



Original Research Article (Clinical)

Experiential documentation of *Trimad* for its anti-obesity potential: A survey of Ayurvedic physicians from Pune city

Megha Salunke ^a, Manasi Deshpande ^b, Supriya Bhalerao ^{a,*}

^a Obesity Research Lab, Interactive Research School for Health Affairs, Bharati Vidyapeeth Deemed University, Dhankawadi, Pune-Satara Road, Maharashtra, Pune 411043, India

^b Dept. of Dravyaguna, College of Ayurved, Bharati Vidyapeeth Deemed University, Dhankawadi, Pune-Satara Road, Maharashtra, Pune 411043, India

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ABSTRACT

Background: *Trimad* is an Ayurvedic polyherbal formulation consisting of tubers of *Mustaka* (*Cyperus rotundus*), fruits of *Vidanga* (*Embelia ribes*) and roots of *Chitraka* (*Plumbago zeylanica*). It is recommended in Ayurveda for the management of obesity. However, there is no documented evidence about its safety and efficacy. Hence, as a first step, we carried out a survey to find out its usage by Ayurvedic physicians and their personal clinical experiences while using the formulation.

Methodology: A questionnaire was designed which included questions regarding the usage, dosage, formulation, safety and tolerability of *Trimad*. After obtaining Ethics Committee permission, the questionnaire was administered to 86 physicians. Out of 86, the data obtained from 70 physicians who filled the complete information, was analyzed. The data are presented as percentages.

Results: Sixty seven percentage physicians were found to use *Trimad* for management of obesity. The commonly used form of *Trimad* was *churna* administered along with luke warm water as an adjuvant. The criteria for selection of drug informed by the physicians were Ayurvedic signs & symptoms followed by conventional anthropometry. The average efficacy rating for *Trimad* on scale of 1–10 was found to be 5.

Conclusion: The survey revealed that *Trimad* is being used by large number of Ayurvedic physicians for the management of obesity.

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1. Introduction

Mishraka Varga [1] is one of the peculiar concepts of Ayurveda. The literal meaning of the word *Mishraka* is a specific combination of herbs or mineral drugs. These combinations are made based on common indications, pharmacological properties for achieving synergistic effects in terms of safe and effective use. Ayurvedic texts describe many such combinations viz. *Triphala*, *Trikatu*, *Panchakola*, *Chaturbeeja*. *Trimad* [2,3] is one such combination, which comprises of, *Musta* (tubers of *C. rotundus*), *Chitraka* (roots of *P. zeylanica*) and *Vidanga* (fruits of *E. Ribes*). However, unlike other combinations, apart from the names of the ingredients, no information is available about '*Trimad*' as a combination in classical texts. In view of dearth

of literature about this combination, it was thought interesting to study its use by Ayurvedic physicians. Since in Ayurvedic texts, all the three ingredients of the combination are recommended in the management of 'Sthaulya' (obesity), [4] we selected obesity as a representative clinical condition.

Thus, the present study was planned with an objective to find out usage patterns and experiential information regarding efficacy, tolerability & safety of *Trimad* especially in obesity. It is anticipated that the outcomes of the study will help to improve the knowledge about the formulation as well as to establish it as an anti-obesity formulation based on the leads which will emerge from the information generated.

2. Materials and methods

After obtaining Institutional Ethics committee permission and informed consent from the physicians, the study was carried out at different Ayurvedic hospitals and private clinics in the Pune city.

* Corresponding author.

E-mail address: supriya.bhalerao@gmail.com (S. Bhalerao).

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The study was carried out for a period of 6 months (January 16–June 16). A total of 86 physicians were approached during the period. Being an exploratory study, no prior sample size calculation was done.

A special questionnaire was designed to collect information regarding the clinical experiences about *Trimad*, which was divided into four parts,

- Questions related to physicians like age, sex, education, clinical experience (in years).
- Usage of *Trimad*: frequency of usage.
- Formulation details: form, dosage, regimen, differentiation of effects.
- Efficacy, safety and tolerability, beneficial effects of drug, adverse effects, withdrawal of drug, rebound effect, efficacy rating, compliance.

All the questions were close ended.

The questionnaire was given to the physicians after explaining the study objectives and they were asked to revert with duly filled document.

3. Results

The questionnaire was administered to 86 physicians through personal interactions as well as through emails. Out of these, 16 physicians did not fill the questionnaire completely and hence the data obtained from these physicians were excluded from the analysis.

The mean age of the physicians was 37.62 ± 8.2 years with varying 1–32 years.

