

EFFICACY OF SAINDHAVADI YOGA AND BHARANGYADI CHURNA IN VATAJ KASA

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ABSTRACT

Respiratory system is more prone to the infectious and mechanical disorders as it come in contact with external environment through air. Cough is one of the commonest disorder afflicting to human being. *Vataj kasa* is one of the kind of *kasa* which disturbs the daily routine of person. *Saindhavadi yoga* and *bharangyadi churna* are indicated for *vataj kasa*. Present study was conducted to assess the efficacy of these two medicaments. The study has shown a significant improvement in *vataj kasa*.

Keywords: *Vataj kasa, Saindhavadi yoga, Bharangyadi churna.*

INTRODUCTION

Breathing is a continuous process since birth till death. The *pranavah srotas* i.e. respiratory system has a vital role to carry out the respiration. The *kasa* is one of the disorder of *pranavah srotas* which disturbs the normal respiration.¹ in *kasa* the *pratiloma vayu* moves upward and disturbs the *prana* and *udana vata* result into the *kasa*.^{2,3,4} cough is an explosive expiration that provides a protective mechanism for clearing the tracheobronchial tree secretion and foreign material.⁵

In the present study among the five types of *kasa vataj kasa* has been selected.^{6,7,8} *saindhavadi yoga*⁷ and *bharangyadi churna*⁸ are the classical medicament indicated for *vataj kasa*. By considering all these views the present work has been carried out to study the efficacy of

saindhavadi yoga and bharangyadi churna in vataj kasa.

Aim: To assess the efficacy of *saindhavadi yoga* and *bharangyadi churna in vataj kasa.*

MATERIALS AND METHODS

Materials: *Saindhavadi Yoga: Saindhav, Pippali, Bharangi, Ardraka, Kantakari* with *anupana* of *Dadima swarasa*.⁹ *Bharangyadi Churn: Bharangi, Sunthi* with *anupana* of *sukhoshna jala*.¹⁰

Criteria of selection of patients

Inclusive Criteria ---

1. Irrespective of sex, occupation, and religion patients were selected.
2. Well diagnosed patient of *vataj kasa*.
3. Age limit 20 to 70 years.

Exclusion Criteria---

1. Patient suffering from severe systemic disorders.

2. Any surgical, cardiac or carcinoma-tous pathology were excluded.
3. Patients with irregular follow up or discontinuation of medicine i.e. non-cooperative

4. Patients were excluded.

CONTENTS OF SAINDHAVADI YOGA: Table no.: 1

Drugs	Virya		Doshagnata
	Ushna	Sheeta	
Saindhav		+	Tridoshara
Pippali	Anushna		Vatakaphahara
Bharangi	+		Kaphavatahara
Ardraka	+		Vatakaphahara
Kantakari	+		Kaphavatahara
Dadima	Anushna		Tridoshara

CONTENTS OF BHARANGYADI CHURNA Table no.:2

Drugs	Virya		Doshagnata
	Ushna	Sheeta	
Bharangi	+		Kaphavatahara
Sunthi	+		Vatakaphahara

METHODS: 30 diagnosed cases of vataj kasa randomly selected and divided as follows—Table no.: 3

Sr.no.	Group	No. of patients
1.	A	15
2.	B	15

REJECTION OF PATIENTS

1. Those who are not coming for regular follow up.
2. Those who are not taking medicines properly.
3. Non-cooperative patients were withdrawn from study.

1. Kalpana—Churna
2. Dose—1 gm
3. Kaal— 5 times per day *Muhurmuhu*, Duration – 7 days
4. Route of administration—Oral
5. Follow up – 7 days

ASSESSMENT CRITERIA ^{11, 12, 13.}

Study design:

Table no.: 4

1.	Shushkaurakanthavaktratam
2.	Urashool
3.	Shirashool
4.	Swarabheda
5.	Kapham shushkam krichranmuktwa alpatam vrajet

Table no: 5

Symptom	Severity	Grade scale
<i>Shushkaurakanthavaktratam</i>	Nil	0
	Mild	1
	Moderate	2
	Severe	3

Table no.:6

Symptom	Severity	Grade scale
<i>Urashool</i>	Nil	0
	Mild	1
	Moderate	2
	Severe	3

Table No.:7

Symptom	Severity	Grade scale
<i>Shirashool</i>	Nil	0
	Mild	1
	Moderate	2
	Severe	3

Table no.:8

Symptom	Severity	Grade scale
<i>Swarabheda</i>	Nil	0
	Mild	1
	Moderate	2
	Severe	3

Table no.:9

Symptom	Severity	Grade scale
<i>Kapham shushkam kri-chranmuktwa alpatam vrajet</i>	Nil	0
	Mild	1
	Moderate	2
	Severe	3

INVESTIGATION: CBC, ESR, X-ray chest PA view

OBSERVATIONS: Table no.: 10 Age wise distribution

age group	Group A	%	Group B	%
21-30	3	20	1	6.66
31-40	5	33.33	4	26.66
41-50	4	26.66	6	40
51-60	2	13.33	2	13.33
61-70	1	6.66	2	13.33

