

**CLINICAL TRIAL OF "V TON"**  
**Evaluation of the efficacy of "V TON" Syrup in the management of**  
**STRENGTH and STAMINA, to Improve Vitality, Metabolism, Increases Strength, Stamina**  
**& Energy.**

**By Dr. Vinod C Mehta (B.A.M.S)**  
**April 2015**

---

**Action:**

V TON helps to digest food properly and assimilates it into the body. It is useful for treating the disorders and weakness of the liver. V TON is highly useful for the growth of children. It makes them get rid of tardiness and laziness. V TON, a compound of iron and natural herbs, has been popular with the people as well as the physicians for the last three fourths of the century. The human life depends on the ample amount of blood in the body, and V TON retains the naturally required quantity of blood in the human body. A complete and principal herbal tonic for the human body. Every drop of V TON is full of vigour and vitality. Useful in perplexity, palpitation and restlessness. Potentiates functioning of heart, brain and digestive system. Useful in relieving acidity. An effective herbal Iron Tonic for all ages and all seasons

**Reason: (HETU)**

Ayurved is a science that considers any disease from its origin to its treatment. It is to prevent disease from its recurrence. This is the need of today's mankind suffering from various psychological and physical problems to get treated by natural way of healing. So is our step further to use modern technology, knowledge available, diagnostic help combine with Non Toxic, Non Narcotics, Non Metallic, Non Animal ingredient, purely Herbal Ayurvedic formulations to achieve this goal.

**Vivechan (Introduction):**

In Ayurved, the seven fundamental principles, elements that support the basic structure and functioning of the body.

**They consist of:**

- Rasa dhatu (Lymph)
- Rakta dhatu (Blood)
- Mamsa dhatu (Muscles)
- Medha dhatu (Fat)
- Asthi dhatu (Bone)
- Majja dhatu (marrow (bone and spinal))
- Shukra dhatu (Semen)

Traditional texts often refer to the above as the Seven Dhātus. Ojas is known as the eighth Dhātu, or Mahādhātu (superior, or great Dhātu) When the lack of formation of this dhatus or the essentials of human body decreases the symptoms of fatigue, loss of appetite, immunity, weakness, lack of energy etc occurs .To enhance, protect and nourish this dhatus, some boosters requires by the body, and hence one needs good tonic.

### **Utpatti (Metabolic transformation):**

Rasa dhatu is formed when Agni digests food. When food is completely digested with the help of normally secreted digestive juices, the nutritive part of the digested food is called as rasa. This nutritive juice nourishes all cells and tissues of body. It is analogous to extra cellular and intracellular fluids.

### **Importance of rasa:**

*"Rasajam purusham vidyaat rasam rakshet prayatnatah  
annath paanathcha mathimaan aahaaraatch apyathandritah"*

Rasa Dhatu contains all the nutrients required to nourish body. Hence Ayurved acharyas mention human body as product of rasa. As Rasa Dhatu nourishes body and helps to keep it healthy, This can be done by consuming healthy food, plenty of liquid like water , milk etc and practicing healthy lifestyle. Indigestion impairs quality of rasa dhatu.

### **Symptoms of improperly formed or Lack of Rasa Dhatu**

When rasa dhatu decreases the following symptoms appear.

*"Rase roukshyam shramassoshoglani shabdaasahishnutha*

Dry skin ( twak rukshata)

Tiredness (shrama)

Dehydration ( Shosha)

Malaise (glani)

Intolerance to sound (shabda asahishnuta)

