



"TO STUDY EFFICACY OF KAPHANASHAK YOG ON KAPHAJA-KASA"

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ABSTRACT

Introduction: "Kasa" is a disease of Pranavaha Strotas (Respiratory system). The drug selected for study Kaphanashak Yog with reference from Charak Sanhita.

Aim: To study efficacy of Kaphnashk Yog on Kaphaj Kas by taking clinical trial.

Objectives: To asses the therapeutic claim on efficacy of Kaphnashk Yog on Kaphaj Kas

Materials: Inclusion Criteria: Fifty numbers of patients were selected under a single group irrespective of sex, work and socio-economic class and age between 20 to 60 years as per the signs and symptoms mentioned in Ayurvedic Classics.

Method: Single blind OPEN Controlled study

Drug: Kaphanashak yog with anupan Madhu Orally

Duration: 15 days assessment on 8th, and 15th Day.

This study was done in BVMF's Bharati Ayurved Hospital, Pune.

Statistical Analysis: The Statistical Analysis reveals that Kaphanashak yog gives significant result

Conclusion: Kaphanashak yog is effective Kaphaj Kasa. No any Adverse effect seen.

KEYWORDS : Kaphaj kasa, Kaphanashak yog, Honey**INTRODUCTION:**

Today due to modern and technologically advanced environment, we are exposed to unnatural factors like pollution, excessive crowding, climate changes, disturbing normal life and imbalance diet which attribute to ill health.

In the disease "Kasa", there is Pranavaha Strotas (Respiratory system) dusthi and as described in the Ayurvedic texts "Prana" is related with life, therefore, any abnormality in it's function leads to disturbance of all the body functions as Prana is "Sarvagat".

The respiratory system may be affected by various factors which are, inhaled toxic agents, these acts either toxicity or through immune mechanism. Such exposures can be either occupational or avocational indicating the importance of detailed occupational and personal histories, the later stressing exposures related to hobbies or the home environment.

Important agents include organic dusts, especially asbestos and silica dusts antigens from molds and animal proteins. Exposure to environmental allergens such as dust mites, feathers, molds, pet dander or cockroach allergens in the home or allergens in the outdoor environment such as pollens and ragweed.

A vast majority of these illnesses of which cough is by far the most common is caused by viruses as mentioned in the modern texts, Immunity is short lived and specific for each virus. The average person can therefore, expect to have at least two or three attacks of cough every year.

It has been said in Ayurvedic texts that "Kasaroga" leads to Rajaylakshma (Tuberculosis), which is a major communicable disease that causes mortality and morbidity in the population.

Kaphanashak Yog:

S. No	Dravya	Latin Name	Rasa	Veerya	Vipak	Guna- Karma	Doshaghata
1.	Pippali	Piper longum	Katu	Anushna	Madhura	Laghu, Snigdha, Tikshna	Tridoshaghna

Ayurveda describes it to impairment of the digestive processes and the remedies selected for its cure i.e. Kaphanashak Yog with reference from Charak Sanhita 18/ 119 has ingredients which helps to restore the digestive balance too, therefore, this study was undertaken.

Aim:

To study efficacy of Kaphnashk Yog on Kaphaj Kas by taking clinical trial.

Objectives:

To asses the therapeutic claim on efficacy of Kaphnashk Yog on Kaphaj Kas

MATERIALS AND METHODS:**Materials:****Inclusion Criteria:**

Fifty numbers of patients were selected under a single group irrespective of gender, work and socio-economic class and age between 20 to 60 years as per the signs and symptoms mentioned in Ayurvedic Classics.

Exclusion Criteria:

Patients having complications Heart diseases, Pulmonary Tuberculosis, Malignancy, Pneumonia, Pleural Effusion, Hypertension, Diabetes Mellitus. And who was taking Allopathic or other Pathy's Medications were also excluded.

Drug:

Kaphanashak Yog 500 mg three times in a day with Anupan Honey orally for 15 days.

Method:

Single blind OPEN Controlled study, Clinical study was carried out at B.V.M.F.'S Bharati Ayurved Hospital Pune. Statistical analysis was done by using t test.

