



Clinical Study to Evaluate the Efficacy of *Katphaladi Yoga* on *Pratishyaya* w.s.r. to Allergic Rhinitis

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ABSTRACT:

Background & Objectives: *Pratishyaya* (Allergic Rhinitis) is one of the commonest and frequently observed ailments in school going children, though seems simple but affects the regular activities. Being the most common allergic condition, acute Allergic Rhinitis affects people of all ages. In *wealthy* societies, it is observed that 20 to 40% of children suffer from Allergic Rhinitis. Hence the present study is intended to evaluate the efficacy of *katphaladi yoga* in the treatment of *Pratishyaya* in pediatric practice.

Methods: A sample size of 30, diagnosed cases of Allergic Rhinitis, between the age group of 5 to 15 years were selected from the O.P.D. of SJG Ayurveda Medical College and hospital, camps and other referrals. *Katphaladi yoga* was given to the study group in a dose of 4 to 14 *masha* three times a day along with honey after food for 21 days. Detailed case Performa was prepared and observations were recorded and graded.

Results: Results obtained after the clinical trial was analyzed statistically and all the observations were subjected to creative discussions. The final results showed that after 21 days of the treatment complete cure was observed in 30 patients and showed improvement in the clinical features.

Interpretation & Conclusion: The study showed that *katphaladi yoga* was found effective in relieving the symptoms of *Pratishyaya* in children within the duration of 14 to 21 days. The present study has revealed the scope for conducting more researches in the disease *Pratishyaya* and the drug *katphaladi yoga* for its standardization.

Key words: *Pratishyaya*, Allergic rhinitis, *katphaladi yoga*.

INTRODUCTION

Health consciousness is the prime importance of man in the modern era. Environmental pollution is the one among the causes for health hazards of individuals and the allergic disorders are commonly seen health problems. The pollutants like dust, smoke and such other air borne

materials are responsible for allergic diseases among which Allergic Rhinitis is one of the frequently troubling conditions especially in children, where more care is needed because it affects the normal growth and development of the children.¹ The symptoms of Allergic



Rhinitis show resemblance with the *Lakshanas* (Signs) of *Pratishyaya* explained in Ayurvedic classics. *Pratishyaya* (Allergic Rhinitis) is one of the diseases in which the inflammation of mucous membrane of the nose is observed and it is characterized by *Nasasrava* (nasal secretion), *Nasavarodha* (nasal blockage), *Kshavathu* (sneezing), *Shirashoola* (headaches), *Swasavarodha* (difficulty in breathing), *Gandhajnana* (loss of smell) etc². The constant nasal discharge, foul smell of the nose and recurrent occurrence of the condition drags the individual far from the normal life.³ *Pratishyaya*, the simple disease if untreated may lead to *Kasa*(cough), *Swasa*(asthma), *Gandha Ajnana* (loss of smell), *Badhirya* (deafness) and even the severe disease like *Rajayakshma*.⁴ Management of *Pratishyaya* in children needs more care and observation since the complications can make the condition adverse in the stages of its prognosis. The actual treatment procedures adopted in the treatment of *Pratishyaya* includes *Snehapana* (internal oleation), *Swedana* (sudation), and *Shodhana* (purification) These long-term therapies may bring practical difficulties in children affecting their normal growth and development⁵. The research for fast acting, effective and safe medicines with easy administration are required in paediatric practice. Hence the simple, classical preparation *katphaladi yoga*⁶ which is having the capacity of giving relief in allergic conditions was selected to find out the efficacy of the compound in *Pratishyaya*.

AIMS AND OBJECTIVES

Randomized controlled clinical study to evaluate the efficacy of *katphaladi yoga* in *pratishyaya*(Allergic rhinitis).

MATERIALS AND METHODS

Selection of patients- 30 children with signs and symptoms of *Pratishyaya* as explained in classics were selected from Kaumara bhritya O.P.D of SJG Ayurveda Medical College Hospital, Koppal and from other referrals and camps during the period of December 2014 to October 2015. A general examination was carried out in all patients presenting with *Pratishyaya*, which included the examination of systems concerned, monitoring of temperature, pulse, height, weight and the patients were selected as per the mentioned below.

Criteria for selection

Inclusion criteria:

- Age group between 5-15 years.

- Patients suffering from *pratishyaya* as explained in classics.
- Patients irrespective of sex, religion and socioeconomic status.