Inactiveness

Loss of appetite

Nausea

Heaviness of body

Increased salivation

Feeling of tiredness

Fever

Body pain

Emaciation : extreme weight loss and thinness due to a loss of subcutaneous fat

Premature hair loss and premature graying

**Pathogenesis: (SAMPRAPTI):**

The state of rasagni is dependent upon jatharagni - the main digestive fire. If jatharagni is healthy, so too will be the rasagni. In order to determine the health of the rasagni it is necessary to observe the results of digestion and formation of Ras Dhatu and other dhatus there after. Mucous membranes inside the mouth, at the lips, or at the eye become dry, red, inflamed, cracked, then rasa dhatu is depleted. The state of the skin also tells about the state of rasa. When rasa dhatu is severely diminished, sweating is decreased and the skin becomes dry and cracked. If the cause of the depletion is due to rasagni being too strong, there will be signs of excess heat such as burning and redness of the membranes. This is due to an increase in pitta dosha. If the cause of depletion is due to vata dosha, it will have been caused by an insufficient intake of appropriate fluids along with a fluctuating, unstable agni. There is simply not enough fluid to build adequate rasa dhatu and, due to the variable nature of rasagni, that conversion is poor. On the other hand, if the mucous membranes are excessively moist or mucousy, if the skin is excessively moist and if menstrual fluids and breast milk are produced in excess, rasagni is low and rasa and kapha dosha are in excess. produced from the digestion of food and liquid. Food and liquid are initially digested in the digestive system and according to ayurvedic theory, turned into ahara rasa (milky substance similar to chyle). This fluid is then further digested within the sleshma dhara kala by the rasagni. The health of this fire determines the quality of rasa produced. When the rasagni is ideal, healthy rasa dhatu is produced along with minimal kapha dosha. In other words, transformation is efficient and there is little waste product produced. When the rasagni is low, the efficiency of the transformation is reduced. The quantity of rasa produced is actually greater but it is of poor quality. In addition, excessive waste is produced so kapha dosha increases. When the rasagni is too high, it efficiently converts ahara rasa to rasa dhatu but also burns up some of the rasa dhatu that is being produced. Thus, a smaller amount of rasa dhatu is produced and there is deficiency. There is also minimal waste. The state of rasagni is dependent upon jatharagni - the main digestive fire. If jatharagni is healthy, so too will be the rasagni. In order to determine the health of the rasagni it is necessary to observe the results of digestion - the rasa dhatu.

**Symptoms of Weakness**

- Mild
- Moderate
- Sever
- Inactiveness
- Loss of appetite
- Nausea
- Heaviness of body
- Increased salivation
- Feeling of tiredness
- Fever

- Body pain
- Emaciation : Extreme weight loss and thinness
- Premature hair loss
- premature hair greying

### **Investigations: (PARIKSHAN)**

#### **RADIOLOGY:**

X ray

C T Scan

M R I

Bone Densitometry

D X A

#### **PATHOLOGY**

C B C

E S R

Vita – B 12

Vita D 3

Folic Acid

Etc.

Prevention: (NIDAN PARIVARJAN):

#### **Diet & Lifestyle Advice**

- Avoid consuming opposite foods.
- Do not control natural urges like vomiting, urination, bowels, etc.
- Heavy workout, travelling, a long walk, etc.
- Take care not to consume foods which cause indigestion.
- Eat enough quantity of salty, sweet, protein rich, healthy food.

#### **Avoid**

- Lifting excess weight
- Lack of sleep
- Lack of rest
- Over exertion

### **GENERAL TREATMENT: CHIKITSA:**

The quantity of rasa dhatu depends upon fluid intake. Salt and sugar are the most important of these nutrients. Salt, in addition to its many physiological functions, helps retain water in the body. Sugar is the primary nutrient of the body. As a result, taking juice, sweetened herbal tea, is the best way to replenish rasa.

**Treatment types : (Chikitsa prakar)**

- ✓ 1. Daiva vyaprashraya Chikitsa (Chanting of Mantras, Homas, Spiritual healing, Religious rites etc.)
- ✓ 2. Yukti vyaprashraya Chikitsa (Medicines {Shodhana & Shamana } & Diet )
- ✓ 3. Satwaavajaya Chikitsa (Psychotherapy)

**Yukti Vyapashraya:****( A ) Antah Parimarjana-**

- ✓ (a) Shodhana: Cleansing (Panchkarma as per the predominance of Doshas like Ghrita Pana & Mild purgation in Vataja type,
- ✓ therapeutic Emesis & Purgation in Pitta & Kaphja type).
- ✓ (b) Shamana: Palliative (Medhya Rasayanas, Diet etc.)

**( B ) Bahir Parimarjana-**

- ✓ Murdha Taila, Ahyanga, Shirodhara etc.
- ✓ Shashtra Pranidhana-Use of Instruments & Surgical interventions.

**Daivavyaprashya Chikitsa:**

- ✓ Mantra- Chanting of Hymns.
- ✓ Aushadha- Sacred Herbs.
- ✓ Gems- Auspicious Stones.
- ✓ Mangala- Auspicious offerings.
- ✓ Homa- Yajna
- ✓ Niyama - Regulations.
- ✓ Prayaschita-Atonement.
- ✓ Upavasa-Fasting etc.

