

EFFICACY OF *LAKSHADI OIL NASYA* IN *KAPHAJA PRATISHYAYA ROGA* (CORYZA)

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ABSTRACT

Kaphaja Pratishyaya (Coryza) disease is found very common in clinical practice. This disease is not considered seriously as compared with rest major chronic ailments and neglecting said is the fact in present era. There is no available effective medicine to cure such conditions. In present study we have taken *Lakshyadi Taila* (mentioned under preparation of *Bharangyadi Taila*) which is mentioned by *Gangadhar* for to treat *Pakvavastha* (ripened stage) of *Kaphaja Pratishyaya* (Coryza). Its Ingredients is an Indian, Uncontroversial, Readily available, Non-toxic, Cheap *Ayurvedic* medicinal plants. *Nasya* procedure was done in single group, open clinical trial of 30 patients for 7 days daily once in the morning at 7am to 9am with 4 *Bindu* (240µl, i.e. 0.24 ml) dose of *Lakshyadi Taila* in each nostrils. Improvement in cardinal signs and symptoms of *Kaphaja Pratishyaya*

disease (Coryza) was seen as 80% in *Kasa* (Cough), 76.19% in *Aruchi* (Anorexia), 90% in *Prasek* (Excessive salivation), 100% in *Nasasarva* (Viscous discharge in nasal passage), 77.77% in *Nasagauvrav* (Heaviness in nasal passage), 75% in *Nasya Srotogat Kandu* (Itching in nasal passage).

KEYWORDS: *Kaphaja Pratishyaya* (Coryza), *Lakshyadi Taila* (Oil), *Nasya* (Instillation of medicated oil through Nose).

INTRODUCTION

Kaphaja Pratishyaya (Coryza) disease is a common ailment. Its cardinal signs and symptoms are *Kasa* (Cough), *Aruchi* (Anorexia), *Nasasarva* (Viscous discharge in nasal passage), *Prasek* (Excessive salivation), *Nasagauvrav* (Heaviness in nasal passage), *Kandu* (Itching in

nasal passage). This disease is not taken as that much seriously compared with rest major chronic diseases though it is minor if neglected it leads to major diseases for e.g. malignant *pinasa*, train deafness, blindness, loss of smell, violent ocular affections, *shvas*, cough, dullness of appetite, *shopha*.^[1] Modern era there is no effective medicine in *Kaphaja Pratishya* (Coryza). But in *Ayurvedic* texts like *Charak Samhita* a wide range of medicines and different methods of treatments are suggested. *Nasya Upakrama* (medicine administered through nose) is one of the important type of *Panchakarma* treatment. '*Lakshyadi Taila*,^[2] (mentioned under preparation of *Bharangyadi Taila*) is an effective combination of *Ayurvedic* medicine in *Pakvavastha* of *Kaphaja Pratishyaya*^[3] indicated by *Gangadhar* in his critic on *Charak*. Nasal instillation of this *Taila* for 7 days daily once in 4 *Bindu* (240µl, i.e. 0.24 ml) dose in each nostrils can relieves the person of the agony. Hence present work was under taken to check the efficacy of *Lakshyadi Taila* in *Kaphaja Pratishyaya* (Coryza).

AIM AND OBJECTIVES

Aim- To evaluate the clinical effect of *Lakshyadi Taila* (Oil) *Nasya* (Instillation of medicine through nose) in *Kaphaja Pratishyaya* (Coryza) with *Pakvavastha* (ripened stage).

Objectives

- i) To assess the reduction in cardinal signs and symptoms of *Kaphaja Pratishyaya* (Coryza) with *Pakvavastha* (ripened stage).
- ii) To check adverse effect of the *Lakshyadi Taila* (Oil) *Nasya* (Instillation of medicine through Nose).

MATERIALS AND METHODS

Materials

Lakshyadi Taila contains: *Gomutra* (Cows urine), *Laksha* [*laccifer lacca* (kerr)], *Vacha* (*Acorus calamus*), *Lamba* (*lagenaria Siceraria ser*), *Vidang* (*Embelia ribes burm*), *Kushtha* (*Saussurea lappa*), *Pippali* (*Piper longum linn*), *Karanja* (*Pongamia glabra*), *Sarshapa* (*Brassica campestris*) which were brought from the local market in Pune under the supervision Dravyaguna Department of Bharati Vidyapeeth's, College of Ayurved Pune-43.

