



ORIGINAL RESEARCH PAPER

Ayurveda

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

KEY WORDS: Suvarna prashan, Recurrent UTI

Dr. Jyotsna Ahir

Assistant Prof. Kaumarbhritya, LRP Ayurved Medical College, Hospital, P.G. Institute and Research Centre, Islampur.

ABSTRACT

Suvarnaprashana 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 considering the aim-To evaluate the efficacyof Suvarnaprashana in preventing recurrent episodes of upper respiratory tract infections in children with the help of history taking. 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 occurred in childrens from both groups, an appropriate treatment was given. After comlition 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 . Suvarnaprashana 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 efficacyof 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 occurred 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)

EXCLUSION CRITERIA

- 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 .

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

Group	No. Of Pt.	Drugs	Route of administration	Dose	Duration	Advice
Group A	50	SuvarnaPrashbindu	Oral	5 Drops of SuvarnaPrashbindu up to age 5 years & above 5 years , 5 drops + 1 drop for each additional year, above 5 years of age. For 8 months	For single day on every PushyaNakshatra	Normal diet, proper hygienic condition & exercise of pranavahastrotasa
Group B	50	Not received Suvarnaprashana				As above

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 Suvarnaprashana & 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.

RESULTS :Theobtained data was tabulated as follows.

a) FOR GROUP A – The results was

Months	Total patients Of URTI	Improved	Unchanged
I	17	13	4
II	22	17	5
III	7	6	1
IV	4	4	0

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

b) FOR GROUP B – The results was

Months	Total patients Of URTI	Improved	Unchanged
I	16	2	14
II	13	1	12
III	7	0	7
IV	14	1	13

Episodes of URTI wasreduced 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

Calculated CHI square value	Table CHI square value	Inference
2.96	3.84	significant Result.

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 thesepoints into consideration we made a conclusion.

CONCLUSION:

Suvarnaprashana is effective after long period in recurrent URTI.

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