

## CLINICAL EFFECT OF BHARANGYADI TAILA NASYA ON KAPHAJA PRATISHYAYA ROG (CORYZA)

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### ABSTRACT

In day to day practice, *Kaphaja Pratishyaya Rog* (Coryza) is common element. This disease is not taken seriously as compared with rest major chronic diseases and neglecting the said disease is common problem in this era. There is no effective medicine to this disease. *Bharangyadi Taila* is an effective combination of *Ayurvedic* medicine in *Amavastha* of *Kaphaja Pratishyaya Rog* mentioned by *Gangadhar* in his critic on *Charak*. Its Ingredients are an Indian, Uncontroversial, Readily available, Non-toxic, Cheap *Ayurvedic* medicinal plants for its beneficial effects in *Kaphaja Pratisyaya Rog* (Coryza). *Nasya* procedure was done for 7 days daily once in 4 *Bindu* (Drops) dose of *Bharangyadi Taila* in each nostril. Maximum improvement in cardinal signs and symptoms of *Kaphaja Pratishyaya Rog* (Coryza) was seen as 96.13% in *Nasasarva* (Viscous discharge in nasal passage), 92.86% in *Nasya Srotogat Kandu* (Itching in nasal passage), and 85.12% in *Nasagauvrav* (Heaviness in nasal passage). On an average overall improvement for all patients were found to be 80.52%.

**Keywords:** *Kaphaja Pratishyaya Rog, Bharangyadi Taila, Nasya.*

### INTRODUCTION

*Kaphaja Pratishyaya Rog* (Coryza) is a common element. Its cardinal signs and symptoms are *Kasa* (Cough), *Aruchi* (Anorexia), *Nasasarva* (Viscous discharge in nasal passage), *Prasek* (Excessive salivation), *Nasagauvrav* (Heaviness in nasal passage), *Kandu* (Itching in nasal passage). This disease is not taken as that much seriously compared with rest major chronic diseases though it is minor if neglected it leads to major diseases for e.g. malignant *pinasa*, train deafness, blindness, loss of smell, violent ocular affections, *shvas*, cough, dullness of appetite, *shopha*<sup>1</sup>. In modern era, there is

no effective medicine in *Kaphaja Pratishyaya Rog* (Coryza). But in *Ayurvedic* texts like *Charak Samhita*, a wide range of medicines and different methods of treatments are suggested. *Nasya Upakrama* (medicine administered through nose) is one of the important types of *Panchakarma* treatment. '*Bharangyadi Taila*<sup>2</sup>' is an effective combination of *Ayurvedic* medicine in *Amavastha* of *Kaphaja Pratishyaya Rog*<sup>3</sup> indicated by *Gangadhar* in his critic on *Charak*. Nasal instillation of this *Taila* for 7 days daily once in 4 *Bindu* (Drops) dose can relieve the person of the agony. Hence, present

work was undertaken to check the efficacy of *Bharangyadi Taila* in *Kaphaja Pratishyaya Rog* (Coryza).

**Aim-** To evaluate the clinical effect of *Bharangyadi Taila* (Oil) *Nasya* (Instillation of medicine through nose) in *Kaphaja Pratishyaya Rog* (Coryza). **Objectives-** i) To assess the reduction in cardinal signs and symptoms of *Kaphaja Pratishyaya Rog* (Coryza). ii) To check adverse effect of the *Bharangyadi Taila* (Oil) *Nasya* (Instillation of medicine through Nose).

## MATERIALS AND METHODS

### Materials

Approval of topic of dissertation was received from University of Poona, Pune-7, then we started following activities. Ingredients of *Bharangyadi Taila* were purchased from the local market in Pune under the supervision of Hon. Guide and Department of *Dravyaguna* of Bharati Vidyapeeth's College of Ayurved Pune-43.

