



A CLINICAL STUDY OF SUNTHYADI CHURNA IN THE MANAGEMENT OF TAMAKA SHWASA

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ABSTRACT

Tamaka Shwasa (Bronchial Asthma), a major cause of chronic morbidity and mortality throughout the world. It is one which can be managed with easily in its early stages and with great difficulty in its later stages. The present study is done with the intention to understand the disease principle and evaluate the efficacy, merits & demerits of drug in comparison of Sringyadi churna. Total of 40 patients, equally divided in two groups i.e. Trial & Control, both group patients were given Sunthyadi Churna and Sringyadi Churna respectively, 3gm thrice daily after food and parameters (subjective & objective) were observed. Sunthyadi Churna helps in the management of Tamaka shwasa by removing the Srothorodha, reduction of Kapha accumulation there by maintains normal free flow of Prana Vayu for long time. Sringyadi Churna has immediate effect on various symptoms of Tamaka Shwasa but not a long lasting relief like that of Sunthyadi Churna.

Keywords: Srotorodha, Prana vayu, Kapha, Tamaka Shwasa.

INTRODUCTION

The disease *Tamaka Shwasa* is taken up for the study, one of the most troublesome diseases of *Pranavaha Srotas*. Being correlated with Asthma, it is a major cause of chronic morbidity and mortality throughout the world and also a disease of immense social impact. The prevalence of asthma is rising in many parts of the world. WHO¹ estimates that 235 million people currently suffer from Asthma. Asthma is the most common chronic disease among children. Asthma is under-diagnosed and under-treated. It creates substantial burden to individuals and families and often restricts individual's activities for a lifetime. Mentioning its severity *Acharya's*^{2a, 3a} from our context states that, "though there are several diseases which can kill a patient, but none of these are as deadly as *Shwasa* that can kill a patient instantaneously. Further, he says that irrespective of the disease the patients ultimately become victim to these that are immensely painful".

Asthma is one of the few diseases that have neither geographical nor racial barriers. It is regarded as a disease of airways that is characterized by increased responsiveness of the trachea-bronchial tree to a variety of stimuli resulting in widespread spasmodic narrowing of the air passage that may be relieved spontaneously or by therapy⁴.

Even in case of *Tamaka Shwasa*, *Acharya Charak*^{2b} has given emphasis on a therapeutic program in terms of *Chikitsa sutra* instead of a single therapy for complete cure without recurrence or to manage the disease. It includes *snehan, swedan, vamana and virechana*. Similar treatment is suggested by *Sushruta Samhita*^{3b}.

Considering all the above facts the trial drug "*SUNTHYADI CHURNA*" mentioned in *Sharangdhar Samhita*⁵ consisting of *Sunthi, Sauvaranchala Lavana, Hingu, Dadima and Amlavethasa*

has been taken for the study which solves the purpose of *Deepana, Pachana, Vatanulomana, Amapachana, Kasa, Shwasa nigraha*, with its special combination of Herbal ingredients which is easy for administration, having no side effects and useful in the management of *Tamaka Shwasa*.

METHODOLOGY:-

OBJECTIVES

- To evaluate the effect of *Sunthyadi churna* on different signs and symptoms of *Tamaka Shwasa*.
- To establish therapeutic and cost effect of drug for treatment of *Tamaka Shwasa*.
- To find out the merits and demerits of the *Sunthyadi churna* with comparison to *Sringyadi churna*.

SOURCE OF DATA: -

Patients of either sex attending the O.P.D and I.P.D of A. L. N Rao Memorial Ayurvedic Medical College and Hospital, Koppa, Karnataka and its associated hospitals, will be selected after being diagnosed as *Tamaka Shwasa*.

INCLUSION CRITERIA - :

1. Patients diagnosed as suffering from *Tamaka Shwasa* based on the signs and the symptoms like *Shwasakrichrata, Ghurghurkam, Kasa, Tivravega Shwasa, Pratishyaya, Shirashoola*^{2a}.
2. Age group between 16 to 60 years of age.

