

Evaluation of Efficacy of Shrungyadi Churna on Kasa in Children

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Abstract:-

The paediatric Age group is delicate and cannot sustain in adverse atmospheric conditions. The industrilisation results in atmospheric pollution with smoke, toxic fumes, dust & fog. The inhalation of such polluted air, allergy and sudden changes in temperature cases cough. Ayurvedic preparations are gaining importance due to their natural and organic status. In shargandhar samhita shrungyadi churna has been described as very effective over kasa. The present research work is undertaken to evaluate the evaluation of efficacy of shrungyadi churna on kasa in children.

Key Words :- industrilisation, shrungyadi churna, preparations, efficacy.

Introduction:-

Cough is fifth most common symptom for which patients seek care cough occurs in association with acute upper respiratory infection, acute pharyngitis, acute bronchitis and chronic sinusitis all of which rank among the top 10 reasons for visiting family physicians. Shrungyadi churna a very specific compound for most and commonest paediatric disorder has been described in shargandhar samhita. When administered with honey is said to be effective in different types of fever, gastroenteritis & respiratory disorders mainly cough and dyspnea.

AIM :-

To study the efficacy of Shrungyadi churna on kasa (cough) in children.

Objectives :-

The objectives of present study are-

- To study the etiopathogenesis of kasa in children.
- To study the effect of Shrungyadi churna on kasa.

Ethical Clearance:-

This study was clinical study and required patients for assessment purpose. Hence the ethical clearance was taken from Institute Ethical committee.

Materials and Methods:-

The present study was subjected to prepare shrungyadi churna and clinical trial on children having kasa.

Study Design:-

Randomized controlled clinical trial study.

Materials & Methods:-

A)

- For preparation of shrungyadi churna –
Raw drugs : Karkatshrungi, Ativisha, pippali.
Equipments : Mortar & pestle, vesses, spatula
- Syrup Respira D (Geno pharmaceuticals)
Respira D contains Dextromethorphan.
Chlorpheniramine maleate.

B) Patient's – 60 patients

Methods:-

The finely powdered raw materials were passed through sieve number and mixed in equal parts.

Dose & Duration –

i) Shrungyadi Churna –

Dose :- 4gm (Acc. To shargadhar samhita)
Time :- T.I.D (after food)
Route : oral
Duration : 7 days
Anupan : Madhu

ii) Respira – D Syrup :-

Dose – 2.5ml to 5ml
Time – T.I.D (After food)
Route – Oral
Anupan – Jal

Follow up during treatment on 3rd 5th 7th day.

Sampling & Grouping –

Sampling –

Sixty patient of kasa diseases selected randomly from Balroga OPD of LKR Hospital Gadhinglaj as outpatient.

Grouping :-

The patients were randomly allotted in two groups trial & control group.

Group A :Treated with trail drug shrungyadi churna. (Trial Group)

Group B :Treated with syp.Respira D. (Control Group)

Inclusion Criteria :-

- i) Patients between Age group 6 to 12 years.
- ii) Patients with kasa as symptom with a history not more than 3 days.

Exclusion Criteria :-

- i) Patients presenting with kasa as a complication of other systemic diseases like pneumonia, T.B Bronchaial asthma.
- ii) Grossly malnourished children.
- iii) Kshayaj & Kshataj kasa.

Assessment Criteria :-

- a) Subjective Criteria :-
 - 1. Kasa
 - 2. Parshwashul
 - 3. Kantha Shotha
 - 4. Pratishay
- b) Objective Criteria :-
 - 1. Wheeze
 - 2. Crepitation

Shrungyadi Churna :-

Bioenergetics:-

| | Ativisha | Karkat Shrungi | Pippali |
|---------------|---------------------------------|-----------------------|-------------------------------|
| Rasa | Katu,Tikta | Kashay, Tikta | Katu |
| Virya | Ushan | Ushan | Anushnasheet |
| Vipak | Katu | Katu | Laghu |
| Karm a | Deepan,Pachan Jwaragna,Krimigna | Kasahar Jwarhar | Deepan,Hrudya Rasayan,Rechana |

Results & Observation

Total effect of Drug -

Data showing Total effects of Drug -

| Effect | Shrungyadi Churna | Total |
|-----------------------|-------------------|-------|
| Marked improvement. | 30 | 30 |
| Moderate improvement. | 00 | 00 |
| Mild improvement. | 00 | 00 |
| No improvement. | 00 | 00 |

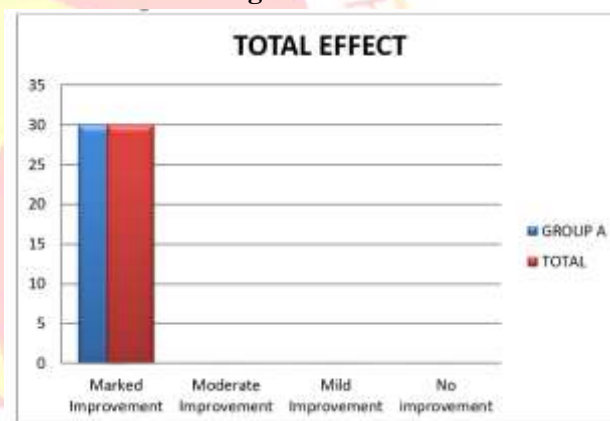
Shrungyadi Churna_Group -

Overall effect over this group showed 30 patients were shown marked improvement.

Total

Overall effect over 30 patients was shown marked improvement.

Total effects of Drug.



Discussion:-

On the study of the subject, apart from literary study, the research work was carried out. All Conceptual study discussed here.

a) Concept of Kasa (Cough)

The disease kasa has not been mentioned as a disease of any specific strotas but can be considered to be having of an origin of pranvaha strotas, because the symptoms of afftectd pranvaha have ‘Sashabda Vaishamya’ meaning making a noise during the routine respiratory Function which can be considered as cough. Cough classified on the basis of chronicity none it is difficult in treatment and also affect the growth of child.

b) Shrungyadi Churna :-

Shrungyadi churna a very specific compound for most and commonest pediatric disorder has been described in sharangyadhara samhita. When administered with honey is said to be effective in different types of fever, gastroenteritis and respiratory disorder mainly cough and dyspnea.

c) Mode of Action :-

Shrungyadi churna contains karkatshrungi, Ativisha and pippali. Karkatshrungi has kashay tikta rasa, Ushan virya, Katu Vipak, Guna, Laghn, Ruksha and karma Kasahar, Jwarahar.

Ativisha has tikta, katu rasa, Usha virya, Katu vipak, Laghu – ushan guna and Deepan, pachan and Jwarhar karma

Due to ushna virya of karkatshrungi & Ativisha along with madhur vipak of pippali might have been vat shaman, so parshwashool decreases.

Pippali has Anushnasheet virya which will cause anuloman of vayu. Thus reducing the symptom of cough. Pachan karma of Ativisha declines kanthshotha.

Conclusion –

All kasa have their origin in mahastrotas particularly are related to pakwashaya with of apan vayu, this indicates every type of kasa has an inseparable relation with vata dosha in pathogenesis. Shodhan and shaman both categories of treatment are advised for kasa depending upon rogi bala. The treatment in modern medicine for the symptom of cough is mostly symptomatic, shrungyadi churna is an important pharmacological preparation covering a vast spectrum of disease. Due to wide pharmacological activity of shrungyadi churna, it acts on most of the associated symptoms like jwar, kanthashotha, parshwashool and many other finally it can be concluded that shrungyadi churna has a positive effect in the management of kasa in children.

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