Exclusion criteria:

- Patients below the age group of 5 years and above 15 years.
- *Dushtaprathishyaya*, *RakthaPrathishyaya* and *Sannipataja Prathishyaya*.
- Infectious diseases like Tuberculosis.

Methodology

- The children of either gender between the age group of 5-15 yrs were selected randomly for the study.
- The selected children were taken for study under a single group of 30 members.
- *Katphaladi Yoga* was administered in the dosage of *4masha*(gm) to *14masha* according to age in three divided doses along with honey thrice a day for 15 days.

Assessment Criteria

- Assessment was made by observing the improvements in the clinical features based on the gradation before and after the treatment⁷.
- Assessment was made on the following schedule
 - Initial assessment before the commencement of treatment.
 - II assessment on 7th day, III on 15th day, and on 21st day.

Scoring Criteria

1. *Kshavathu*

- 0 = None (no symptoms)
- 1 = Mild (1-3 episodes)
- 2 = Moderate (4-6 episodes)
- 3 = Severe (7-10 episodes)
- 4 = More severe (More than 11 episodes)

2. *Ghranoparodha*

- 0 = None (Clear fully open)
- 1 = Mild (Slightly blocked)
- 2 = Moderate (Noticeable blockage)
- 3 = Severe (Blockage and bothersome)
- 4 = More severe (Blocked and unable to breath)

3. *Shirashoola*

- 0 = none
- 1 = mild
- 2 = Moderate
- 3 = Severe
- 4 = More severe

4. *Kasa*

- 3 = Continuous cough with throat and chest pain.
- 2 = Moderate cough
- 1 = Occasional cough

0 = No cough

5 *Nasavrava*

3 = Continuous

2 = Frequent

1 = Occasional

0 = No Discharge

6. *Swarabheda*

3 = Continuous hoarseness of voice

2 = Frequent hoarseness of voice

1 = Occasional hoarseness of voice

0 = No Change of voice

7. *Netrasrava*

1 = Present

0 = Absent

RESULTS

Graph no 1. Graph showing effect of *Katphaladi yoga* on *Kshavathu*

The patients who were treated with *katphaladi yoga*, showed change in *kshavathu* with 1.93 mean score after 7days of treatment, with 1.63 after 14days and 0.93 after follow up. The percentage of improvement was 12.12%,25.76%,57.58% after follow up respectively. The therapy shows statistically significant on *kshavathu* with the P value is less than 0.001

Graph no 2. Showing effect of *katphaladi yoga* on *Granoprodha*

The patients who were treated with *katphaladi yoga*, showed change in *ghranoprodha* with 1.87 mean score after 7days of treatment, with 1.30 after 14days and 1.00 after follow up. The percentage of improvement was 5.08%,33.90%,49.58% after follow up respectively. The therapy shows statistically significant effect on *granoprodha* with the P value <0.001

Graph no.3 showing effect of *Katphaladi yoga* on *Shirashoola*

The patients who were treated with *katphaladi yoga*, showed change in *shirashoola* with 1.60 mean score after 7days of treatment, with 1.27 after 14days and 0.90 after follow up. The percentage of improvement was 18.64%,35.59%,54.24% after follow up respectively. The therapy shows statistically significant effect on *shirashoola*, with the P value <0.001

Graph no 4. showing effect of *Katphaladi yoga* on *kasa*

The patients who were treated with *katphaladi yoga*,

showed change in *kasa* with 1.53 mean score after 7days of treatment, with 1.30 after 14days and 0.83 after follow up. The percentage of improvement was 4.17%,18.75%,47.92% after follow up respectively. The therapy shows statistically significant effect on *kasa*, with the P value <0.001

Graph no 5. showing effect of *Katphaladi yoga* on *Nasavrava*

The patients who were treated with *katphaladi yoga*, showed change in *Nasavrava* with 1.67 mean score after 7days of treatment, with 1.30 after 14days and 0.87 after follow up. The percentage of improvement was 7.41%,27.78%,51.85% after follow up respectively. The therapy shows statistically significant effect on *Nasavrava*, with the P value <0.001

Graph no 6. showing effect of *Katphaladi yoga* on *Swarabheda*

The patients who were treated with *katphaladi yoga*, showed change in *swarabheda* with 1.27 mean score after 7days of treatment, with 1.03 after 14days and 0.60 after follow up. The percentage of improvement was 19.15%,34.04%,61.70% after follow up respectively. The therapy shows statistically significant effect on *swarabheda* with the P value<0.001

