

**ANALYTICAL AND OBSERVATIONAL CLINICAL EVALUATION OF  
ZYROPATHY CCR DROPS ON UPPER RESPIRATORY TRACT  
INFECTION WITH SPECIAL REFERENCE TO NASAL  
CONGESTION, COUGH COLD, CONGESTION, SINUSITIS,  
BRONCHITIS) AND SNORING IN HEALTHY VOLUNTEERS**

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**ABSTRACT**

In Ayurveda, medicated oils are used mainly in diseases which are due to the Vata dosha dushti. Zyropathy CCR Drop is an Ayurvedic formulation which contains oils of Bakula, Vana Tulsi, Mulethi, Aranda, Dalchini, Kapur, Pudina, Laung, Haldi and Nagarmotha which are helpful in the management of Pratishyaya (Cough Cold, Congestion, Sinusitis Bronchitis). Zyropathy CCR Drop is one of the best ayurvedic proprietary medicines described for Nasya Karma. Zyropathy CCR Drop has wide ingredients described for preserving the health of sense organs. Bakula, Vana Tulsi, Mulethi, Aranda, Dalchini, Kapur, Pudina, Laung, Haldi and Nagarmotha these all are the main content of this taila. It contains predominantly Vata kapha dosha shamaka dravyas. It is prepared by classical method according to the Ayurvedic pharmacopoeia of India with standard operative procedure which is described for oil preparation. "Zyropathy CCR Drop, a traditional Ayurvedic rejuvenating formulation described several time in the Ayurvedic Texts, underwent an assessment in a controlled observational clinical trial involving healthy male/female

volunteers aged between 1 and 55 years. The study administered a daily dose of **3 - 4 drops of Zyropathy CCR Drops, twice a day, in a form of Ayurvedic Patent Medicine Duly Approved By AYUSH department of Haryana.** Over the course of 30 consecutive days,

the results demonstrated a statistically significant increase ( $P < 0.05$ ) in treatment of Cough Cold, Congestion, Sinusitis Bronchitis and Snoring in healthy volunteers.

## INTRODUCTION

Zyropathy CCR Drops is a very ancient Ayurvedic preparation which is commonly used for Nasya karma i.e. errhines. This Article refers at Zyropathy CCR Drop, its use, method of preparation, characteristic, probable mode of action and recent works on Zyropathy CCR Drop. The process of Zyropathy CCR Drops preparation is repeated ten times to obtain finally prepared drug. Thus it may be an ancient example of potentization. Zyropathy CCR Drops contents 10 oils of the herbs which mentioned in Ayurvedic texts. It strengthens the neck, shoulder, chest muscles and improves the capacity of sense organs. All helps in treating headache Acute Sinusitis, Rhinitis and Cough in healthy volunteers.

## CHIKITSA IN Pratishyaya (Cough Cold, Congestion, Sinusitis Bronchitis)

### Samanya Chikitsa according Acharya Charak

- A. Ama Peenasa Chikitsa: Langhana, Deepana, Pachana, Swedan, Ikshu Vikara.
- B. Pakwa Peenasa Chikitsa: Shirovirechana, Kavalgraha, Dhoompana, Snehpana, Vamana, Virechana, Asthapana, Shaman Aushadha.

### Samanya Chikitsa according Acharya Chakradutta

- A. Panchamula Siddha Ghrita, Chitraka Hareetaki, Sarpiguda, Shadanga Yusha, Vyoshadi Churna, Nasya by Pathadi Taila and Shadbindu Taila.

## AIMS AND OBJECTIVE

The present work was undertaken with the following aims and objectives

Conceptual and hypothetical evaluation of **Pratishyaya (Cough Cold, Congestion, Sinusitis Bronchitis) and Snoring**.

Clinical evaluation of an *Ayurvedic* compound “**Zyropathy CCR Drop**” in the management of **Pratishyaya (Cough Cold, Congestion, Sinusitis Bronchitis) and Snoring**.