**SOP-***Bharangyadi Taila* contains: *Bhargi* (*clerodendrum serratum*), *Madan* (*Randia dumentorum*), *Tarkari* (*Agnimanth*) (*clerodendrum phlomidis linn*), *Sursa* (*osimum sanctum*), *Sarshapa* (*Brassica campestris*). A paste of *Bhrgimula* (roots), *Madanaphala Pippali* (seeds), *Tarkari* (*Agnimanth* root bark) and *Tulasi* (leaves) is boiled in the *Sarshapa Taila* and *Bharangyadi Taila* was prepared by *Snehapaka Vidhi*<sup>4</sup>.

### Methods

Clinical trial was carried out at Sheth Tarachand Dharmarth Ayurved Rugnalaya of Tilak Ayurved Mahavidyalaya, Rastapeth, Pune-11 and BVMF'S Ayurved Hospital, Dhankawadi, Pune-43. A special case paper was prepared. Total 30 patients as a single group were selected by considering

their age, sex and diseases condition (Signs and symptoms of *Kaphaj Pratishyaya* stated by *Charak*) on random basis. Each patient was examined according to *Ashtavidha* (Eight fold examination) and *Dashavidha* (Tenfold examinations) examination methods before start of medication and they were advised diet regimen.

**SOP of Nasya**<sup>5</sup>- **Preoperative-Abhyanga** (application of *Tila Taila*) is done over the 'uttamanga' (above the shoulders). Then the regions of head, forehead, face, nose, neck, carotid region, suprasternal area were fomented by hot water bag. After the fomentation over forehead, cheeks area surrounding crichoid cartilage light massage was done.

**Operative-** Patient was let in supine position comfortably on the table specially prepared for *Nasyavidhi* with lightly lowered head and raised feet. Gauze piece and cotton pads put over the eyes. Then the physician lifted the tip of the nose of the patient with fore-finger of his left hand and Four *Bindu* (drops) of *Bharangyadi Taila* was slowly poured into the patient's each nostril by dropper with his right hand, patient asked to snuff the medicine, care was taken that the medicine would not get into the eyes during the *Nasyavidhi*. Patient was advised to avoid shaking his head and speaking, laughing at time *Nasyavidhi*. **Postoperative-** Patient was asked not swallow the medicine which was poured, avoid movement of head above or below, to expel cough which collected in the throat. Sudation and massage done over the head, neck, face and shoulder region etc. Then patient was asked to lie with face upwards, for a period of uttering one hundred syllables, then the patient was told to gargle the mouth with lukewarm water many times

to cleanse the throat. Nasya procedure was done once every day morning up to 7 days.

**Inclusion criteria:**

- (i) Patients having Signs and Symptoms of *Kaphaja Pratishaya Rog (Coryza)* viz- *Kasa (Cough)*, *Aruchi (Anorexia)*, *Nasavrava (Viscous discharge in nasal passage)*, *Prasek (Excessive salivation)*, *Nasagaurav (Heaviness in nasal passage)*, *Kandu (Itching in nasal passage)*.
- (ii) Patients between the age group 7 to 80 years .
- (iii) *Nasya Arha* (indicated) Patients.
- (iv) Patients who are willing for treatment.
- (v) Patients were not allowed to take any other medicine either orally or by other routes.

**Exclusion criteria:**

- (i) Children under the age of 7 years and elders more than 80 years were excluded from the trial.
- (ii) *Nasya Anarha (Contraindicated)* Patients.
- (iii) Patients suffering from other systemic Disease.
- (vi) Patient taking other modality of treatment for *Kaphaja Pratishaya Rog (Coryza)*.

