

Mahatiktakam Kwatha Vs Kwatha Tablet in Functional Dyspepsia – A Randomized Controlled Trial

Jithesh M

Department of Kayachikitsa, India

Abstract:

Functional Dyspepsia (FD) is one of the commonest Functional Gastrointestinal disorders affecting upto 12% of the population. Presence of one or more of the dyspeptic symptoms in the absence of organic, systemic or metabolic basis that could explain the ensuing pathology, points to the diagnosis. Considering the multifactorial pathology contributing to the clinical condition, the management protocol seems complex, for the concerned physician. As per the study conducted by Central Council for Research in Ayurveda, Mahatiktaka yoga is significantly effective in the condition of dyspepsia.

Many of the subjects attending the OPD with FD, are not satisfying the indication of gritha and here the kwatha of the combination is the real choice. Kwatha are being modified to kwatha tablet by pharmacies, as it possesses qualities like accurate dosage, palatability, lack of preservatives etc. There are less than a few published studies with the comparison of kwatha with kwatha tablet, of a particular combination.

In this study, the kwatha as well as kwatha tablet of Mahatiktaka is being tried for efficacy in Functional Dyspepsia and assessed with the Gastrointestinal Symptom Rating Scale (GSRS). Along with the same, the physicochemical parameters as well as HPTLC of the Kwatha were compared with the Kwatha tablet. as a part of the analysis.

Objectives: 1. Comparative Pharmaco-analytical study of Mahatiktaka Kwatha and Kwatha tablet.

2. To compare the role of Mahatiktaka kwatha with the Kwatha tablet in Functional Dyspepsia

Methodology: 30 participants satisfying the criteria were randomized to two groups.

One group was administered with Mahatiktaka Kwatha 10 ml, diluted with 40 ml warm water twice daily, one hour before breakfast and dinner. The other group was administered with 2 Mahatiktaka kwatha tablets, twice daily at the same time as in the other group, continuously for 30 days.

Assessment criteria: GSRS score (on 1st day and 30th day of inclusion)

Results: The two groups showed significant efficacy in Functional Dyspepsia which was slightly better in the Kwatha group, with slight variations. Gastric irritation was not observed in Kwatha tablet group when compared with that of Kwatha.

Conclusion: Mahatiktaka Kwatha as well as Kwatha tablet is effective in Functional Dyspepsia. Further studies are ideal before reaching a conclusion on comparing the efficacy.

Key words: Functional Dyspepsia, Mahatiktaka, Kwatha tablet, GSRS score

Authors :

Jithesh M MD(Ay) PhD, Professor and Head, Department of Kayachikitsa, VPSV Ayurveda medical college, Kottakkal, India

** Renuka R Gayal MD(Ay), PhD, Professor and Head, Department of Kayachikitsa, BSDT Ayurveda Mahavidyalaya, Wagholi, Pune, India