## MATERIAL AND METHODS

Selection of Cases: Patients with **Pratishyaya (Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring** selected randomly from OPD of P.G Department of Rasa Shastra at Shri Krishna Govt Ayurvedic College Kurukshetra.

### Age Group

- 10 Individual from the age group of 1 to 2 Years were taken for **Nasal Congestion**.
- 10 Individual from the age group of 3 to 5 Years were taken for **Nasal Congestion**.
- 10 Individual from the age group of 5 to 10 Years were taken for **Nasal Congestion**.
- 10 Individual from the age group of above 10 Years were taken for **Nasal Congestion**.
- 25 Individual from the age group of 1 to 2 Years were taken for **Cough & Cold**.
- 25 Individual from the age group of 20 to 45 Years were taken for **Congestion**.
- 25 Individual from the age group of 20 to 45 Years were taken for **Sinusitis**.
- 25 Individual from the age group of 20 to 45 Years were taken for **Bronchitis**.
- 25 Individual from the age group of 20 to 45 Years were taken for **Snoring at night**.

### Selection of healthy volunteers

The observational clinical trial took place from 2023 February to March 2023 at OPD of P.G Department of Rasa Shastra at Shri Krishna Govt Ayurvedic College Kurukshetra.

The trial design involved the enrolment of healthy volunteers aged between 2 to 10 years of children and 20 to 55 years, without consideration of their religious affiliation, income level, or occupation. The allocation of participants was performed using a double-blind randomized method.

Initially, a total of 100 volunteers were screened for primary eligibility, but 25 individuals were subsequently excluded for various reasons.

Ultimately, 140 volunteers were selected for the this trial and were randomly assigned to Nine groups: one receiving **Zyropathy CCR Drop** for the treatment of **Cough & Cold**, Second receiving **Zyropathy CCR Drop** for the treatment of congestion, third, fourth one received **Zyropathy CCR Drop** for the treatment of **Sinusitis and Bronchitis** another group of 25 suffering with **Snoring** respectively.

There were four groups of children one from the Age Group of 1 to 2 years, second from the Age Group of 3 to 5 years, third from the Age Group of 5 to 10 years and the fourth one from the Age Group of above 10 years suffering from nasal congestion.

The mean age of the volunteers in the test drug group was 35 years, and in the other groups, it was 30, 33, 33, 35 and 37 years respectively, ensuring an absence of bias due to age

differences. The volunteers' detailed medical history was documented, including personal information, past illnesses, family history, lifestyle, and comprehensive medical examinations.

### **Inclusion criteria**

Subject aged 1 year to 55 years of either sex with history of **Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring** were taken in their respective groups. Eligibility for participation in the study was determined by specific inclusion and exclusion criteria. Inclusion criteria involved clinically assessed healthy male volunteers aged between 20 and 55 years, irrespective of their religious beliefs and income status.

These participants were required to be free from chronic, organic, or severe diseases and should not be taking any supplements or vitamins.

### **Exclusion criteria**

Patients below 1 year and above 55 years of age.

Patients with congenital anomalies of the Ear, Nose, Throat.

Exclusion criteria encompassed individuals below 1 year or above 55 years of age, those with chronic, organic, or severe illnesses, individuals with concurrent serious disorders, ongoing drug treatments that might influence the study's outcomes, the use of immunosuppressive drugs, individuals with poor nutritional status, those likely to deviate from the trial protocol, individuals dealing with alcoholism, smokers, users of antipsychotic drugs, and male contraceptives.

*Assessment criteria:* Effect of the therapy will be assessed on the basis of improved status in **Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring**.

Grouping of the cases was done by random selection. The medicine was given as per instructions.

