



CLINICAL EVALUATION OF INHALATION OF “SHARAPUNKHA”(TEPHROSIA PURPUREA)FUMES IN CHRONIC BRONCHITIS

Ayurveda

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ABSTRACT

“Kaphajkasa”(Chronic Bronchitis) is well discussed in Ayurveda and several treatments are prescribed. one of such is a simple mechanism of inhaling fumes of a plant product (root of sharapunkha) with help of a simple instrument designed for this purpose. In this study 20 patients were successfully treated by this method and details are presented.

KEYWORDS

Sharapunkha (Tephrosia purpurea), kaphajkasa, chronic bronchitis, inhalation, dhumpyantra

Introduction

Ayurveda is the known oldest Medical Science (1500 B.C)(Pandey 1969). This deals with all aspects of normal health and different diseased conditions. The treatment in Ayurveda is herbo-mineralo-metallo-in nature, and animal product in single or combined preparation forms. Minerals and metals are very rarely used and if essential in very minimum quantity which is opted. Different measures are given to follow for treatment, of a disease.

Air pollution is a common problem. Which is due to industrialisation, urbanization or smoke emitted by vehicles. Smoke from vehicles contain toxin carbon monoxide which mixes in the air. This air when inhaled irritates the respiratory tract resulting into upper respiratory tract diseases like bronchitis and cough. People living in cities are commonly affected. Chronic Bronchitis (CB) become a prevalent condition (Park, 2017)

Chronic bronchitis is discussed in Ayurveda as kaphajkasa and treatment given in Ayurveda are several (Vaidya 2001; Shastri 2003). One of these is simple using, “dhuman”(Dh)(method for inhalation of medicated smoke)(Pandey 1969).

Aim of this study is to establish the efficacy of medicated “Dh”(inhalation of fume) in the treatment of chronic bronchitis.

Materials and Methods

In “Dh” procedure, patient is advised to take fumes of “Sharapunkh”(Sh) (Tephrosia purpurea) with the help of “Dh yantra”(special instrument for “Dh”)(figure 1). “Sh” plant is collected, in required quantity from the field and cleaned with fresh water. Roots of the plant is dried in shade and is made to coarse powder. This is packed separately carrying small quantity weighing 2.5 to 5 gms in individual packet. Chemical analysis of “Sh” (Tephrosia purpurea) root powder was done in Central Research Facility, KLE Shree BMK Ayurveda Mahavidyalaya, Belagavi. Medicinal herbal crude drug powder was passed through TLC. One gm of medicinal herbal crude in methanol and concentrated to 50 ml, filtered and 10 μ l applied on the TLC plate. S₁ and S₂ bands were parallel.

In this clinical study 20 patients (21-60 years old) diagnosed for CB (Chugh, Ashima 2017), and 10 normal healthy people of same age group who had no respiratory complaint were included. Patients were selected from out patient department of KLE Shree BMK Ayurveda Mahavidyalaya and Hospital, Belagavi. Each patient and subject had undergone reported laboratory investigations. Each one of them was advised to sit in a comfortable position. Before starting the treatment, content of one packet is emptied on the top portion of “dhumpyantra” with mild fire, which emits fumes. Patient is advised to inhale and exhale by mouth using the pipe of the “dhumpyantra”. At the bottom of this instrument some amount of water is kept which humidify fumes (Figure 1). In one sitting, procedure was repeated for three times with an interval of five minutes. They

were subjected for treatment of 7 days.

Results

The fine powder of “Sh” was having light brown colour. Reports of chemical analysis is given below.

Number	Tests	Results(%w/w)
1	Moisture content	8.2
2	Total ash content	4.9
3	Acid insoluble ash	Negligible
4	Alcohol extractive value	9.7
5	Water extractive value	20.9

Noticeable change in laboratory investigation was on 7th day of treatment where the reduction in A.E.C count was 30-50 cells/cumm. On fifth day of treatment 4 out of 20 patients reported 50% relief. On 6th day 8 patients reported 90% and on 7th day all patients reported complete relief.

Discussion

In Ayurved the details of CB is given on the basis of its symptoms. It needs attention and treatment. Property of sharapunkha fume is described by many authors (Vaidya 2001; Shastri 2003). The property of this smoke is which quickly spreads in air, which is absorbed faster than any other. Thus, quick result is observed. Sharapunkh fume permits and forces to expel out the secretion from lungs and passage. Ayurveda has described cough as a disease and also as symptom in some other diseases. Charak stated that some of those that have been mentioned as the symptoms of the diseases appears as swatantravyadhi (Independent disease) as long as they exist secondarily, they are called as symptoms and not disease. (Vaidya 2001)

In this study it was shown that fumes of the root of Tephrosia purpurea root clearly and effectively acted on CB. “Dh”, as it is of gaseous consistency, absorbed quickly. The procedure of administering the drug is also very easy, simple and can be done at out patient department level. Patient may get this as day treatment and return home.

In conclusion the study proved the effectiveness of fumes of sharapunkha root as effective in chronic bronchitis.



Figure 1. The picture of “dhumpyantra”

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