CLINICAL EFFECT OF BHARANGYADI TAILA NASYA ON KAPHAJA PRATISHYA YA ROG (CORYZA)

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ABSTRACT

In day to day practice, Kaphaja Pratishyayya 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 itothis disease. Bharangyadi Taila is an effective combination of Ayurvedic medicine in Amavastha of Kaphaja Pratishyayya 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 Pratisyayya 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 Pratishyayya Rog (Coryza) was seen as 96.13% in Nasasrava (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 Pratishyayya Rog, Bharangyadi Taila, Nasya.

INTRODUCTION

Kaphaja Pratishyayya Rog (Coryza) is a common element. Its cardinal signs and symptoms are Kasa (Cough), Aruchi (Anorexia), Nasasrava (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, shopha¹. In modern era, there is no effective medicine in Kaphaja Pratisyayya 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 Taila2’is an effective combination of Ayurvedic medicine in Amavastha of Kaphaja Pratishyayya Rog³ 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 (Agnimantha) (clerodendrum phlomidis linn ), Sursa (os-cimum sanctum), Sarshapa (Brassica campestris). A paste of Bhrgimula (roots), Madanaphala Pippali (seeds), Tarkari (Agnimanth root bark) and Tulasi (leaves) is boiled in the Sarshpa Taila and Bharangyadi Taila was prepared by Snehapaka Vidhi.

**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** 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 gargoyle 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), Nasasrava (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 Pratishaya 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 Nasyavrotogat 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 Vatakaphaj Prakruti patients were maximum.

II) Data of Causative Factors - The prominent hetus (cause) found in the patients were as follows: Sheeta sevan (73.33%), Rituvaisamya (70%), Sandharan (50%), Rajodhulikana (46.66%), Shirohitapa (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 Pratishhaya 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. Kaphaja Pratishhaya Roga is one of the Shirorogas. Ingredients of Bharangyadi Taila viz- Bhargi, Madana, Tarkari (Agnimantha), Suras and Sarshpa Taila bears Ushna Virya and Kaphavataghna. Bhargi, Tarkari (Agimantha), Suras and Sarshpa Taila bear
Katurasa properties. These will clear Ama-
vastha as well as done Chhedana, Vilayana and Shodhana (expelled out) of Kapha Dosha from nasal root that’s why patient gets relief from the disease. Patient experiences Balya i.e. energy because samadosha can reduce by Shodhana Nasya.

**CONCLUSION**

Bharangyadi Taila administered to the patients having Amavastha of Kaphaja Pratishyaya 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 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). An average overall improvement for all patients was found to be 80.52%.

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