

 <p>ISSN NO. 2320-5407</p>	<p>Journal Homepage: -www.journalijar.com</p> <h2>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</h2> <p>Article DOI:10.21474/IJAR01/ 9330 DOI URL: http://dx.doi.org/10.21474/IJAR01/9330</p>	 <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR) ISSN 2320-5407 Journal Homepage: http://www.journalijar.com Journal DOI:10.21474/IJAR01</p>
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RESEARCH ARTICLE

EFFICACY OF GOGHRITA IN THE MANAGEMENT OF KARSHYA- AN OPEN LABELLED CONTROLLED CLINICAL TRIAL.

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Manuscript Info

Manuscript History
Received: 03 May 2019
Final Accepted: 05 June 2019
Published: July 2019

Key words:-
Karshya, Go ghrita , Snigdha guna.

Abstract

Karshya is major illness in today's era. In Ayurved *Karshya* is described as a symptom of other diseases as well as separate disease. It may be said that "*Krishna* is condition in which the person becomes thin and lean. *Shushka Sphik; Greeva; Udara; Bahu, Dhamani Jala Santata, Tvagasthishesho, Alpa Prana, Sthoola Parva, Kshut; Pipasa Asahshnuta, Ushna; Sheeta Asahashnuta* and *Vyayam Asahashnuta* are the main *Lakshnas Of Karshya*. In *Karshya* mainly *Vata Dosha* is vitiated by its *Ruksha Guna*.

Goghrita is *Snigdha Dravya* which enhances *Agni* (Digestive power). Due to its *Snigdhatva* pacification of *Vata Dosha* occurs.

In present study 60 patients of *Karshya* divided in to two groups. In Group A (n=30) *goghrita* is administered 10 ml twice a day with *Anupan* lukewarm water and in Group B patients were given placebo for 42 days. *Lakshanas* of *Karshya* are observed before treatment and after treatment.

Results were analysed by using statistical paired and unpaired "t" test. Significant results were found in Group A on symptoms of *Karshya* such as *Rukshata, Alpa prana , Vyayama Asahashnuta*.

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Introduction:-

Karshya is mentioned as *Apatarpanjanya* disease in Ayurveda. Person becomes lean and thin in this disease due to *Vataprakopa, Rasa Dhatu Dushti* and *Agnivaishamy*. Due to vitiation of *Vata Shushka Sphik; Greeva; Udara; Bahu, Dhamani Jala Santata, Tvagasthishesho, Alpa Prana, Sthoola Parva, Kshut; Pipasa Asahshnuta, Ushna; Sheeta Asahashnuta* and *Vyayam Asahashnuta* are the main *Lakshnas* of *Karshya*. In *Krishata Bala Kshaya* occurs.

Go ghrita having *Snigdha Guna* pacifies *Vata Dosha*. Due to its *Agnidipaka Karma* it enhances *Jatharagni*.

Karshya:

Karshya or *Krishata* is a *Lakshana* of a person who is emaciated or lean. Dalhana in his commentary says which clearly tells that *Karshya* shows *Dhatukshaya* as the main event and thus this falls *Karshya* under the heading of *Apatarpanatmaka* diseases.

An apparently lean and thin looking person may be known as *Krishna*.

Karshya is an *Apatarpana Janya Vyadhi*. *Ahar Dosha* is the main predisposing factor for this disorder and *Alpashana* and *Vishamashana* (false habit of food intake) are specially results in the development of *Karshya*. *Karshya* can be *Swatantra Vyadhi*, normal phenomenon or it can also manifest along with other diseases as and pre stage symptoms of complication. Though *Krishata* is found as a whole entity or a part of diseased condition. In the present study *Krishata* not complicated by any diseased condition or not resulted in any diseased condition has been taken in to consideration. In Ayurveda no much description is found regarding *Karshya*. Detailed information about *Karshyadhikar* is given in *Bhavaprakasha*.

As *Krishata* is a pre-stage it is to be treated with proper care and attention which otherwise leads to *Atikarshya*. *Karshya* and *Atikarshya* are condition's which may occur at any time.

Malnutrition and weight loss is a possible condition may be correlated with *Karshya* to some extent. There are many other nutritional deficiency disorder in which weight loss may not occur so all the nutritional deficiency disorder may not be correlated with *Karshya*.