EXCLUSION CRITERIA - :

1. Patients with chronic respiratory infective disease or other systemic disease and Status Asthmatics cases will be excluded.
2. Patients below 16 Year and above 60 year will be excluded from the study.
3. Pregnant and lactating women will also be excluded.

4. Post treatment Follow up study will be done for 45 days at an interval of 15 days.

statistically by using appropriate Student's "t" test. Study will be conducted on *Tamaka Shwasa* patients only.

ASSESSMENT RESPONSE:

Assessment of results will be done on subject and objective parameters based on the data of pre and post medication and the data of study will be analysed

INVESTIGATIONS:

1. Peak Expiratory Flow Rate
2. E.S.R
3. Absolute Eosinophilic Count

Investigation will be done before and after treatment

TRIAL GROUP

Sample size	-	20 patients
Therapeutic intervention	-	Sunthyadi Churna
Dosage	-	Orally 3gm thrice a day
Duration	-	45 days
Anupana	-	Warm water

CONTROL GROUP

Sample size	-	20 patients
Therapeutic intervention	-	Sringyadi Churna
Dosage	-	Orally 3gm thrice a day
Anupana	-	Honey
Duration	-	45 days

SCORE ASSESSMENT PATTERN

Main symptoms	Score
<i>Swasakruchata</i>	
Absence of Swasakruchata	0
Able to do house work	1
Confined to chair or bed (but able to get up with moderate difficult)	2
Totally confined to chair or bed	3
<i>Gurgurukam</i>	
None or absent	0
Mild wheezing at mid to end of expiration	1
Loud wheezing throughout expiration	2
Loud inspiration and expiratory wheeze	3
<i>Kasa</i>	
None	0
Occasional coughing	1
Frequent coughing but no disturbances in sleep	2
Continuous coughing causing disturbance in sleep	3
<i>Kaphanisteevanam</i>	
None	0
At the end of the asthma attack	1

About 2 oz/day	2
More than 2 oz/ day	3
<i>Shirashoola</i>	
None	0
Able to do most things	1
Considerably limited shirashoola	2
Hardly able to move	3
Associated symptoms	
<i>Peenasa</i>	
None	0
Occasional	1
Mild but continuous	2
Severe and continuous	3
<i>Aruchi</i>	
Equal willing to all kind of foods	0
Willing to some specific foods	1
Willing to only one Rasa	2
Willing to only most liking foods	3
<i>Agnimandhya</i>	
None	0
Occasional	1
Frequent.	2
No interest to take food (Agnimandhya)	3
<i>Vibandha</i>	
Normal passing of stool (once / day)	0
Passing hard stool (once / day)	1
Irregularly passing of hard stool	2
Passing stool only after use of purgatives	3
Peak expiratory flow meter reading	
Normal (>400 liters/minute)	0
Mild (200- 400 liters/minute)	1
Moderate 100-200 liters/minute)	2
Severe (< 100 liters/minute)	3

PREPARATION OF TRIAL DRUG:

The trial drug “SUNTHYADI CHURNA” mentioned in Sharangdhara Samhita⁵ consisting of *Sunthi, Sauvaranchala Lavana, Hingu, Dadima and Amlavethasa*. The aforesaid crude herbal drugs were collected in dry form and exposed to sunlight to make them moisture free washed & dried well. Then it was powdered and used for the preparation of the trial drugs, all drugs equally and

separately pounded well. Then powder was passed through a sieve to get the filtered form and taken in equal quantity, mixed together.

The patients were given the drug Sunthyadi churana in the dosage of 3gms three times per day for a period of 45 days. All the patients were strictly advised to follow the *Pathya* and avoid *Apathya Ahara* and *Vihara*.

ASSESSMENT OF THE OVERALL EFFECT:

It was graded in terms of percentage of relief in signs and symptoms.

