

## EFFECT OF AYURVEDIC FORMULATION ON SEASONAL RESPIRATORY DISEASE: A SINGLE CASE STUDY

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Article Received on  
03 Feb. 2018,

Revised on 24 Feb. 2018,  
Accepted on 14 March 2018

DOI: 10.20959/wjpr20187-11575

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### ABSTRACT

**Introduction:** A single case study of Ayurvedic formulation used in Seasonal Respiratory Disease i.e. cough, dyspnea, runny nose, Sneezing. In Ayurveda some formulations are very useful for respiratory problems. In modern medicine, there are many drugs used in respiratory problems but very few have less adverse effects. So, to evaluate effect of Ayurvedic formulation of *Sitopaladi Churna*, *Sameerpannag* and *Tankan Bhasma* single case study was done. **Aim and Objective:** To study Effect of Ayurvedic formulation as an antiallergic, immune-modulator in seasonal respiratory disease.

**Material and Method:** A patient of seasonal respiratory disease was

selected from OPD of Government Ayurved College, Nagpur. History was taken and Ayurvedic formulation was administered according to his *Prakruti*, *Dhosh*, *Dhushyata*, *Mala*, *Agni*. Ayurvedic formulation of *Sitopaladi churna* (5 gram), *Sameerpannag* (1/2 gram), *Tankan Bhasma* (2 gram) was given with honey thrice in a day for 3 weeks with a regular weekly follow up. **Observations:** Before treatment Hb was 11.12gm/dl, WBC count was 10,740/cumm, ESR was 45mm/hr, Eosinophil was 3% Platelet count was 329000, complain of runny nose, cough, breathlessness, generalized weakness and after use of Ayurvedic Formulation symptoms were decreased and infection decreased with Hb 12.8gm/dl, WBC count 10690/cumm, ESR became 25mm/hr, Eosinophil became 2% Platelet became 372000. **Conclusion:** From the above result, Ayurvedic formulation of *Sitopaladi Churna*, *Sameerpannag* and *Tankan Bhasma* can be used for relief in Seasonal respiratory disease.

**KEYWORD:** Ayurvedic formulation, seasonal respiratory disease, *Sitopaladi Churna*, *Sameerpannag*, *Tankan Bhasma*.

## INTRODUCTION

Respiratory disease of the airway and lungs that affect human respiration. Climatic changes have been generating growing concern with relation to their potential effects on human health, specially effect related to the respiratory system; by directly promoting or aggravating respiratory diseases. Climate change increase amount of pollen and allergen produce. The main disease of concern is asthma, rhinosinusitis, chronic obstructive pulmonary disease (COPD) and respiratory tract infections. Climate affects weather, air and water quality, local and national food supplies, economics. A body major changes involving the atmosphere and climate have an impact on the biosphere and human environment. especially increase carbon dioxide, prolong and severe heat waves, temperature variability, air pollution, forest fire, all are risk for respiratory health. climate change plays a significant role in the increase in concentration of unhealthy air and water pollutant.<sup>[1]</sup> In epidemiological study air pollution most, severe affect respiratory health.

Respiratory Problem are often treated with steroid that not just weaken the lungs if used for long duration but have more side effect such as dryness, viral infection, lowered immunity, rashes etc. various good herb is form of capsule, powder and syrup to cure respiratory disease and boost the immunity system of the body. Medicine for respiratory problems generally includes anti allergic, analgesics, expectorants (to remove cough), mucolytics and antibacterial. In Ayurveda many drugs are useful for strong respiratory health like *Haldi*, *Neem*, *Dalchini* and *Tulsi*. So, to evaluate effect of Ayurvedic formulation of *Sitopaladi Churna*, *Sameerpannag* and *Tankan Bhasma* single case study was done.

## MATERIAL AND METHOD

The formulation of *Sitopaladi Churna*, *Sameerpannag* And *Tankan Bhasma* have been used. *Sitopaladi Churna* is a popular polyherbal ayurvedic formulation used in the treatment of respiratory disease. *Sitopaladi Churna* a used as antitussive, analgesic activity and antipyretic.<sup>[2]</sup> *Sitopaladi Churna* consist five ingredients viz., saccharum officinarum (sugar candy), *Vamshalochana* (siliceous concretion), piper longum (dried fruit), *elettaria cardamomum* (dried seed), *cinnamonum zeylanicumm* (stem bark). The *Churna* was prepared according to the procedure given in ayurvedic formulary of India.<sup>[3]</sup> *Sameerpannag Ras* is one of the useful ayurvedic herb. The key ingredient is *Shudh Mansheel*, *Sankhiya*, *Hartal*, *Shudha Parad* and *Bhavana-Ghrit Kumara Ras*. This herb is useful in treating cough, shortness of breath or breathing difficulty.<sup>[4]</sup> *Tankan bhasma* is an ayurvedic prepared from

borax powder. *Tankan bhasma* is used for productive cough, breathing problem, wheezing, bronchitis, chest congestion.<sup>[5]</sup> *Sitopaladi Churna, Sameer Pannag And Tankan Bhasma* is best remedy for respiratory disease.

### A Case Profiles

A patient of respiratory disease in winter season was selected from OPD of Government Ayurveda College, Nagpur. Patient had complaint runny nose, cough, congestion, wheezing, nasal congestion, breathlessness was taken and no past H/O of DM, hypertension, surgical and traumata history.

### Management

Ayurvedic formulation was administered according to his *Prakruti, Dhosh, Dhushyata, Mala, Agni*. Ayurvedic formulation of *Sitopaladi churna* (5 gram), *Sameerpannag* (1/2 gram), *Tankan Bhasma* (2 gram) was given with honey thrice in a day for 3 weeks with a regular weekly follow up.

### OBSERVATION AND RESULT

Before treatment Hb was 11.12gm/dl, WBC count was 10,740/cumm, ESR was 45mm/hr, Eosinophil was 3% Platelet count was 329000, complain of runny nose, cough, breathlessness, generalized weakness and after use of Ayurvedic Formulation symptoms were decreased and infection decreased with Hb 12.8gm/dl, WBC count 10690/cumm, ESR became 25mm/hr, Eosinophil became 2% Platelet became 372000.

### CONCLUSION

From the above result, Ayurvedic formulation of *Sitopaladi Churna, Sameerpannag And Tankan Bhasma* can be used for relief in Seasonal respiratory disease.

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