ABSTRACT

**ORIGINAL RESEARCH PAPER**

**A CONTROL CLINICAL STUDY OF SUVARNA PRASHANA IN RECURRENT UPPER RESPIRATORY TRACT INFECTION IN CHILDREN.**

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Suvarnprashana has been said to be very effective in promoting Vyadhikshamatva by acharyaKashyapa in Ayurveda. By going with this idea, we had started Suvarnaprashana at L.R.P. Ayurvedic College Islampur, 8yrs ago. We made a survey of children who have recurrent URTI coming to our Suvarnaprashana camp on PushyaNakshatra. By going with this idea, we had started Suvarnaprashana at L.R.P. Ayurvedic College Islampur, 8yrs ago. We made a survey of children who have recurrent URTI coming to our Suvarnaprashana camp on PushyaNakshatra. During this period if any URTI episode occurred in childrens from both groups, an appropriate treatment was given. After completion of this study we can conclude Suvarnaprashana is effective after long period in recurrent URTI.

**INTRODUCTION**

Pranavahastrotas disorders comprises of both URTI & LRTI. Among them URTI is very common due to various etiological factors which are encountered in day to day practice. Suvarnprashana has been said to be very effective in promoting Vyadhikshamatva by acharyaKashyapa in Ayurveda. By going with this idea, we had started Suvarnaprashana at L.R.P. Ayurvedic College Islampur, 8yrs ago. We made a survey of children who have recurrent URTI coming to our Suvarnaprashana camp on PushyaNakshatra.

**AIM & OBJECTIVE:**

1. To evaluate the efficaciyof Suvarnaprashana in preventing recurrent episodes of upper respiratory tract infections in children with the help of history taking.
2. To evaluate untoward effect of Suvarnaprashana by taking history from parents.

**2) CLINICAL STUDY:**

A) MATERIAL AND METHODS:

a) Material:
   1. Children of age group 0-16 Yrs.
   2. Drug- Suvarnaprashana drops

b) Methods : A survey studyof 100 children (0 to 16 yrs) having recurrent episodes of URTI infections were grouped as A and B. children from group A received Suvarnaprashana for 8 months and children from group B did not received Suvarnaprashan.

During this period if any URTI episode occured in childrens from both groups, an appropriate treatment was given.

This camp was held at the OPD of Kaumarbhritya Dept. of L.R.P. ayurvedicHospital,Islampur. The total no. of episodes of recurrent infections, overall wellbeing and adverse events were assessed at every month.

**INCLUSION CRITERIA**

- Children having recurrent episodes of upper respiratory tract infections (defined as >4 episodes of upper respiratory tract infections during the period 3 months prior to enrollment in the study)
- Children with immune -compressive disorder like HIV
- Children having > 4 episodes of lower respiratory tract and infections, requiring hospitalization in the past 6 months
- children receiving corticosteroids.

**EXCLUSION CRITERIA**

- Children who were not fulfilling above criteria.

**Clinical study** The procedure was done as follows for 100 patients of ‘Recurrent Upper Respiratory Tract Infection’.

<table>
<thead>
<tr>
<th>Group</th>
<th>No. Of Pt.</th>
<th>Drugs</th>
<th>Route of admininistration</th>
<th>Dose</th>
<th>Duration</th>
<th>Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group A</td>
<td>50</td>
<td>SuvarnaPrashbindu</td>
<td>Oral</td>
<td>5 Drops of SuvarnaPrashbindu up to age 5 years &amp; above 5 years, 5 drops + 1 drop for each additional year, above 5 years of age. For 8 months</td>
<td>For single day on every PushyaNakshatra</td>
<td>Normal diet, proper hygiene condition &amp; exercise of pranavah astrotasa</td>
</tr>
<tr>
<td>Group B</td>
<td>50</td>
<td>Not received Suvarnaprashana</td>
<td>Oral</td>
<td>Normal diet, proper hygiene condition &amp; exercise of pranavah astrotasa</td>
<td>As above</td>
<td></td>
</tr>
</tbody>
</table>

Note- All 100 patients were treated during each episode of URTI separately with required medicine.

**CRITERIA OF ASSESSMENT**

Criteria of Assessment is totally based on individual history of the child.

1. Total 100 children were assessed with following signs and symptoms for diagnosis of URTI -
   a) Dry cough
   b) Fever
   c) Sore throat
   d) Running nose
   e) No Wheeze or any added sound.
2. Group A was assessed for no. of recurrent episodes of URTI before & after starting of suvarnaprashana for 8 months.
3. Group B was assessed for no. recurrent episodes of URTI for same duration but without giving Suvarnaprashan.

Data of individual 100 patients of URTI was collected from Suvarnaprashan& from daily OPD register,case records of college hospital & also by history taking.

**ASSESSMENT OF RESULTS**

Following criteria was applied for assessment of total effect of therapy in both A & B groups.

1. Improved –Children having no or only one episodes of URTI in 3 consecutive months.
2. Unchanged- Children who were not fulfilling above criteria.

**KEY WORDS:** Suvarna prashan, Recurrent URTI
RESULTS: The obtained data was tabulated as follows.

a) FOR GROUP A – The results was

<table>
<thead>
<tr>
<th>Months</th>
<th>Total patients Of URTI</th>
<th>Improved</th>
<th>Unchanged</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>17</td>
<td>13</td>
<td>4</td>
</tr>
<tr>
<td>II</td>
<td>22</td>
<td>17</td>
<td>5</td>
</tr>
<tr>
<td>III</td>
<td>7</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>IV</td>
<td>4</td>
<td>4</td>
<td>0</td>
</tr>
</tbody>
</table>

Episodes of URTI was reduced in 80% children within 8 months.

b) FOR GROUP B – The results was

<table>
<thead>
<tr>
<th>Months</th>
<th>Total patients Of URTI</th>
<th>Improved</th>
<th>Unchanged</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>16</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>II</td>
<td>13</td>
<td>1</td>
<td>12</td>
</tr>
<tr>
<td>III</td>
<td>7</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>IV</td>
<td>14</td>
<td>1</td>
<td>13</td>
</tr>
</tbody>
</table>

Episodes of URTI was reduced in 8% children within 8 months.

Statistical analysis

By considering the above data we applied CHI square test to draw a inference. The Obtained CHI square values are as

<table>
<thead>
<tr>
<th>Calculated CHI square value</th>
<th>Table CHI square value</th>
<th>Inference</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.96</td>
<td>3.84</td>
<td>significant Result.</td>
</tr>
</tbody>
</table>

DISCUSSION –

Gold is considered as very precious in Ayurveda. when suvarna is converted in to suvarnabhasma as explained in to Ayurveda, it would has ability to treat different infections, allergy and general weakness by improving immunity of the body. Madhu in suvarnaprashan mitigate the increased kaphadosha in URTI. Also brahmighruta act as brain tonic and helps to minimizes irritability of child produced due to URTI. So by taking these points into consideration we made a conclusion.

CONCLUSION:

Suvarnaprashana is effective after long period in recurrent URTI.

REFERENCES:

2) Charaka Samhita Author Shukla & Tripathi Chaukhabma Sanskrita Pratishthan Reprint 2010.
4) Text Book of Statistics Author B. K. Mahajan.