



A PHARMACOTHERAPEUTIC STUDY OF KARKATASHRINGI AND YASHTIMADHU ON KASA ROGA

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ABSTRACT Ayurveda is the most ancient and traditional system of medicine in India. The Ayurvedic system of medicine is based on many centuries of experience. Main aim of treatment of Ayurveda is to cure the disease of ill person and to maintain the health of healthy person. Now a days, many persons of all age groups are suffering from Kasa Roga. In Samhita, Kasa Roga is described as a disease and also as a symptom of many diseases. In modern science, it is called as cough, which is a voluntary and involuntary act that clears the throat and breathing passage. Karkatashringi and Yashtimadhu are the plants which have property to cure the Kasa Roga. I had done clinical trial on 20 patients for 90 days. Patients treated with Mix dose of Karkatashringi 2g/day and Yashtimadhu churna 6 g/day (Two divided doses), Oral, before meal with honey.

KEYWORDS : Kasa, Cough, Karkatashringi, Yashtimadhu.

Introduction :

Ayurvedic medicine had originated in the early civilizations of India about 3000-5000 years ago. It maintains our physical and mental fitness with prevention and cure of diseases. Ayurveda is the science of life. There are so many diseases which harm human beings. Kasa is a disease and also it is a symptom of many diseases which harm human beings. If it is not treated earlier then it may cause serious illness to the affected person. I had done clinical trial on 20 patients for 90 days. Patients treated with Mix dose of Karkatashringi 2g/day and Yashtimadhu churna 6 g/day (Two divided doses), Oral, before meal with honey.

Drug review :

KARKATASHRINGI¹

Properties -

Guna - Laghu, Ruksha
Rasa - Kashay, Tikta
Virya - Ushna
Vipaka - Katu

Table no. 1: Classification of Karkatashringi²

Latin Name	Pistacia integerrima Stewart ex Brandis
Kingdom	Plantae
Division	Angiosperm
Subdivision	Eudicots
Class	Rosides
Order	Sapindales
Family	Anacardiaceae
Genus	Pistacia
Species	Integerrima

YASHTIMADHU

Properties³ -

Guna - Guru, Snigdha
Rasa - Madhura
Virya - Sheet
Vipaka - Madhura

Table No. 2: Taxonomic Position⁴

Kingdom	Plantae
Phylum	Magnoliophyta
Class	Magnoliopsida
Order	Fabales
Family	Fabaceae
Subfamily	Faboideae
Genus	Glycyrrhiza

Species	glabra
Botanical name	Glycyrrhiza glabra Linn.

DISEASE REVIEW

KASAROGA

AYURVEDIC REVIEW

Pranvayu obstructed in the respiratory tract due to any reason combines with Udaanvayu which move upward and produces a typical sound like broken bronze vessel is called as Kasa. There are 5 types of Kasa⁵ :-

1. Vataj Kasa.
2. Pittaja Kasa.
3. Kaphaja Kasa.
4. Kshataja Kasa.
5. Kshayaja Kasa.

MODERN REVIEW

Cough⁶ - An explosive expiration that provides a normal protective mechanism for clearing the tracheobronchial tree of secretions and foreign material, which is associated with a characteristic sound is called as cough.

PHARMACOGNOSTICAL AND ANALYTICAL STUDY⁷

Karkatashringi and Yashtimadhu churna were received from P.G. Deptt. Govt. Ayurvedic College, Patna. The foreign materials were separated from it, both drugs were washed with water and dried in sunlight, then they were grinded to make churna. Then churna was sent to Central Ayurveda Research Institute for Drug Development, CCRAS, Ministry of AYUSH, Government of India, Kolkata for Pharmacognostical and Analytical analysis. Report of Pharmacognostical standardization of churna by Dept. of Pharmacognosy Kolkata are as follows -

Karkatashringi

Powder Microscopy :

Powder shows presence of profuse fragmented bright orange yellow masses of ground tissue, aseptate thick walled fibres single or in groups, fragments of spiral xylem vessels, groups of reticulate vessels and groups of oval parenchymatous cells with pale yellowish cell content.