**3. Satwaavajaya (Psychotherapy)**

- ✓ When the underlying condition is treated the symptoms do not return
- ✓ Aachara Aachara Rasayana Rasayana Physical & Mental Conduct.
- ✓ No involvement of Drugs.
- ✓ Maintains total life process.
- ✓ To speak truth, free from anger, abstains from alcohol & over indulgence.
- ✓ Maintains Hygiene,
- ✓ Regular Sleep,
- ✓ Wholesome Diet.
- ✓ Controls over his Sense organs etc for Physical, Mental & Spiritual Wellbeing. (Cha.Chi 1/30)

- **Medication:**

**Ayurvedic treatment: (CHIKITSA)**

Apart from various drugs available in Ayurved we have selected a patented Ayurvedic herbal medicine named “V TON” syrup, manufactured by “Veer Health Care”, Ahmedabad, India.

**Drug review: (AUSHADHI VIVECHAN)**

**Each 10 ml of V TON SYRUP contains:**

VARDHARO	Ruriya Centeloedies	30 MG
SHATAVARI	Asparagus racemosus	30 MG
VIDARI KAND	Pueraria tuberosa	30 MG
BILVA	Aegle marmelos	30 MG
AGNIMANTHA	(Bruhad)Premna integrifolia	30 MG
SHYONAKA	Oroxylum indicum	30 MG
PATALA	Stereospermym suaveolens	35 MG
GAMBHARI (KASHMARI)	Gmelina arborea	35 MG

Hindi Name	Botanical Name	Weight	
VARDHARO	Ruriya Centeloedies	30 MG	It is used is vat diseases, heart diseases, cough, hoarseness of voice, diabetes mellitus, tuberculosis and emaciation, the working of the digestive system, useful in hemorrhoids and other issues of digestive system, corrects the metabolism and benefits a lot in metabolic disorders like rheumatic arthritis, good in diabetes, nourishes the brain cells and improves cognitive and analytical abilities, nourishes the skin and improves complexion.
SHATAVARI	Asparagus racemosus	30 MG	Shatawari is well known nourishing Ayurveda herb so it is specially indicated in malnourished and emaciating conditions. It improves the milk production; increases strength of the body; nourishes the brain and

			whole nervous system properly.
VIDARI KAND	Pueraria tuberosa	30 MG	Vidari kand is unctuous, anabolic, nutritive, stimulate the bile production, carminative, cardio tonic, haemostatic, demulcent, aphrodisiac, improves lactation, diuretic, complexion enhancer and rejuvenator, reduce intestinal dryness, benefits in hepato-splenomegaly, very beneficial in cardiac debility and bleeding disorders, works well in hoarseness of voice, cough, dysuria and phthisis, gives healthy life; full of vigor and vitality;
BILVA	Aegle marmelos	30 MG	Bilva kills all the diseases, it corrects the digestive system in all aspects so it makes senses to call this plant as Bilva. This ayurvedic herb is also useful in management of hemorrhoids and fluid retention in the body. It also increases the strength of the body.
AGNIMANTHA	(Bruhad)Premna integrifolia	30 MG	Agnimanth is used to kapha, nerve pain, indigestion and fever. Agnimanth is used in the treatment of a whole list of medical conditions, Obesity, Constipation, Lack of breast-milk production, Glandular Swellings or Enlargements, Oedema, Dyspepsia, Digestive Disorders, Piles, laxative, Calculi, Urinary Disorders, diabetes, Urticaria, red, itchy, swollen patches on skin, imbalance of bile, Allergy, Freckles, anti-oxidant, Sinusitis,

			astringent, anti-swelling, Headache, sedative and anti-inflammatory, Rheumatism and Arthritis, Microbial or Bacterial Infections, Breathlessness, Asthma, Neuralgia.
SHYONAKA	Oroxylum indicum	30 MG	Shyonak is an effective Ayurvedic medicinal herb. It is one among Dashmool, used in fever, cough, diarrheal etc. It is a potential herb against cancer, due to its potential cytotoxic and anti metastasis properties
PATALA	Stereospermum suaveolens	35 MG	Patala is useful in Vata imbalance disorder, blood detoxification, hiccups, vomiting, edema, anorexia, asthma, bronchitis. Trushna , reduces excessive thirst. It helps to relieve pain. It is useful to improve lactation in mother, useful in neurological disorders. Used in treating hemorrhoids and constipation Useful in gastritis and gastric ulcers. It is used in snake bite, scorpion bite, vomiting etc. It is also used for neuro-protective and hepato-protective benefits
GAMBHARI (KASHMARI)	Gmelina arborea	35 MG	It acts as cardiac tonic, congenial for heart. Relieves dysuria. Useful in bleeding disorders such as nasal bleeding, heavy periods, etc. Improves hair strength, promotes hair growth. It helps in anti aging, causes cell and tissue rejuvenation. Improves intelligence. Useful to improve depleted body tissues, chronic respiratory conditions, tuberculosis, Relieves constipation



