

Assessment of Role of Charakokta Devdarvyadi Yoga In Kaphaja Kasa

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ABSTRACT

Devdarvyadi Yoga (Ch.Chi.18/120) is useful in Kaphaja Kasa vyadhi. For this study 30 patients were included in the study. The patient is advised to take Devdarvyadi Yoga 1 gm, thrice a day at Abhakta Kala, and Vyanodana Kala with 'Madhu' as Anupana. The Yoga gives significant results in Examination criteria – Congestion of Throat and Nasal Examination.

- There were 14 patients in Examination criteria Auscultation of Chest (Additional sounds Wheezing/Crepts) so statistical significance cannot be drawn. But results are satisfactory in this condition.
- Patients were advised to follow instructions related to diet like – Cold food, Junk food should be avoided, Working in cold environment should be avoided etc. This was to stop the causative factors as it is the first step of treatment.

Key Words:- Kaphaj Kasa, Devdarvyadi Yoga, Devdaru, Abhaya, Musta, Pippali, Shunthi

INTRODUCTION

The glory of Ayurveda lies in its evaluation of theory for the maintenance of Health & the genesis of diseases. The theory has served well so far and will do so in the future in the shifting sands of time & advancing knowledge.

Due to vast industrialization, air pollution & changing food habits, the patients suffering from Upper Respiratory Tract Infection & Lower Respiratory Tract Infection i.e. KASA Vikara are found in great number. In today's fast paced world, cut throat competitive, people do not follow the rules of 'Ashtau Aahar Vidhi Visheshayatana' and fall prey to the cravings of junk food and hotel food. Also many people work in AC offices and are constantly exposed to cold atmosphere, irregular work schedule leads to 'Diva Swapa'.

Due to all these hetu sevana by the patient, Kapha dosha vitiates by its Snigdha, Sheet, Guru, guna, thereby producing Kapha Prakopa in the entire body, thus leading to various Kaphaja vikara, including Kaphaja Kasa, very commonly observed vyadhi in regular OPD of hospitals.

Devdarvyadi Yoga as mentioned in Charaka samhita includes dravya – Devdaru, Abhaya, Musta, Pippali, Shunthi advised with Anupana 'Madhu'. These dravyas have Rukha guna,

Katu, Tikta, Kashaya rasa, Katu vipaka, Ushna veerya, thus it possesses all the properties opposite of Prakupit Kapha dosha.

AIM :-

To assess the role of Devdarvyadi Yoga on Kaphaja Kasa

MATERIALS & METHODOLOGY :-

- 1) This is an open-comparative study of Charakokta Devdarvyadi Yoga (Ch.Chi.18/१३) and Tab. Bromhexine.
- 2) Patients of Kaphaja Kasa are included in the study.
- 3) Duly authenticated raw materials of the dravyas – Devdaru, Abhaya, Musta, Pippali, Shunthi were used.
- 4) Literature review of Kasa from Ayurvedic Samhita and that of respiratory tract infection from conventional medicine.
- 5) Literature review of dravyas from Bhavaprakasha Nighantu.

SAMPLE SIZE :-

Group A – Devdarvyadi Yoga 30 patients

Group B – Tab. Bromhexine 30 patients

SELECTION OF PATIENTS :-

Patients will be selected with main complaint of Kasa as follows-

Inclusion Criteria :-

- 1) Newly diagnosed patients with presenting complaint of Kaphaja Kasa.
- 2) Patients of age 16-50 yrs irrespective of sex and religion will be taken for the study.
- 3) Patients Presenting with any of these Symptoms – Mandagni, Aruchi, Chardi, Peenasa, Gaurav, Lomaharsha, Aasyamadhurya, Kleda, Bahul Madhur Snigdha Nishthivan.

Exclusion Criteria :-

- 1) Known patients of chronic Kaphaja Kasa (Kasa more than 6 weeks)
- 2) Patients having fever.
- 3) Acute conditions of respiratory tract like breathlessness, stridor, haemoptesis, etc.
- 4) Patients having Shuddha Vataja Kasa.
- 5) Patients with H/O Allergic cough, Smoker's cough, and cough due to chronic diseases like Koch's, COPD, Pneumonia, AIDS and other major systemic disorders.
- 6) Patient taking any other treatment for Kaphaja Kasa.

