

“To study the efficacy of Abhayadi Yoga in the management of Kaphaj kasa in children.”

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Abstract:

Kasa is one of the most common complaint prompting patient visits to health care professionals, especially Paediatricians. Despite the broad repercussion of cough on patients' quality of life and work productivity and public health resources, research on this condition is minimal. Though it is not life threatening, it interferes with daily routine activities. Recurrent attacks make a child (especially, the school going child) suffer and may have its adverse effects on the studies of the child. If neglected, it will cause some serious ill effects. Hence treatment should be given at proper time. Kasa is the debilitating disease of Pranavahasrotas, When untreated; it may lead to dreadful disease like Shwasa, Kshaya. prabhuta, Ghana, Snigdha, bahala, kapha is chronic obstructive bronchitis.

Kaphaj Kasa is one of the common diseases, seen in the above criteria, which we regularly treat. So topic was selected for the study. In the various classical texts of Ayurveda we get the references regarding Kaphaj Kasa. As Abhayadi yoga is helpful in such diseases, the study was chosen.

Key words: *Kasa, Abhayadi yoga, chronic bronchitis*

Introduction:

Children being the building blocks of the nation, are the most vulnerable group in the Community hence requires to be treated with care and concern. Kasa is a disease which Characteristically produces a typical sound of its incidence varies from locality to locality depending upon the atmosphere. To and from movement of air through the Pranavaha strotas is the vital sign of life, the normalcy of which suggests health. The abnormality in respiration indicates disease, and its cessation marks death. This unique sign of life is affected in the disease Kasa. Kasa seems to be a simple everyday hurdle; it can cause considerable damage to the respiratory system as explained in Ayurveda. Kasa when it is untreated it can result in to Kshayaja conditions. This signifies the spectrum of Kaphaj Kasa and emphasizes urgent management. Incidence of Kaphaj Kasa is available by type data 4.6 per 100 (NHIS96: acute bronchitis); 14.2 million cases annually. The term 'prevalence' of Bronchitis usually refers to the estimated population of people who are managing Bronchitis at any given time. In Charaka is mentioned that one should treat according to severity of disease or according to dominance of doshas and the severity of all types of kasa increases in successive disorder kphaj Kasa in which Kasa with prabhuta Ghana, Snigdha, bahala, these are kaphaj kasa lakshanas. Kaphaj Kasa is one of the common diseases, seen in the above criteria, which we regularly treat. So topic was selected for the study.

Aims and Objectives:

AIM

1) To study the efficacy of Abhayadi yoga in management of Kaphaj kasa.

OBJECTIVES

1) To study mode of action of Abhayadi yoga in Kaphaj kasa

2) To study Kaphaj Kasa in detail.

Review of Literature:

Management of Kaphaja Kasa

In the management of kaphaja kasa, an important herb from India is Abhaya, Devadaru Mustha, Pippali and kantakari are useful.

Drug Review: (Trial Group A):- Abhayadi yoga

No	Drug Name	Latin Name	Part Used	Ratio
1	Abhaya,	Terminalia Chebula	Fruit	1
2	Devadaru	Cedrus Deodara	Kanda ,Twak	1
3	pippali	Piper Longum	Fruit	1
4	Mustha	Cyperus Rotundus	Root	1

Group B: Kantakari Leha:

Content: Kantkari, Guduchi, Nagarmotha, Maricha, Chitrak, Rasna, Kachur, Chvya, Kakadsingi, javasa, bharangi, Pipplali.

Material and Methods:

All the 60 patients of age above 5 to 10 yrs were selected from OPD and IPD of our hospital randomly.

Sample size: 60

Sampling: Simple Random sampling.

Sampling method: Random number method.

Research Methodology:

Total 60 patients selected and divided equally i.e. in trial group 30 patients and in control group 30 patients

Trial Group (Group A):- In trial group 30 patients was treated with

Drug: Abhayadi yoga.

