



Original Research

Efficacy of Maha-Pancha Gavya Ghrita in the Management of Epilepsy (Apasmara)

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Abstract:

Maha-Panča-GavyaGhrta is prepared by adding 42 herbal drugs having main ingredients as PančaGavya i.e. milk, ghee, curd, urine and feces of cow, which has been very much praised for curing Apasmara (epilepsy).Hence in this study 12 patients were treated with Maha-Panča-GavyaGhrta administered for two months to assess its role in its management. The results ofthis study showed that it significantly reduced the duration, frequency and severity of the epileptic attack. After the treatment 25% patients were found completely free from the disease; in other 25% patients the frequency of the attack was reduced to 50% and in33.3% patients the frequency was reduced to 25%. Only in 16.7% patients the frequency remained the same.

Key Words: Epilepsy, Apasmara, MahaPančaGavyaGhrta, PančaGavya

Introduction:

PančaGavyaGhrta is prescribed for the treatment of Apasmara(CharakaChikitsa 10:18-24). PančaGavyais five products obtained from cow viz. milk, curd, ghee, urine and dung. Maha-Panča-GavyaGhrta is prepared by adding 42 herbal drugs to PančaGavya.

Sutariya and Gurdip (2017) studied the effect of MedhyaRasayana group of drugs in the management of epilepsy and (Nagarajan, 1991) used PančaGavyaGhrta as SodhanaSneha but no work was carried out on the Maha-PančaGavyaGhrta.

In the recent past, the concept of ketogenic diet therapy is receiving a lot of attention in the field of epilepsy research. At this juncture, choosing this drug for clinical study seemed to be relevant.

Aims and Objects:To assess the efficacy of the Maha-PančaGavyaGhrta in the management of Apasmara (epilepsy)

Materials and Methods:Patients of Apasmara (epilepsy) attending the O.P.D. and I.P.D. of the Kaya Cikitsa department of I.P.G.T & R.A. were taken for the study.

Criteria of diagnosis:The main criterion for diagnosis was the clinical presentation of the disease but it was confirmed by E.E.G. in doubtful cases.

Inclusion Criteria:The patients of both the sexes up to the age of 60 years were included

Exclusion Criteria: Patients with diabetes mellitus, hypertension and congenital abnormalities were excluded. Patients having more than twomonth's interval between two seizures with normal E.E.G. were excluded from the study.

Laboratory Investigations:Routine hematological investigations and biochemical investigations-serum

cholesterol, total protein, albumin, globulin, A:G ratio, blood urea, serum creatinine, serum sodium, serum potassium, serum calcium were carried out to exclude other pathologies as well as to assess the condition of the patients.

Drug and Dose:

Patients were given MahaPančaGavyaGhrta orally in the dose of 10 gm two times a day during meal (Bhojana Kala) with lukewarm water.

Diet: The patients were asked to continue their routine light diet and the routine hospital diet was given to the I.P.D. patients.

Duration of treatment: The treatment was continued for two months.

Follow-up Study: After the completion of the treatment, the follow-up study was done weekly for two months to note the recurrence if any.

Criteria for Assessment: The symptoms were assigned suitable scores to give objectivity so that statistical analysis of the data may be done.

Criteria for the Overall Effect of the Therapy: To assess the total effect of the therapy, the following criteria were fixed:

Complete remission: 100% relief in signs and symptoms. No attack of Apasmara during and after the treatment upto two months of follow-up.

Markedly Improved: More than 50% relief in signs and symptoms during the attack with the frequency of attack reduced to 50% in respect of the initial frequency.

Improved: 25% to 50% relief in the signs and symptoms during the attack with the frequency of attack reduced to 25% of the initial frequency.

Unchanged: Less than 25% relief in signs and symptoms during the attack with no change in the frequency.

Observation & Results

General Observations on Patients

In the study, the patients having the age of 10 years to 50 years were registered with the maximum patients (64.6%) between the age of 11 and 30 years, 58.9% patients were male and 41.1 were female, 52.9% patients were having Vata-KaphaPrakriti and 70.6% patients were having the chronicity of 6 to 10 years. Maximum number of the patients i.e. 52.8% were suffering from Vata type of Apasmara (epilepsy) and 23.6% patients each were of Kapha and Pittaja Apasmara. Maximum patients were having mild (47.0%) epilepsy and remaining having either moderately severe (29.4%) type or severe (23.6%) natured epilepsy.