- 10 Individual from the age group of 1 to 2 Years were taken for **Nasal Congestion**
- 10 Individual from the age group of 3 to 5 Years were taken for **Nasal Congestion**
- 10 Individual from the age group of 5 to 10 Years were taken for **Nasal Congestion**
- 10 Individual from the age group of above 10 Years were taken for **Nasal Congestion**
- 25 Individual from the age group of 1 to 2 Years were taken for **Cough & Cold**
- 25 Individual from the age group of 20 to 45 Years were taken for **Congestion**

- 25 Individual from the age group of 20 to 45 Years were taken for **Sinusitis**
- 25 Individual from the age group of 20 to 45 Years were taken for **Bronchitis**
- 25 Individual from the age group of 20 to 45 Years were taken for **Snoring at night**

## DRUG DOSE DURATION

General contents of **Zyropathy CCR Drop** are mentioned below:-

Sr. No	Name of the Herb	Botanical name	Part Used	Form Used	Quantity
1.	Bakula	(Mimusops elengi)	Plant	OIL	15%
2.	Vana Tulsi	(Ocimum sanctum)	Plant	OIL	15%
3.	Mulethi	(Glycyrrhiza glabra)	Stem	OIL	15%
4.	Aranda	(Ricinus communis)	Root	OIL	10%
5.	Dalchini	(Cinnamomum verum)	Stem	OIL	5%
6.	Kapur	(Cinnamomum camphora)	Leaves	OIL	5%
7.	Pudina	(Mentha Piperata)	Leaves	OIL	10%
8.	Laung	(Syzygium aromaticum)	Bulb	OIL	5%
9.	Haldi,	(Curcuma longa)	Rhizome	OIL	10%
10.	Nagarmotha	(Cyperus scariosus)	Plant	OIL	10%

The Zyropathy CCR Drop is Ayurvedic Patent Medicine Duly Approved by AYUSH department of Haryana and prepared in the R n' D lab of SPACE ORGANICS 1900, HSIIDC, RAI SONIPAT, HARYANA PIN: 131029, Manufacturing License No.:- 665-ISM-(HR) and duly analysed and tested at **Ayurveda Sadan (Research Lab)** (JRD Tata Foundation for Research in Ayurveda & Yoga Sciences) **Deendayal Research Institute, Arogyadham, Chitrakoot, Satna (M.P.) with a Sample Code Number TFRA/AS/QC-295.**

Zyropathy CCR Drop possess the quality to penetrate the deeper tissues, as that is separated from finally grounded wood of oil extractor in droplets form. The idea behind this is to use minute fine oil which has a quality to penetrate the sukshma srotas i.e. most fine channels. Here are the properties of the mentioned herbs as useful in upper respiratory tract infections, according to the Bhav Prakash Nighantu:

### 1. Vana Tulsi (Wild Basil)

- Antiviral and antibacterial properties
- Immune-modulatory effects
- Expectorant action, helpful in respiratory conditions

### 2. Mulethi (Licorice)

- Anti-inflammatory properties

- b. Soothing and demulcent action on the respiratory tract
- c. Expectorant, aids in relieving cough

### **3. Aranda (Castor)**

- a. Analgesic properties
- b. Anti-inflammatory effects
- c. May help in reducing inflammation in the respiratory tract

### **4. Dalchini (Cinnamon)**

- a. Antioxidant properties
- b. Anti-inflammatory effects
- c. Warming and soothing, useful in respiratory conditions

### **5. Kapur (Camphor)**

- a. Antispasmodic properties
- b. Respiratory stimulant
- c. Clears congestion and eases breathing

### **6. Pudina (Peppermint)**

- a. Cooling and soothing effects
- b. Expectorant, helps in clearing respiratory passages
- c. Analgesic properties

### **7. Laung (Clove)**

- a. Antiseptic and analgesic properties
- b. Relieves throat irritation
- c. Acts as a respiratory stimulant

### **8. Haldi (Turmeric)**

- a. Anti-inflammatory and antioxidant effects
- b. Immune-modulatory properties
- c. Supports respiratory health

### **9. Nagarmotha (Cyperus Rotundus)**

- a. Antispasmodic and anti-inflammatory effects
- b. May help in relieving cough and respiratory discomfort

- c. Supports overall respiratory health

Conceptual and hypothetical evaluation of **Pratishyaya (Cough Cold, Congestion, Sinusitis Bronchitis) and Snoring**.