Graph no 7. showing effect of *Katphaladi yoga* on *Netrasrava*

The patients who were treated with *katphaladi yoga*, showed change in *Netrasrava* with 0.50 mean score after 7days of treatment, with 0.40 after 14days and 0.17 after follow up. The percentage of improvement was 16.67%,33.33%,72.22% after follow up respectively. The therapy shows statistically significant effect on *netrasrava*, with the P value<0.001

DISCUSSION

Before treatment 12 children were having frequent troublesome episodes of sneezing and 10 children were having troublesome episodes and 03 were having occasional sneezing and 05 of them didn't have sneezing. After treatment a reduction of symptoms with a mean score value of 57.58% with P value of < 0.001 which showed a significant result. Before the treatment 16 children were having continuous obstruction and 10 children were having frequent obstruction and 04 were having partial obstruction in the Nostrils. After treatment overall improvement was seen with 49.58% and P value of < 0.001 which showed a

significant result. Before the treatment 06 children were having continuous headache and 9 children were having frequent headache and 11 were having occasional headache and 3 children have not at all having headache. After treatment 30 children were got relief and 01 child had occasional headache i.e. 54.24% with P value of < 0.001, which showed significant result. Before treatment 10 children were having continuous cough with throat and chest pain and 09 children were having moderate cough and 08 children with occasional cough and 03 children were not having cough. After treatment all the children have got relief i.e. of 47.92% with P value of < 0.001 which showed a significant result. Before treatment 24 children were having continuous nasal discharge and 04 children were having frequent and 02 child had occasional nasal discharge. After treatment most of children have got relief i.e. 51.85% with P value of < 0.001, which showed a significant result. Before treatment 06 children were having continuous hoarseness of voice and 08 children were having frequent and 12 children with occasional hoarseness of voice and 04 were not having hoarseness. After treatment all the children have got relief i.e. 61.70% with P value of < 0.001 which showed significant result. Only 10 children were having *Netrasrava* and 20 children were devoid of this symptom. There was 72.22% of improvement after treatment which is statistically significant as the P value is < 0.001 There was satisfactory significant result.

Mode of action- *Katphaladi yoga* is a compound formulation having 8 ingredients which are having *ushna*, *tikshna*, *ruksha guna* has capacity to penetrate minute channels. The key ingredient *katphala* is having *katu tikta kashaya rasa ushna veerya* and *kapha vata shamaka* action. *Katu tikta rasa* by its penetrating property does *srotoshodhana* and *kashaya rasa* is having *sthambana* property reduces the *nasasrava* and *netrasrava*, *ushna veerya* pacifies *vata* and *kapha dosha* which are vitiated in *pratishyaya*. it is also having *vedanasthapana* action which acts on *shirashoola*. Most of the ingredients are also having *katu tikta rasa laghu ruksha guna ushna veerya vata kapha hara* in nature, and has *sandaniya*, *vedanastapana*, *kasagna*, *sheetaprashamana*, *nadiuttejaka*, *hikkanigraha*, *jwarwagna*, *pittakara*, *vrishya*, *deepana*, *pachana*, *pratishyayahara*, *shirorogahara*, and *srotoshodhaka*. due to following qualities the *katphaladi yoga* synergistically acts to pacify *pratishyaya* or allergic rhinitis. *Anupana madhu* is having *kashaya rasa* and *lekhaneeya* property helps in relieving from the symptoms of *pratishyaya* and

also makes the drug palatable. The nature of the medicine is *usna* and *tiksna*; It counters an *avarana* of *udana vayu*, which is moving in *pratiloma gati* thus the direct effect of allergen on nasal mucosa is restricted.

- Due to its properties the mucosa cavity it is capable to prevent the crust formation.
- Due to the *nadiuttejaka* property it promotes normal olfaction.
- Due to the presence of drugs having *deepana* (increases digestive fire) and *pachana* it can regularize *agni* and there by cures *pratishyaya* caused by *vishamagni* and *mandagni*. Hence it can Hence the drug *katphaladi yoga* can be a drug of choice to treat control and cure *pratishyaya* and also to prevent the recurrence.

