

Randomized Control Trial to Evaluate Efficacy Of Nirgundi Kwatha Gandush (Nirgundi decoction Gargling) On Mukhagat Vishalakshan Aasya Daah W.S.R to Tobacco Chewing

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Abstract:

Smokeless tobacco goes by many names, such as dip and chew, snuff, chewing tobacco or spit tobacco. Amongst them smokeless tobacco is highly addictive and can harm one's health. Like cigars and cigarettes, smokeless tobacco products contains a variety of toxins associated products. Tobacco chewing is most common all over India and is a big problem in india which causes many harmful effects on body. The most common is inflammation of oral flora. According to Ayurveda tobacco it is a Visha Dravya. When Visha get contact with body shows symptoms called as Visha Lakshanas. Tobacco cause initially such local oral symptoms called as Mukhagat Vishalakshnas. In this Aasya Daah is most common . Oral cavity is get inflammation is seen in Ayurveda we can corelate it with Aasya Daah .According to Ayurveda for oral disorders Gandusha is most useful Karma. We can use it with Vishaghna Dravya Nirgundi Kwath i.e Nirgundi decoction. Nirgundi is Krimighna (Anti microbial), Vedanasthapan (relieves Pain), Shothaghna (Anti inflammatory) & a Special property of Vishaghna. We can use Vishaghna+Shothaghna property for Aasya Daah. We can see Effects of Nirgundi Kwatha Gandusha (Gargling) in randomized control trial. Purpose of this trial is see the efficacy of Nirgundi drug Which is described in various Samhita about its Vishaghna. Most of research done with Nirgundi in Musculoskeletal disorders but very few of them used it in locally oral manifestation like Aasya daah. I hope this study can help to derive new medicine for tobacco caused oral inflammation i.e Aasya Daah.

Key Words: Vishaghna , ,Gandusha ,Aasya Daah,Doshghnata

Introduction:

Ayurveda is Upaveda of Atharvaveda & it is divided into the eight main branches. Agadtantra is the most important branch of Ayurveda among the eight branches, which deals with the various poisons. The Acharyas divided the type of Poison (Visha) mainly into the two groups i.e Sthavar & Jangam which are also called Vishayoni I.e origin of the poison.^{1,2}

स्थावर जगडमं चैव द्विविधं विषमुच्यते।

दशाधिष्ठानमाध्यं तु षोडशाश्रयम्॥३॥ सुक२

जगडमस्थावरायाम् तद्धोनौ ब्रह्मा न्ययोजयेत्।

तदम्बुसम्भवं तस्माद् द्विविधं पावकोपमम्॥६॥ चचि२३

In sthavar visha there are brief description of plants poison & non living things. The living things

comes under the Jangam visha .According to the Agadtantra the tobacco (Tamparna) comes under the

Sthavar visha, in the form of Patra Visha. Tobacco has been used in India From many years in the form of smoking, chewing, snuffing, Guthkha, Mava ,Paan.

The smokeless Tobacco is available in many forms in India & widely used by all social groups. It is more prevalent among the disadvantaged & people who lives in rural areas & it is common among woman of all ages including reproductive ages. There is a wide spectrum of morbidity & mortality related to smokeless tobacco used. But smokeless tobacco has not yet the attention .It deserves a public health problem. Tobacco control policies have not been sufficient to curb its use. Smokeless tobacco used in high not only in India but also in many other countries globally.³

Tobacco is one of the greatest public health challenges the world faces today. Every year 4.9

million deaths are caused by tobacco. By 2030 unless there are dramatic reductions in tobacco use, that number will rise to 10 million deaths annually.⁴

The tobacco chewing is dangerous for health. It is commonly used in young male. It causes various diseases systemic and local like Ca mouth , Ca tongue, mouth ulcers, bad odor of mouth , dental caries & many oro-dental disorders. Ayurveda is helpful in reduction of the side effects of tobacco chewing in various ways, such as Gandush (Gargle). The Gandush is very useful in Oro-dental disorders. Advantages of Gandush described in Ayurveda Samhitas.

The Nirgundi (Latin Name –Vítex negundo) having various medicinal properties such as Krimighna (Anti microbial), Vedanasthapan (relieves Pain), Shothaghna (Anti imflamatory) & a Special property of Vishaghna.^{5,6,7,8}

The Nirgundi is described in Eksar Gana in Sushrut Samhita & also described in Vishaghna Mahakashaya in Charak Samhita.^{9,10}

सोमराजीफलं पुष्पं कटभी सिन्धुवारकः।

चोरको वरुणः कुष्ठम् सर्पगंधा सप्तला ||84||

पुनर्नवा शिरीषस्य पुष्पमारग्वधार्कजम्।

श्यामाऽम्बुष्ठाविडंगानि तथा ऽऽमाशमन्तकानि च||85||

भूमी कुरबकश्चैव गण एकसरः स्मृतः।

एकशो द्वित्रिशो षाऽपि विषापहः||86||सुक5

हरिद्रामंजिष्ठासुबहासुक्ष्मैलापालिन्दिचन्दनकतकशिरिष

सिन्धुवार श्लेश्मान्तक इति दशोमनि विशघ्नानि

भवन्ति ॥ (च.सु.4/11)