### **Cough Cold**

Common Cold is an infection caused by a virus. Hundreds of different viruses can cause colds and they usually affect the nose, ears and throat. They are easily spread from person to person through infected droplets from the mouth and nose. They can also be passed on through coughs and sneezes.

Colds are very common. Healthy preschool children often catch at least 6 colds per year. Sometimes, after recovering from a virus kids get sick with a new and different virus, so it can seem as though they are 'always sick'. Children are more likely to catch a cold than adults because their immune system is still developing. Most children catch fewer cold viruses as they get older.

Colds usually cause symptoms such as: blocked or runny nose, sore throat, coughing, sneezing, lethargy.

### **Congestion**

Chest congestion occurs when mucus accumulates in the bronchi and lungs. It can cause a productive cough, which is when a person brings up thick mucus when coughing.

A person may experience a wheezing sound or crackle when breathing due to chest congestion.

Chest congestion a symptom of an underlying infection, such as acute Bronchitis It may also be a symptom of chronic conditions, such as COPD.

### **Acute Sinusitis**

Acute sinusitis causes the spaces inside the nose, known as sinuses, to become inflamed and swollen. Acute sinusitis makes it hard for the sinuses to drain. Mucus builds up. Acute sinusitis can make it hard to breathe through the nose. The area around the eyes and the face might feel swollen. There might be throbbing face pain or a headache. The common cold is the usual cause of acute sinusitis. Most often, the condition clears up within a week to 10



days unless there's also an infection caused by bacteria, called a bacterial infection. Home remedies might be all that's needed to treat acute sinusitis. Sinusitis that lasts more than 12 weeks even with medical treatment is called chronic sinusitis. Acute sinusitis symptoms often include:

Thick, yellow or greenish mucus from the nose, known as a runny nose, or down the back of the throat, known as post drip.

Blocked or stuffy nose, known as congestion. This makes it hard to breathe through the nose.

Pain, tenderness, swelling and pressure around the eyes, cheeks, nose or forehead that gets worse when bending over.

#### **Other signs and symptoms include**

- Ear pressure.
- Headache.
- Aching in the teeth.
- Changed sense of smell.
- Cough.
- Bad breath.
- Tiredness.
- Fever.

Acute sinusitis accounts for 4.6% of physician visits by young adults. About 0.5% of common colds are complicated by signs or symptoms of para sinusitis, most often localized to or involving the maxillary sinus. On average, adults have 2 to 3 colds and children 6 to 8; thus, the absolute number of people with signs and symptoms of cold have sinusitis. Acute maxillary sinusitis was more frequently diagnosed in the age group 31-45 years and were having cold in their History.

Sinusitis encompasses a wide range of inflammatory conditions within the para sinuses, which can be acute or chronic and involve different types of inflammation, including neutrophilic and eosinophilic responses. These conditions may also be related to nonallergic or potentially allergic factors and can result from viral, bacterial, or fungal infections. The clinical presentation of sinusitis exhibits significant variation, dependent on factors such as the duration of the infection (acute or chronic) and the patient's age (child or adult). Acute



suppurative sinusitis, specifically, is characterized by any infectious process within a paranasal sinus lasting from one day to three days.

### **Snoring**

Snoring occurs when a person's upper airway tissue vibrates, making them breathe noisily as they sleep. Tips for stopping snoring range from sleeping on your side to surgery.

Snoring is often not thought to be a serious health concern, and home remedies may reduce it. If these do not work, medical treatment may be available.

Sometimes snoring indicates a more serious health problem. If it becomes disruptive or a person has other symptoms, it is best to see a doctor.