**Method:**

The clinical study was planned by VAIDYA VINOD C MEHTA, BAMS (MUMBAI UNI) and DR MANAN V MEHTA, MBBS (MUMBAI UNI), in and around Mumbai and Ahmedabad.

**Plan of Study:**

The study was planned by the doctors and volunteers to evaluate the clinical efficacy of “V TON” Syrup in the management of neurological and physical strength and stamina.

**Inclusion criteria:**

Patients suffering from one of the following symptoms of Mild, Moderate, Sever Weakness, Inactiveness, Loss of appetite, Nausea, Heaviness of body, Increased salivation, Feeling of tiredness, Body pain, Weight loss, Premature hair loss, premature hair greying

**Exclusion criteria:**

Patients with severe dehydration, Toxic symptoms, Renal failure, sever hypoglycaemia.

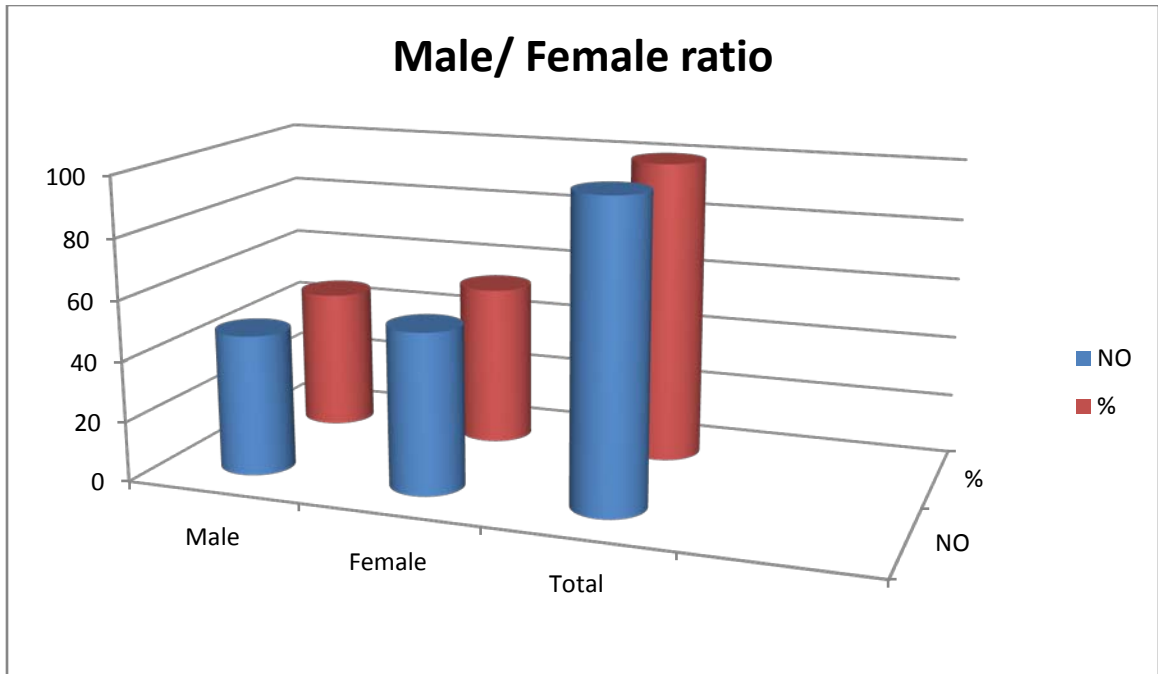
**Study procedure:**

Total 60 patients were selected for the study.

Each patient's complete medical history including personal data, a description of symptoms was taken. All the patients underwent a thorough clinical and pathological examination.