CONCLUSION

The present study conducted on *katphaladi yoga* has revealed a remarkable efficacy in *Pratishyaya* (Allergic Rhinitis) with a significant cure rate in most of the criteria adopted for the assessment, establishing the multicenter action of the formulation. The formulation *katphaladi yoga* is proved to be used as a safe drug in Pediatric practice without any adverse reactions. The medication was well tolerated by children with respect to palatability as the drug had been advised with *madhu*. Out of the various etiological factors those related to the polluted living surroundings were noted as a prime cause of the condition. *Lakshanika chikitsa* (symptomatic treatment) has got a vital role to play in Pediatric practice as every parent expects regain of health of their children quickly. This was successfully achieved by *katphaladi yoga* by relieving almost all manifested clinical features of *Pratishyaya* within the duration of 7 to 14 days. The study revealed that *Pratishyaya* can be well correlated to the condition of Allergic Rhinitis symptomatically with *Guna Vikalpa*. By observing the chief causative factors and majority of clinical features, *Pratishyaya* in children can be compared to Allergic Rhinitis. *Katphaladi yoga* which is a new formulation in *Pratishyaya chikitsa* shows a good result as per the clinical study. The drug compound *katphaladi yoga* is very effective in treating *pratishyaya* and the effect is progressive in 7, 14, 21 days. The efficacy of the formulations may be attributed to the compound action of all the ingredients, which are said to be having Anti-histaminic property which act antagonistic to allergic condition of *Pratishyaya*.