Main symptoms of *Karshya* are *Snigdha Guna Kshaya* i.e. *Roukshya*, *Shushka Sphik*, *Greeva*, *Bahu*, *Udara*, *Kriyasu Alpa Prana*, due to *Vata Dosha Vriddhi* and *Kapha Dosha Kshaya* mainly *Snigdha* and *Guru Guna Kshaya* occur so *Balya*, *Brimhaniya* treatment can be useful in *Karshya*. Immunity may be reduced so these persons suffers frequently from recurrent infections and fall ill.

Samprapti of Karshya:

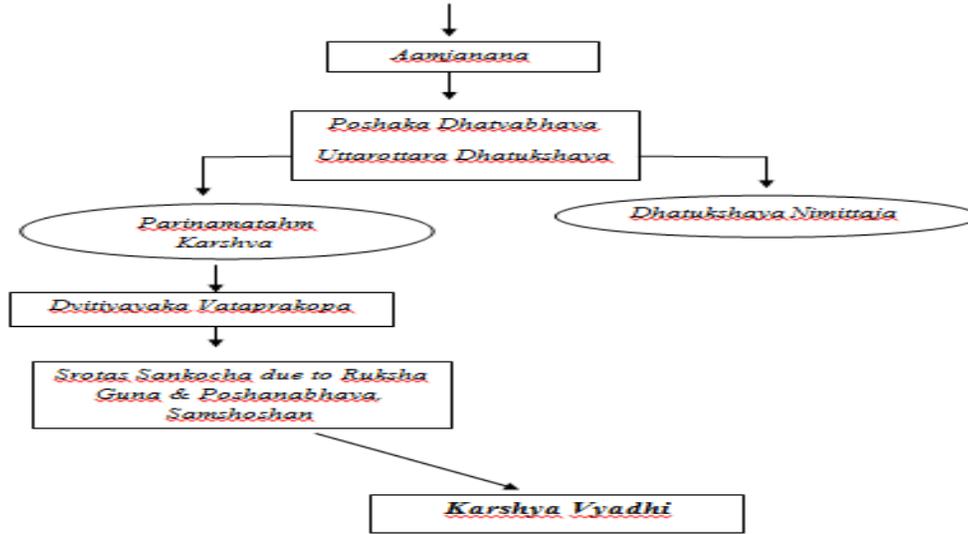
तत्र पुनर्वातलाहार सेविनीं अतिव्यायाम
कषयाल्पासन प्रभृतिभिरुप शोषितो रस धातुः।
शरीर मनुक्राम्यन्नपत्वान्न प्रीणति तस्मादति काश्यं भवति ।
Su. Su. 15/33

The indulgence in the aetiological factors results in the vitiation of *Vata Dosha* by virtue of its *Ruksha Guna*. *Vata Agni* and *Rasa* are interrelated .Vitiation of *Vata* leads to *Agni Dushti* or *Agni Dushti* may lead to *Vata Prakopa*. At this juncture either of them depreciates the quantity and unctuousness of the nourishing *Rasa Dhatu* which in turn adversely affects the circulation of *Rasa Dhatu* in the body. This hampers the proper nourishment of the remaining *Dhatu*s, which leads to *Dhatukshaya* and ultimately manifest as *Karshya*.

Karshya Samprapti

Karshya Samprapti





Rupa of Karshya:

Detail description of clinical signs and symptoms is carried out on the basis of symptomatology of *Atikarshya* (Ch. Su. 21/13-15). These sign and symptoms of *Karshya* can be broadly arranged in two separate headings: –

1. *Pratyatma lakshana* (cardinal sign and symptoms)
2. *Samanya lakshana* (associated sign and symptoms)

Lakshanas

<i>Pratyatma Lakshanas</i>	<i>Samanya Lakshanas</i>
<i>Sushka Sphika</i>	<i>Vyayam Asahishnuta</i>
<i>Sushka Udara</i>	<i>Atisauhitya Asahishnuta</i>
<i>Sushka Griva</i>	<i>KashutaNigraha Asahishnuta</i>
<i>Dhamani Jala Darshana</i>	<i>Pipasa Nigraha Asahishnuta</i>
<i>Tvaga Asthi Shesha</i>	<i>Mahoushadha Asahishnuta</i>
<i>Vata Roga Prayah</i>	<i>Ati shita Asahishnuta</i>
<i>Sthula Parva</i>	<i>Ati ushna Asahishnuta</i>
	<i>Maithuna Asahishnuta</i>
	<i>Kriyashu Alpa Prana</i>
	<i>Rakta Pittaja Amaya</i>
	<i>Sthula Anana</i>

