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# A clinical study to evaluate the efficacy of *Chitrakadi Churna* in *Kaphaja Kasa*

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## ABSTRACT

As per the view of Ayurveda our body is composed of *Dosha, Dhātu, Mala*. *Vata, Pitta, Kapha* are the main constituents of the body and when they get vitiated they are the cause of diseases in the body. According to this theory *Kaphaja Kasa* is explained in *Samhitas*. *Kaphaja Kasa* is a disease of *Pranavahastrotasa*. If neglected it results in to poor prognosis and causes severe complications like *Shwasa, Rajayshma, Raktapitta* etc. So it is necessary to treat *Kaphaja Kasa* as early. So in present study it is an effort to evaluate the efficacy of *Chitrakadi Churna* in *Kaphaja Kasa*.

**Key words:** *Kaphaja Kasa, Chitrakadi Churna.*

## INTRODUCTION

In today's fast life and competitive world there has been negative revolution in our eating habit, excessive talking, excessive intake of oily, spicy food and changed lifestyle. Unknowingly or because of natural disasters we exposed various types of stress, toxins, allergens in the atmosphere and pollution by which our respiratory system gets affected first due to various inhaled toxic agents. These toxic agents act by direct toxicity on respiratory system or through immune mechanism. Such exposure can be either occupational or environmental. Due to this human being alleged with the disease condition called *Kaphaja Kasa*. The essential disposition of living

activity is said to be breathing, which is a basic activity of *Pranavaha Srotas*. *Kaphaja Kasa*, a disease of *Pranavaha Srotas* is a variety of *Kasa* where early intervention is of paramount importance in the field of medicine. According to Ayurveda, *Kasa* is an independent disease. This is the Excellency of Ayurveda, because Ayurved not only mentioned *Kasa* as a symptom in various diseases, but also described it is an independent *Vyadhi* with its separate pathogenesis, signs, symptoms, types and treatment. *Shamana* is the easiest and economical therapy for *Kaphaja Kasa*. For that Charakacharya mentioned *Katu, Ruksha, Ushana Kaphaghna Dravya*.<sup>[1]</sup> So in this study we evaluated efficacy of *Chitrakadi Churna* in the management of *Kaphaja Kasa* as mentioned in *Bharatbhaishjya Ratnakar Grantha*.<sup>[2]</sup>

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## AIM AND OBJECTIVES

1. To study *Kasa Vyadhi* in detail.
2. To study *Kaphaja Kasa* according to Ayurvedic and Modern texts.
3. To study *Chitrakadi Churna*
4. To study the efficacy of *Chitrakadi Churna* over *Kaphaja Kasa* in detail.

## MATERIALS AND METHODS

**Patients** - 60 patients will be selected by simple random sampling method with sign and symptoms suggestive of *Kaphaja Kasa* irrespective to their age, sex, occupation, religion.

**Drug** - Chitrakadi churna

**Method of administration of drug**

<b>Kalpa</b>	Chitrakadi Churna
<b>Dose</b>	2 Gm BD
<b>Route</b>	Oral
<b>Anupan</b>	Honey
<b>Duration</b>	21 Days
<b>Follow up</b>	7-14-21 Days

### Selection Criteria

1. The 60 pts who fulfill the inclusive criteria and classical *Lakshanas* of *Kaphaja Kasa* will be selected for present study.
2. Among all the selected who will be legally mature and every patient will be asked to sign voluntarily the written consent.
3. Selected 60 pts randomly for present study.

### Criteria for selection of patients

#### A) Inclusion Criteria

1. Sex - Both Male and Female
2. Age - Between 18 to 60 yrs
3. Patients with sign and symptoms of *Kaphaja Kasa*.

#### B) Exclusion Criteria

1. Patients with severe systemic disease like IHD, DM, Liver disease, CVA, T.B, HIV, Ca lungs.
2. Psychotic patients.
3. Garbhini and lactating mothers.

### Assesement Criteria

Sign and symptoms such as *Shtivan*, *Angagaurav*, *Utklesha*, *Chardi*, *Mandagni*, *Jwara*, *Kasa Vega*, *Swaskashtata* was adopted for assesement.

## OBSERVATION AND RESULTS

**Table 1: Relieved score and relief in % in symptoms of Kaphaja Kasa.**

SN	Symptoms	B.T	A.T	Relieved Score	Relief in %
1	Shtivan	131	36	95	72.52
2	Angagaurav	121	41	80	66.11
3	Utklesha	105	28	77	73.33
4	Chardi	61	21	40	65.57
5	Mandagni	102	33	69	67.65
6	Jwara	56	24	33	57.14
7	Kasa Vega	139	28	111	79.86
8	Shwaskashtata	61	24	37	60.65

**Table 2: Total effect of therapy**

SN	Improvement	No. of Patients	Percentage
1.	Good Improvement (75% -100%)	15	25%
2.	Moderate Improvement (50%-75%)	45	75%
3.	Mild Improvement (25%-50%)	00	0%
4.	No Improvement (0% to 25%)	00	0%
	Total	60	100%

## DISCUSSION

In this study out of 60 patients of *Kaphaja Kasa* treated with *Chitrakadi Churna* every patient has got the relief. Considering the symptoms all symptoms got relived significantly. Out of 60 patients good improvement was seen in 15 patients. Moderate improvement was seen in 45 patients. Nobody was found in no improvement group. So it can be said that *Chitrakadi Churna* had good efficacy in treating *Kaphaja Kasa*.

## CONCLUSION

After the completion of this present clinical study it can be concluded that *Chitrakadi Churna* is effective in the management of *Kaphaja Kasa*. It reduces the symptoms of *Kaphaja Kasa*. Clinically no adverse reactions were seen due to this drug. *Chitrakadi Churna* is well tolerated by patients of different types of *Prakruti*. Thus we can conclude that *Chitarkadi Churna* can be one of the main drug of choice in the management of *Kaphaja Kasa*.

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