

“THE EFFICACY OF ELAADI CHOORNA IN TAMAKA SHWASA.”

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Abstract:

In this clinical study the efficacy of Elaadi choorna in tamak shwas. We have studied patients of different age groups from 16-60 years of age and of both sex i.e. male and female. Also we have studied the socio-economical status of the patients & it is observed this disease is present in all economical groups. It is found in more patients which are working in highly polluted areas & living in wet and cool areas. The patients of this disease are found in both married and unmarried peoples. Family history is also one of the important factor. This disease is found in patients having both type of diet. We have studied this disease with various signs and symptoms with elaadi choorna and conducted double blind controlled study and results are satisfactory. Many symptoms are mark ably reduced and it is found that the drus elaadi choorna is effective in tamak shwasa.

INTRODUCTION:-

Life of Human beings is mainly runs on three “B’s”. One BRAIN, second BEAT and third last but not least BREATH i.e. Shwasan. In a day one man breaths 21600 times unknowingly. Aacharya Sharangadhara has explained process of Shwasan, that body takes AMBAR PIYUSHA i.e. Oxygen inside which helps to held DEHA and JATHAR ANALA¹. This shows us SHWASAN is the one of the MOST Important WHEEL of LIFE.

AYURVEDA is science of life which described the favourable and Unfavourable to life. If people doesn't follow the rules described in Ayurveda it leads to several pathogenesis which ultimately produces different disorders. Tamaka Shwasa is one of the such disorder which caused by asatmya sevan.

Asthma is one of the most common chronic diseases globally and currently affects ~300 million people. The prevalence of asthma has risen in affluent countries over the last 30 years but now appears to have stabilized, with ~10–12% of adults and 15% of children affected by the disease. In developing countries where the prevalence of asthma had

been much lower, there is a rising incidence that appears to be associated with increased urbanization².

In today's mechanical era as man goes for more and more comfortable, easy and fast life, he is suffering from more and more health issues. Due to industrialization, increased population, pollution, global warming, unavoidable allergic agents, habits such as cigarette smoking are more prone to develop allergic respiratory illness. One of such respiratory disease is nothing but SHWASA VYADHI.

A wide description about Shwasa Vyadhi is obtained in Bruhata Trayee and Laghu Trayee. Ayurveda classifies any irregularity in INTENSITY, FREQUENCY & RHYTHM of NORMAL RESPIRATORY process as SHWASA.

Though lot of research work has been done in Ayurveda and other pathy, still there is not satisfactory result in current sciences for Tamaka Shwasa. Hence many patient of Tamaka Shwasa are reported in day to day practice. So emphasis will be made to find out easy method to cure the disease Tamaka Shwasa by using cheap & easily available drug such as Elaadi Choorna.

MATERIALS & METHODS:

We have selected patients for this project from O.P.D and I.P.D of local hospital and camps organized for this disease. Inclusive criteria for selection of the patients was- patients must be between age group 16-60 years and should not be suffering from any life threatening disease. From both sex groups patients were selected and were diagnosed with Tamak shwasa having classical signs and symptoms of this disease. We have excluded patients below 16 years and above 60 years of age and other chronic respiratory conditions like Tuberculosis, Carcinoma, Bronchitis, Emphysima etc. Also we have excluded patients having serious asthamatic conditions and patients who needs emergency treatment. In this study we have studied the following symptoms: Shirashula, urashula, parshwashula, ghughuram, kas, aruchi, pipasa, moha, shwas kashtata, vega(respiratory rate),frequency of attack. We have done investigation of all patients like X ray chest,Haemogram etc. Identification of drug has done by experts of

Dravya guna department of L.R.P. Ayurved Medical College, Islampur. Authentification and standardization of drug is done at Pharmacy of L.R.P. ayurved Medical College, Islampur. Elaadi choorna is having following contents Elaa, tmal pattra, shunti, sugandhi vaala, khasa, pipalli, bharangi, tulsii, agru, chandan, khand.

REVIEW OF LITERATURE:-

Detail information will be collected from various Ayurvedic Samhitas, modern texts, journals & research papers & scientific networks.

AIMS & OBJECTIVES:-

1. To study the efficacy of Elaadi Choorna In Tamaka Shwasa.
2. To study the mode of action of the Elaadi Choorna.
3. To assess any other benefits.
4. To study the roll of Elaadi Choorna in increased Eosinophil Count.

MATERIALS AND METHODS

1. SELECTION OF DRUG⁴:-

Identification, Authentification, and Standardization of drugs will be done in GMP certified company.

Elaadi Choorna(Ha. Sam.)⁵

Drug Name	Latin Name	Rasa	Vipak	Veerya	Doshghnata
Elaa	Elettaria cardamomum Maton	Katu, Madhur	Madhur	Sheeta	Tridoshaghna
Tamaalpatra	Cinnamomum tamala Nees & Eberm	Madhur, Katu, Tikta	Madhur	Ushna	Kaphagna, vataghna
Shunthi	Zizgibar officinale Roxb.	Katu	Madhur	Ushna	Kaphagna, Vataghna
Sugandhi Vaala	Andropogon vetiveria	Tikta	Katu	Sheeta	Pittaghna, Kaphaghna