Goghrita –

Clarified milk fat or butter fat is known as *Ghrita*. *Goghrita* acts as *Rasayan*, *Vrishya*, *Agnivardhaka Rasavardhak*, *Balya*, *Ojavardhaka*, *Kantivardhak*, *Indriyabalavridhikar*, *Budhdhivardhak*, *Vayahsthapana*, *Unmadahara* etc. It pacifies *Vata* by *Snigddha*, *Pitta* by *Madhura Rasa* and *Shita Guna* and *Kapha* by processing with *Kaphahara* drugs. It should be taken in small quantities for longer duration to pacify *Pitta* and in large amounts to pacify *Vata*.

दीप्त्योजःस्मृतिमेधाग्निबुद्धीन्द्रियबलार्थिनः | Cha. Su. 27/232

Chemical Composition of Go - Ghrita –

Triglycerides 97.98%		Phospholipids 0.2-1.0%	
Diglycerides	0.25-1.5%	Steroles	0.22-0.4%
Monoglycerides	0.16-0.038%	Vitamin-A	2500 / 100gms
Ketoacid glyceride	0.015-0.018%	Vitamin-D	8.5x10.7 gm / 100 gm
Glycerylestors	0.011-0.015%	Vitamin-E	24 x 10.3 gm / 100 gm
Free fatty acid	0.1-0.44%	Vitamin-K	1x10.4 gm / 100 gm

Balya Karma of Go – ghrīta

Acharya Sushruta mentioned *Go ghrīta* as *Agnidipaka* i.e. stimulating digestion. Due to its *Agnidipaka* property capacity of food intake increases as well as digestion improves. *Ahara* taken is converted in to *Uttam Aharaarasa* and further *Ahararasa* converted in to *Rasa*, *Rasa* in to *Rakta Dhatu*. And similarly remaining *Dhatu*s are formed. *Goghrīta* is *Madhur Rasatmaka Dravya*. Its *Veerya* is *Sheeta*. *Ghrīta* pacifies *Pitta* and *Vata*, increases *Kapha*, *Rasa*, *Shukra* and *Oja*. It enhances nourishment of *Rasa Raktadi Dhatus* and *Ojas* i.e *Bala*.

Aims & objectives:-

To study the efficacy of *Go Ghrīta* on the symptoms of *Karshya*.

Materials and methods:-

Study was carried out in two phases –

1. Conceptual study
2. Clinical Study

Material And Method

1. Individuals attending the OPD and IPD of the department of Sharirkriya, National Institute of Ayurved, Jaipur, fulfilling the criteria was selected for present study.
2. The special Pro forma was prepared mainly mentioned in Ayurvedic classics.

Criteria for selection:

1. For the study patient suffering from *Karshya* were selected from O. P.D. and I.P.D. of Dept of Sharirkriya N. I. A Hospital Jaipur.
2. Patients having age between 20 years – 50 years irrespective to sex.
3. Patients having symptoms of *Karshya* as per Ayurvedic classics.
4. Patients having recurrent opportunistic infection.
5. Patients having complaint of reduced immunity.

Exclusion Criteria:

1. Patients having age more than 50 years and less than 21 years
2. Patients having major illness.
3. Patients having autoimmune disease.
4. Patients having other diseases and undergoing integral treatment.
5. Patients having intolerance of *Goghrīta*.

Plan of Study

All the selected patients' fulfilling the criteria of selection was randomly divided into two groups.

Group A: - *Goghrīta*

Group B: - Control group (Placebo capsule).

The details are as follows –

Details	Group A	Group B
No. of patients	(n=30)	(n=30)
Drug	<i>Goghrīta</i>	Placebo capsule (Indian Arrow Root Powder)
Dose	10 ml. Twice daily	4 Capsule Twice daily
Bheshaja Sevana kala	Pragbhakta	Pragbhakta
Anupana	Lukewarm Water	Lukewarm Water
Duration	42 Days	42 Days

1. All the pre - treatment investigations were repeated after the treatment.
2. Diet - All patients were advised similar dietetic restriction.