Withdrawal Criteria :-

- 1) If patient lands into acute severe condition like breathlessness, excessive expectoration streaked with blood, cough accompanied by stridor and breathlessness.
- 2) If patients in case develop high grade fever.

Dose & Time :-

Group A - Devdarvyadi Yoga 1 gm TID (Abhakta, Udana and Vyana Kaal).

Group B- Tab. Bromhexine 8mg 1 BID (After Lunch and Dinner)

Anupana – Madhu (Honey) for Group A & Normal tap water for Group B

Duration of Treatment – 7 Days.

Follow-up of Patient:-

- 1) On 4th day
- 2) On 7th day

Other Specific Instructions :-

- 1) Cold drinks, ice cream and other cold food stuffs should be avoided. The detected Hetus of Kapha vrudhhi should be avoided. During Treatment normal Diet Regime will be advised and with specific rules of aahar vidhi visheshayatana.
- 2) Exposure to dust, allergens, and pollution should be avoided.

ASSESSMENT CRITERIA :-

After inclusion in the study the patient undergoes subjective examination as follows -

- a) Congestion of Throat,
- b) Nasal Examination,
- c) Auscultation of Chest,

The subjective examination of the patient during the study is done according to following points-

a) Congestion of Throat -

Mild (1) - Redness of uvula and post. Pharyngeal wall

Moderate(2) - Slightly inflamed red uvula and redness of post. Pharyngeal wall with white spots.

Severe (3) - Oedematous uvula and inflamed, deep red post. Pharyngeal wall

b) Nasal Examination –

Mild(1) – Pale / Excessive mucoid

Moderate(2) – Bluish / Purplish / Mild hypertrophied turbinate

Severe(3) - Red / Hypertrophied turbinate

c) Auscultation of Chest – of Additional sounds – Wheezing, crepts

Presence = 1

Absence = 0

These examinations are done on 0th day, 4th day & 7th day of the study.

OBSERVATIONS & RESULTS :-

The efficacy of **Devdarvyadi Yoga i.e Group A** is assessed with criteria as follows -

1) Congestion of Throat (Day 1 to Day 7)

Out of 30 patients, 21 patients presented with this symptom, and all of them got complete relief in the condition and is analyzed using **Paired – t test**.

It is observed that calculated t value is 11.6637 which is greater than table t value, 2.776.

There is significant difference before and after treatment at 5% level of significance.

2) Nasal Examination (Nasal Discharge) (Day 1 to Day 7)

All 30 patients presented with this symptom, and at the end of the study all 27 patients got complete relief and Paired – t test was used for analysis.

It is observed that calculated t value is 6 which is greater than t table value, 2.776.

There is significant difference before and after treatment at 5% level of significance.

3) Auscultation of Chest (Presence/Absence of Additional sounds – Wheezing, crepts)- (Day 1 to Day 7)

Out of 30 patients, 14 patients presented with this symptom, at the end of the study all 14 patients got complete relief in the condition. But this data is very limited for statistical analysis. Hence statistical tests cannot be applied to this data.

The efficacy of Tab. Bromhexine i.e Group B is assessed with criteria as follows –

1) Congestion of throat (Day 1 to Day 7) -

Out of 30 patients, all patients presented with this symptom, out of these, 18 patients got complete relief in the condition and is analyzed using Paired – t test.

It is observed that calculated t value is 10.622 which is greater than the t table value 2.776.

But t calculated value of Group B is less than t calculated value of Group A for this criterion which is 11.6637.

2) Nasal Examination (Nasal discharge) (Day 1 to Day 7) –

Out of 30 patients, all patients presented with this symptom, out of these, 16 patients got complete relief in the condition and is analyzed using Paired – t test.

Severe(3) - Red / Hypertrophied turbinate

c) Auscultation of Chest – of Additional sounds – Wheezing, crepts

Presence = 1

Absence = 0

These examinations are done on 0th day, 4th day & 7th day of the study.

