

Study the Efficacy of Kalyanka Ghrita Nasya in Kaphaj Pratishay - A Pilot Study

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INTRODUCTION

Pratishyaya is the most common disease in day to day practice. The word 'Pratishyaya' itself denotes People may be more prone to developing Pratishyaya as a result of repeated changes in climate, dust, air pollution and cold beverages. Pratishyaya is one of the diseases that causes immune system impairment in its chronic phase.

Nasya improves the activity of sense organs and cures the disease of Uttamanga.¹ Shodhana is given top priority among these. It is referenced in Charaka Sutrasthana.²

The principle Dosha that becomes vitiated after achieving chronicity is Vata, but the allied Doshas of Kapha, Pitta and Rakta also become vitiated.³ The vitiated Doshas located in shirah and nasa pradesh cannot be removed without the help of Nasya Karma.

The nose is the organ that carries out olfactory and respiratory activity.⁴

Kaphaj Pratishyaya has vital signs and symptoms are Kasa, Nasastrava, Shirogaurav, Kandu.⁵

Kalyanka ghrita is an effective combination of Ayurvedic medicine for Kaphaj Pratishyaya. Ghrita have katu tikta rasa and ushna virya and Kaphvataghna property. So it is anticipated that it may be helpful for the disease due to its activities. Hence present work was undertaken to check the efficacy of Kalyanka ghrita in Kaphaj Pratishyaya.

AIMS AND OBJECTIVES

Aim-

To study the efficacy of Kalyanka ghrita Nasya in management of Kaphaj Pratishyaya.

Objectives:

1. To study etiopathogenesis of Kaphaj Pratishyaya.
2. To study the effect of Kalyanka ghrita Nasya in Kaphaj Pratishyaya.

MATERIALS AND METHODS

Source of data –

- Total 12 patients with signs and symptoms of Kaphaj Pratishyaya were selected from O.P.D. of our institute for the study.
- Drug were prepared in our institute.

Study Design-

Patients fulfilling the inclusion criteria selected for study.

Case History-

- Clinical evaluation of patients was done by collection of data/ information obtained by history, clinical findings obtained by physical examination and laboratory test.

A.) Inclusive criteria:

- 1) Patients having Kaphaj Pratishyaya symptoms more than 6 months upto 2yr will be taken.
- 2) Patients age group of 15-60 years should be taken.
- 3) Patient who are fit for nasya will be included.

B.) Exclusion criteria:

- 1) Patients below 15 years and above 60 years should not be taken.
- 2) Patient having recently developed Pratishyaya upto 6 months should not be taken.
- 3) Patients suffering from other systemic disease patient will be excluded.
- 4) Patient who are not fit for nasya will be included.

C) Withdrawal criteria:

- 1) Patient not giving proper follow-up.
- 2) Showing any adverse effect will be withdrawal from the study.

Drug Review-

Kalyanka Ghrita –

विशाला त्रिफला कौन्ती देवदावैलवालुकम् स्थिरा नतं
हरिदे शारि ॥६४॥ नीलोत्पलेला
मञ्जिष्ठादन्तीदाडिमकेशरम्। तालीशपत्र बृहती
मालत्याः कुसुमं नवम् ॥ ६५॥ विडङ्ग पृत्रिपर्णी च कुष्ठं
चन्दनपदाको अष्टाविंशतिभिः कल्कैरेतैरक्षसमन्वितैः ॥
६६ ॥ चतुर्गुणं जल दत्त्वा घृतप्रस्थं विपाचयेत् ।
अपस्मारे ज्वरे कारो शोषे मन्दानले क्षये ॥६७॥

वातरक्ते प्रतिश्याये तृतीयकचतुर्थक वम्यशोमूत्रकृच्छ्रे च
विसर्पपहतेषु च ॥६८॥ दोषोपहतचितानां
गदानामल्यरेतसाम् शस्तं स्त्रीणाञ्च बन्ध्यानां
वर्णायुर्बलवर्द्धनम् ॥६९॥ अलक्ष्मीपापरक्षोघ्नं
सर्वग्रहनिवारणम् । कल्याणकमिदं सर्पिः श्रेष्ठं पुंसवनेषु
च ॥ ७० ॥ (भै.र.२४,६४-७०)