Criteria for assessment:

Symptomatic relief obtained by the treatment given was assessed after the treatment.

The effect of treatment was assessed on the basis of changes in the following points:

Objective Parameters:

1. B.M.I
2. B.M.R.
3. Skin Fold Thickness
4. Waist – Hip Ratio

Subjective Parameters:

Signs and symptoms of Karshya Patients were assessed by scoring and gradation pattern.

Scoring Pattern -***Snigdha Guna Kshaya (Skin Dryness) -***

1	No dryness.	0
2	Occasional dryness without winter season	1
3	Visible dryness, mild dull white streaks after scratching on the skin which disappears after sometime.	2
4	Dryness/roughness, bright white streaks on the skin remaining for a considerable time.	3
5	Dryness/roughness and criss-cross visible cracking of skin.	4

Kriyasu Alpa Prana-

1	No weakness	0
2	Not able to perform strenuous activity	1
3	Not able to perform moderate activity	2
4	Cannot perform moderate activity but can perform mild activity without any difficulty	3
5	Even mild activity cannot be performed	4

Shushka Spik, Greeva Bahu, Udara -

1	No shushkata (emaciation) found in any region	0
2	Shushkata (emaciation) found at only one region	1
3	Shushkata (emaciation) found two regions	2
4	Shushkata (emaciation) found at three regions	3
5	Shushkata (emaciation) found at all regions	4

Dhamani Jala Darshana -

1	Not visible easily even after pressure	0
2	Visible and prominent on pressure	1
3	Visible	2
4	Prominent	3
5	Prominent All over Body	4

Sthula Parva -

1	Deeply seated with extra fat	0
2	Covered	1
3	Moderately Covered	2
4	Prominent	3
5	Relatively look larger	4

Pipasa Nigraha Asahishnuta –

1	Can hold thirst for long time	0
2	Can hold thirst for some time	1
3	After holding thirst mouth dryness occurs	2
4	Along with mouth dryness shrama(Fatigue)and badhira (Dumbness) occur	3
5	After holding thirst kantha shosha (Dryness in throat), shrama (Fatigue)and badhira (Dumbness), sada (weakness)and hridayatha (Angina) occur	4

Kshudha Nigraha Asahishnuta-

1	Can hold hunger for long time	0
2	Can hold Hunger for some time	1
3	After holding hunger weakness and aruchi occurs	2
4	After holding hunger Weakness, aruchi, Angamarda occurs	3
5	After holding hunger Weakness, aruchi, Angamarda and Bhrama Occurs	4

Tvagasthishesho –

1	Bones are properly covered with muscles	0
2	Bones are slightly seen	1
3	Bones are seen moderately	2
4	Bones are seen prominently	3
5	Bones are seen prominently with skin folds	4

Ati souhitya Asahishnuta -

1	Can take food in excess quantity	0
2	Cannot take food in excess quantity	1
3	If take food in excess quantity feels uneasy	2
4	If take food in excess quantity feels nausea	3
5	If take food in excess quantity, vomiting starts	4

General observations:**Table No - I****Symptoms Wise Distribution of 60 Subjects of Karshya**

Symptoms	Group A		Group B		Total	%
	n	%	n	%		
<i>Snigdha Guna Kshya</i>	30	100	30	100	60	100
<i>Kriyasu Alpa Prana</i>	28	93.33	30	100	58	96.66
<i>Shushka Sphik, Bahu, Greeva,</i>	26	86.66	29	96.66	55	91.66
<i>Stoola Parva</i>	26	86.66	26	86.66	52	86.66
<i>Dhamani Jala Santata</i>	29	96.66	26	86.66	55	91.66
<i>Tvagasthi Shesho</i>	29	96.66	28	93.33	57	95
<i>Atisouhitya Asahashnuta</i>	27	90	25	83.33	52	86.66
<i>Kshut Nigraha Asahashnuta</i>	29	96.66	30	100	59	98.33
<i>Pipasa Nigraha Asahishnuta</i>	29	96.66	30	100	59	98.33
<i>Vyayam Asahashnuta</i>	29	96.66	30	100	59	98.33

Symptoms: In all the 60 Patients Snigdha Guna Kshaya (Dryness) was observed. Symptoms *Kshut Nigraha Asahashnuta, Pipasa Nigraha Asahishnuta, Vyayam Asahashnuta* were found in 98.33 % patients and 96.66% patients were presented with *Kriyasu Alpa Prana* . *Tvagasthi Shesho* symptom was found in 95 % patients where as 91.66 % patients were having *Shushka Sphik, Greeva, Udara; Bahu And Dhamani Jala Santata. Sthoola Parva* observed in 86.66 % patients.

