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Research Article

ROLE OF PIPALYADI VATI IN VATAJA KASA (COUGH)

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ABSTRACT

In the modern life style every people is in hurry, he has no time to obey the rules of the nature. In our cities is going to be a major problem due to lack of time and irregular diet habit of the people. Increasing population leads to environmental pollution. In various way either due to dust, or automobile waste or problem of disposal of waste material. In this condition Immune system of persons gets weaker and weaker and the channels (shrotasas) get vitiated. Modern treatment described like expectorants and steroids are unable to treat the disease completely. Ayurvedic therapeutics has many herbal formulations are mention. In present study 30 patients of vataja kasa were treated with pipalyadi vati. All patients were treated on an outpatient basis in the R. A. Podar Ayurvedic Hospital, Worli, and Mumbai, India. 2 g pipalyadi vati was administered two times a day with honey for 14 days. Symptoms like Sushka Kasa (dry cough), Swarbheda (Hoarseness of voice), Urahsool (pain in chest), Shirahsool (Head ache), and Parshvasool (pain in lateral side of chest) was assessed. Improvement in condition was recorded as shifting of gradation in signs of cough. Clinical study has shown symptomatic improvement in dry cough. This indicates that the effect of pipalyadi vati was extremely significant in the dry cough.

Keywords: Pipalyadi vati, Vataja Kasa (cough)

INTRODUCTION

Due to development of modern civilization man is going away from the nature, and his life style going to be changed, irregular diet habit, irregular working nature have lead to disturbed his rhythm. Inhalation of smoke, dust, exposure to cold wind, excessive exercise, consuming dry, astringent food, suppression of urges can cause cough disease.¹ As it is indicated in Ayurveda that our body is made up of strotasas (channels), the disturbance in Ahar vihar (diet and activities), Dincharya (daily regimen), Ritucharya (seasonal regimen) and environmental pollution leads to strotodusti (vitiating of channels). The strotodusti (vitiating of channels) which Sang (obstructive) strotodusti is causes vitiating different doshas in the body. Due to obstruction in the lower abdomen, vayu moves upwards and attains the status of udan vayu (function of respiration) and settles in throat and the chest. It vitiating vata dosha is obstructed by cough dosha it leads to Kasa (cough) disease². Initially it is a symptom but when it persists for a long time it becomes a disease. When greatly increased cough is going to produce the disease Rajyakshma (Tuberculosis)³. In Ayurveda it is described Cough as a symptom in Rajyakshma (Tuberculosis) or Independent disease. Kasa (cough) is of five type i.e. Vataja Kasa (cough), Pattaja Kasa (cough), Kaphaja Kasa (cough) ksataja Kasa (cough) ksayaja Kasa (cough) in successive order⁴. Vataja Kasa (cough) may originate due to Nidan (aetiology) like dry, cold, and astringent food items (vata prakopaka ahar). vegdharana (suppression of natural urges)

and excessive physical strain (Atishrama) or other causes like dust smokes or pollen grains etc⁵. Due to vitiating vata dosha in vataja kasa, Swarbheda (Hoarseness of voice), Urahsool (pain in chest), Shirahsool (Head ache), Parshvasool (pain in lateral side of chest), Sushka Kasa (dry cough) with little expectoration and aggravated after digestion of food⁶ symptoms present in vataja cough. Thus the drug which is vata shamaka (minimise) or stop irritation can subside the Vataja Kasa (cough) symptoms is beneficial.

In Charak samhita Charakacharya prescribed kankari, pipalyadi and tryushanadi ghrut (Ghee) for internal oleation.⁷ Sushruta has mentioned Pippali and Saindhava powered together may be consumed with warm water or jaggery mixed with pippli may be licked.⁸

In Ashtanghrdayam and Bhavaprakash has also mentioned Pippali in Kasa (cough) treatment.^{9,10} That's why the drug Pipalyadivati described in the yogaratnakara¹¹ was selected for the treatment of Vataja Kasa (cough) in present study.