SOP of preparation of oil- A paste of *Laksha* [*laccifer lacca* (kerr)], *Vacha* (*Acorus calamus*), *Lamba* (*lagenaria Siceraria ser*), *Vidang* (*Embelia ribes burm*), *Kushtha* (*Saussurea lappa*), *Pippali* (*Piper longum linn*), *Karanja* (*Pongamia glabra*) was boiled in

the urine of cow. Filtered paste then boiled in the *Sarshpa Taila* and *Lakshyadi Taila* was prepared as per *Snehapaka Vidhi*.^[4]

Methods

Clinical trial was carried out at BVMF'S Ayurved Hospital, Dhankawadi, Pune-43. A special case paper was prepared. Total 30 patients in a single group, Open clinical trial, were selected by the age, sex and diseases condition (Signs and symptoms of *Kaphaj Pratishyaya* stated by *Charak*) on random basis. Each patient was examined according to *Ashtavidha* (Eight fold examination) and *Dashavidha* (Tenfold examinations) examination methods before start of medication. Advised diet regimen.

SOP of *Nasya*^[5]

Preoperative-Abhyanga (application of sesame oil) is done over the '*uttamanga*' (above the shoulders). Then the regions of head, forehead, face, nose, neck, carotid region, suprasternal area were fomented by hot water bag. After the fomentation over forehead, cheeks area surrounding crichoid cartilage light massage was done. **Operative-** Patient was let in supine position comfortably on the table specially prepared for *Nasyavidhi* with lightly lowered head and raised feet. Gauze piece and cotton pads put over the eyes. Then the physician lifted the tip of the nose of the patient with fore-finger of his left hand and 4 *Bindu* (240µl, i.e. 0.24 ml) of *Lakshyadi Taila* was slowly poured stream like a manner into the patients each nostril by *Gokarna Yantra* with his right hand, patient asked to snuff the medicine, care was taken that the medicine would not get into the eyes during the *Nasyavidhi*. Patient has advised to avoid shaking his head and speaking, laughing at time *Nasyavidhi*. **Postoperative-** Patient asked not swallow the medicine which was poured, avoid movement of head above or below, to expel cough which collected in the throat. Sudation and massage done over the head, neck, face and shoulder region etc. Then patient was asked to lie with face upwards, for a period of uttering one hundred syllables, then the patient told to gargle the mouth with lukewarm water many times to cleanse the throat. *Nasya* procedure was done once every day morning 7 am to 9am up to the 7 days.

Inclusion criteria

- (i) Patients having Signs and Symptoms of *Kaphaja Pratishaya Rog* (Coryza) viz-*Kasa* (Cough), *Aruchi* (Anorexia), *Nasasrava* (Viscous discharge in nasal passage), *Prasek* (Excessive salivation), *Nasagauvra* (Heaviness in nasal passage), *Kandu* (Itching in nasal passage).

- (ii) Patients having ripened stage including clear voice and colour of the *Kapha* is normal.
- (iii) Patients between the age group 7 to 80 years.
- (iv) *Nasya Arha* (indicated) Patients.
- (v) Patient who are willing for treatment.
- (vi) Patients were not allowed to take any other medicine either orally or by other routes.

Exclusion criteria

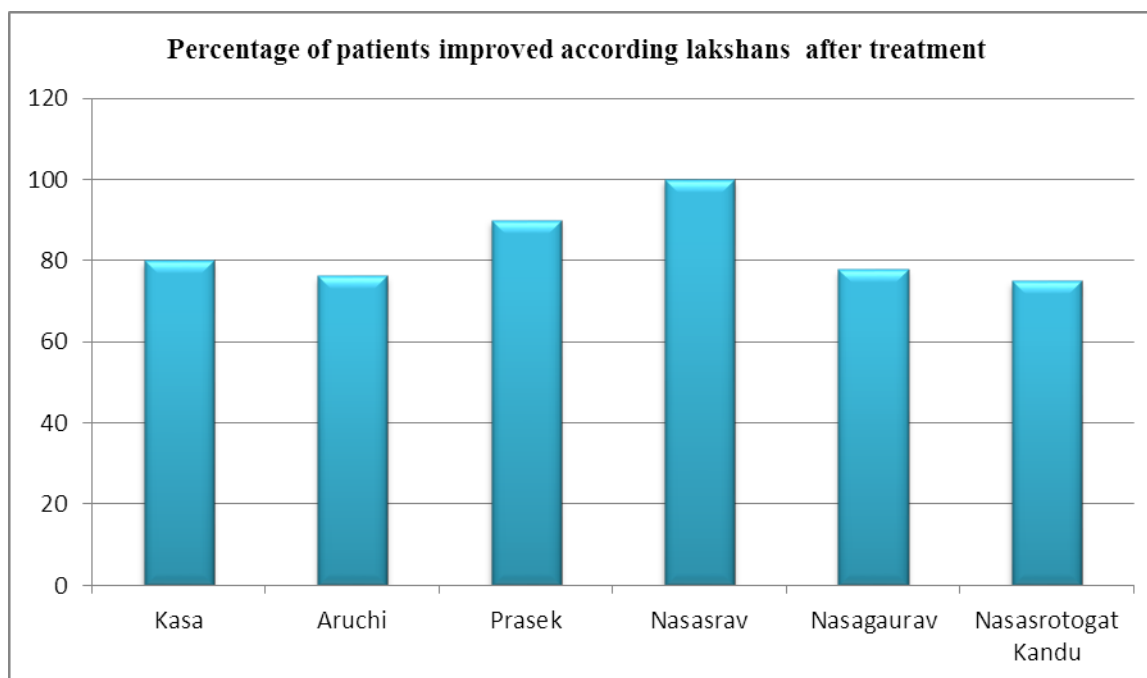
- (i) Children under the age of 7 years and elders more than 80 years were excluded from the trial.
- (ii) *Nasya Anarha* (Contraindicated) Patients.
- (iii) Patients suffering from other systemic Disease.
- (iv) Patient taking other modality of treatment for *Kaphaja Pratishaya Roga* (Coryza).

