RESEARCH PAPER

Assessment and Comparison of the Efficacy of Shreekhandasava and Eladi Modaka in the Treatment of Madatyaya: A Randomized Controlled Study

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ABSTRACT

Madatyaya, described in Ayurveda, closely resembles chronic alcoholism and alcohol use disorder in modern medicine. Excessive alcohol consumption causes severe physical, psychological, social, and economic problems. Ayurveda mentions several formulations for the management of Madatyaya, among which Shreekhandasava and Eladi Modaka are considered important. The present randomized controlled clinical study aimed to assess and compare the efficacy of these two classical Ayurvedic formulations in patients diagnosed with Madatyaya. A total of 80 patients were enrolled, among which 70 patients completed the study. Participants were divided equally into Group A (Shreekhandasava) and Group B (Eladi Modaka). Assessment was done using AUDIT score, liver function tests, General Health Questionnaire (GHQ-12), and WHOQOL-BREF questionnaire. Clinical observations revealed improvement in both groups. Most patients belonged to male gender and middle-aged population. The study suggests that both formulations may be effective in reducing symptoms associated with alcohol dependence and improving quality of life. Further statistical analysis is ongoing.

Keywords: Madatyaya, Alcohol Dependence Syndrome, Shreekhandasava, Eladi Modaka, Randomized Controlled Trial

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Introduction

Alcohol addiction is one of the major public health problems worldwide. Chronic alcoholism affects the liver, nervous system, cardiovascular system and mental health. It also creates social and family disturbances. In Ayurveda, excessive and improper consumption of alcohol is described under the condition called Madatyaya. Classical Ayurvedic texts explain that Madya possesses properties opposite to Ojas and therefore excessive intake causes physical and psychological deterioration. Ayurveda classifies Madatyaya into different conditions such as Paanatyaya, Paramada, Pana-Jirna, and Pana-Vibhrama. Symptoms include nausea, dizziness, tremors, confusion, insomnia, fatigue, liver dysfunction and mental disturbances. Modern medicine correlates these conditions with alcohol intoxication, alcohol dependence syndrome, withdrawal symptoms and chronic alcoholism. Several Ayurvedic formulations have been described for the management of alcohol-related disorders. Among them, Shreekhandasava and Eladi Modaka are classical preparations having detoxifying, rejuvenating and restorative properties. However, comparative clinical evidence regarding their efficacy remains limited. Hence, the present study was undertaken.

Aim and Objectives

1. To evaluate the efficacy of Shreekhandasava in Madatyaya.
2. To evaluate the efficacy of Eladi Modaka in Madatyaya.
3. To compare the therapeutic efficacy of both formulations statistically.

Materials and Methods

Study Design

A randomized controlled parallel-group clinical study was conducted at Sri Sri College of Ayurvedic Science and Research Hospital, Odisha, India. Ethical clearance and CTRI registration were obtained before commencement of the study. CTRI Registration Number: CTRI/2025/07/090986.

Sample Size

- Total enrolled patients: 90
- Treatment completed: 80
- Dropouts: 10

Group Distribution

GROUP	INTERVENTION	NO. OF PATIENTS INCLUDED
A	Shreekhandasava	40
B	Eladi Modaka	40

Inclusion Criteria

- Patients aged 18–60 years

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- Diagnosed with chronic alcoholism according to DSM-5 criteria
- Willing to participate and provide informed consent

Exclusion Criteria
Patients age below 18 years and above 60 years
Severe systemic illness
Pregnant or lactating women
Patients on other addiction therapies
Unwilling participants

Intervention
Group A – Shreekhandasava
Patients received 20 ml Shreekhandasava twice daily after food with 20 ml water for 3 months.
Important Ingredients
- Shweta Chandan
- Maricha
- Jatamansi
- Daruharidra
- Draksha
- Pippali
- Ela
- Nagakeshara

Shreekhandasava is a fermented Ayurvedic preparation traditionally indicated in Madatyaya, intoxication, and chronic alcohol-related disorders.

Group B – Eladi Modaka
Patients received 10 g Eladi Modaka twice daily with milk after food for 3 months.
Important Ingredients
- Ela
- Madhuka Pushpa
- Amla
- Haritaki
- Bibhitaki
- Pippali
- Draksha
- Shatavari

Eladi Modaka is considered nourishing, detoxifying, and restorative in chronic alcohol-related disorders.