Table No 2:-Body Weight Wise Distribution of 60 Subjects of Karshya

Body Weight in Kgs	Group A		Group B		Total	%
	n	%	n	%		
35 – 40	3	10	4	13.33	7	11.66
41 - 45	9	30	4	13.33	13	21.66
45 – 50	3	10	4	13.33	7	11.66
51 – 55	6	20	9	30	15	26.66
55 - 60	7	23.33	5	16.66	12	20
61 -65	2	6.66	3	10	5	6.66

>65	0	00	1	3.33	1	1.66
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Body Weight:

Maximum 26.66 % patients were belonging to 50 kg – 55kg weight group

Table No 3:-Aharaja Nidan Sevana Wise Distribution of 60 Subjects of Karshya

Nidana	Group A		Group B		Total	%
	n	%	n	%		
<i>Rukshna Sevana</i>	17	56.66	5	16.66	32	53.33
<i>Langhana</i>	19	63.33	17	56.66	36	60
<i>Pramitashana</i>	21	70	22	73.33	43	71.66
<i>Sheeta, Laghu, Ahara</i>	13	43.33	16	53.33	28	46.66
<i>Kashaya RasaSevana</i>	8	26.66	6	20	14	23.33

Aharaja Nidana:

Maximum 71.66 % patients were taking pramitashana, 60 % patients were doing *Langhana* and 53.33% patients were consuming *Ruksha Ahara*, and 46.66 % patients were having *Sheeta, Laghu, Ahara* and *Kashaya Rasa Sevana* was found in 23.33 % patients.

Table No IV:-Viharaja Nidan Sevana Wise Distribution of 60 Subjects of Karshya

Nidana	Group A		Group B		Total	%
	n	%	n	%		
<i>Kriyatiyoga</i>	20	66.66	21	70	41	68.33
<i>Ati Vyayama</i>	7	23.33	10	33.33	17	28.33
<i>Ati Vyayaya</i>	2	6.66	4	13.33	6	10
<i>Jagarana</i>	22	73.33	20	66.66	42	70
<i>Ati Adhyayana</i>	13	43.33	14	46.66	27	45
<i>KshudhaNigrana</i>	21	70	20	66.66	41	68.33

Viharaja Nidana:

It is evident from the above table that maximum 70 % patients having *Prajagran* 68.33 % patients were having *Kriyatiyoga* and *Kshudha Nigrana*, whereas 45 % of patients having *Ati Adhyayana*.

Table no V:-Manas Nidan Sevana Wise Distribution of 60 Subjects of Karshya

Nidana	Group A		Group B		Total	%
	n	%	n	%		
<i>Krodha</i>	19	63.33	14	46.66	33	55
<i>Shoka</i>	06	20	05	16.66	11	18.33
<i>Dhyana</i>	12	40	10	33.33	22	36.66
<i>Chinta</i>	21	70	18	60	39	65
<i>Bhaya</i>	04	13.33	07	23.33	11	18.33

Manasika Nidan:

The Maximum 65% patients were presented with *Chinta* and *Krodha* was observed in 55 % patients.

Table no. Vi:-observations and results:**Effect Of Goghrita On The Experimental Group (Group A) Effect On Cardinal Symptoms**

Sr. No	Cardinal Symptom	n	Mean B.T.	Mean A.T	% Relief	S.D. (±)	S.E (±)	t	p
1	<i>Snigdha Guna Kshaya</i>	30	2.23	0.93	58.20	0.64	0.11	9.8	p<0.001
2	<i>Kriyasu Alpa prana</i>	28	2.42	1.21	50	0.49	0.94	12.8	p<0.001
3	<i>Shushka Sphik, Greeva, Udara</i>	26	2.65	2.4	8.67	0.42	0.08	2.73	p>0.05
4	<i>Sthoola Parva</i>	26	1.93	1.9	1.72	0.19	0.03	1	p>0.05
5	<i>Dhamani Jala Santata</i>	29	2.34	2.20	5.88	0.35	0.06	2.11	p<0.05