Effects on the Patients

12 patients of Apasmara (epilepsy) were treated with MahaPanchaGavyaGhrita. It provided significant relief in all the main ictic symptoms of the patients (Table-1) such as unconsciousness (61.8%), falling down (66.7%), convulsion (61.8%), and foaming from mouth (61.3%).

It provided significant relief in the signs and symptoms of pre-ictal (61.7%), ictal (58.8%) and post-ictal (52.2%) stages of the patients (Table-2).

The frequency of attacks was reduced by 45% from an average of 1.75 times/week to 0.96 time/week which was significant. The duration of attacks was significantly reduced by 56.8% from an average of 7.33 minutes to 3.17 minutes. There was also significant reduction in the severity of attacks by 55.8% from an average of 2.08 to 1.92 (Table-3).

25% patients of this group were found completely free from the disease, in other 25% patients the frequency of the attack was reduced to 50% and in 33.3% patients the frequency was reduced to 25%. Only in 16.7% patients the frequency remained the same.

The consideration of overall effect of MahapanchagavyaGhrita showed that it provided complete remission to 25% patients, marked improvement to 25% patients and improvement to 33.3% patients, while remaining 16.7% patient remained unchanged (Table-4).

Table-1
Effect of Maha-Pancha-Gvyahrita on Main Signs and Symptoms (Ictal Stage) of Epilepsy Patients

Signs & Symptoms	Mean Score		% of change	SD (±)	SE (±)	t	P
	BT	AT					
Unconsciousness	2.83	1.08	61.8	1.22	0.35	4.90	<0.01
Falling Down	2.75	0.92	66.7	1.47	0.42	4.30	<0.01
Convulsion	2.83	1.08	61.8	1.60	0.46	3.80	<0.01
Foaming from Mouth	1.50	0.58	61.3	0.67	0.19	4.70	<0.01
Teeth Locking	1.83	1.33	27.3	1.00	0.29	1.70	>0.05

Table-2
Effect of MahapanchaGavyaGhrita on Consolidated Signs and Symptoms of Pre-ictal, Ictal and Post Ictal Epilepsy

Consolidated Signs & Symptoms	Mean Score of total		% of change	SD (±)	SE (±)	t	P
	BT	AT					
Pre ictal	12.53	4.07	67.5	4.82	1.25	6.79	<0.001
Ictal	28.0	15.93	43.2	5.76	1.49	8.11	<0.001
Post ictal	13.5	6.0	55.6	7.0	2.86	2.62	<0.05

Table-3
Effect of Maha-Pancha-Gvyahrita on the Seizures of Epilepsy Patients

Seizure	Mean Score		% of change	SD (±)	SE (±)	t	P
	BT	AT					
Duration in minutes	7.33	3.17	56.8	5.5	1.60	2.60	<0.05
Frequency/week	1.75	0.96	45.0	0.69	0.19	3.90	<0.01
Severity	2.08	1.92	55.8	1.19	0.35	3.50	<0.05

Table-4
Overall Effect of Maha-Pancha-Gvyahrita on the 12 Patients of Epilepsy Patients

Overall effect	No. of Patients	Percentage
Complete remission	3	25.0
Markedly improved	3	25.0
Improved	4	33.3
Unchanged	2	16.7



Conclusions

MahaPancaGavyaGhrta provided significant relief in the signs and symptoms of pre ictic, ictic and post ictic stages of the epileptic patients of this series. The therapy significantly reduced the frequency, duration and severity of epileptic attacks. MahaPancaGavyaGhrta provided complete relief to 25% patients that became free of the attack.

In 25% patients the frequency of the attack was reduced to 50% and in 33.3% patients the frequency was reduced to 25%. Only in 16.7% patients the frequency remained the same.

The consideration of overall effect of MahapanchagavyaGhrta showed that it provided complete remission to 25% patients, marked improvement to 25% patients and improvement to 33.3% patients, while remaining 16.7% patient remained unchanged (Table-6).

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