3.1. Usage of *Trimad*

It was observed that 67% physicians were using *Trimad* for the treatment of obesity.

3.2. Formulation

Six percentage physicians were found to use only *Trimad* while 83% physicians were using it in combination with other drugs. The rest 11% physicians were found to use it in both combination and individually. The commonly used form of *Trimad* was found to be powder [*churna*] as answered by 54% physicians while 13% physicians were using it in decoction [*kwatha*] form. The remaining 33% physicians were using it in other dosage forms such as capsules, tablets etc.

The dose of *Trimad* was found varying from patient to patient. As shown in Fig. 1, seventeen percent physicians were found to prescribe it in a dose of 0.5 gm to 1 gm, 27% physicians prescribed it in 2–10 gm and 4% physicians prescribe it in 10–20 gm. Thirteen percent physicians administered it in decoction form in a dose of 3–50 ml per day. Twelve percent physicians prescribed it in capsule form in a varying dose. 27% physicians did not comment on this question (Fig. 1a).

The dose of *Trimad* was decided by 16% physicians on the basis of anthropometric parameters while on the basis of Ayurvedic signs and symptoms by 37% physicians. Six percent physicians were using one standard dose to all patients. The remaining 41% physicians did not comment on this question.

The common time for administration of *Trimad* was before food as told by 45% physicians while 14% physicians prescribed it after food. Sixteen percent physicians were found to prescribe *Trimad*

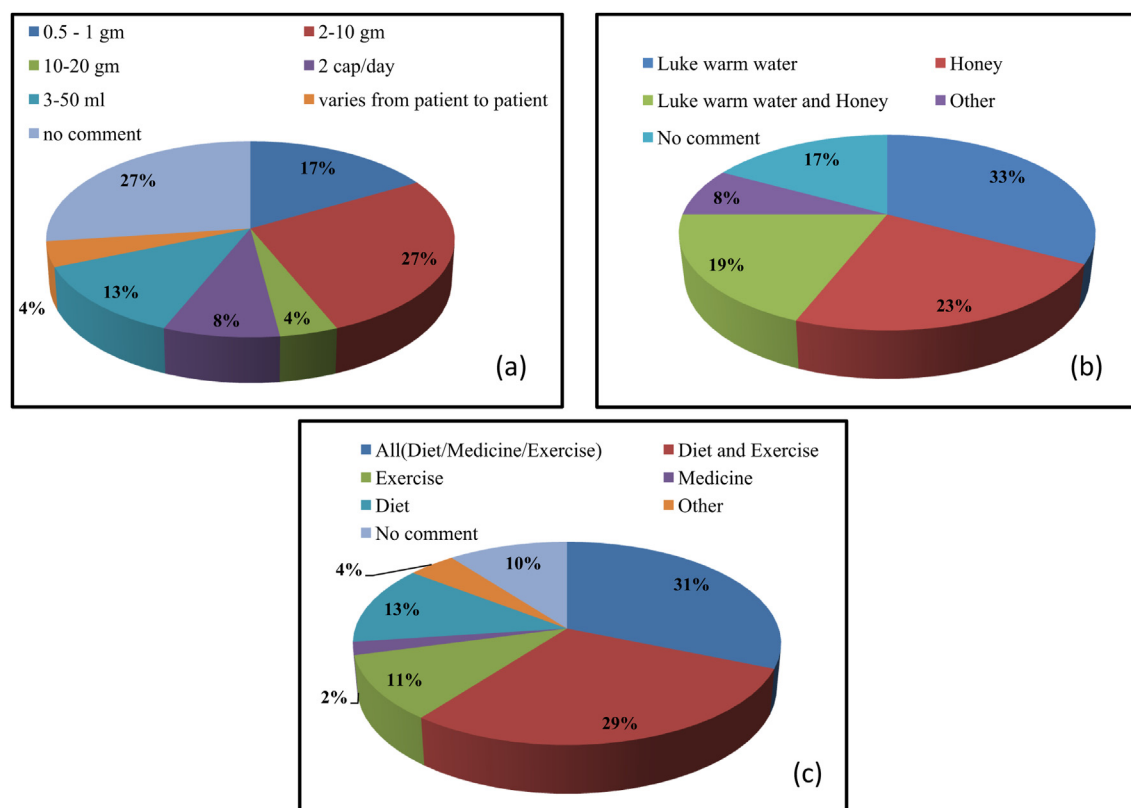


Fig. 1. Dosage of *Trimad*. (a) Dose (b) Adjuvant (c) Regimen.

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