

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

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V TON is the compound of such components that are well-known for redressing the liver and stomach and for the strength of nerves. These components increase the production of blood in the body, raise the proportion of red cell in the blood, and work instantly in case of anaemia. V TON is Tonic of multi-benefits. It redresses the bodily weakness, causes the paleness of the face to vanish. An excellent tonic for blood deficiency and general weakness. Strengthens the nerves, effective in liver disorders and anaemia. Tonic for growing children.

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 dhatu 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 dhatu, some boosters are required 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. Thus, kapha dosha

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

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.
- ✓ Shastra 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”, manufactured by “Veer Health Care”, Ahmedabad, India.

Drug review: (AUSHADHI VIVECHAN)

Contains of V TON TABLET

Hindi Name	Botanical Name	Weight	Properties
Ashwagandha	Withania Somnifera	75.75 MG	It is the best Ayurved herb, which nourish each and every part of the body and thus improve the nutritive status of the body. It is used as an adaptogen to help the body cope with daily stress, and as a general tonic and improving thinking ability. Use Ashwagandha to prevent Stress, Overwork, muscle weakness, sexual debility, low immunity to illness, including colds and flu, and allergies, and for cancer prevention.
BRAHMI	Centella Asiatica	45.45 MG	It is useful for improving mental clarity, confidence and memory recall, helps to treat backache, hoarseness, mental illness, epilepsy, joint pain, used as a water pill. It is one of the best rejuvenating and Nervine tonic it calms down the restless mind and improves analytical abilities of a fellow, helps in proper growth of the baby physically as well as

			psychologically, delays the signs of ageing. It is a best rejuvenator of the body
JETHIMADH	Glycyrrhiza Glabera	75.75 MG	Helps alleviate depression and anxiety. It helps body to fight nervousness, depression, anxiety, chronic fatigue, stress. Enhances the bile acid flow, reduces cholesterol, has antioxidants which boost immunity levels as well as provides relief from muscle and joint aches. It is anti-inflammatory, antispasmodic, treats psoriasis, dry & itchy skin, skin rashes, dermatitis and eczema. Used for treating stomach ulcers, heartburn, upset stomach, constipation and acid reflux.
VAVDING	Embelica Ribes	75.75 MG	Neatocidal, Estrogenic, Hypoglycaemic, Anthelmintic, Antibiotic, Antitubercular, Antiimplantation, Anti-ovulatory, Hypotensive, Antipyretic, Diuretic, Hepatioprotective, appetizer. Mild laxative. Either prevents formation of gas, Useful against Worms is useful for strengthening the body
AMLA	Phyllanthus Embelica	151.55MG	Amla is rich in vitamin C, also rich in proteins and fibers. It contains minerals such as iron, calcium, and phosphorus, vitamins A and B. protective effect on heart, lungs, brain, and skin.
SUVA	Anethum Graveolens	75.75 MG	Suva ia a very good source of calcium, dietary fiber, as well as the minerals manganese, iron, and magnesium. Carminative, Digestive, Antacid, Anti-histamine, anti-allergic.

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” Tablet 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.