6	<i>Tvagasthi Shesho</i>	29	2.34	2.24	4.41	0.30	0.05	1.79	p>0.05
7	<i>Atisouhitya Asaha</i>	27	1.92	1.77	7.69	0.36	0.06	2.12	p<0.05
8	<i>Kshut Nigraha Asaha</i>	29	2.17	1.79	17.46	0.49	0.09	4.13	p<0.001
9	<i>Pipasa Nigraha Asaha</i>	29	2.27	2	12.12	0.45	0.08	3.26	p<0.05
10	<i>Vyayam Asaha</i>	29	2.51	1.51	30.72	0.80	0.14	6.71	p<0.001

Cardinal Symptoms assessed after 42 Days (6 Weeks)

In 30 patients of *Karshya* 58.2 % relief was observed in *Snigdha Guna Kshaya* symptom of the patients, which was highly significant (p<0.001). 50% relief was found in *Kriyasu Alpa Prana*, which was also observed highly significant (p<0.001). 8.67 % relief was observed in symptom *Shushka Sphik; Greeva; Udara* which was not statistically significant (p>0.05). 1.72 % of relief was observed in the symptom *Sthoola Parva* which was also not statistically significant (p>0.05). The relief in *Dhamani Jala Santata* was observed up to 5.88%, which was statistically significant (p<0.05). 4.41% relief was observed in *Tvagasthi Shesho* symptom, which was statistically not significant (p>0.05) Relief in *Atisouhitya Asaha* was observed 7.69 % which was statistically significant (p<0.05) Relief in *Kshut Nigraha Asaha* symptom was observed 17.46 % which was statistically very significant (p<0.001).72 % relief was observed in symptom *Vyayama Asaha* which was statistically highly Significant.

Effect On Objective Parameter

Table no. VII:-Effect on Body Weight

Sr. No	Parameters	n	Mean B.T.	Mean A.T	% Relief	S.D. (±)	S.E. (±)	t	p
1	Body Weight	30	50.93	52.48	3.04↑	1.54	0.28	5.4	p<0.001

Body Weight in Kgs –

The initial mean body weight was 50.93 kgs, which was increased to 52.48 kgs after treatment .The increase in the body weight was statistically highly significant. (p<0.001)

Effect Placebo On The Control Group (Group B)

Table no. VIII:-Effect On Cardinal Symptoms

Sr. No	Cardinal Symptom	n	Mean B.T.	Mean A.T	% Relief	S.D. (±)	S.E. (±)	t	p
1	<i>Snigdha Guna Kshaya</i>	30	2.6	2.5	3.84	0.305	0.056	1.79	p>0.05
2	<i>Kriyasu Alpa prana</i>	30	2.6	2.46	3.84	0.305	0.055	1.79	p>0.05
3	<i>Shushka Sphik, Greeva, Udara</i>	29	2.16	2.16	0	0	0	0	-
4	<i>Sthoola Parva</i>	26	1.4	1.4	0	0	0	0	0
5	<i>Dhamani Jala Santata</i>	26	1.5	1.46	2.56	0.19	0.038	1	p>0.05
6	<i>Tvagasthi Shesho</i>	28	1.46	1.35	7.31	0.31	0.059	1.8	p>0.05
7	<i>Atisouhitya Asaha</i>	25	1.36	1.32	2.94	0.2	0.04	1	p>0.05
8	<i>Kshut Nigraha Asaha</i>	30	1.53	1.5	2.17	0.18	0.033	1	p>0.05
9	<i>Pipasa Nigraha Asaha</i>	30	1.56	1.53	8.51	0.18	0.033	1	p>0.05
10	<i>Vyayam Asaha</i>	30	2.23	2.26	1.4	0.55	0.101	0.3	p>0.05

Cardinal Symptoms assessed after 42 Days (6 Weeks) :

