Clinical Evaluation of “Brahma Rasayana” in the Management of Acquired Immuno-Deficiency Syndrome

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ABSTRACT

In the present era of developed science and advanced technologies there are certain health problems, which remained as challenge for the highly developed Modern Medical World. AIDS/HIV is one of such challenging condition which has not yet successfully tackled by the Modern Medical System even with various research advancements and highly sophisticated technologies. Whole world is looking forward towards Ayurveda - the Ancient System of Medicine of India for the cure of this dreadful condition. Various formulations from the doctrines of Ayurveda have been subjected to research and are being tried on the parameters of HIV/AIDS.

Key Words: Oja, Ojo-Kshaya, HIV/AIDS, Rasayana, Retro-virus, Ayurveda.

General Introduction:

- Entire world is in fear of few dreaded diseases of very poor prognosis. Amongst them AIDS is the most prominent one.
- In this new millennium AIDS/HIV has become a challenge to the medical world in general and Ayurveda in particular.
- The causative agent of this disease is a retro-virus i.e. human immuno deficiency virus (HIV).
- When the HIV enters the body, the condition is described as HIV infection. At this stage, a person may not exhibit any symptomatology but when he is afflicted with various opportunistic infections as a result of immune deficiency, is diagnosed as suffering form AIDS.
- Ayurveda advocates treating the individual rather than the disease. It aims to maintain the equilibrium of Doshas and vitality of Dhatus leading to enhancement of immune system which mainly found hampered in HIV or AIDS patients.
- The restless spread of AIDS in the past few years has unfolded its grave health and socio-economic consequences in a dramatic way.

Acharyas have advocated “Oorjaskara Therapy” (Rasayana and Vrishya) for increasing health, vigour and immunity of an individual.

With this ideology, the present work has been carried out with Brahma Rasayana – Type 1” (Cha. Chi. 1/) after proper Shodhana by means of “Panchatiktaka Ghrita” and “Hareetaki Churna”.

Drugs and Treatment Schedule:

- Snehapana with Panchatiktaka Ghrita 60 ml / day for 3 days.
- Hareetaki Churna 5 gm B.D. for 7 days.
- Brahma rasayana [Type 1] 20 gm BD along with milk for 30 days.

[Ingredients of Brahma Rasayana: Drugs of Vidarigandhadi gana, Brihat panchamula, Punarnavadi panchamula, Jeevaneeya panchamula and Truna panchamula. [Ref. Charaka Chikitsa 1].

Clinical Study: Aims & Objectives:

- To study the patients of AIDS according to Ayurveda and to evaluate Dushti of Dosha, Dushya, Srotas, Agni etc.
- To evaluate the role of Brahma Rasayana Type 1 after Snehana and Shodhana in the management of AIDS.

Material & Methods:

The Patients the AIDS / HIV Research Unit of S. S Dept., I. P. G. T & R. A., and M. P. Shah Medical College provided the material for this clinical study.

Criteria for Selection of Patients:

1. The patients having clinical presentation of AIDS such as - fever, diarrhoea, weight loss etc. were screened for ELISA-test at the Experimental Laboratory of M. P. Shah Medical College Jamnagar.
2. The confirmed HIV/AIDS patients attended any other hospitals were also taken in to consideration after retesting.
3. Suspected patients suffering from diseases like pneumonia,