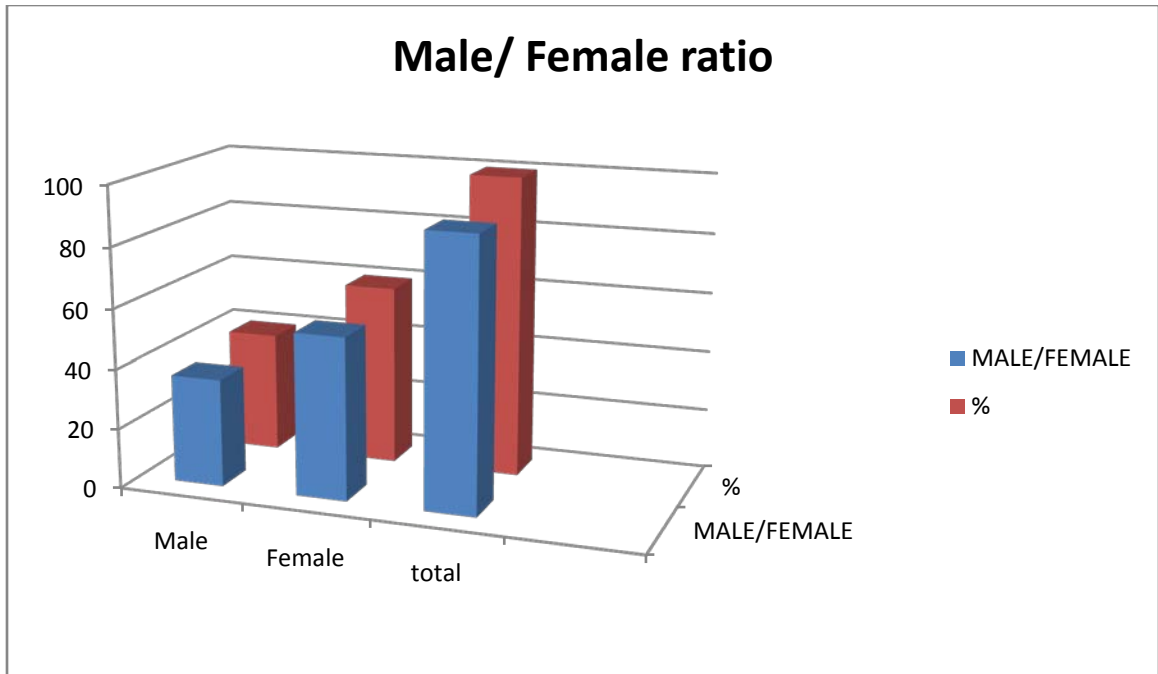
Study procedure:

Total 90 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.

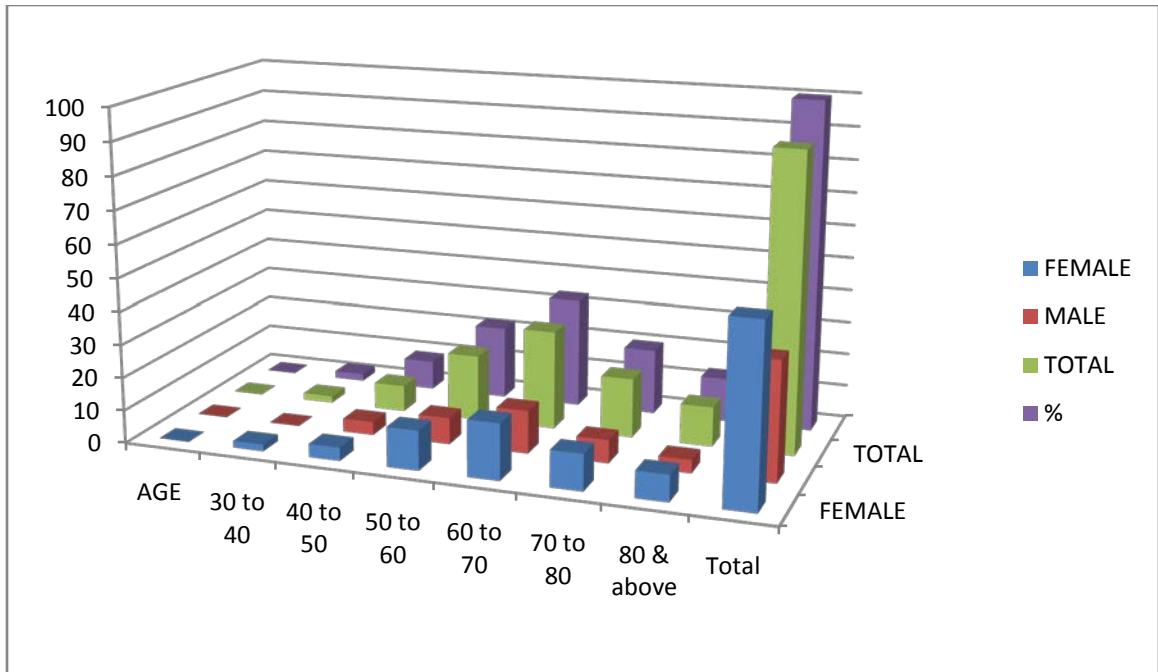
Gender:

Male	36
Female	54
Total	90



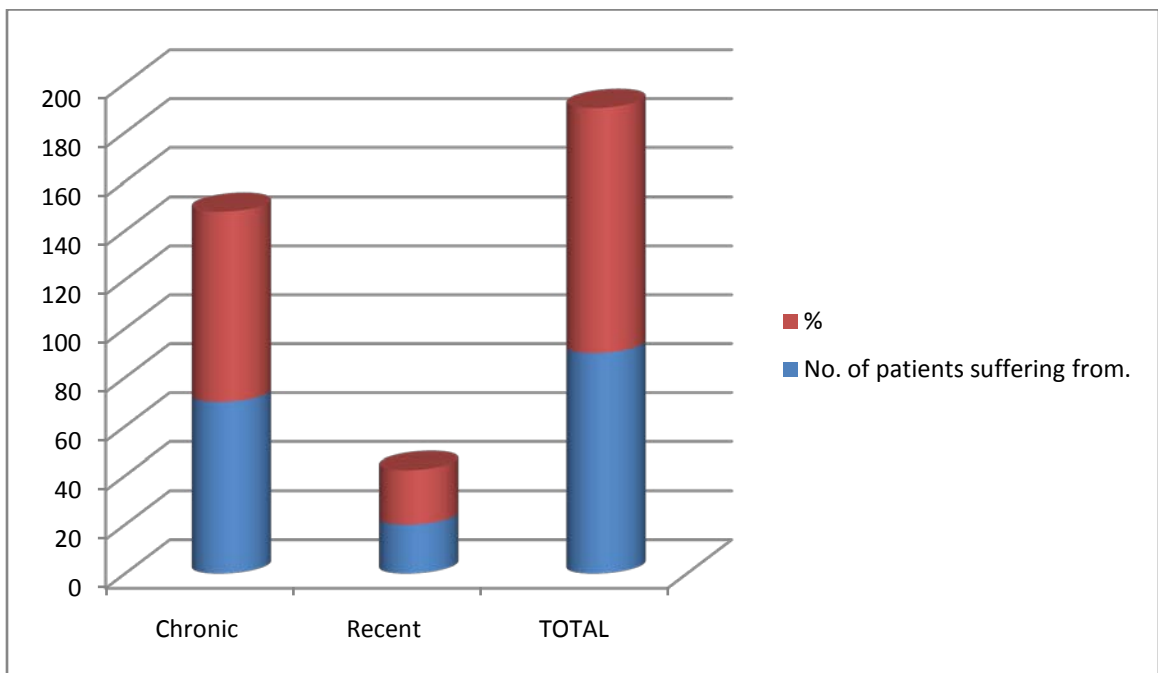
Age Ratio:

AGE	FEMALE	MALE	TOTAL	%
30 to 40	2	0	2	2.2
40 to 50	4	4	8	8.9
50 to 60	12	8	20	22.2
60 to 70	17	13	30	33.4
70 to 80	11	7	18	20
80 & above	8	4	12	13.3
Total	54	36	90	100