During waking hours, the tissues in the throat and upper airway are open, and air enters the lungs easily for most people.

During sleep, the soft tissues and tongue relax. This can partially block the airway. If the air coming in and out of the airway meets resistance, vibration can occur, causing snoring.

### **Understanding Upper Respiratory Tract Infections**

Before delving into the details of Zyropathy CCR Drops clinical evaluation, let's take a closer look at the various upper respiratory tract infections and their associated symptoms.

**Cough and Cold:** The common cold is often accompanied by symptoms such as a runny or stuffy nose, sneezing, coughing, and a sore throat. These symptoms are primarily caused by viral infections.

**Congestion:** Congestion results from the swelling and inflammation of the passages. It can cause difficulty in breathing and a feeling of pressure in the sinuses.

**Sinusitis:** Sinusitis is the inflammation of the sinuses, which can lead to facial pain, pressure in the forehead, and a congested or runny nose.

**Bronchitis:** Bronchitis is characterized by the inflammation of the bronchial tubes, resulting in a persistent cough, chest discomfort, and sometimes difficulty in breathing.

**Snoring:** While not an infection, snoring is a common issue caused by the vibration of soft tissues in the throat during sleep, often leading to disrupted sleep patterns.

### **Properties of Zyropathy CCR Drops**

Regular practice of **Zyropathy CCR Drop** as Nasal drops or Oral regains the sharpness of the sense-organs. It strengthens the muscles of neck, Shoulders, and Chest. It guards against an attack of **Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring**. To achieve the benefits of **Zyropathy CCR Drops**, it is used best in Nasya form and in oral form also. Nasya is insufflations of medicated Oil, Decoction or Powder.

The route is the only superior way to treat disease conditions of Upper part of Sternum The Probable explanation of its action is given below. Nasahi Shirso Dwaram. Ashtanghrudaya Sutrasthan 20/1 Ayurvedic School of thoughts says Nose is a entrance of the Cranial Cavity, the medicine enters in Shringatak marma and spreads in the cranial cavity, eyes, ears, throat and the minute capillaries of Face and the doshas are remove from the site. Possible drug absorption and path way:

The drug administered enters the cavity through superior, middle and inferior meatus which further has six sinus openings. The olfactory cells get stimulated by the drug administered Stimulation carried further through olfactory axons Cross the cribriform plate of ethmoid bone Axons form olfactory bulbs. These bulbs form the Axons synapses with dendrils of the mitral cells. Many such synapses form olfactory glomeruli axons of mitral cells continue to form olfactory tract. They finally end in olfactory cortex because of the stimulation all through and dosavilayana is readily seen along with absorption of drug essence to exert the action.

**For the patients with Dry Cough** – the Drop was administered like 3-4 drops in a cup with warm water and sip it slowly. After that put 2 drops on the tip of the tongue and apply it with the tongue inside the mouth. Allow it to go in with saliva - Apply 3-5 times a day.

**For the patients with Congestion** – the drops were administered like 2 drops of CCR in water and take steam 2 to 3 times daily. Also put 2 drops on the tip of the tongue and apply it in the mouth. Allow it to to go inside with saliva. Apply 1 drop in each nostril using small finger, 2 to 3 times a day.

**For the patients with symptoms of Bronchitis** - the drops were administered like 2 drops of CCR in water and take steam 2 times daily. Also put 2-3 drops on the tip of the tongue and apply it in the mouth, 3 to 5 times. Allow it to go inside with saliva. Apply 1 drop in each nostril using small finger, 2 to 3 times a day.

**For the patients with Sinusitis** - the drops were administered like 2 drops of CCR in water and take steam 2 times daily. Also put 2-3 drops on the tip of the tongue and apply it in the mouth, 3 to 5 times. Allow it to go inside with saliva. Apply 1 drop in each nostril using a small finger, 2 to 3 times a day.