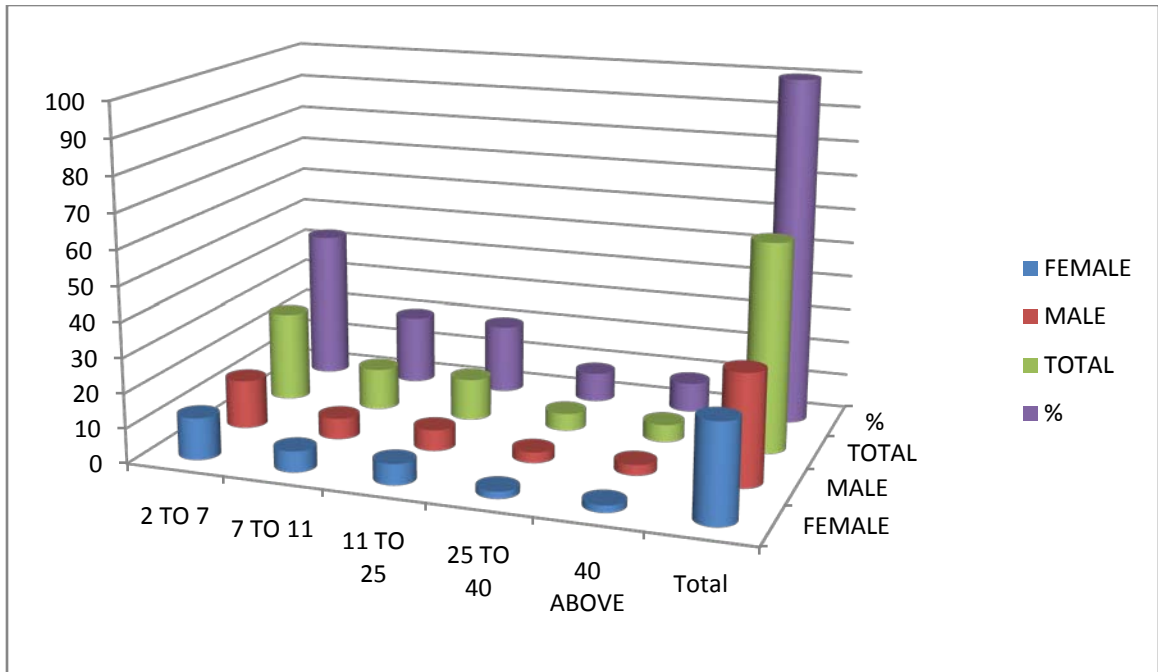
**Gender:**

GENDER	NO	%
Male	28	46.67
Female	32	53.33
Total	60	100



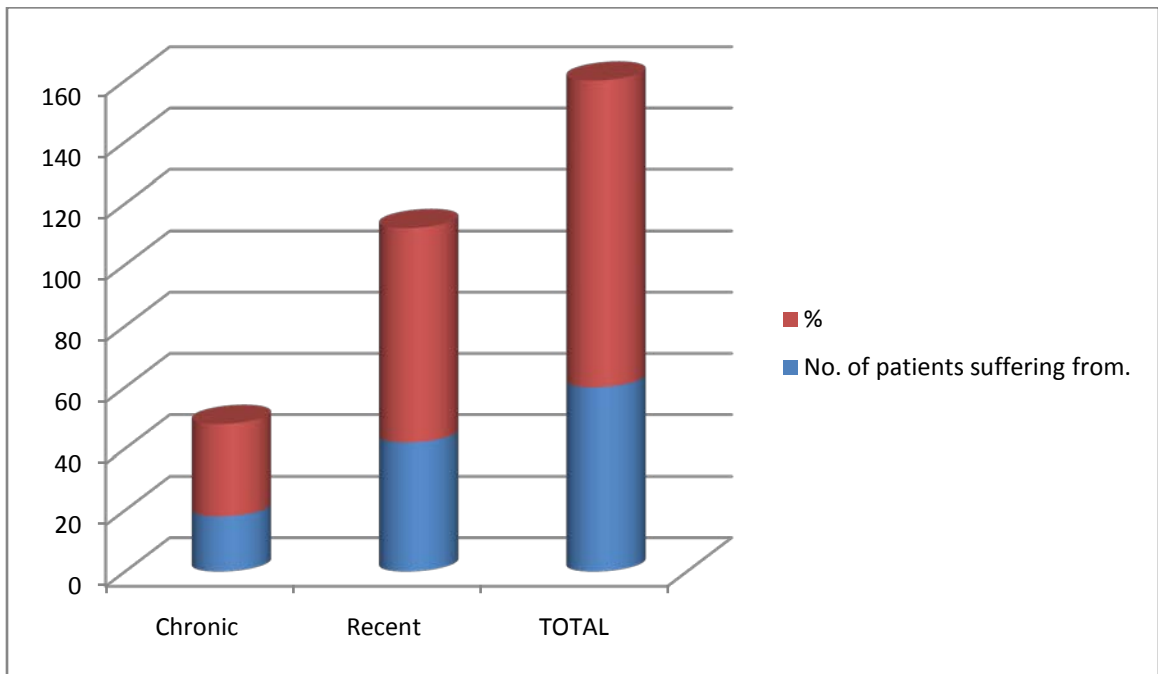
#### Age Ratio:

AGE	MALE	FEMALE	TOTAL	%
2 TO 7	12	14	26	43
7 TO 11	6	6	12	20
11 TO 25	6	6	12	20
25 TO 40	2	3	5	8.5
40 ABOVE	2	3	5	8.5
Total	28	32	60	100



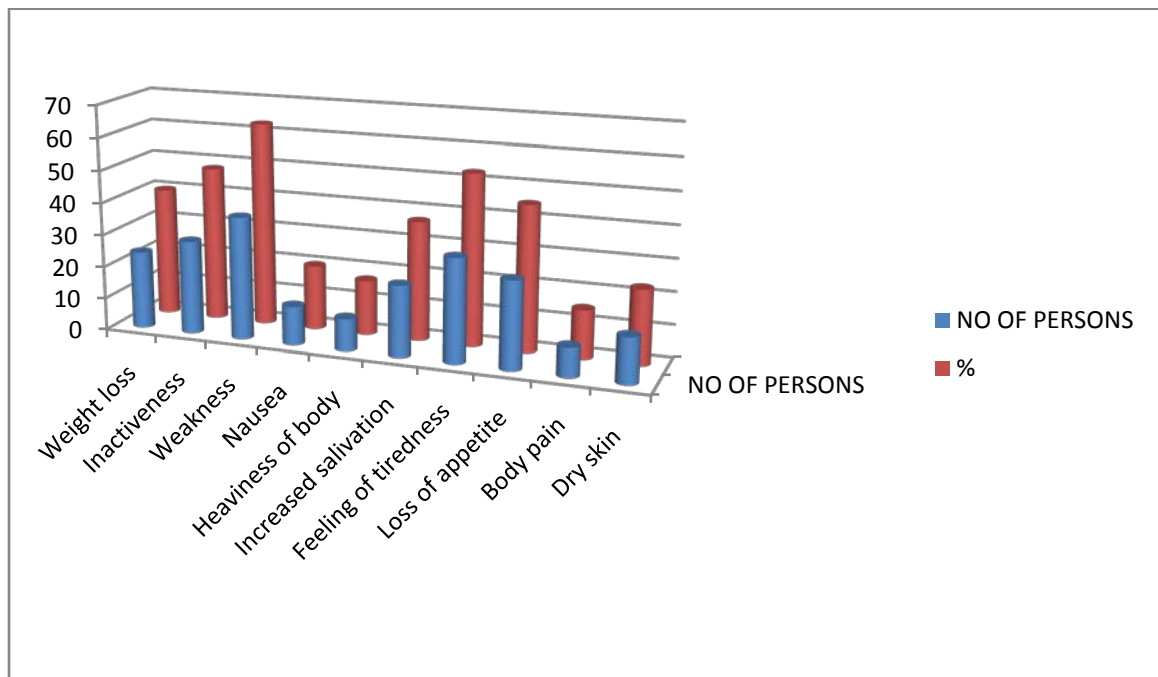
#### No. of patients suffering from Weakness:

Weakness	No	%
Chronic	18	30
Recent	42	70
TOTAL	60	100



**SYMPTOMS:**

SYMPTOMS	NO OF PERSONS	%
Weight loss	24	40
Inactiveness	29	48
Weakness	38	63
Nausea	12	20
Heaviness of body	10	17
Increased salivation	22	37
Feeling of tiredness	32	53
Loss of appetite	27	45
Body pain	9	15
Dry skin	14	23