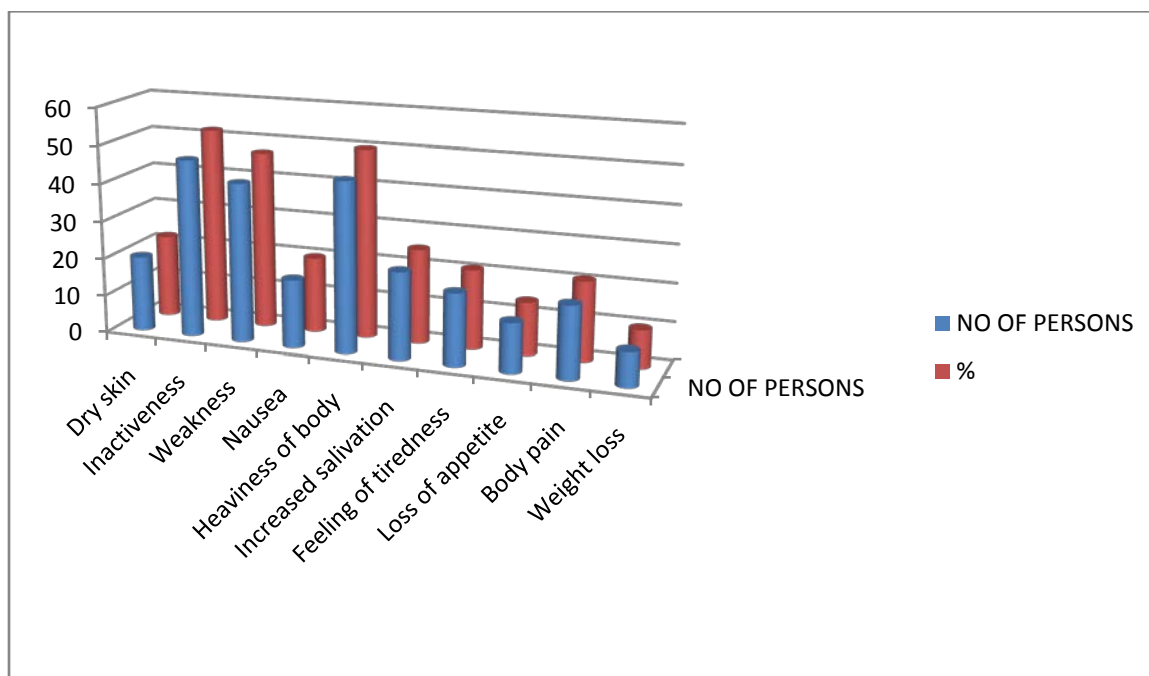
No. of patients suffering from Weakness

Weakness	No	%
Chronic	70	77.78
Recent	20	22.22
TOTAL	90	100



SYMPTOMS :

SYMPTOMS	NO OF PERSONS	%
Dry skin	20	22
Inactiveness	47	52
Weakness	42	47
Nausea	18	20
Heaviness of body	45	50
Increased salivation	23	25
Feeling of tiredness	19	21
Loss of appetite	13	14
Body pain	19	21
Weight loss	9	10



Dosage:

2 tablets of "V TON" were given to every one 2 times a day. With water, After Lunch and After Dinner.

Health Plan: (VIHAR)

Physical activity Is crucial for a person with any psychological symptoms

- Swimming
- Regular exercise
- Increased water intake
- Proper meal timings
- Not to sleep in day time
- Proper counselling
- Abhyang (Massage)
- SHOIRO BASTI
- NASYA
- Steam

(AHAR): 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.

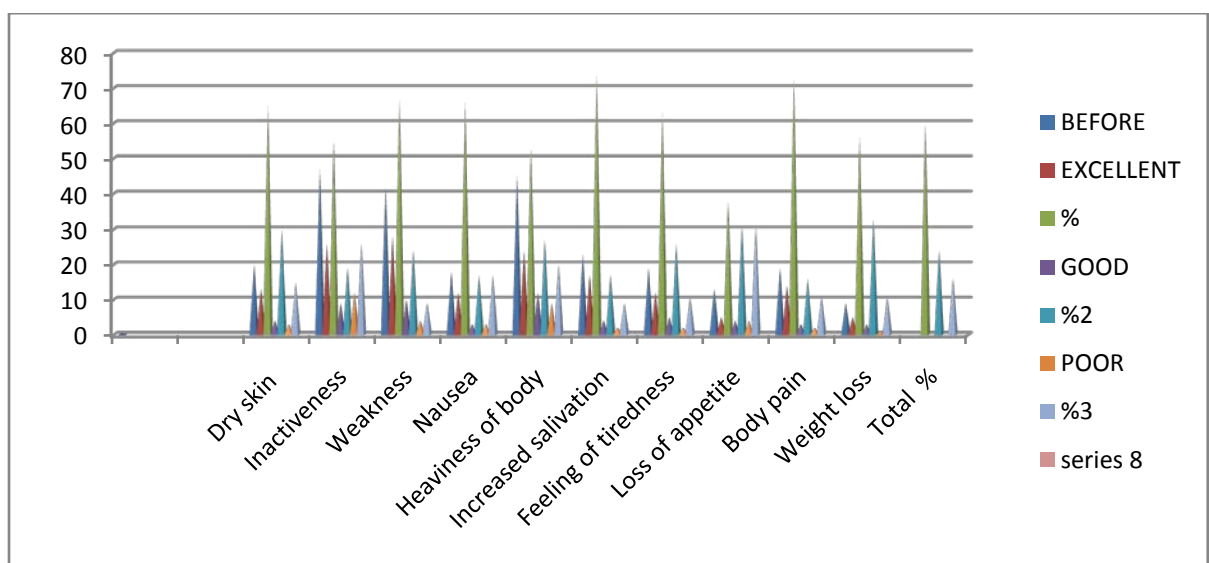
Diet not to have: (APATHYA)

- 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.