**Assessment criteria-**

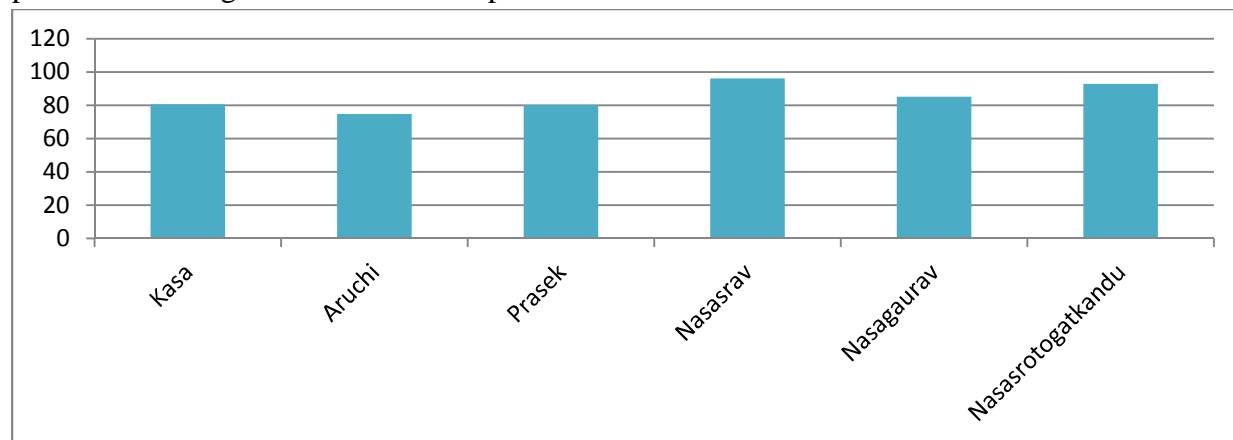
Each case was examined every day as for positive and negative results. The patients

were interviewed for the effect of satisfactory lightness of the body. Healthy and vigorous working of the sense organs exhilarating sensation of the body and of the mind and other general conditions depending on the patients were also examined for appearance and disappearance of clinical signs and symptoms.

**OBSERVATIONS AND RESULTS**

Overall treatment was given for 7 days and improvement was seen in signs and symptoms of *Kaphaja Pratishyaya Rog (Coryza)* as 80.62% improvement was seen in *Kasa (Cough)*, 74.75% improvement was seen in *Aruchi (Anorexia)*, 96.13% improvement was seen in *Sarva (Viscous discharge)*, 85.12% improvement was seen in *Nasagaurav (Heaviness in Nasal passage)*, 92.86% improvement was seen in *Nasya srotogat Kandu (Itching in nasal passage)*. On an average overall improvement for all patients were found to be at 80.52%. (Percentage of improvement against previous day, so maximum of 29.24% improvements on fifth day and maximum of 20.59% on second day)

GRAPH NO 1. PERCENTAGE OF PATIENTS IMPROVED ACCORDING TO LAKSHANS AFTER TREATMENT



## DISCUSSION

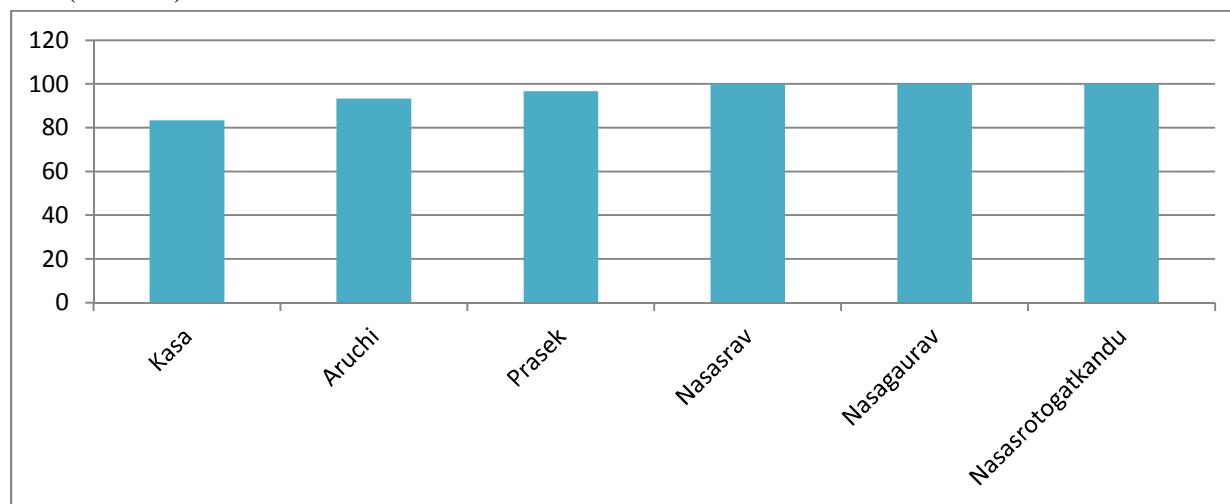
**I) Demographical Data-**Total number of patients examined were 30. Patients were from the age group of 11 to 60 years, out of them maximum were from age group 11-20 years. Division according to sex showed that males were slightly more than female patient. Patients were examined according to *Prakruti* also. *Vata-Pittaj* as well as *Vata-kaphaj Prakruti* patients were maximum.

