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. Among smokers, smokeless tobacco is highly addictive and can harm one's health. Like cigars and cigarettes, smokeless tobacco products contain a variety of toxins associated with tobacco. 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 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 Vishalakshanas. In this Aasya Daah is most common. Oral cavity is get inflammation is seen in Ayurveda we can correlate 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. Agad Tantra 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 Shthavar & Jangam which are also called Vishayoni i.e origin of the poison.  

स्थावर जंगमं च द्वितिविध विषमुच्चते।  

dasādhīṣṭaḥkāmadāhyo tu ṣaṁśādābhayyāḥ[3]| suka 2  

जंगमस्थायावरायाम तद्धोनी ब्रह्मा न्यूयोजयेत्।  

In shthavar visha there are brief description of plants poison & non living things. The living things comes under the Jangam visha. According to the Agad tantra the tobacco (Tamraparna) comes under the

Sthayar 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.  

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 – Vitex negundo) having various medicinal properties such as Krimighna (Antimicrobial), Vedanasthapan (relieves pain), Shothaghna (Anti inflammatory) & a Special property of Vishaghna.

The Nirgundi is described in Eksar Gana in Sushrut Samhita & also described in Vishaghna Mahakashaya in Charak Samhita.

Nirgundi Gun Karma

The Nirgundi having the properties antimicrobial, anti inflammatory, Pain relieving & 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-Vitex negundo) in the Randomized control study of Efficacy of Nirgundi Kwath Gandusha in Mukhagata Visha lakshana Aasya Daah W.S.R. to Tobacco Chewing.

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 Aasya Daah, 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 Aasya Daah described in Mukhagat Visha Lakshanas without H/O Chewing tobacco.
3. Known case of all malignancies.
4. Ulcers or lesions having known underlying 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 Ayurvedical Agency.

Kwath Preparation
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
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) & toldo hold till Samyak lakshans will be seen then to spat out.

Samyak Lakshana-
Sweating from fore head, temporal & watering from eyes, nose.

Frequency-
3 time 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-

<table>
<thead>
<tr>
<th>Lakshana</th>
<th>7th day follow up</th>
<th>28th day follow up</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Aasya Daah</td>
<td>++++</td>
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With Placebo treatment-

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<thead>
<tr>
<th>Lakshana</th>
<th>7th day follow up</th>
<th>28th day follow up</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aasya Daah</td>
<td>++++</td>
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</table>

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

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<thead>
<tr>
<th>Grade</th>
<th>Improvement</th>
<th>Score in %</th>
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<tbody>
<tr>
<td>Grade2</td>
<td>Markedly improved</td>
<td>25-50%</td>
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</tbody>
</table>

Conclusion-

The drug Nirgundi which is having Vishaghna property also having healing property which is useful in Aasya Daah. Aasya Daah can be correlate with mucus membrane inflammation. Doshaghnata is act as Pittaghna. Daah is a symptom of Pitta Dosha. 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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