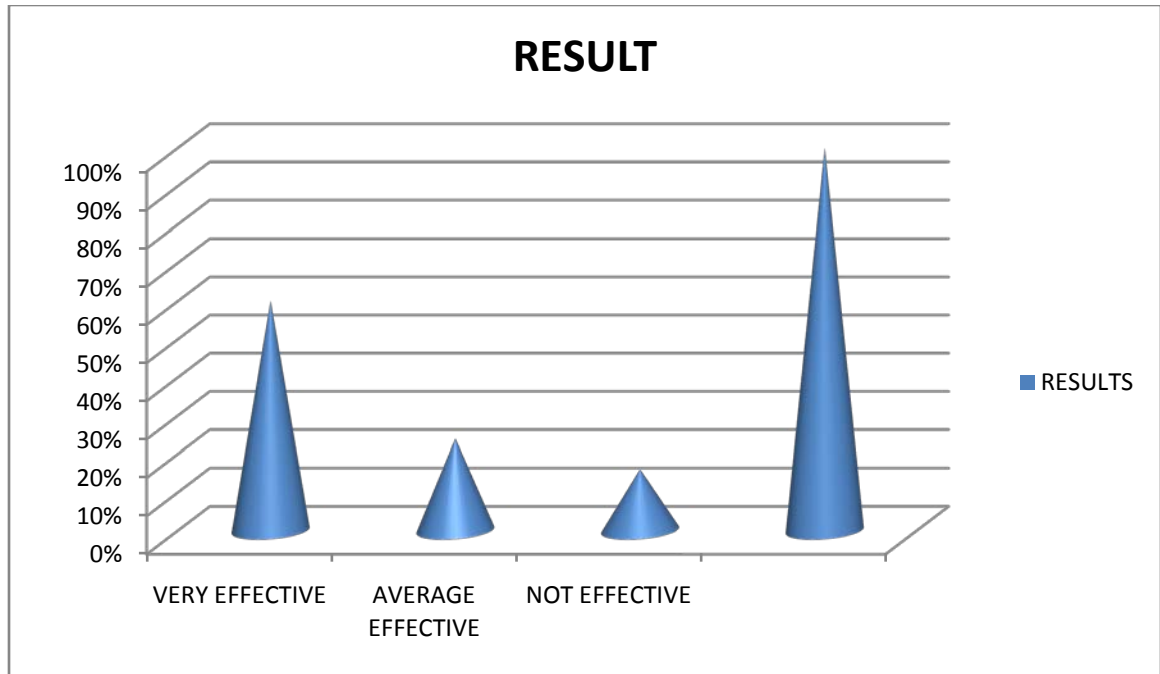
RESPONSE OF THE TREATMENT

SYMPTOMS	BEFORE TREAT	EXCEL LENT	%	GOO D	%	POOR	%
Dry skin	20	13	65	4	30	3	15
Inactiveness	47	26	55	9	19	12	26
Weakness	42	28	67	10	24	4	9
Nausea	18	12	66	3	17	3	17
Heaviness of body	45	24	53	12	27	9	20
Increased salivation	23	17	74	4	17	2	9
Feeling of tiredness	19	12	63	5	26	2	11
Loss of appetite	13	5	38	4	31	4	31
Body pain	19	14	73	3	16	2	11
Weight loss	9	5	56	3	33	1	11
Total %			60		24		16



RESULT

VERY EFFECTIVE	60 %
AVERAGE EFFECTIVE	24 %
NOT EFFECTIVE	16 %
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 60 % of patients, shown average control in 24 % and was not found effective in 16 %

Reference:

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Charak Chikitsa sthan. 1/30

**Arya Bhishak - Hindustan No Vaidraj-
Vanoaushadhi Gunadarsh. Purvardh**

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