Assessment criteria

Each case was examined every day as for positive and negative results. The patients were interviewed for the effect of satisfactory lightness of the body. Healthy and vigorous working of the sense organs exhilarating sensation of the body and of the mind and other general conditions depending on the patient were also examined for appearance and disappearance of clinical signs and symptoms.

OBSERVATIONS AND RESULTS

Overall treatment was given for 7 days and improvement was seen in signs and symptoms of *Kaphaja Pratishyaya Rog* (Coryza) as 80% improvement was seen in *Kasa* (Cough), 76.19% improvement was seen in *Aruchi* (Anorexia), 90% improvement was seen in *Prasek* (Excessive salivation), 100% improvement was seen in *Sarva* (Viscous discharge in nasal passage), 77.77% improvement was seen in *Nasagavrav* (Heaviness in Nasal passage), 75% improvement was seen in *Nasya srotogat Kandu* (Itching in nasal passage). An average overall improvement for all patients was found to be 82.07%. Percentage of improvement against previous day so maximum of 30% improvements on fifth day and maximum of 21% of second day.

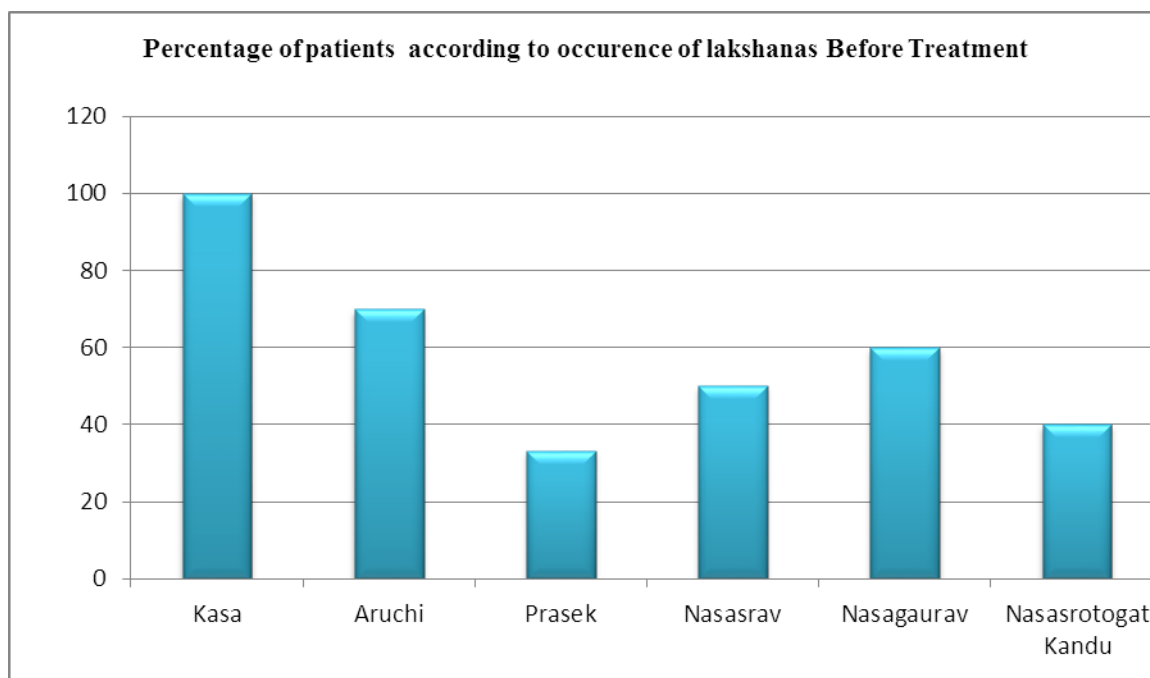


DISCUSSION

I) Demographical Data-Total numbers of patients examined were 30. Patients were from the age group of 11 to 60 years, out of them maximum were from age group 21-30 years. Division according to gender showed that male and female patients were equal in number. Patients were examined according to *Prakruti* also. *Vata-Pittaj* as well as *Vatakaphaj Prakruti* patients were maximum.