Aims and Objective

- To Study the role of Pipalyadi vati in Vataja Kasa (cough).
- To reduce the sign and symptoms of Vataja Kasa (cough).
- To study the possible Mechanism of Vataja Kasa (cough).

MATERIALS AND METHODS

Study Design

A total number of 30 patients of Vataja Kasa (cough) were registered for Trial. Present study was open clinical trial at OPD of the R.A. Podar Ayurvedic College and Hospital, Worli, Mumbai, Maharashtra, India.

Ethical Clearance

Institutional Ethical Committee of Government R. A. Podar Ayurvedic College, Worli, Mumbai, Maharashtra, India approved design of study.

Inclusion criteria of patient

- Duration 14 days. Age group-16 years to 60 years.
- Sex- Both Males and Females.
- Patients with symptoms of Vataja Kasa (dry cough)

Exclusion criteria

- Age group below 16 years and above 70 years.
- Patients having history of Duodenal and gastric ulcers.
- Patients having past history of Hematemesis, Haemoptysis.
- Patients with multisystem diseases or who are seriously ill.
- Immune-compromised patients and patients on AKT.
- Pregnancy and lactating mother.

Selection of Drug, Dose and Duration

Selected 30 patients were received Pipalyadivati 1 to 2 g two times a day morning and night after taking food. Vyane udane (pratah paschat bhakt and sayam pasyat bhakt) for 14 days (two weeks); According to prakruti (constitution) of the patients, Agni (digestive power), Bala and dosha etc

Content of Pipalyadivati

Pipli (*piper longum*), Pushkarmool (*Inula racemosa*), Haritki (*Terminalia chebula*), Sunthi (*Zinziber officinale*), Sathimool (*Hedychium spicatum*) and Guda (*Saccharum offucinarum*) in same quantity. Vati was prepared according to the principle described in Sarangdhar sanhita and Bhaisajya ratnawali. It was prepared in R.A. Podar Ayurvedic College pharmacy, Worli, Mumbai, Maharashtra, India.

Follow-up of Treatment

Every patient assessed for any clinical improvement and for adverse effects regularly, follow up taken at 7th day, 10th day and 14th day.

Criteria for Assessment

After the completion of the treatment, the result was assessed by adopting the following criteria improvement in symptoms of disease on the basis of Subjective and objective assessment parameters.

Subjective Assessment criteria

A detailed Performa was prepared for improvement in sign and symptoms in Vataja Kasa (cough)

Assessment of signs and symptoms such as

Sushka Kasa (dry cough), Swarbheda (Hoarseness of voice), Urahsool (pain in chest), Shirahsool (Head ache), Parshvasool (pain in lateral side of chest) was assessed. The

presence of symptoms of Vataja Kasa (cough) was recorded as 0 to +3 gradation indicating Nil, Mild, Moderate and severe.

Overall assessment of therapy

The effect of Therapy was assessed as follows-

Complete relief	-	100 %
Marked relief	-	more than 75 %
Moderate relief	-	50 to 75 %
Mild relief	-	25 to 50 %
No relief	-	below 25 %

LAMA: Left against Medical Advice

Laboratory investigations

Haematological investigations

Haemoglobin %, Total lymphocyte count, Differential lymphocyte count, Erythrocyte sedimentation rate, Serum triglyceride, And Blood sugar (fasting and Postprandial)