Mukhagat Visha Lakshanas

मुखगेत्वोष्ठचिमचिमा जिह्वा शूना जडा विवर्णा च।

द्विजहर्षहनुस्तम्भास्यदाहलालागलविकाराः||113||चचि23

सचेत् प्रमादान्मोहाद्वा तदन्नमुपसेवते।

अष्ठीलावत्ततो जिह्वा भवत्यरसवेदिनी||38||

तुध्यते दह्यते चापि श्लेष्मा चास्यात् प्रसिच्यते।

तत्र बाष्पेरितं कर्म यच्च स्यादान्तकाष्ठिकम्||36||सुक1

The Nirgundi having the properties antimicrobial, anti inflammatory , Pain reliving &

having a special property of Vishaghna. So, in the Mukhagat Visha Lakshanas Nirgundi kwath can be useful. This study was planned to see the effects of Vishaghna Dravya Nirgundi (Latin Name-Vítex negundo) in the Randomized control study of Efficacy of Nirgundi Kwath Gandusha in Mukhagata Visha lakshana Aasya Daah W.S.R. to Tobacco Chewing.

Nirgundi Gun Karma

सिन्धुवार श्वेतपुषः सिन्धुकः सिन्धुवारकः।

निलपुष्पी तु निर्गुण्डी शेफाली सुवहा च सा।

सिन्धुकः स्मृतिदस्तिक्तः कषायः कटुको लघुः।

केश्यो नेत्रहितो हन्ति शूलशोथममारुतान्।

कर्म कुष्ठारुचिश्लेष्मज्वरान्नीलापि तद्विधा||113|| भाप्र

गुडूच्यादि वर्ग

Type Of Study Design- Randomized control study

Methods of selection of study subjects –

Sample size-100

Sampling technique -Patients who are having Mukhagat Visha Lakshana AasyaDaah, randomly divided into Group A- Trial group - 50 & Group B- control group -50 for 30 days. Goup A treated with Nirgundi Kwatha Gandush & Group B treated with Placebo

Study setting –Patients were selected from Opd & Ipd of Ayurved Mahavidyalaya

Inclusion criteria-

1. Male patient having addiction of only crude tobacco chewing .
2. Patients of age between 15 to 55 years.
3. Patient having Aasya Daah described in Mukhagat Visha Lakshnas .

b.Exclusion criteria-

1. Having addiction of Gutkha, Smoking, Mava, Paan.
2. Patient having having Aasya Daah described in Mukhagat Visha Lakshanas without H/O Chewing tobacco .
3. Known case of all malignancies.
4. Ulcers or lesions having known underlining pathology as like DM, syphilis, SLE, TB.

Objective:

1.To study the effects of Nirgundi Gandush on Mukhagata Visha Lakshana Aasya Daah

Material

Drug- Nirgundi & Madhuk Churna was collected from GMP certified Ayurved medical Agency.

Kwath Preparation-¹³

It was made in Rasashastra Lab.

40 gm Churna(1 pal) + 16 part of Churna water (640)(Shodash Gun) Boiled till 1/8 of total liquid remained (80ml)

(as described in Sharangdhar Samhita)

Gandush vidhi-^{14,15}

Time – Once , only In sunny morning .

Purvakarma:

1. Mrudu Snehan & Swedan of neck ,forehead , scapular region of patient was done.

Pradhankarma:

Position of patient –Sitting , tilting slightly upright of head.

Vidhi-

Luke worm Kwatha (room temperature) was given to patient which will fulfill ½ of mouth of patient(Uttam matra) & toldto hold till Samyak lakshans will be seen then to spat out.

Samyak Lakshana-

Sweating from fore head, temporal & watering from eyes, nose.

Frequency-

3time cycles of this Gandush Dharan at one sitting.

Paschat karma-

Gargling mouth wash Swith Luke worm water.

Follow up:

Both groups were Examined 2 times for 30 days

1st Follow up - 7th day

2nd Follow up - 28th day

Observations –

Aasya Daah (VAS scale)

Grade 0- No

Grade1-Mild (Occasionally)

Grade2-Moderate (Intermittent)

Grade3-Severe (Continuously)

With Nirgundi Kwatha Gandush treatment-

	Lakshana	7 th day follow up	28 th day follow up
1	Aasya Daah	++++	++++

With Placebo treatment-

	Lakshana	7 th day follow up	28 th day follow up
1	Aasya Daah	++++	++++

Total effects of treatment-

At the end of study , results was made as following-

Grade	Improvement	Score in %
Grade2	Markedly improved	25-50%

Conclusion-

The drug Nirgundi which is having Vishaghna property also having healing property which is useful in Aasya Daah. Aasya Daah can be corelate with mucus membrane imflamation. Doshagnata is act as Pittaghna.Daah is a symptom of Pitta Dosh .Gandushaof decotion of Nirgundi is having medicinal and Vishaghna property.

Randomized control trial done which shows which are treated with Nirgundi Kwath Gandush their Aasya Daah Lakshana Markedly decreased with 50%.

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