Assessment Parameters
Subjective Parameters
AUDIT Questionnaire
The Alcohol Use Disorders Identification Test (AUDIT) contains 10 questions assessing:
- Alcohol consumption
- Drinking behaviour
- Dependence symptoms
- Alcohol-related problems

AUDIT Scoring

Score	Interpretation
<8	Minimal withdrawal
8–15	Mild to moderate withdrawal
>15	Severe withdrawal

Objective Parameters
Liver Function Tests
- ALT
- AST
- Bilirubin

These parameters were assessed to evaluate liver function and alcohol-induced hepatic damage.

Psychological Assessment
GHQ-12
The General Health Questionnaire assessed psychological well-being and emotional status.
WHOQOL-BREF
Quality of life was evaluated under four domains:
1. Physical health
2. Psychological health
3. Social relationships
4. Environmental health

Follow-Up Schedule
Patients were assessed at:
1. Baseline
2. 1 month
3. 2 months
4. 3 months

Statistical Analysis
Data were entered into Microsoft Excel and analysed using statistical software such as Epi Info, R, JAMOVI, and SPSS.
The following statistical tests were proposed:
- Pair t-test
- Mann–Whitney U test
- Repeated measures ANOVA

Observation and Results
Gender Distribution
Most participants were male, indicating a higher prevalence of alcohol dependence among males. Female participation was comparatively lower.

Age Distribution
The majority of participants belonged to the 30–50 years age group, suggesting that chronic alcoholism is more common during economically productive years.

Samprapti of Madatyaya

Ati Madyapana
↓
Dosha Prakopa
↓
Rasavaha Srotodushti
↓
Hridaya Dushti
↓
Manovaha Srotodushti
↓
Madatyaya

Discussion

Madatyaya is considered as a Tridoshaja disorder predominantly affecting Rasavaha and Manovaha Srotas. Alcohol disturbs Ojas and impairs psychological and physical health. Classical Ayurvedic texts mention that Madya possesses Ushna, Tikshna, Sukshma, and Vikasi properties, leading to deterioration of body tissues and mental imbalance when consumed excessively. Shreekhandasava contains aromatic, digestive, hepatoprotective, and nervine herbs. Ingredients such as Jatamansi, Daruharidra, and Draksha may help in reducing withdrawal symptoms and improving liver function. The fermented preparation also improves digestion and metabolism. Eladi Modaka contains rejuvenating and nourishing herbs such as Shatavari, Amla, and Haritaki. These drugs may improve nutritional status, reduce fatigue, and support mental well-being.

Improvement was observed clinically in both groups. Reduction in alcohol dependence symptoms, better psychological status, and improvement in quality of life were noted during follow-up. Liver function tests also showed gradual normalization in several patients. Final statistical comparison is under process.

SUMMARY

(1)Madatyaya is a tridoshaja disorder that primarily affects the Rasavaha and Manovaha srotas and disturbs the Ojas leading to disturbance in the physical as well as mental functions .

(2)Sreekhandasava , by virtue of the hepatoprotective , neuro supportive properties of the ingredients supports the functions of these two important functioning faculties .

(3)Eladi Modaka , by virtue of its rejuvenating and nourishing properties decreases fatigue , provides nutrition and restores mental well being .

(4)The study reflected that , in both the groups under study , clinically showed improvement in almost all symptoms complained by the patients under trial .

Conclusion

The present study indicates that both Shreekhandasava and Eladi Modaka may be beneficial in the management of Madatyaya or chronic alcoholism. Both formulations showed encouraging results in improving withdrawal symptoms, psychological health, and quality of life. Shreekhandasava demonstrated promising detoxifying and hepatoprotective action, while Eladi Modaka showed supportive and rejuvenating effects. Further detailed statistical analysis and larger multicentric studies are needed to establish definitive evidence.

This study highlights the potential role of Ayurvedic interventions in alcohol dependence and supports integrative approaches for addiction management.

Future aim of the researcher

The researcher expects to come to a conclusion by performing appropriate statistical analysis of the findings of the study . In due course the study will be published in the form of article in indexed international /national scientific journal .

Future scope

The researcher feels that , the present study needs further evaluation including more number of subjects with the aim to open a new field and solution in the management of Madatyaya .

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