improvement in %
1.	<i>Vegas of stool par day</i>	84.49%
2.	<i>Trishna</i>	100%
3.	Color of stool	100%
4.	Consistency of stool	98.38%
5.	Associated symptoms	100%

3. CHART FOR OVER ALL RESULTS



4. MODE OF ACTION OF DRUG (*Dhatkyadi kwath*)

Dhataki	Manjistha	Lodhra	sariva
Trushna Atisara Pittatisara Visha Krimi	Svarya Krimghna Kaphapittasamak Stambhan	Trushnahara Arochakahara Jvarahara Atisarahara Shothahara	Kustahara Kanduhara Jvarahar Atisarahara Agnisada Amahara
Antimicrobial Hepatoprotective Antioxidant Immunomodulatory	Anti-inflammatory Urolithiasis immunomodulatory	Antidiarrhoel, Antimicrobial, Antiviral, Antiparasitic, Antiallergic, Anti spasmodic, Antioxidant,	Diarrhea, Dysentry, Antioxidant, Antimicrobial Antiviral