Yashtimadhu

Powder Microscopy : Powder shows presence of profuse lignified polygonal to hexagonal cork cells with reddish brown content, groups of aseptate fibres, groups of pitted and reticulate xylem vessels, groups of compactly arranged pitted xylem parenchyma, abundant crystal fibres single or in groups, groups of oval parenchymatous cells with prisms of calcium oxalate abundant simple oval or rounded starch grains, groups of lignified rectangular cells with bright orange yellow

cell content, profuse prismatic crystals of Ca-oxalate.

CLINICAL STUDY:

I had done clinical trial on 20 patients for 90 days.

AIMS AND OBJECTIVES:

To evaluate Pharmacotherapeutic efficacy of Karkatashringi and Yashtimadhu clinically.

MATERIALS AND METHODS:

Selection of Patients:

- Patients attending OPD of Govt. Ayurvedic College and Hospital, Patna, who fulfilled the criteria of selection, were included in the present study.
- The Patients were selected having sign and symptoms of Kasa as mentioned in classics were primarily selected in accordance with following inclusion and exclusion criteria irrespective of age, sex, religion and occupation etc.

Inclusion Criteria:

- Age group of 12 to 65 years.
- With the symptoms and signs of Kasa as mentioned in classics.
- Vataj, Pittaj and Kaphaj Kasa.

Exclusion Criteria:

- Kshataja Kasa and Kshayaja Kasa.
- Patients suffering from any systemic disorder (like tuberculosis, asthma, and diabetes mellitus etc.) and Kasa as a complication of any disease will be excluded from the study.
- Other complicated respiratory diseases having any organic lesion such as tumor or any anatomical defect in airway.

Patient suffering from serious diseases, pregnant women and child will be excluded from the study.

Criteria for diagnosis:

A special Performa was prepared including all signs and symptoms based on Ayurvedic classics. It also includes points regarding the state of Dosha, Dushya and Srotas Pariksha. A detailed clinical history was taken of each patient. On the basis of Performa to exclude other conditions, TLC, DLC, Hb%, ESR, chest X-ray of the patient carried out.

Patients treated with mixture of Karkatashringi churna and Yashtimadhu churna.

Dose:

- Mix dose of Karkatashringi 2g/day and Yashtimadhu churna 6 g/day (Two divided doses).
- Route of administration : Oral
- Time of administration : Before meal.
- Anupana : Madhu
- Duration : 90 days.
- The following criteria were adopted to assess the total effect of treatment on the registered Patients.
- 1. Complete Improvement : 100% relief in signs and symptoms of Kasa. Symptoms which is taken for study in clinical trial-
- Main symptoms of Vataj Kasa - Shushkakasa , Swarabhedha , Daurbalya ,Hritparsvasool and Shirahshool .
- Main symptoms of Pittaj Kasa - Trishna , Tiktasyata , Daha and Pitanisthivan .
- Main symptoms of Kaphaj Kasa - Shwetanishtheevana , Vaman , Peenas and Mandagni .
- Assessment of total effect of treatment
- 2. Moderately Improvement : > 50% and < than 100% relief in signs and symptoms of Kasa.
- 3. Mild Improvement : > 25% and < than 50% relief in signs and symptoms of Kasa.
- 4. No Improvement : Below 25% relief in signs and symptoms of Kasa.

CLINICAL OBSERVATIONS

Out of 20 patients 13 Patients get cured between 15 to 30 days. 1 Patients gets cured in 45 days. 1 Patient gets cured in 60 days. 3 Patients have taken medicine for 90 days. 2 patients discontinued their treatment.