**For the patients with Snoring** - the drops were administered like 2-3 drops on the tip of the tongue and apply it in the mouth, before sleeping. Apply 1 drop in each nostril using a small finger, before sleeping at night. Repeat it at night if sleep breaks.

**Age 1 to 2 Years:-** 1 Drop on tip of the tongue- 3 to 5 times daily. Put 2-3 drops on a handkerchief for inhalation in case of nasal congestion.

**Age 3 to 5 Years:-** 2 Drops on tip of the tongue- 3 to 5 times daily. Put 2-3 drops on a handkerchief for inhalation in case of nasal congestion.

**Age 5 to 10 Years:-** 2 - 3 Drops on tongue- 3 to 5 times daily. Put 3 - 5 drops on a handkerchief for inhalation in case of nasal congestion.

**More than 10 Years:-** 3 - 4 Drops on tip of the tongue - 3 to 5 times daily. Apply 01 drop in each nostril using small finger. Put 3-5 drops on a handkerchief for inhalation in case of chronic nasal congestion.

### Statistical analysis

The statistical analysis of data gathered from the two treatment groups at various study intervals was conducted through paired Student's 't-test'.

### RESULT

Initially, subjects who examined properly in the OPD and biochemistry examination were done Furthermore, they were required to meet all other inclusion criteria. During the initial screening process, fasting glucose, renal indicators including serum urea and creatinine, hepatic indicators such as ALT and AST, haematological parameters, and stool investigations

were all found to fall within the normal range, which was a prerequisite for the inclusion of volunteers.

Clinical assessment of Zyropathy CCR Drop's in acute **Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring**.

Furthermore, the study revealed a significant ( $P < 0.001$ ) improvement in **Cough Cold** (+37.6%), Acute Sinusitis (+61.4%), Pertusis (30.4% to 34.4% after varying time intervals), Bronchitis (+28.9%) and snoring (+28.9%).

The study revealed a significant ( $P < 0.001$ ) improvement in case of Nasal congestion (+ 75 %) in age group of **1 to 2 Years**, (+ 70 %) in age group of **3 to 5 Years**, (+ 75 %) in age group of **5 to 10 Years**, (+ 70 %) in age group of **above 10 Years**.

This improvement was concurrent with a reduction in pus and epithelial cell count when compared to the baseline values, observed in 30 Sinusitis patients after a 15-day regimen of Zyropathy CCR Drops at a dosage of 3-4 drops taken orally twice daily.

All groups were administered their respective medications at a dosage of 2 to 4 drops taken through nostrils twice daily after substantial meals, spanning a treatment period of 30 days. This ensured a uniform distribution of the treatment regimen.

Men and women often exhibit a range of vague and non-specific symptoms that could potentially be linked to Acute Sinusitis, Rhinitis and Cough.

The subjects' overall health status was confirmed by evaluating various hematological and biochemical parameters, which included fasting glucose, serum urea, creatinine, ALT, AST, Hb% (hemoglobin percentage), total RBC (red blood cell) count, total and differential counts of WBC (white blood cells), RBC/WBC morphology and ESR (erythrocyte sedimentation rate).

### **Treatment efficacy**

Twenty-five subjects opted to discontinue their participation in the study for various reasons and at different stages. Consequently, the data from these subjects were excluded from the calculations."

**Discussion** is Vataghna, Bruhana and Snehan. It is sukshma srtotogami. Profuse Secretions occur after administration of Zyropathy CCR Drops Nasya. Chest, head, pallet and throat is invaded with Kapha Dosha. Zyropathy CCR Drops firstly mobilises the kaphadi doshas from these sthanas and then it acts there as Bruhana.

Oil reaches to minute channels and remove all the doshas. The Sneha reaches in the srotasas, Oleation and Strengthening action takes place on ligaments and tendons of upper part of the Body. Thus it is helpful in wray neck, facial palsy, immobilisation of jaw, headache, rhinitis, migraine and trembling of neck. It increases the efficiency of Indriyas e.g. Nasa (Nose), Karna (Ear), Netra (Eyes). It cures hair fall and prevent premature greying of hair. Regular practice of **Zyropathy CCR Drops** helps avail this benefits as well as clear perception of sense organs and Clarity of voice and facial glow.