Routine and Microscopic Urine analysis

RESULT AND DISCUSSION

In present study Seeing the effect of pipalyadi vati on vataja kasa it came to know that according to age wise distribution, 16-20 year age group patient were 3 (10 %); 21-30 year age group patients were 9 (30 %), age group 31-40 years patient were 10 (33.33 %) and 41-65 years age group patient were 8 (26.66 %). It means that vataja kasa is more in 31-40 years age group and 21-30 year age group is also close to it. According to age wise distribution 18 male (60 %) and 12 female (40 %) affected with vataja kasa. In this research there were 21 Hindu patient and 3 Muslim patients and no Christian patients seen. But it may be due to location of hospital where mostly Hindu people comes for treatment. Economic distribution clearly indicates that middle class 15 (50 %) and lower class 15 (46.66 %) people suffer from vataja kasa. In present study it is seen that among 30 patients 13 were on job, 5 patient doing self business 9 patients were house wives and 3 were student. So it is clear that vataja kasa is more prominent in middle age group. In present study out of 30 patients of vataja kasa 0 % patient were completely Cured, 0 % patient were markedly improved, 21 (70 %) Improved, 9 (30 %) was Unchanged. In the above observation it is seen that p value is < 0.0001 which indicates that the effect of drug is extremely significant on the diseases. In this study the effect of pipalyadi vati on vataja kasa was effective due to maximum drugs are Katu (Pungent) and Tikta (Bitter) in taste. Katu (Pungent) in post digestive taste, Ushna (hot) in Virya (potency) and drugs having light and sharp in properties. All drugs are effects on respiratory system. Pippali is useful in Kasa (Cough).¹² Shathimool (*Hedychium spicatum*) effects on respiration, isolated smooth muscles and trachea chains, root extract of Pushkarmool (*Inula racemosa*) shows anti inflammatory, potent anti spasmodic activity, bronchodilator and antihistaminic activities.¹³

CONCLUSION

In present study out of 30 patients of vataja kasa 21 (70 %) patients Improved. P value is < 0.0001 which indicates that the effect of drug is extremely significant on the diseases. This indicates that pipalyadi vati is highly effective in the treatment of vataja Kasa (cough).

Table 1: Age Wise Distribution

S. No.	Age group	Patients	Percentage
1	16-20 years	3	10 %
2	21-30 years	9	30 %
3	31-40 years	10	33.33 %
4	41-65 years	8	26.66 %

Table 2: Sex Wise Distribution

S. No	Sex	Patient	Percentage
1	Male	18	66.66 %
2	Female	12	33.33 %
total		30	100

Table 3: Religion Wise Distribution

S. No	Religions	No of Patient	Percentage
1	Hindu	21	70 %
2	Christian	0	0
3	Muslims	3	10 %

Table 4: Economic Status Wise Distribution

S. No	Economic status	No of Patient	Percentage
1	Higher class	1	3.33 %
2	Middle Class	15	50 %
3	Lower class	14	46.66 %

Table 5: Effect of Symptoms Score of 30 Patients of Vataja Kasa

S. No	Symptom	B.T	A.T.	Difference	% Relief
1	Sushka Kasa (cough)	80	30	50	62.50 %
2	Svarbheda (Hoarseness)	78	26	52	66.66 %
3	Urah shool (chest pain)	52	46	06	11.53 %
4	Shirashool (Headache)	69	32	37	53.62 %
5	Parsvashool (pain in lateral side of chest)	65	21	44	67.69 %

Table 6: Statically Analysis of Symptoms by Pair T Test

Symptoms	Sd	S.E.	t value	p value	Significance
Sushka Kasa (cough)	1.0854	1.1981	0.3943	< 0.01	H. significance
Svarbheda (Hoarseness)	1.0221	0.1866	9.1103	< 0.01	H. significance
Urah shool (chest pain)	0.9643	1.1760	1.728	< 0.01	H. significance
Shirashool (Headache)	0.8879	0.1621	6.5793	< 0.01	H. significance
Parsvashool (pain in lateral side of chest)	0.0865	0.1472	4.9795	< 0.01	H. significance

Table 7: Table Showing Total Effect of Therapy in 30 Patients of Vataja Kasa

S. No	Total Effect of Therapy Symptom	No. of Patients	%
1	Cured	00	00 %
2	Markedly Improved	00	00 %
3	Improved	21	70 %
4	Unchanged	09	30 %

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