Usheer	Vetiveria zizanioidis (Linn.) Nash.	Tikta, Madhur	Katu	Sheeta	Pittaghna, Kaphaghna
Pippali	Piper longum Linn.	Katu	Madhur	Anushna	Kaphaghna, Vataghna
Bharangi	Clerodendrum serratum (Linn.) Moon.	Tikta, Katu, Kashay	Katu	Ushna	Kaphaghna, Vataghna
Tulasi	Ocimum sanctum Linn.	Katu, Tikta	Katu	Ushna	Kaphaghna, Vataghna
Agaru	Aquilaria agallocha Roxb.	Tikta, Katu	Katu	Ushna	Kaphaghna, Vataghna
Chandan	Santalum album Linn.	Tikta, Katu	Katu	Sheeta	Pittaghna, Kaphaghna
Seeta	Khand	Madhur	Madhur	Sheeta	Vataghna, Pittaghna

All drugs are in equal quantity⁶.

SELECTION OF PATIENT:-

Patient subjected to clinical trials will be selected from OPD and IPD of Kayachikitsa department of Loknete Rajarambapu Patil Ayurved Medical College, Hospital, PG Institute & Research centre, Islampur.

CRITERIA FOR SELECTION OF PATIENT:-

A. INCLUSION CRITERIA:

1. Patient in age group 16 to 60 years.
2. All diagnosed with "Tamaka Shwasa" having classical signs and symptoms according to Ayurvedic Classics.
3. Sex-both sexes.

B. EXCLUSION CRITERIA:

1. Below 16 and above 60 years patients.
2. Other chronic respiratory condition including Tuberculosis, Carcinoma, Bronchiectasis, Chronic Bronchitis, Emphysema etc.
3. Serious asthmatic patients having severe condition who needs emergency treatment.
4. Other systemic major illness like AIDS, Cardiac diseases, renal failure,

Liver failure etc.

A) SUBJECTIVE PARAMETERS

1. Shirashula
2. Urashoola
3. Parshwashoola
4. Ghurghukam (Wheeze)
5. Associated symptoms like kasa, aruchi, pipasa, moha
6. Shwasa kashtata (Difficulty in breathing)
7. Vega (Respiratory Rate)
8. Frequency of attacks

B) OBJECTIVE PARAMETERS:

Investigations of all patients will be done before and after treatment.

1. Hematological tests — CBC, TLC, DLC, Absolute Eosinophil count
2. PEFr
3. X-Ray Chest PA view (if necessary)

RESEARCH METHODOLOGY:

After complete examination and investigations all patients will be randomly divided into 2 groups

Experimental Group – In this group 30 patients will be kept on Elaadi Choorna

Dose⁷ - 2 masha. (1.5gms in three divided doses)

Sevankal - Adhobhakta⁸.

Anupana - Shita jala

Control Group—In this group 30 patients will be kept on Placebo (Capsules filled with starch).

Duration of treatment- 4 weeks

Follow up- every week

Case papers prepared & observations will be noted.

DISCUSSION:-

Because of the excessive vatha vardak ahar and vihar, pollution, stress, wet and cool environment, number of patients of this disease are increasing. In this clinical study the efficacy of elladi choorna in tamak shwasa we have given this drug to the patients for four weeks and we have taken follow up after every week and detailed data was collected from patients. Following signs and symptoms were studied in detail i.e. ghughura(wheeze), shirashula, urashula, parshwashula, kasa, aruchi, pipasa, moha, shwas kashtata, vega(respiratory rate), frequency of attack. It is found that after taking elaadi choorna for one week marked decrease is found in symptoms ghurghura i.e. 67%. After two weeks kasa was reduced in 78% patients. Urashula was decreased after successive treatment of two weeks in about 80% of the patients. Parshwashula and other symptoms were relived 78% after treatment of three weeks. It was observed that the vega (respiratory rate) and frequency of attack was also reduced mark ably after treatment for four weeks.

OBSERVATION :

AGE:Maximum number of patients were between age group of 40-60 years i.e 45%. 25% patients were between age group of 20-40 years.30% patients were between age group of 16-20years.Probable cause for age group between 40-60 may be changing external environment,pollution and mental stress.

SEX: It was observed 56.66% patients were male and 43.33% patients were female.In this fast lifestyle,male & female both are suffered from mental stress,changing diet habitats and pollution.

SOCIO-ECONOMIC STATUS: Maximum number of patients i.e. 81.33% were from low and middle economical class while remaining were from upper middle and higher economical class.

OCCUPATION: Maximum number of patients were working in cotton-mills and polluted areas i.e. 61.66%.35% were females and working as housewives having hereditary history.

MARRITAL STATUS: Maximum number of patients were married i.e. 93.44%.Females involve paientns were under stress and blood pressure history.

FAMILY HISTORY: Maximum number of patients 68.33% were having history of the disease.

DIET PATTERN: Maximum number of patients i.e. 83.14% were having mixed diet & irregular food intake.

SLEEP: 58.33% patients were having history of irregular sleep while 41.66% were having regular sleep.

CONCLUSION:

- It is observed that number of tamakshwas vyadhi patients are increasing day by day.
- Improper diet pattern,increasing stress and pollution are the causative factors for tamakshwas.
- In this study both male and female patients were studied.
- It is found that drug Eladi churna is better acting drug in tamakshwas.
- It relives major symptoms of the disease witout any side effects.
- In my study 67.14% relief was found in patients of tamakshwas.