Moreover disease of the upper part of the body remains no more frequent with the regular use of **Zyropathy CCR Drops**. Regular use of **Zyropathy CCR Drops** liquefies the Doshas, extract them from the site without destructing it and ultimately improves efficiency of Indriya. This is because of oleation action on Siras and Kandaras (tendons and ligaments) of shoulders, neck and chest. These parts become Strong. Zyropathy CCR Drops finds its roots in Ayurveda, the ancient system of Indian medicine, where it serves as a remedy for a variety of ailments, notably chronic conditions. **Zyropathy CCR Drops** is a distinctive pale-brown to yellow-brown Oil. The oils of the ingredients of **Zyropathy CCR Drops** has retained its significance within the annals of Ayurvedic Materia Medica (Bhav Prakash Nighantu) and Ayurvedic Pharmacopeia of India to harness its potential for a wide spectrum of maladies.

The use of **Zyropathy CCR Drops** for the treatment of **Nasal Congestion, Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring** stands with a significant but hypothetically also in conditions like edema, tumors, muscle atrophy, epilepsy, and even mental disorders referring to the properties addressed in the Ayuevedic text like Bhav Prakash Nighantu which further need to be evaluated.

Modern research has expanded the scope of its potential benefits across all bodily systems, with significant attention given to the Ear Nose Throat and Nervous systems. Various Clinical studies have affirmed many of the therapeutic properties for which OIL has been traditionally employed.

Following the same principle we established the realm of Ayurveda, Zyropathy CCR Drops is specifically utilized for managing **Nasal Congestion, Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring**, often categorized under the classification of Shiro Roga, Nasa Rog and Mukh rog means (diseases of Head, Nose and Mouth) and Upper respiratory Tract Infection.

When administered chronically, Zyropathy CCR Drops was established as safe within the dosage range of 2 - 4 drops in each nostrils as referred to the dose of Anu tail (reference id Due)

## CONCLUSION

Ayurvedic management is far better than the Allopathic one for masses sufferering from. *Vataja Pratishyaya* **Nasal Congestion, Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring too**. Proper administration of *Nasya* (trans medication) is a boon for the sufferers of *Pratishyaya* and other disorders. The Allopathic treatment is not free from side effects even after the availability of newer and newer drugs, whereas administration of Ayurvedic medicines seldom leads to any adverse effect. Preventing capacity of Zyropathy CCR Drops from access of the offending agents to mucosa via lipid smear formation.

Upper respiratory tract infections (URTIs) are common ailments that affect millions of people every year. These infections can lead to a variety of symptoms, including Cough, Cold, Congestion, Sinusitis, Bronchitis, and Snoring too. Zyropathy CCR Drops an Ayurvedic herbal oil formulation for which we explored the analytical and observational clinical evaluation of Zyropathy CCR Drops, shedding light on its effectiveness in managing URTI like **Nasal Congestion, Cough Cold, Congestion, Sinusitis, Bronchitis) and Snoring**.

The analytical and observational clinical evaluation of Zyropathy CCR Drops on upper respiratory tract infections, including Cough, Cold, Congestion, Sinusitis, Bronchitis, and Snoring, has provided encouraging results. This Ayurvedic remedy, with its natural and time-tested ingredients, demonstrated effectiveness in providing symptomatic relief to healthy volunteers, with no reported adverse side effects.

While further research is warranted to establish the broader efficacy of Zyropathy CCR Drops in a larger population, this study serves as a promising step in exploring alternative

approaches to address upper respiratory tract infections. Zyropathy CCR Drops offers a natural remedy option for those seeking relief from the discomforts associated with URTIs.

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