Table No. 3: Distribution of chief complaints of Vataj Kasa

Symptoms	No. of Patients
Shushkakasa	8
Swarabhedha	10
Daurbalya	11
Shirahshool	13
Hritparsvasool	9

Table No. 4: Distribution of patients having chief complaints of Pittaj Kasa

Symptoms	No. of Patients
Trishna	8
Tiktasyata	9
Daha	10
Pitanisthivan	10

Table No. 5: Distribution of patients having chief complaints of Kaphaj Kasa

Symptoms	No. of Patients
Shwetanishtheevana	8
Vaman	7
Peenas	8
Mandagni	10

Table No. 6: Effect of Karkatashringi and Yashtimadhu on Vataj Kasa

Signs/ symptoms	Mean		Diff	% Relief	SD	SE	't' value	'p' value	S
	BT	AT							
Shushkakasa	1.06	0.22	0.84	79.25	0.99	0.23	3.59	<0.05	S
Swarabhedha	0.94	0.22	0.72	76.60	0.75	0.18	4.08	<0.001	HS
Daurbalya	1.22	0.22	1.00	81.97	0.97	0.23	4.37	<0.001	HS
Hritparsvasool	1.11	0.22	0.89	80.18	0.96	0.23	3.91	<0.05	S
Shirahshool	1.33	0.22	1.11	83.45	0.83	0.20	5.66	<0.001	HS

Table No. 7: Effect of Karkatashringi and Yashtimadhu on Pittaj Kasa

Signs/ symptoms	Mean		Diff	% Relief	SD	SE	't' value	'p' value	S
	BT	AT							
Trishna	0.61	0.11	0.50	81.97	0.62	0.15	3.43	<0.05	S
Tiktasyata	0.78	0.17	0.61	78.21	0.70	0.16	3.72	<0.001	HS
Daha	0.67	0.11	0.56	83.58	0.51	0.12	4.61	<0.001	HS
Pitanisthivan	0.94	0.17	0.77	81.91	0.88	0.21	3.76	<0.05	S

Table No.8: Effect of Karkatashringi and Yashtimadhu on Kaphaj Kasa

Signs/ symptoms	Mean		Diff	% Relief	SD	SE	't' value	'p' value	S
	BT	AT							
Shwetanishtheevana	1.00	0.22	0.78	78.00	0.94	0.22	3.50	<0.05	S
Vaman	0.56	0.11	0.45	80.36	0.62	0.15	3.06	<0.05	S
Peenas	0.78	0.17	0.61	78.21	0.78	0.18	3.33	<0.05	S
Mandagni	1.00	0.17	0.83	83.00	0.86	0.20	4.12	<0.001	HS

Table No. 9 Total effect of treatment

Improvement	Karkatashringi and Yashtimadhu Churna with Honey	
	No. Of Patients	%
Complete improvement	14	77.78
Moderately improvement	3	16.67
Mild improvement	1	5.56
No improvement	0	0

Patients was treated with Karkatashringi churna and Yashtimadhu churna. Remaining 18 patients, after completion of treatment 14 Patients i.e. 77.78 % were cured, 3 Patients i.e. 16.67 % were moderately improved and 1 Patient i.e. 5.56 % showed mild improvement.

Discussion :

Combination of both Kakatashringi churna and Yashtimadhu churna have given best result in all types of Kasa, it shows both acts synergistically. Maximum numbers of patients get cured between 15 to 30 days.

SUMMARY AND CONCLUSION

A Pharmacotherapeutic study of Karkatashringi and Yashtimadhu on Kasa Roga is conducted in Govt. Ayurvedic College and hospital Patna.

Percentage relief in symptoms of Kasa - Shookpurnaglasya 87.21 %, Kanthekandu 85.33 %, Aruchi 83.96 %, Shushkakasa 79.25 %, Swarabheda 76.60 %, Daurbalya 81.97 %, Hritparsvasool 80.18 %, Shirahshool 83.45 %, Trishna 81.97 %, Tiktasyata 78.21 %, Daha 83.58%, Pitanisthivan 81.91 %, Shwetanishtheevana 78.00 %, Vaman 80.36 %, Peenas 78.21 % and Mandagni 83.00 %. Combination of both Karkatashringi churna and Yashtimadhu churna have given better result in all types of Kasa, it shows both acts synergistically.

Suggestions for Further Study -

Thus on the basis of clinical trial it can be concluded that Karkatashringi churna and Yashtimadhu churna is very effective on Kasa Roga. No adverse effect was noted during the treatment and follow-up period. It is recommended that the study should be carried out in large number of patients and for long duration to evaluate and analyze the results.

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