OBSERVATIONS & RESULTS :-

The efficacy of **Devdarvyadi Yoga i.e Group A** is assessed with criteria as follows -

1) Congestion of Throat (Day 1 to Day 7)

Out of 30 patients, 21 patients presented with this symptom, and all of them got complete relief in the condition and is analyzed using **Paired – t test**.

It is observed that calculated t value is 11.6637 which is greater than table t value, 2.776.

There is significant difference before and after treatment at 5% level of significance.

2) Nasal Examination (Nasal Discharge) (Day 1 to Day 7)

All 30 patients presented with this symptom, and at the end of the study all 27 patients got complete relief and **Paired – t test** was used for analysis.

It is observed that calculated t value is 6 which is greater than t table value, 2.776.

There is significant difference before and after treatment at 5% level of significance.

3) Auscultation of Chest (Presence/Absence of Additional sounds – Wheezing, crepts)- (Day 1 to Day 7)

Out of 30 patients, 14 patients presented with this symptom, at the end of the study all 14 patients got complete relief in the condition. But this data is very limited for statistical analysis. Hence statistical tests cannot be applied to this data.

The efficacy of Tab. Bromhexine i.e Group B is assessed with criteria as follows –

1) Congestion of throat (Day 1 to Day 7) -

Out of 30 patients, all patients presented with this symptom, out of these, 18 patients got complete relief in the condition and is analyzed using **Paired – t test**.

It is observed that calculated t value is 10.622 which is greater than the t table value 2.776.

But t calculated value of Group B is less than t calculated value of Group A for this criterion which is 11.6637.

2) Nasal Examination (Nasal discharge) (Day 1 to Day 7) –

Out of 30 patients, all patients presented with this symptom, out of these, 16 patients got complete relief in the condition and is analyzed using **Paired – t test**.

It is observed that calculated t value is 5.367 which is greater than the table t value 2.776. But t calculated value of Group B is less than t calculated value of Group A for this criteria which is 6.

3) Auscultation of Chest (Presence/ Absence of Wheezes, Crepts) – (Day 1 to Day 7)

Out of 30 patients, 7 patients presented with this symptom, and all of them got complete relief in the condition. But this data is very limited for statistical analysis. So statistical test cannot be apply to this criteria.

On the basis of statistical analysis we can state that -

- a. The result of Devdarvyadi Yoga is more significant than Tab. Bromhexine for Congestion of throat.
- b. The result of Devdarvyadi Yoga is more significant than Tab. Bromhexine for Nasal discharge.

CONCLUSION :-

- Devdarvyadi Yoga is effective in the Treatment of Kaphaja Kasa.
- Devdarvyadi Yoga is more effective in Treatment of Kaphaja Kasa as compared to Tab. Bromhexine.
- Devdarvyadi Yoga gives significant results in the conditions Congestion of Throat and Nasal Congestion and Discharge.
- Devdarvyadi Yoga by its properties brings out Shleshma Kshaya Kaarya thereby improving Agni.
- Devdarvyadi Yoga is effective in relieving conditions wheezes and crepts.
- Devdarvyadi Yoga proved to be significant in treating the conditions of patients i.e Mandagni, Aruchi, Aasyavairasya and Gaurava. Out of 30 patients, 24 patients complained of Mandagni and 20 patients reported of Agni vruddhi on 7th day of follow up. 25 patients complained of Aruchi, Asyavairasya and Gaurava. 20 patients reported of decline in symptoms on 7th day of follow up.
- Tablet gave significant result in reducing the coughing bouts of the patient throughout the day which was narrated as Experience from the patients on 7th day of follow up.

Hence it is summarized as –

Devdarvyadi Yoga is more significant in the treatment of Kaphaja Kasa as compared to Tab. Bromhexine.

The results of Devdarvyadi Yoga are significant in conditions related to Kantha or Gala (throat) and Nasal congestion.

Devdarvyadi Yoga brings about Shleshma kshaya in the body, thereby brings about Agni Vruddhi (increases Digestive fire).

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