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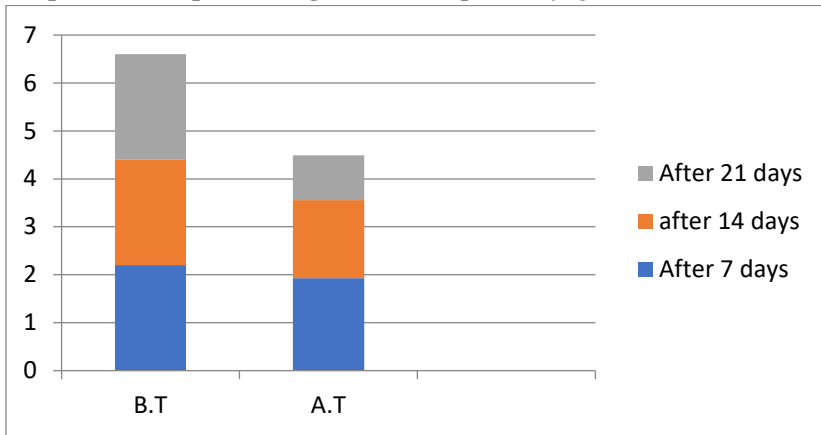
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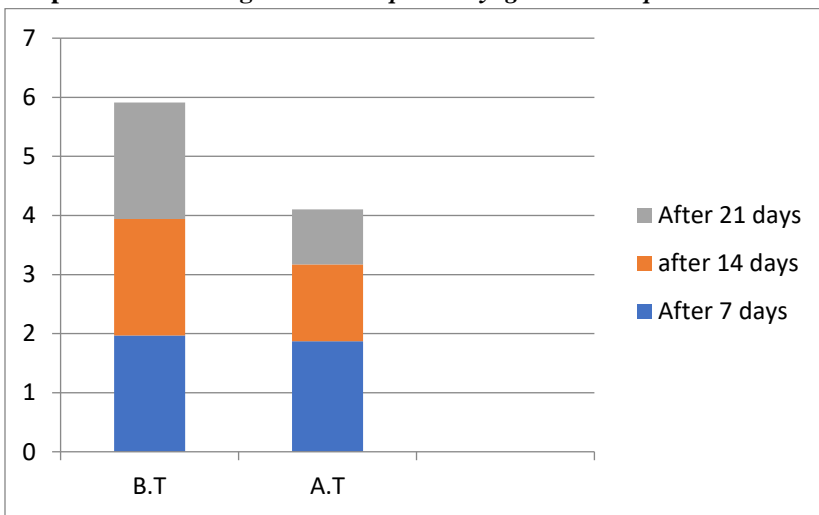
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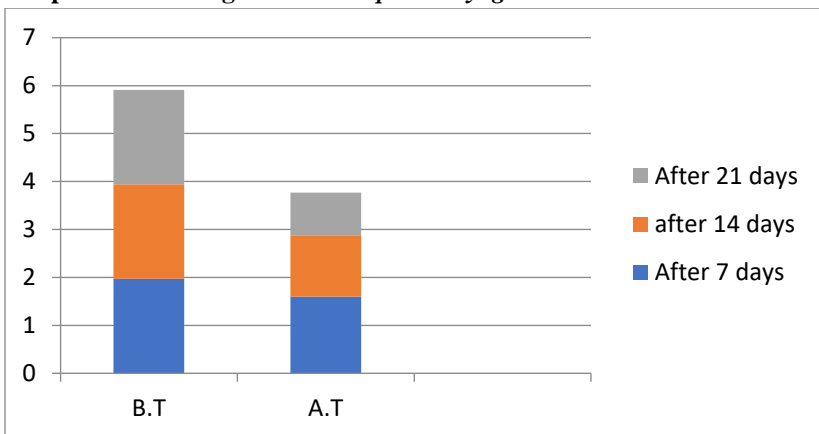
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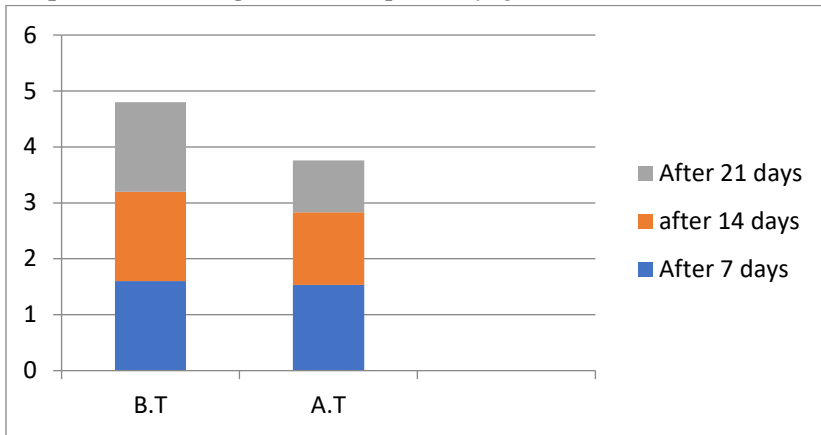
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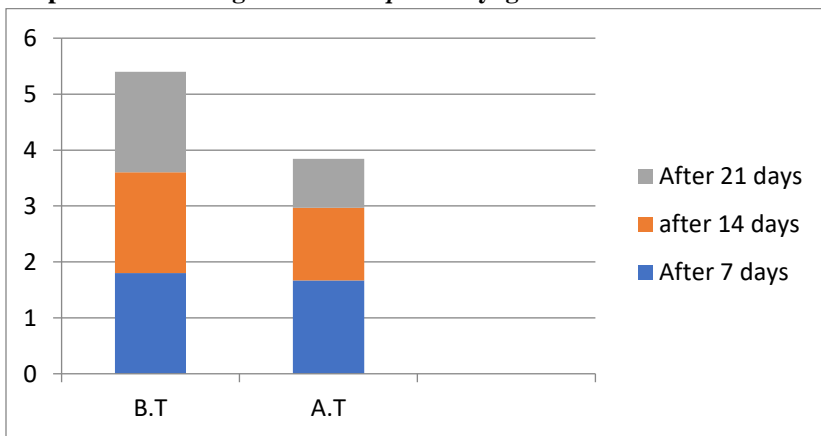
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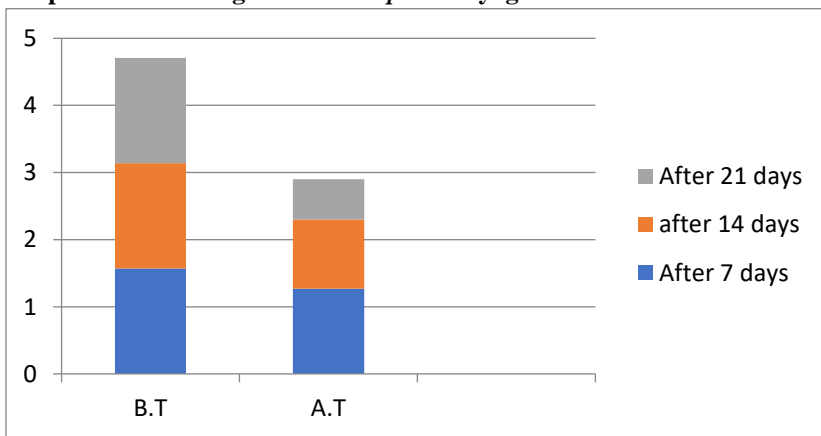
Graph no 4. showing effect of *Katphaladi yoga* on *kasa*



Graph no 5. showing effect of *Katphaladi yoga* on *Nasavrava*



Graph no 6. showing effect of *Katphaladi yoga* on *Swarabheda*



Graph no 7. showing effect of *Katphaladi yoga* on *Netrasrava*