**Dosage:**

2 yrs -7 yrs 1 tsp, 7 yrs-12 yrs 2 tsp, 12 yrs above 3 tsp twice a day or till the symptoms subside.  
After Breakfast, Lunch and After Dinner

**Health Plan: (VIHAR)**

- Physical activity is crucial for a person to get energy.
- Swimming
- Regular exercise
- Increased water intake
- Proper meal timings

- To take a small nap in the day time
- Proper counselling
- Abhyang ( Massage)
- SHOIRO BASTI
- NASYA
- Steam

### **AHAR: (Diet To have) (PATHYA)**

Three things were explained to patients.

- What they eat
- How much they eat
- When they eat
- A diet plan was tailored according to patients diet habit, working condition, daily routine, weight, age and gender.
- At the base there are foods rich in carbohydrates, such as grains, fruit and vegetables, Fibre, Dark green leafy vegetables was suggested.
- Amla, Dadimb, Black sesame seeds
- Milk, Curd, Butter milk
- Coconut, Dates, Almonds, Apricot
- Warm Milk at night. With Nutmeg or Pipramul.

### **Diet not to have: (APATHYA)**

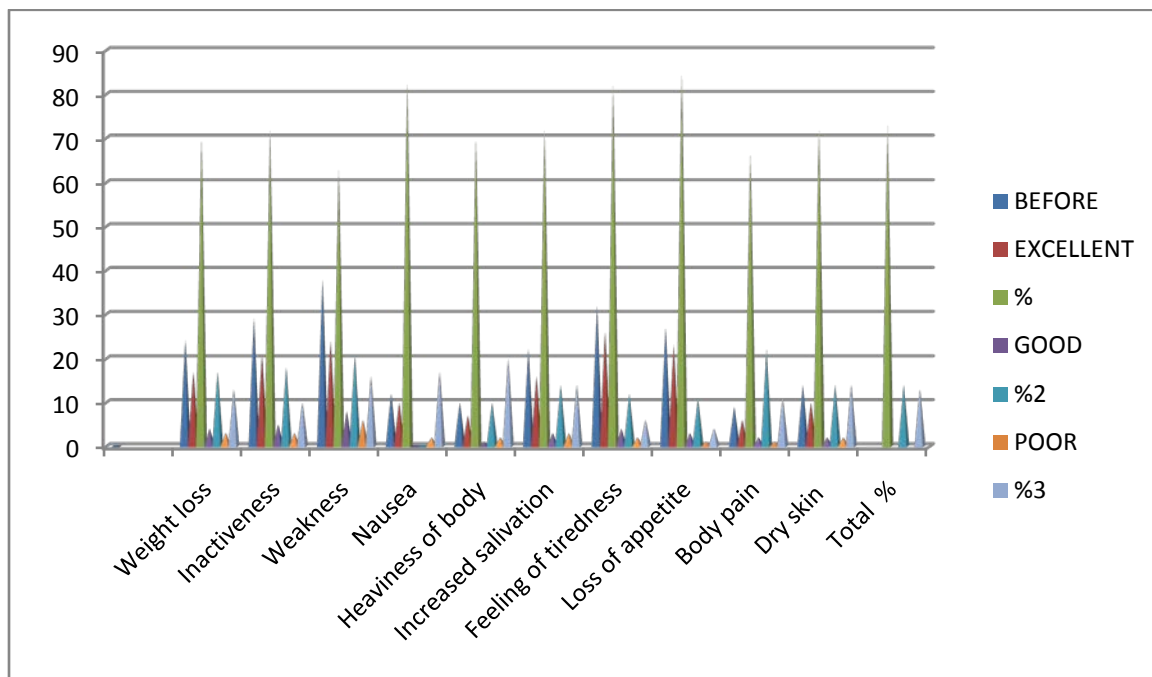
- × Fried food
- × Excess chillies
- × No onion , garlic, green chillies
- × No Chutney, papad, Pickles
- × Lemon, Tamarind, Pineapple
- × Fried, stalled food
- × Outside eatables
- × Chole, Chana, Rajma, Kidney beans

Assessment of result: (UPSHAY) After administration of V TON for 60 days, the following result was achieved.

