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Effect of kantakari ghrita in the management of vataja kasa

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Abstract

Vataja Kasa (Dry Cough) is one among them increasingly prevalent now a day, demanding greater concern over it. Prana and Apana or to say breathing out and breathing in are the phenomenon of life. To and fro movement of air through the Pranavaha srotas is the vital sign of Prana, the normalcy of which suggests health. Cough is the fifth most common symptom for which patients seek care. Current study shows comparison Kantakari Ghrita provided better relief than Shati syrup in reducing the number of bouts of cough.

Keywords: Kasa, Ayurveda, Cough, Kantkari Ghruta

Introduction

Disease stands as a great obstacle in the achievement of good health. Certain diseases may not be life threatening but increasingly annoying and irritating to the individual in his routine activity. A very common clinical condition, Vataja Kasa (Dry Cough) is one among them increasingly prevalent now a day, demanding greater concern over it. Prana and Apana or to say breathing out and breathing in are the phenomenon of life. To and fro movement of air through the Pranavaha srotas is the vital sign of Prana, the normalcy of which suggests health [1].

Cough is the fifth most common symptom for which patients seek care [2]. Cough occurs in association with acute upper respiratory infection, acute Pharyngitis, acute bronchitis and chronic sinusitis, all of which rank among the top 10 reasons for visiting family physicians [3]. According to Caraka & Vagbhata the Kasa, which is manifested by a single Dosha is Sadhya, therefore Vataja Kasa [4]. Sequential administration of the Snehana, Swedana, Shodhana, Dhoopana, Shamana and Rasayana line of treatment forms the complete treatment of kasa expounded in the Ayurvedic Literature [5]. Among these procedures, the Shamana line of treatment that includes oral Administration of medicine is of utmost importance as the administration is very easy and also effective. Kantakari Ghrita is one such herbal combination mentioned in Caraka Samhita [6], for Vataja Kasa the efficacy of which is still to be proved by clinical research methods.

By looking at the individual herbal constituents of Kantakari Ghrita, it appears that this combination should be very effective in combating the signs and symptoms associated with Vataja Kasa. Therefore, the present research work entitled "Effect of Kantakari Ghrita in the Management of Vataja Kasa" is planned to evaluate the relative merit of the oral administration of Kantakari Ghrita in Children with Vataja Kasa.

Aims and Objectives

The present clinical study entitled "Effect of Kantakari Ghrita in the management of Vataja Kasa was conducted with following objectives

1. To evaluate the effect Kantakari Ghrita in Vataja Kasa.
2. To evaluate the effect of Shati compound in Vataja Kasa.
3. To compare the effect of Kantakari Ghrita and Shati compound in the management of vataja kasa.

The children who are living in polluted area are more prone to suffer from repeated respiratory Infections. An annoying and disturbing symptom, the cough is highly prevalent in childhood associated with many of the local and systemic disorders. It is commonly seen associated with fever, running nose, tonsillitis, pharyngitis, laryngitis and other lower respiratory diseases.

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Materials and Method

The present clinical study entitled "Effect of Kantakari Ghrita in the management of Vataja Kasa" was carried out with the following objectives.

1. To evaluate the effect Kantakari Ghrita in Vataja Kasa.
2. To evaluate the effect of Shati compound in Vataja Kasa.
3. To compare the effects of Kantakari Ghrita and Shati compound in the management of vataja Kasa.

Ingredients of Kantakari gritha

Kantakari pachanga- 12kg

Guduchi pachanga- 12kg

Go-ghrita- 6 litres

Method of preparation

24 kg coarse powder of the drugs was taken and to it 8 parts of water was added and boiled to reduce till 1/4th remains 6 litres of Go-Ghrita was added and heated on Mandagni Kalka of Kantakari and Guduchi was added and boiled to Mrudupaka. Lastly it was filtered and sealed in 150ml bottles.

Diagnostic criteria

1. Dry cough with or without watery sputum
2. Symptoms as explained in classics & modern text Shuska kasa, Shuka purna galasyata, Kruhra Alpa kapha shtevana, Kante kandu, Shira shula, Parshva shula, Arochaka.

Inclusion criteria

1. Children of age group of 3-8 years.
2. Acute cough of 7 days.
3. Allergic and irritable cough disturbing normal activity.

Sampling

The patients of either sex of 3-8 yrs ages were randomly divided in two groups each containing 30 patients.

Group-A: 30 diagnosed cases of Vataja Kasa in the age group of 3-8yrs were selected. The dose Kantakari Ghrita was 2.5 ml for children of 2-5yrs and 5ml for the children of 5-8yrs. It was given every 6 hrly with hot water for 10 days.

Group-B: 30 diagnosed cases of Vataja Kasa in the age group of 3-8yrs were included in this group. The patients of this group were given Syrup Shati compound. Its dose for 2-5yrs children was 2.5 ml and for 5-8yrs children it was 5 ml which was given every 6hrly for 10 days

Discussion on results

Effect on Number of bouts of cough: Kantakari Ghrita provided 68.96% relief in bout of cough which was statistically highly significant at $P<0.001$.

Shati syrup provided 63.63% relief in bout of cough which was statistically significant at $P<0.001$.

In comparison Kantakari Ghrita provided better relief than Shati syrup in reducing the number of bouts of cough.

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