In 30 patients of *Karshya* 3.84 % relief was observed in *Snigdha Guna Kshaya* and *Kriyasu Alpa Prana* symptoms of the patients, which was statistically insignificant (p>0.05). 0% relief was found in *Shushka Sphik; Greeva; Udara* and *Sthoola Parva*, which was also observed statistically insignificant (p>0.05). 2.56 % relief was observed in *Dhamani Jala Santata* symptom which was not statistically significant (p>0.05). 7.31 % of relief was observed in the *Tvagasthi Shesho* symptom which was also not statistically significant (p>0.05). Relief in *Atisouhitya Asaha* was observed 2.94 % which was statistically significant (p<0.05) Relief in *Kshut Nigraha Asaha* symptom was observed 2.17 % which was statistically insignificant (p>0.05). Relief in *Pipasa Nigraha Asashnuta* symptom was observed 8.51 % which was statistically insignificant (p>0.05). 1.4% relief was observed in symptom *Vyayama Asaha* which was statistically insignificant (p>0.05).

Table No. IX:-Effect on Body Weight

Sr. No	Parameters	n	Mean B.T.	Mean A.T	% Relief	S.D. (±)	S.E. (±)	t	p
1	Body Weight	30	52.26	52.35	0.16	0.44	0.08	1.77	p>0.05

Body Weight in Kgs - The initial mean body weight was 52.26 kgs, which was increased to 52.35 kgs. The increase in the body weight was statistically insignificant (p>0.05).

Comparative Study Of Go - Ghrita With Placebo**Table No. X:-On Symptoms –**

Sr. No.	PARAMETER	X1	X2	S.D. (±)	S.E. (±)	t	p
1	<i>Snigdha Guna Kshaya</i>	1.3	0.1	0.645	0.129	8.18	p<0.01
2	<i>Kriyasu Alpa prana</i>	1.21	0.10	0.51	0.114	9.27	p<0.001
3	<i>Shushka Sphik, Greeva, Udara</i>	0.23	0	0.4	0.08	2.89	p<0.01
4	<i>Sthoola Parva</i>	0.0385	0	0.0385	0.1961	1	p>0.05
5	<i>Dhamani Jala Santata</i>	0.1379	0.0385	0.4019	0.078	1.27	p>0.05
6	<i>Tvagasthi Shesho</i>	0.1034	0.1071	0.415	0.083	0.0447	p>0.05
7	<i>Atisouhitya Asaha</i>	0.14	0.67	0.0365	0.073	0.9994	p>0.05
8	<i>Kshut Nigraha Asaha</i>	0.3793	0.0333	0.4938	0.096	3.5	p<0.001
9	<i>Pipasa Nigraha Asaha</i>	2.27	0.033	0.45	0.09	2.69	p<0.001
10	<i>Vyayam Asaha</i>	1	-0.033	0.895	0.179	5.7	p<0.001

On comparison to test the significance unpaired t test showed significant results between Group A & Group B on the symptoms *Snigdha Guna Kshaya*, *Kriyasu Alpa Prana*, *Shushka Sphik*; *Greeva*; *Udara*, *Kshuta Nigraha Asashnuta*, *Pipasa Nigraha Asahashnuta* and *Vyayam Asahashnuta* (p<0.001) but insignificant results were found on symptoms *Sthoola Parva*, *Dhamani Jala Santata*, *Tvagasthi Shesho*, *Atisouhitya Asaha* (p>0.05)

Table XI:-On Objective Parameters -

Sr. No	PARAMETER	X1	X2	S.D. (±)	S.E. (±)	t	p
1	Weight	-1.55	-0.087	1.4114	0.293	4.98	p<0.001
2	B.M.I	-0.59	-0.059	0.5326	0.106	4.81	p<0.001

On comparison to test the significance unpaired t test showed statistically significant results between Experimental Group (A) & Control Group (B) on the objective parameters Weight, B.M.I.(p<0.001)

Table No XII:-Overall effect of therapy –On Symptoms of Karshya

Sr.No.	Criteria	Group A	%	Group B	%
1	Complete Remission	-	-	-	-
2	Marked Improvement	-	-	-	-
3	Moderate Improvement	-	-	-	-
4	Improvement	11	36.66	-	-
5	Unchanged	19	63.33	30	100

Total effect of therapy reveals that no patient of both the groups could not show complete remission. 36.66 % patients were improved in Group A and 63.33 % patients remained unchanged in group A. No any effect showed in group B patients.