No improvement-	Less than 25% relief in the symptoms.
Mild improvement-	More than 25% and up to 50% relief in the symptoms
Moderate improvement-	More than 50% and up to 75% relief in the symptoms
Marked improvement -	More than 75% relief in the symptoms and less than 100%
Cured completely-	100% relief in the symptoms

RESULT

Table No: 1 Comparative effect of therapies on the main complaints of 40 patients of Tamaka Shwasa after 45 days.

Groups %	Swasa-kruchuruta	Gurugrukam	Kasa	Kapha-nisteevanam	Shirashoola
T.G	38.09	50	69.7	56.7	66.6
C.G	94.11	50	69.69	66.66	58.82

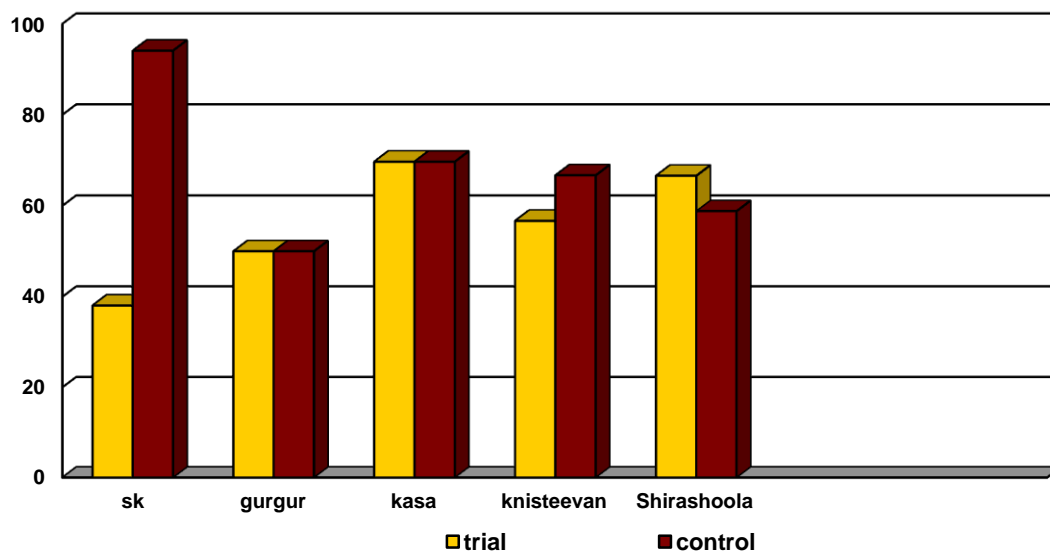


Table No: 2 Comparative effects of therapies on the main complaints of 40 patients of Tamaka Shwasa after follow up.

Groups %	Swasa-kruchuruta	Gurugru kam	Kasa	Kapha-nisteevanam	Shirashula
T.G	47.61	62.5	81.3	75.6	66.6
S.G	41.17	65.62	87.87	76.66	70.58