**II) Data of Causative Factors-**The prominent *hetus* (cause) found in the patients were as follows: *Sheeta sevan* (73.33%), *Rituvaishmya* (70%), *Sandharan* (50%), *Rajodhulikana* (46.66%), *Shirobhitapa* (46.66%), *Ajeerna* (40%), and *Atiambusevan* (33.33%).

## III) Occurrence of Cardinal Signs and Symptoms-

*Nasasrav* (Viscous discharge in nasal passage), *Nasagaurav* (Heaviness in nasal passage), *Nasasrotogat Kandu* (Itching in nasal passage), were found in 100% Patient, *Aruchi* (Anorexia) was found 93.33%, whereas symptoms *Prasek* (Excessive salivation) was found 96.66%. The symptoms *Kasa* (cough) found in 83.33%. Thus the presence of all the symptoms were studied and their appearance noted.

GRAPH NO 2. PERCENTAGE OF PATIENTS ACCORDING TO OCCURRENCE OF LAKSHANAS BEFORE TREATMENT



**IV) Mode of action by Nasya-Vayu** aggravated in head with massive morbidity due to suppression of above said causes. Then aggravated *Vata* vitiates upper location of *Kapha*, when goes towards the nasal root with *Kapha* then it produces signs and symptoms of *Kaphaja Pratishyaya Rog* (Coryza) viz- *Kasa* (Cough), *Aruchi* (Anorexia), *Nasasrava* (Viscous discharge in nasal passage), *Prasek* (Excessive salivation), *Nasagaurav* (Heaviness in nasal passage), *Kandu*

(Itching in nasal passage) can be used nasal therapy in diseases of head because nose is the gateway of head and as such drug administered by this route pervades the head and thus destroys disorders thereof<sup>6</sup>. *Kaphaja Pratishyaya Roga* is one of the *Shirorogas*. Ingredients of *Bharangyadi Taila* viz- *Bhargi*, *Madana*, *Tarkari* (*Agnimantha*), *Surasa* and *Sarshpa Taila* bears *Ushna Virya* and *Kaphavataghna*. *Bhargi*, *Tarkari* (*Agnimantha*), *Surasa* and *Sarshpa Taila* bear

*Katurasa* properties. These will clear *Ama-vastha* as well as done *Chhedana*, *Vilayana* and *Shodhana* (expelled out) of *Kapha Dosh*a from nasal root that's why patient gets relief from the disease. Patient experiences *Balya* i.e. energy because *samadosh*a can reduce by *Shodhana Nasya*.

## CONCLUSION

*Bharangyadi Taila* administered to the patients having *Amavastha* of *Kaphaja Pratishtyaya Rog* (Coryza) in the dose of 4 *Bindu* in each nostril for 7 days. It has following conclusions: Maximum improvement in cardinal signs and symptoms of *Kaphaja Pratishtyaya Rog* (Coryza) was seen as 96.13% in *Nasasarva* (Viscous discharge in nasal passage), 92.86% in *Nasya Srotogat Kandu* (Itching in nasal passage), and 85.12% in *Nasagauvrav* (Heaviness in nasal passage). An average overall improvement for all patients was found to be 80.52%.

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