2.	Pippalimula	Piper longum redic	Katu, tikta	Ushna	Katu	Laghu, Rooksha Teekshna.	kaphaghna due to all attributes. Vataghna being ushna
3.	Chitraka	Plumbago zeylanica Linn	Katu	Ushna	Katu	Laghu, Ruksha, Tikshna	Vata-kapha hara, Dipana-Pacana, Grahi
4.	Gajapippali	Piper Chana	Katu	Ushna	Katu	Laghu, ruksha	Kapha Vatahara, Dipana Pachana
5	MADHU	Mel	Madhura, Kashaya	Shita	Katu	Guru, Ruksha, Picchila, Mrudu, Sukshma, Vishada, Yogavahi	Tridoshaghna

OBSERVATIONS:

1) According to Symptomatology

Sr. No.	Symptoms		Mean	Std. Deviation	T cal	P Value	Significant
1	Mandagni	BT	1.9	0.762	9.8	<0.001	Significant
		AT	0.5	0.707			
2	Aruchi	BT	1.9	0.762	8.22	<0.001	Significant
		AT	0.32	0.5			
3	Chhardi	BT	0.16	0.37	2.824	<0.003	Significant
		AT	0.02	0.141			
4	Pinas	BT	1.96	0.781	11.369	<0.001	Significant
		AT	0.24	0.591			
5	Utklesh	BT	0.72	0.453	9.75	<0.002	Significant
		AT	0.06	0.239			
6	Gaurav	BT	0.66	0.06	8.57	<0.003	Significant
		AT	0.47	0.23			
7	Lomharsha	BT	0.24	0.431	3.5	<0.005	significant
		AT	0.04	0.197			
8	Asya Madhurya	BT	0.36	0.484	4.583	<0.001	significant
		AT	0.06	0.239			
9	Madhur-Snigdha Nishtiwan	BT	2.12	0.773	17.6	<0.001	significant
		AT	0.14	0.404			
10	Ayurvedic Sputum Examination	BT	10.9	1.51	1.28	1.18	Not significant
		AT	11	1.60			

DISCUSSION

50 number of patients has been taken for study out of that 60% were male & 40% were female this may be because males are more exposed to polluted environment.

Maximum number of patient belongs to age group 20-30 i.e. 40% & least Number of patient belongs to age group 40 – 60 i.e. 10% in each group.

While considering addiction factor maximum 44% patient has addiction of smoking, alcohol intake & tobacco chewing.

Mandagni:

In the present study showed statistically highly significant result, increase agni. This is probably due to the *Katu Rasa, Katu Vipak* and *ushna guna* of *Most Dravyas of Kaphanashk Yog*.

Aruchi:

this study showed significant result in Aruchi, because Kaphanashk Yog had Kaphshamak and Deppan, Pachan Property.

Chhardi:

This study showed significant Result, due to Ushna Guna Deepan, Pachan and Kapha Vatashamak property cured symptom Chhardi.

Pinas: Utklesh:

This study showed significant Result, due to Ushna Guna, *Katu Rasa, Katu Vipak* and Kapha Vatashamak property cured symptom Pinnas and Utklesh.

Gaurav:

This study showed significant Result, due to Ushna Guna, *Katu Rasa, Katu Vipak* and Kapha Vatashamak property cured symptom Gaurav

Asya Madhurya:

This study showed significant Result, due to Ushna Guna Deepan, Pachan and Kapha Vatashamak property cured symptom Asyamadhurya.

Madhur-Snigdha Nishtiwan:

This study showed significant Result, due to Ushna Guna Deepan, Pachan and Kapha Vatashamak property cured symptom Madhur-Snigdha Nishtiwan.

Ayurvedic Sputum Examination:

In the symptom wise distribution all patients were having Mandagni and Pinus i.e. 100%. 48 patients having madhur, Snigdha kapha-nishtiwan i.e. 96%. Other symptoms.

There is no significant change in Hb% before and after treatment but there is significant change in WBC count and ESR level before and after treatment.

It seen from the present study, maximum patient got relief only after first seven days of treatment and minimum patient were there who needed 14 days treatment. Overall average percentage of relief on 14th day of treatment is 86.66%.

SAMPRAPTIBHANGA:

The treatment given in Kaphaja Kasa has drugs, which are Hetu Virodhi i.e. the *rasa Katu*, and *Tikta* are Kapha Shamak. The dravyas uses are *ushna Viryatmak* which act on the *shita guna* of Kapha Dosh. The *Ruksha, Tikshna, Laghu* and *Sara gunas* are Kapha guna Virodhi i.e. *Snigdha, Manda, Guru* and *Sthira*.

The drugs / Dravyas used in Kaphanashak Yog are Kapha Vilayak and Kapha Shoshak. Some decrease the *Styanta* of Kapha dosha, *Tikshana guna* does *Chhedhan Karma* and some act as Kapha Nissarak. In this way they act as Kapha

Shamak, which leads to decrease in strotorodha. As Strotorodha is relieved, the Vikrut Gati of Vayu is turned Prakrut. i.e. Apana and Prana Vayu gets Anuloma gati and Vighatan of Kasa Vyudahi take place.

CONCLUSION

From the clinical trial conducted it can be conclude that statistically significant improvement which confirmed the effectiveness of kapha-nashaka yoga with anupan as madhu in the treatment of kaphaja kasa.

No any adverse effects were noticed in any subject after the administration of trial drug kaphanashaka yoga with anupan as madhu.

Overall average percentage of relief on 14th day of treatment is 86.66%.

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