Dose: 2 gm BD is Adult dose. Paediatric dose was calculated according to Doling's formula.

Anupan: Madhu

Kaal: Vyanodane (after morning & evening meals)

Control Group (Group B):- In control group 30 patients was treated with

Drug: Kantakari Leha

Dose: 2 gm BD is Adult dose .Pediatric dose was calculated according to Doling's formula

Anupan: Madhu

Kaal: Vyanodane (after morning & evening meals)

All the patients were followed up on day 7- 14-21.

Table no. 1 Results in Sign and symptoms of 60 patients.

S.N.	Symptom	Group	Diff.	Wilcoxon sign rank T	P Value	Remark	Comparison
1	Pinas	Group A	1.57	465	<0.001	significant	Equally effective
		Group B	1.27	406	<0.001	significant	
2	Sakashta Kaphshthivan	Group A	1.63	406	<0.001	significant	Equally effective
		Group B	1.33	351	<0.001	significant	
3	Sashabda kaphshthivan	Group A	1.70	435	0.001	significant	Equally effective
		Group B	1.37	351	0.000	significant	
4	Shirshul	Group A	1.53	465	<0.001	significant	Equally effective
		Group B	1.10	406	<0.001	significant	
5	Kasaveg	Group A	1.83	435	<0.001	significant	Equally effective
		Group B	1.47	435	<0.001	significant	
6	AEC	Group A	1.63	465	<0.001	significant	Equally effective
		Group B	1.30	435	<0.001	significant	

Symptom Percentage Effect	Percentage Effect	
	Group A	Group B
Pinas	61.11	54.44
Sakashta Kaphathivan	66.67	53.33
Sashabda Kaphathivan	64.33	54.44
Shirshoola	63.69	48.33
Kasavega	71.67	61.67
AEC Absolute Eosinophill Count	57.52	48.33
Total Effect	64.82	53.42

Table no. 3.Overall results of 30 patients after treatment:

Overall Effect (patient wise)	Group A	Group B
	Frequency	Frequency
Cured	5	1
Marked improvement	20	19
Improved	4	8
Unchanged	1	2

Discussion:

PROBABLE ACTION OF DRUG

This yoga having Ushana Veerya which mitigates the Vaat and Kapha, reduces Sheeta guna of Vaat and Kapha. Deepan and Pachan properties of Abhaya and Pippali makes agnivardhan and Aam pachan at the Aamashaya there for the ultimate goal is achieved i.e Kapha mitigates in its own sthan. Already said properties of Pippali enhance the dhatugata agni of rasa Dhatu which helps in controlling the vitiation of Kapha as the Kapha is mala of Rasa. The action of the drug might be due to the combined effect of all the drugs. Kaphacheda (scrapping action) and Kaphanisaraka (break down of kapha) properties helps in mitigation of the Vatadosha and subsequently. All the drugs are having Katu rasa. Kledopashoshana (drying of kapha), Kaphavilayana (liquification of kapha), Kaphanisarana (break down of kapha) are the main characteristics features of Katu rasa. These properties help in the removal of excessive production of mucus secretion from the respiratory passages. Mustha having properties like anti- inflammatory activity, anti -oxidant activity, anti- allergic activity which help to reduces symptoms. Also Devdaru acts as anti-oxidant, immune-modulatory drug and anti -allergic drug so it helps minimises the sign and symptoms.

All the drugs are having Vata and Kapha Shamaka properties. This helps in alleviating Prakupita (aggravated) Vata and Kapha and thereby it causes relief of Srothovarodha (ob- struction of channels) and Kaphavilayana (li- quification of kapha). In this way it helps in Samprapthi Vighatana (regaining of physiology) and thus relieving the signs and symptoms associated with Kaphaja Kasa.

Conclusion:

After considering statistical analysis and observations we conclude that there is very good Upashaya of Abhayadi yoga in Kaphaj Kasa.

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