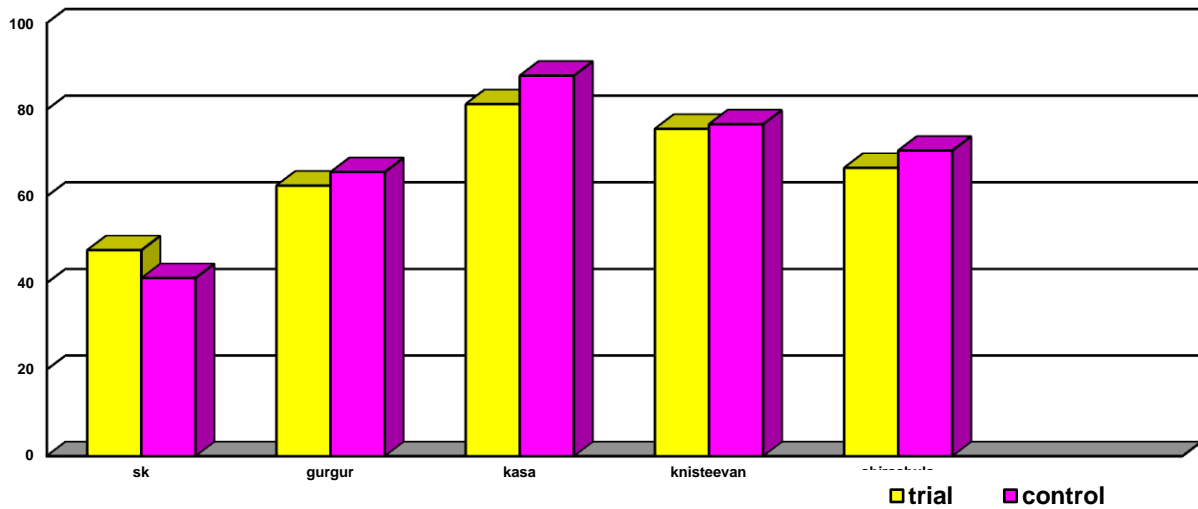


Table No: 3 Comparative effects of therapies on the associated complaints of 40 patients of Tamaka Shwasa after 45 days.

Groups %	Peenasa	Aruchi	Agnimandhya	Vibandha
T.G	45	73.07	78.5	91.3
C.G	61.5	80.9	56.6	68.4

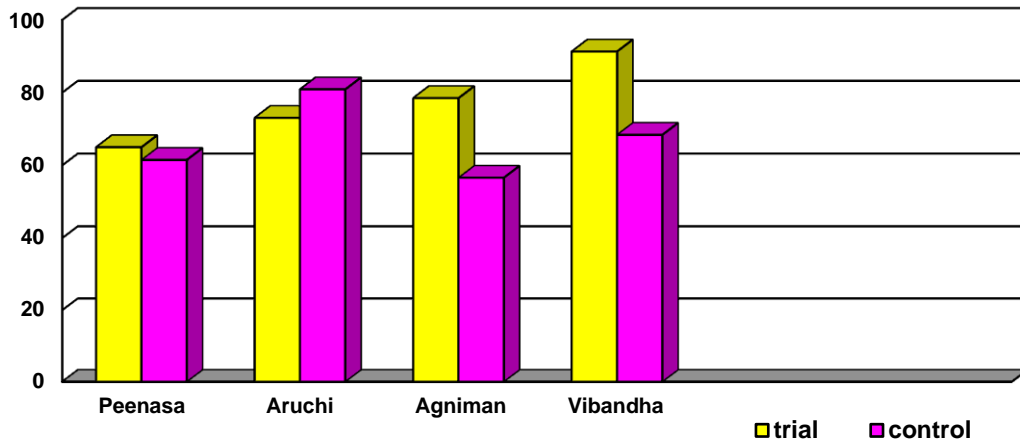


Table No: 4 Comparative effects of therapies on the associated complaints of 40 patients of Tamaka Shwasa after follow up.

Groups %	Peenasa	Aruchi	Agnimandhya	Vibandha
T.G	65	84.6	96.4	100
C.G	65.3	95.2	73.3	73.6

