

ROLE OF VILWADI YOGA AND PICHHA VASTI IN THE MANAGEMENT OF PRAVAHIKA**MANOJ KUMAR GUPTA¹, DINESH SINGH GAUR², S.K.ADHIKARI³, SHRIKRISNA SHARMA⁴, PAWAN KUMAR VISWAKARMA⁵, DEEPA SHARMA⁶**

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ABSTRACT**Objective:**

To study *Pravahika* on the basis of ayurvedic aetio-pathology and symptomatology along with modern aetiopathology.

To evaluate the efficacy of *Vilwadi yoga* only in *Pravahika*.

To evaluate the role of only *vasti karma* taking *Pichha vasti* for its management.

To evaluate the efficacy of the both therapy when they are applied together.

to evaluate the dietetic control in the management of *pravahika*.

Method: The patients of *Pravahika* were selected from O.P.D and I.P.D. of Shri N.P.A. Govt. ayurvedic College and Hospital, Raipur. After selection of patients they were randomly classified under three groups. 1st group was treated with the internal application of the compound drug i.e. *Vilwadi Yoga*, 2nd group was treated by *shodhan* therapy i.e. *Pichha Vasti* and 3rd group was treated with both the applications. The required pathological investigation are done before and at intervals of 5 days after treatment for the each patient and noted carefully. The treatment continued for a minimum period of 15 days or that was extended for a further required period which was needful to the patient. At that time the result or efficacy of applications was observed carefully and those was noted for the further analysis. At the time of treatment the patient was strictly advised to stay in specific diet that was *pathya* according to Ayurveda. In this period any other medicines were not administered to the patients.

Result: In this study out of 27 selected patients, 14 patients were treated by only *vilwadi yoga* whereas 7 and 6 patients were treated by *pichha vasti* and by the both applications respectively. Out of 27 cases 18 cases (66.67%) were cured, 7 cases (25.93%) were highly improved, where as two cases (7.40%) were found in improved conditions. the improvement was higher in the group treated by *vilwadi yoga* and *pichha vasti* both.

Conclusion: In this study none patients was reported as no response. Symptoms of these patients were recorded before and after the treatment in a specially prepared proforma for this purpose and these were analyzed after the treatment. No side effect or toxicity of the drug was observed during and after the treatment. Any types of complications of *vasti chikitsa* are also not seen. In this way, the clinical trials provides an encouraging result which proves the significant efficacy of *Vilwadi yoga* and *Pichha Vasti* on *Pravahika* vis-à-vis all types of dysentery specially amoebic dysentery.

Keywords: *Pravahika, vilwadi yoga, pichha vasti*

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