Discussion On General Observations –**Aharaja Nidana:**

(Table -III) Maximum patients 71.66 % were taking *Pramitashana*, and 60 % doing *Langhana* and 53.33 % patients were taking *Rukshasanna* was predominantly found in the patients that may directly cause *Vata Prakopa* or these type of food habits might be responsible for producing *Agnimandhya*. Since *Sharira Bala* is ultimately associated with the proper transformation of *Dhatu*s which is the outcome of proper nourishing foods as well as the enriched status *Agni*; these might have contributed to emaciation.

Viharaja Nidana:

(Table – IV) It is evident that maximum 68.33 % of patients were doing *Kriyatiyoga* i.e. Shrama in excess. It may be the one of the cause of *Vata Prakopa* and *Dhatuksaya*. The increased pace of life, changes in life style, competition mania as well as the change in the structure and perspective of family as well as society have made stress and important agenda in the patho-physiology of various disorders

Manasika nidanas:

(Table –V) Chinta was predominantly found in 65% of patients. Which indicates that many of the patients may be the under stressful condition and it may leads to the *Asamyaka Aharpaka* and obviously hampered *Dhatu Poshana*.

Symptoms observed in patients:

(Table – I) Among these *Laksanas Snigdha Guna Kshaya (Rukshata)* was found in 100% cases, 98.33 % patients showed *Kshut Nigraha Asahashnuta*, *Pippasa Nigraha Asahashnuta* and *Vyayama Asashnuta*. 96.66 % patients were having *Kriyasu Alpa Prana* i.e. *Alpa Bala*, *Shushka Sphik*; *Greeva*; *Udara*; *Bahu* observed in 91.66 % patients.

Discussion on observations and Results:-**Effect of therapy in group 'A'****On subjective parameters:**

(Table - VI) On *Karshya* Symptoms: More than 58.20 % Relief was observed in *Snigdha Guna Kshaya* i.e. *Rukshata* which was highly significant ($P < 0.01$). 50 % of relief was observed in *Kriyasu Alpa Prana* and 30.72 % of relief was found in *Vyayam Asashnuta* these are statistically highly significant ($P < 0.01$).

On objective parameter (Body weight) –

(Table no- VII) Increase in the body weight by 3.04 % was observed, B.M.I was increase by 19.38 %.

Effect of therapy in group 'B':**On subjective parameters:**

(Table - VIII) On *Karshya Laksanas*, 3.84% of relief was observed in *Snigdha Guna Kshaya* i.e. *Rukshata* and *Kriyasu Alpa Prana* . 2.56 % in *Dhamani Jala Santata*, 7.31% in *Tvagasthi Shesho*, 8.51 % in *Pipasa Nigraha Asashnuta* and 1.4% in *Vyayama Asashnuta*, which was statistically insignificant ($p > 0.05$)

On objective parameter –

(Table - IX) Increase in the body weight by 0.16 % was observed which is statistically insignificant ($p > 0.05$), B.M.I was increased by 0.096 % which is statistically highly significant ($P < 0.01$).

Overall effect of therapy in each group –

1. (Table XI) 21.8 % of relief was found in total score of *Karshya* symptom in group A, and 2.04 % of relief was found in group B.
2. (Table XII) Total effect of therapy on Symptoms of *Karshya* reveals that no patient of both the groups could show complete remission. 36.66 % patients were improved in Group A and 63.33 % patients remained unchanged in group A. No any effect showed in group B patients.

Results:-

1. Go ghrita acts on *Karshya* symptoms like *Rukshata*, *Kriyasu Alpa Prana* and *Vyayam Asahashnuta* effectively
2. Go grita found not so effective in symptoms of *Karshya* such as *Dhamanijala Santata*, *Sthoola Parva*, *Tvagasthi Shesho*, *Kshutnigraha Asahashnuta*, *Pipasa Asahashnuta*.
3. Body weight increased due to Go ghrita in *Karshya* patients.

Conclusion:-

Karshya disease is an apatarpanjanya diseases in which *Rukshata* occurs all over body due to vitiated *Vata Dosha*. In the management of *Karshya*, *Vatashaman*, *Agnideepan* and *Snehana* are needed. Goghrita does both actions effectively as it is *Snehoottam*. It enhances *Agni* as well as pacifies *Vata Dosha*. In *Hrisayasi Matra*, go ghrita acts as best *Balya* medicine in *Karshya* patients.

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