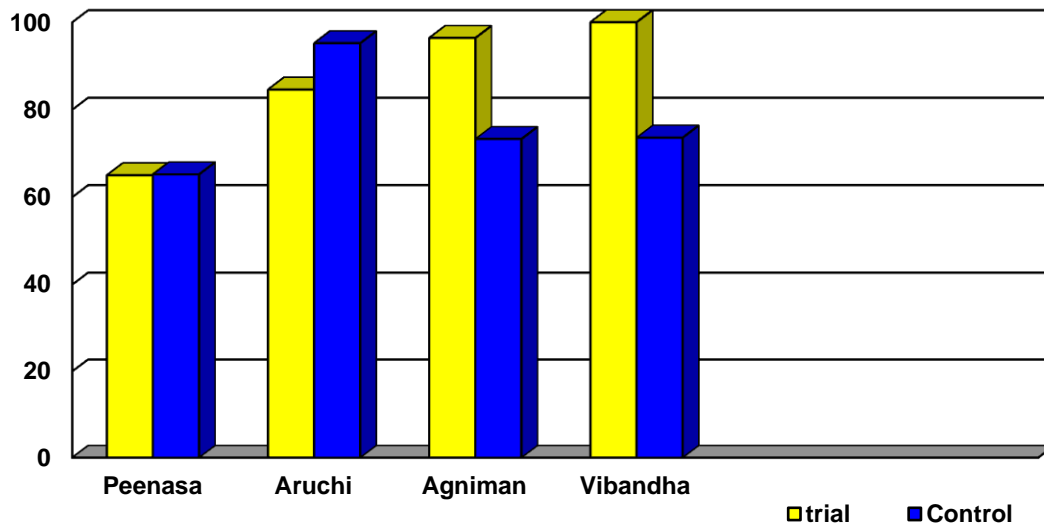


Table No: 5 Comparative effects of therapies on Peak expiratory air flow of 40 patients of Tamaka Shwasa after 45 days.

Groups %	PEFR
Trial Group	44.4
C.G	48.64

Table No: 6 Comparative effects of therapies on Peak expiratory air flow of 40 patients of Tamaka Shwasa after follow up.

Groups %	PEFR
T.G	52.7
C.G	59.45

Table No: 7 Overall effects of therapies by trial drug *Sunthyadi churna* in patients of Tamaka Shwasa after 45 days.

Result	No. of Patients	Percentage of improvement
Complete relief	00	00
Marked improvement	00	00
Moderate improvement	4	20
Mild improvement	16	80
Unchanged	00	00

20% of patients showed moderate improvement, 80% mild improvement and 0% showed no response to the treatment.

Nobody showed complete relief and marked improvement. (Table no. 7)

Table No: 8 Overall effects of therapies by trial drug *Sunthyadi churna* on patients of Tamaka Shwasa after follow up.

Result	No. of Patients	Percentage of improvement
Complete relief	00	00
Marked improvement	1	5
Moderate improvement	10	50
Mild improvement	9	45
Unchanged	00	00

50% of patients showed moderate improvement, 45% belongs to mild improvement and 5% showed marked

improvement. Nobody showed complete relief and unchanged category. (Table no. 8)

Table No: 9 Overall effects of therapies by control drug *Sringyadi churna* on patients of *Tamaka Shwasa* after 45 days.

Result	No. of Patients	Percentage of improvement
Complete relief	00	00
Marked improvement	00	00
Moderate improvement	8	40
Mild improvement	12	60
Unchanged	00	00

60% of patients showed mild improvement, 40% belong to moderate improvement and nobody showed

complete relief, marked improvement and unchanged category (Table no. 9)

Table No: 10 Overall effects of therapies by control drug *Sringyadi churna* on patients of *Tamaka Shwasa* after follow up.

Result	No. of Patients	Percentage of improvement
Complete relief	00	00
Marked improvement	00	00
Moderate improvement	13	65
Mild improvement	7	35
Unchanged	00	00

65% of patients showed moderate improvement, 35% belongs to mild improvement and nobody showed

unchanged category, complete relief, marked improvement. (Table no. 10)

CONCLUSION

The trial drug acted more effectively in some symptoms like *Swasakruchrata*, *Agnimandhya*, & *vibandha* than control drug. The control drug found more

effective in *Ghurghurata*, *Kasa*, *Kaphanistivan*, *Shirashoola*, *Peenas*, & *Aruchi*. Trial drug *Sunthyadi churna* had a prime role in *Vata Kaphaharatwa*, *Deepana*, *Pachana* & *Vatanuloman*. Those

patients who have followed the *pathyapathya* strictly got the better result than those not followed it.

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