

MANAGEMENT OF EOSINOPHILIA - AN AYURVEDIC APPROACH**S. Swaminathan.**

Dean, faculty of health science, Sri ChandraSekharendra Saraswathi Vishwa MahaVidyalaya, nathur, Kancheepuram & Professor in Sri Jayendra Saraswathi Ayurveda College, Nazarethpet, Chennai , India

ABSTRACT

When eosinophil increases it is an indicator of an increased antigen antibody reaction. It also indicates that the body's immune mechanism is highly influenced¹. Increased Eosinophil count is a manifestation of involvement of immunomodulatory system. Though Ayurveda has not recognized about eosinophil count but still it advises proper food intake along with correct medication for this high levels of eosinophil count².

Keywords- Eosinophil, Pulmonary Eosinophillia, Ayurveda, Antigen Antibody Reaction, Immunomodulation.

INTRODUCTION

When eosinophil increases it is an indicator of an increased antigen antibody reaction. It also indicates that the body's immune mechanism is highly influenced¹. Eosinophil increased count produces clinical symptoms like starting from a simple common cold to a dreaded pulmonary eosinophillia. It is a marker for filarial infection in the body. More or less it will produce respiratory tract symptoms such as cough, dyspnoea, pre-cordial chest pain often accompanied by wheezing.² When some people resort to head bath are expose themselves to chill weather then it leads to cough with throat filled up with phlegm collection and there is a pulling pain in the flanks. Due to this reason there is a pain in the lateral side of the ribs, stomach pain with loss of appetite. While coughing there is either less output of phlegm or excess spitting of phlegm and we frequently observe people getting no relief from this complaint. The eosinophil count in their blood seems to be high when people suffer out of these complaints.³

Aims and objective- Management of eosinophilia by some indigenous medicines

DISCUSSION-

When some people resort to head bath are expose themselves to chill weather then it leads to cough with throat filled up with phlegm collection and there is a pulling pain in the flanks. Due to this reason there is a pain in the lateral side of the ribs, stomach pain with loss of appetite. While coughing there is either less output of phlegm or excess spitting of phlegm and we frequently observe people getting no relief from this complaint. The eosinophil count in their blood seems to be high when people suffer out of these complaints.⁴ Though Ayurveda has not recognized about eosinophil count but still it advises proper food intake along with correct medication for this high levels of eosinophil count. The consumption of food, medicine would bring in actions like cooling, heating, drying or giving unctuousness. Which one is cooling or heating is understood only by the intelligent physician and it is this intelligence which gives the plan for treatment modalities. If none of the treatment measures prove to be effective then the strong reason for that should be the spoiling of the blood.

Ayurveda emphasis that,

शीतो णि ध रैः उप र ता ये गदाः।
स य सा याः न सि य त्ति र जां तान्
वि भाव येत्॥

From the above sloka it is very clearly understood that for all varieties of blood disorders treatment with cool, hot, oily or dry substances prove futile then the only measure is the purification of the blood, which can only potentially cure the ailment caused by eosinophilia. Though the clinical signs and symptoms of eosinophilia resemble like that of asthma, the treatment for bringing down the asthma problem do not solve the high levels of eosinophilia. So the treatment procedures, the food habits and the daily activities are aimed at purifying the blood and through these purification techniques we have to cure the cough, excess phlegm collection etc., In this condition it is very tough to understand through laboratory analysis about the purification of blood and it is possible only through the improvement of health condition of the patient.

In addition to medicine, importance is given to food habits and activities as the blood getting purified through medicine will certainly get spoiled when food and activities are wrongly performed. This is something like water stored in a vessel which has a hole in it.

Flour items like Idly, dosa, vada, newly harvested rice, sweets, Oil items, cool drinks, ice creams, curd, non-vegetarian food items, un-boiled water, bath in cool water, walking in cool breeze, habitat in crowded places and in marshy land, Day sleep are the food and habits which increase this disease.

MEDICINES

1. MANJISHTADI KWATHA CHOORNAM – It contains about 45 ingredients and the decoction of this purifies the blood and cure even very chronic skin diseases.
2. DASAMoola KATUTRAYADI KWATHA CHOORNAM - It contains

14 herbs. The intake of this decoction increases the appetite there by enhancing digestion and controls the phlegm collection in the head, throat and lungs.⁶

3. MADHUSNUHEE CHOORNAM – This is a root imported from China and so called as China root. The fine powder of this is one of the best blood purifiers.
4. TALEESAPATRADI CHOORNAM – It is a very fine powder made out of 8 herbs. It is good in improving the digestion and controls the phlegm.⁷
5. PRAVALA PANCHAMRUTAM – It is a powder (Bhasma) made out of coral, pearl, Conch shell, Sea shells and Pearl Shells. It is a very good blood purifier and helps in improving the digestion.
6. SHEETAMSU RASAM – It contains 4 raw drugs and 2 mineral products. Available in tablet form which is also a blood purifier and controlling the phlegm.

Method of prescription-One tea-spoon each of Manjistadi kwatha choorna and dasamoola katutrayadi kwatha choorna boiled in 480ml of water and reduced to 120ml. 60ml mixed with 2gm of Taleesapatradi choornam, 1gm of Madhusnuhee choornam and 2 rice grains of Pravala Panchamrutam, One tablet of Sheetamsurasam with one tea-spoon of honey is to be consumed twice in the morning and evening in empty stomach. In a span of two weeks, a very good result is seen.

Results- There is a sharp decline in the raised levels of eosinophil in the blood and thereby .Its related clinical signs and symptoms also get cleared from the body.⁶

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CORRESPONDING AUTHOR

Dr. Swaminathan.S.

Dean, faculty of health science,
Sri ChandraSekharendra Saraswathi
VishwaMahaVidyalaya,
nathur, Kancheepuram – 6315
Professor in Sri Jayendra Saraswathi
Ayurveda College,
Nazarethpet, Chennai – 600123
Email- sswaminathanmd@gmail.com