Table no.: 11 Sex wise distribution

Sex	Group A	% Gr.A	Group B	% Gr.B
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M	9	60	8	53.33
F	6	40	7	46.66

Table no.: 12 Occupation wise distribution

No.	Occu.	Gr.A	% Gr.A	Gr.B	% Gr.B
1	Student	1	6.66	0	0
2	Farmer	3	20	6	40
3	Teacher	2	13.33	1	6.66
4	Housewife	6	40	7	46.66
5	Driver	2	13.33	1	6.66
6	Others	1	6.66	0	0

Table no. 13 distribution of diet.

diet	Gr.A	% Gr.A	Gr.B	% Gr.B
mixed	6	40	8	53.33
veg	9	60	7	46.66

Table no.: 14 distribution of habit

habits	Gr.A	% Gr.A	Gr.B	% Gr.B
alcohol	1	6.66	2	13.33
tobacco	5	33.33	2	13.33
smoking	3	20	4	26.66
no	6	40	7	46.66

Table no.: 15 distribution of agni

agni	Gr.A	% Gr.A	Gr.B	% Gr.B
vishama	8	53.33	6	40
tiksna	5	33.33	6	40
manda	2	13.33	3	20

Table no.: 16 distribution of koshta

koshtha	Gr.A	% Gr.A	Gr.B	% Gr.B
krura	8	53.33	6	40
mrudu	2	13.33	3	20
madhya	5	33.33	6	40

Table no.: 17 distribution of prakruti

Prakruti	Gr.A	% Gr.A	Gr.B	% Gr.B
Vatakaphaja	4	26.66	5	33.33
Pittakaphaja	4	26.66	4	26.66
Vatapittaja	7	46.66	6	40

Table no.: 18 distribution of sarata

Prakruti	Gr.A	% Gr.A	Gr.B	% Gr.B
Avara	4	26.66	5	33.33
Madhyama	5	33.33	3	20

Pravara	6	40	7	46.66
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RESULT: Table no. : 19 Analysis of group treated with saindhavadi yoga.

S.N.	Parameter	Mean		Diff.	SD	p	Result
		BT	AT				
1.	<i>Shushkaurakanthavaktratam</i>	2.13	0.66	1.47	0.51	<0.001	H.S.
2.	<i>Urashool</i>	2.06	0.53	1.53	0.63	<0.001	H.S.
3.	<i>Shirashool</i>	2.46	0.66	1.80	0.67	<0.001	H.S.
4.	<i>Swarabheda</i>	1.86	0.53	1.33	0.48	<0.001	H.S.
5.	<i>Kapham shushkam kri-chranmuktwa alpatam vrajet</i>	1.93	0.53	1.40	0.73	<0.001	H.S.

Table no. : 20 Analysis of group treated with bharangyadi yoga.

S.N.	Parameter	Mean		Diff.	SD	p	Result
		BT	AT				
1.	<i>Shushkaurakanthavaktratam</i>	2.2	0.66	1.54	0.51	<0.001	H.S.
2.	<i>Urashool</i>	2.0	0.60	1.40	0.63	<0.001	H.S.
3.	<i>Shirashool</i>	2.53	0.80	1.73	0.59	<0.001	H.S.
4.	<i>Swarabheda</i>	1.50	1.00	0.50	0.56	<0.05	S
5.	<i>Kapham shushkam kri-chranmuktwa alpatam vrajet</i>	1.60	1.10	0.50	0.67	<0.05	S

DISCUSSION

Vataj kasa is a disorder of respiratory system presenting with a sign and symptoms afflicting the daily routine of a person to a greater extent. Here both the medicaments i.e. *saindhavadi yoga* and *bharangyadi churna* has shown a significant improvement in all the parameters indicating that both drugs are effective in *vataj kasa*. *Saindhavadi yoga* has shown a highly significant improvement in all the parameters. The drugs of *saindhavadi yoga* possess the *tridoshahara*, *vatakaphashamak doshaghnta*, *anushna* and *ushna veerya*. *Saindhavadi yoga* has shown a highly significant improvement in all the parameters. The drugs of *bharangyadi churna* possesses the *vatakaphashamak doshaghnta* and *ushna veerya*. *Bharangyadi churna* has shown a highly

significant improvement in *Shushkaurakanthavaktratam*, *urashool* and *shirashool* whereas significant improvement in *swarabheda* and *Kapham shushkam kri-chranmuktwa alpatam vrajet*. *Saindhavadi yoga* is a combination of drugs possessing *tridoshshamaka*, *vatakaphahara*, *ushna veerya* and *anushna veerya*. Whereas *bharangyadi churna* is a combination of drugs possessing *vatakaphashamak* and *ushna veerya*. By virtue of this these two medicament are effective in *vataj kasa*.

CONCLUSION

- *Saindhavadi yoga* is a combination of *tridoshshamaka*, *vatakaphahara*, *ushna veerya* and *anushna veerya*.
- *Bharangyadi churna* is a combination of *vatakaphashamak* and *ushna veerya*.

- *Saindhavadi yoga* and *bharangyadi churna* these both are effective in *vataj kasa*.

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