### **RESPONSE OF THE TREATMENT**

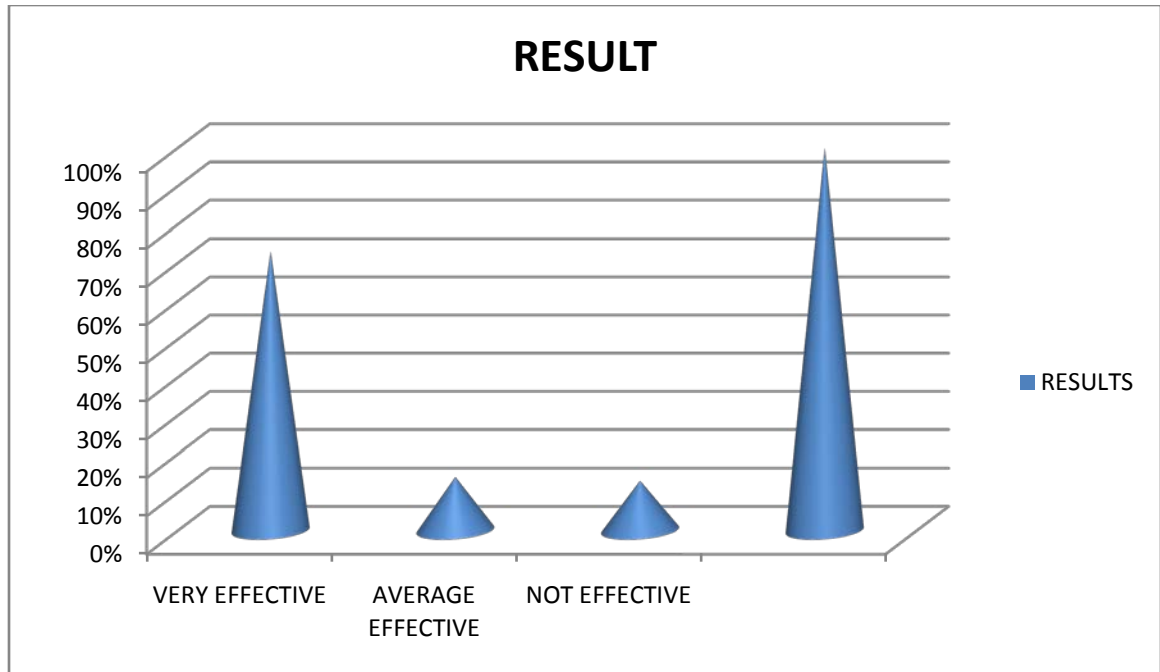
SYMPTOMS	BEFORE TREAT	EXCELL ENT	%	GOOD	%	POOR	%
Weight loss	24	17	70	4	17	3	13
Inactiveness	29	21	72	5	18	3	10
Weakness	38	24	63	8	21	6	16

Nausea	12	10	83	0	0	2	17
Heaviness of body	10	7	70	1	10	2	20
Increased salivation	22	16	72	3	14	3	14
Feeling of tiredness	32	26	82	4	12	2	6
Loss of appetite	27	23	85	3	11	1	4
Body pain	9	6	67	2	22	1	11
Dry skin	14	10	72	2	14	2	14
Total %			73		14		13



## RESULT

VERY EFFECTIVE	73 %
AVERAGE EFFECTIVE	14 %
NOT EFFECTIVE	13 %
Total	100 %



#### Conclusion:

According to result data it is established that “V TON” Is an effective to Improve Vitality, Metabolism, Increases Strength, Stamina & Energy in 73 % of patients, shown average control in 14 % and was not found effective in 13 %

#### Reference:

##### Text Reference :

Charaka Samhita-Sutra, Nidana,Chikitsa sthan.

Ashtanga Hridaya-Uttara Sthan.

Ashtanga Sangraha,

SushrutaSamhita

<http://amazing-indian-herbs.blogspot.in/2011/09/>

[www.lifepositive.com/](http://www.lifepositive.com/) [www.ccras.nic.in/](http://www.ccras.nic.in/) [www.indiadvine.org/audarya/](http://www.indiadvine.org/audarya/)

[www.ezinearticles.com/](http://www.ezinearticles.com/) [www.ayurveda-herbal-medicine.com](http://www.ayurveda-herbal-medicine.com)

Charak Chikitsa sthan. 1/30

**Arya Bhishak – Hindustan No Vaidraj-**

**Vanoaushadhi Gunadarsh. Purvardh**