II) Data of Causative Factors-The prominent *hetus* (cause) found in the patients were as follows: *Sheeta sevan* (80.10%), *Rituvaishmya* (75.55%), *Sandharan* (60.34%), *Rajodhulikana* (50.26%), *Shirobhitapa* (51.50%), *Ajeerna* (45.40%), and *Atiambusevan* (38.88%).

III) Occurrence of Cardinal Signs and Symptoms- *Kasa* (cough) found in 100%, *Aruchi* (Anorexia) was found 70%, whereas symptoms *Prasek* (Excessive salivation) was found 33.30%, *Nasasrav* (Viscous discharge in nasal passage) in 50 patients, *Nasagaurav* (Heaviness in nasal passage) was found in 60%, *Nasasrotogat Kanduk* (Itching in nasal passage) was found in 40% Patient. Thus the presence of all the symptoms was studied and their appearance noted.



IV) Mode of action by *Nasya-Vayu* aggravated in head with massive morbidity due to suppression of above said causes. Then aggravated *Vata* vitiates upper location of *Kapha*, when (goes) towards the nasal root with *Kapha* then it produces signs and symptoms of *Kaphaja Pratishyaya Rog* (Coryza) viz- *Kasa* (Cough), *Aruchi* (Anorexia), *Nasasrava* (Viscous discharge in nasal passage), *Prasek* (Excessive salivation), *Nasagaurav* (Heaviness nasal passage), *Kandu* (Itching in nasal passage). Can be use nasal therapy in diseases of head because nose is the gateway of head and as such drug administered by this route pervades the head and thus destroys disorders thereof.^[5] *Kaphaja Pratishyaya Roga* is one of the *Shiroroga*. Ingredient of *Lakshyadi Taila* viz- *Gomutra*, *Vacha*, *Vidang*, *Kushtha*, *Pippali*, *Karanja*, *Sarshapa Taila* are bears *Katurasa* properties. *Gomutra*, *Vacha*, *Vidang*, *Kushtha*, *Karanja*, *Sarshapa Taila* are bears *Ushna Virya*, *Laksha* and *Pippali* are bears *Anusna Virya* properties. *Gomutra*, *Kushtha*, *Pippali*, *Karanja*, *Sarshapa Taila* bears *Kaphavataghna* properties. *Vacha* bears *vatahar*, *Lamba* bears *Pitta-Kaphahar*, *Vidang* bears *Kaphahar* property. These properties act on *Kapha Dosha* in the nasal root that's why patient gets relief from the disease. Viscous discharge in the nasal passage can reduce by *Shodhana Nasya*.

V) Standardization of *Bindu*- In medicine IV micro-drip sets deliver 60 drops (units)^[6] per milliliter, 1 Drop=60µl. As per previous *Bindu matra* used in research work is follows, 8 Dram = 1 Ounce, 16 Ounce = 1 Pound, 20 Ounce = 1 Pint, 8 Pint = 1 Galan, 16 *Chhatak* = 1 *Sher* = 32 Ounce = 80 *Tola*, 1 Ounce = 30 Milliliter, 8 Dram = 30 Milliliter, 1 Dram = 3.75

Milliliter, 60 Minim = 3.75 Milliliter, 1 Minim = 0.062 Milliliter, 1 Drop = 62 μ l i.e. 60 μ l, 1 Bindu=1 Drop=60 μ l.^[7]

CONCLUSIONS

Patients of *Kaphaja Pratishyaya* (Coryza) with *Pakvaavastha* (ripened stage) were administered *Nasya* of *Lakshyadi Taila* (Oil) in the dose of 4 *Bindu* (12.4 Drops, 1 drop=60 μ l) in each nostril for 7 days once in the morning at 7am to 9am. It has following conclusions: Maximum improvements were seen in the Sign and Symptoms named *Srava* (Viscous discharge in the nasal passage) -100%, *Prasek* (Excessive salivation) - 90%, *Kasa* (Cough) - 80%. An average overall improvement for all patients was found to be 82.07%.

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