

Clinical Evolution of Vyaghri Haritaki Avaleha In The Management of Kasa

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Abstract :

Respiratory complaints are well defined clinical conditions in the contemporary medical science. They are classified under the broader heading of Respiratory Tract Disorders, which is a group of different symptoms and diseases. In developing and even developed countries, pediatric Outdoor Patients Department (OPD) Have more than 50% of patients having respiratory tract complaints. As cough is the most frequent symptom of respiratory diseases in which majority patients having recurrent cough as the manifestation of recurrent respiratory disease. In classics, descriptions of disease Kasa clearly correlate with cough and its patho physiology exactly correlates with the mechanism of cough reflex. Poor housing, fire, wood, coal, cooking in open, sanitary condition are causes for respiratory infections in rural India while in urban area pollution from industry, vehicles, tobacco smoke, exposures to air, exposure to allergens have been correlated with airway hyperactivity. Because of this for research patient of kasa are selected, Vyghri haritaki avaleha is selected for treatment of kasa. reference of vyghri haritaki in Bhaisjya ratnavali kasa rogadhikar 43-44.

Introduction :

Pediatric age group is more vulnerable to the respiratory tract infections Because of anatomical and physiological peculiarities (i.e. small narrow airways, hypertrophied lymphoid tissues, underdeveloped paranasal sinuses, mucous hyper Secretion and peculiarities of Eustachian tube), immunological considerations (i.e. first exposure, young cells, immature immunological defenses) and social factors such as attending school , improper food and eating habits . As cough is the most frequent symptom of respiratory diseases, majority of the patients' present recurrent cough as the manifestation of recurrent respiratory disease. In Ayurvedic point of view descriptions of disease Kasa clearly correlates with cough. Moreover the Pathophysiology (Samprapti) of Kasa almost exactly correlates the mechanism of cough reflex

Aim and Objectives :

- 1) To assess the role of in Management of kasa in childrens between 6 to 10 years
- 2) To study about kasa in children according to Ayurveda.
- 3) To find out the etiopathogenesis of kasa in children.
- 4) To study the efficacy of Vyaghri Haritaki avaleha in kasa in children

Material and Method :

This is clinical study carried out on 10 patients .Patients are selected from OPD & IPD dept of kaumarbhrityu of our institute randomly, as per our exclusion and inclusion criteria. Written consent taken from parents of patients .

Drug Review :

Vyaghri haritaki avaleh is drug of choice for this study , which is purchased from zandu pharma .

Dose - 5 gms BD with anupan Madhu for 15 days

Follow up - day 1st, day 7th, day 15th.

Advice patients to drink hot water, avoid oily and spicy articles.

Inclusion Criteria :

- 1) Patients will be selected irrespective of sex ,religion, socioeconomic status and geographical distribution.
- 2) Kasa patient will be selected as per described in ayurveda and modern classics.
- 3) Patients with age group 6 to 10 years will be taken

Exclusive criteria :

- 1) Patients below 6years and above 10 years.
- 2) Patient with fever, severe anemia & emaciated body, nutritional disease will be exclude.
- 3) Patients presenting with Kasa due to complications of other respiratory tract diseases like Pneumonia ,Tuberculosis, Bronchial Asthma, Pulmonary Oedema,Plueral Effusion, Pharyngeal or Laryngeal Infections, Neoplasm,etc.

Criteria for Assessment :

Subjective Criteria :

A) No. of bouts of cough in one hour : Grading

Absence of bouts of cough : 0

Less than three bouts of cough : 1

3 to 7 bouts of cough : 2

More than 7 bouts of cough : 3

B) Disturbance of sleep : Grading

Cough not disturb to sleep : 0

Cough mild disturb to sleep : 1

Cough moderate disturb to sleep : 2

Cough always disturb the sleep : 3

Objective Criteria

- | | |
|--|-----|
| 1) Throat examination | |
| No congestion | : 0 |
| Mild congestion (mild redness) | : 1 |
| Moderate congestion (redness) | : 2 |
| Severe congestion (cherry red colour) | : 3 |
| 2) Added sounds | |
| (a) wheeze | |
| Wheezing absent | : 0 |
| Mild monophonic wheeze present | : 1 |
| Polyphonic wheezing limited to zones | : 2 |
| Polyphonic moderate wheezing all over the lung field | : 3 |
| (b) crepitation | |
| Absent crepitation | : 0 |
| Present in one or two zones | : 1 |
| Distributed here and there in all zones | : 2 |
| Scattered all over the lung field | : 3 |
| 3) sputum | |
| No productive cough | : 0 |
| Mild serous expectoration | : 1 |
| Thick large quantity white sputum | : 2 |
| Puthi puya grathit (yellowish in colour) | : 3 |

Follow up :

All cases were giving the medication for a period of 7days with evaluation after every 3 days interval i.e. 4th day and 8th day follow up study were done in an interval of 7 days for a period of one month about the detection of recurrence.

Results and observation :

Sr no	Complaints	n	Mean		SD	SE	Total relief %	t value	P value
			BT	AT					
1	Bout of Cough	10	2.00	0.60	0.52	0.16	70	8.75	<0.001
2	Throat examination	10	2.00	0.70	0.82	0.2	65 %	5.00	<0.001
3	Disturbance of sleep	9	2.00	0.56	0.53	0.18	72%	8.02	<0.001
4	Creitation	5	2.8	0.6	78.3	1.09	68 %	4.58	<0.0001
5	Wheez	4	2.75	0.75	72.73	0.81	67%	5.00	<0.0001
6	Sputum	8	2.00	0.38	0.52	0.20	81%	6.50	<0.001

Throat examination carried out on all patients , throat irritation reduces up to 65 % , 9 children are suffered from disturbed sleep but was reduced up to 72% , Creitation found in 5 children it was reduces up to 68% , wheez are found in 4 patients , wheez reduces up to 67 % , Sputum found in 8 patient it reduced up to 81 % .

Discussion :

Vyghri haritaki avaleha is best combination of kasahar drugs , it contains kantakari ,pippali ,marich ,nagkeshar ,twak , ela ,patra most of this drugs helps to relive kasa ,reduces throat irritation ,throat inflammation , helps to kaph vilyan , because of this property vyghri haritaki gives significant results in kasa patients.

Conclusion :

This research proves that vyaghri haritaki having significant results in management of kasa.

References :

- 1) Yogratnakar, Bhishakratna Bhramha Shankar shastri, 8th edition Choukhamba Sanskrut Sansthan, Varanasi. 2004.
- 2) Kashyapsamhita, Ambikadatta Shastri, 18th edition
- 3) Essential Pediatrics, O.P. Ghai



The background of the cover is a dark blue gradient, overlaid with a grid of thin, light blue curved lines that create a sense of depth and motion. Three glowing red spheres are positioned along a diagonal line that runs from the bottom left towards the top right. The overall aesthetic is scientific and futuristic.

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