Sneha Dravya-Goghruta

Kalka and Kwath Dravya are as follows-

Sr	Dravya	Latin name	Ras	Virya	Vipak	Guna	Doshaghnta
1	Indrayana	Citrullus colocynthis	Tika	Ushna	Katu	Laghu, Ruksha, Tikshna	Kapha-pittagnata
2	Amlaki	Emblica officinalis	Pancha rasa	Sheeta	Madhur	Laghu, Ruksha, Sheeta	Tridosahara
3	Haritaki	Tarmenalia chebula	Panch rasa	Ushna	Madhur	Laghu, Ruksha	Tridosahara
4	Bibhitak	Tarmenalia belerica	Kashaya	Ushna	Madhur	Laghu, Ruksha	Tridosahara
5	Renuka	Vitex agnus castus linn	Kashaya Tikta katu	Ushna	Katu	Laghu, Ruksha	Vatkaphahara
6	Devdaru	Cedrus deodara	Tikta, katu	Ushna	Katu	Laghu, Snigdha	Vatakapha shamaka
7	Ela	Elettaria cerdemonum	Katu, Madhur	Sheeta	Madhur	Laghu, Ruksha	Tridosahara
8	Shalparni	Desmodium gangeticum	Madhura, Tikta	Ushna	Madhur	Guru, Snigdha	Tridosahara
9	Tagar	Valeriana wallichil	Katu, Tikta, Kashaya	Ushna	Katu	Laghu, Snigdha	Kapha vata shamaka
10	Haridra	Curcuma	Katu, Tikta	Ushna	Katu	Ruksha, Laghu	Tridosahara
11	Daru haridra	Berberisaristate	Pitta, Kashaya	Ushna	Katu	Ruksha, Laghu	Kapha pittahara
12	Anantamul	Hermidesmos indicus	Madhur, Tikta	Sheeta	Madhur	Guru, Snigdh	Tridosahara
13	Priyangu	Callicarpa macrophylla	Tikta, Kashaya, Madhur	Sheeta	Katu	Guru, Ruksha	Tridoshara
14	Manjishta	Rubia cordifolia	Kashaya, Tikta, Madhur	Ushna	Katu	Guru, Ruksha	Tridosahara
15	Danti	Balio montanum	Katu	Ushna	Katu	Guru, Ruksha	Kapha pittahara
16	Dadim	Punica granatum	Madhur, Kashya, Amla	Anushna	Madhur, Amla	Laghu, Snigdh	Tridoshara
17	Nagakeshar	Mesua ferra	Kashaya, Tikta	Ishata ushna	Katu	Laghu, Ruksha	Kapha pittahara
18	Talishpatra	Abies webbiana	Tikta	Ushna	Madhur	Laghu, Tikshna	Vatakaphanashaka

19	Bruhati	Solanum indicum	Katu,Tikta	Ushna	Katu	Laghu, Ruksha, Tik shna	Kaphavatahar
20	Malti	Jasminum officinate	Tikta,Kashaya	Ushna	Katu	Laghu, Snigdha,Mr udu	Tridoshara
21	Vayvidanga	Embelica ribes	Katu	Ushna	Katu	Laghu, Ruksha, Tik shna	Kapha vatanashaka
22	Prushnaparn i	Uraria picta	Madhur,Tikta	Sheeta	Madhur	Laghu, Snigdha,Sar	Tridoshara
23	Kushta	Saussurea lappa	Katu,Tikta,Ma dhur	Ushna	Katu	Laghu, Ruksha, Tik shna	Kapha pittahara
24	Chandan	Santalum album	Tikta,Madhur	Sheeta	Katu	Laghu, Ruksha	Kapha pittahara
25	Padmakshata	Prunus cirasoidus	Tikta,Kashaya	Sheeta	Katu	Laghu, Snigdha	Tridoshahara
26	Elua	Aloe barbadensis	Tikta,Madhur	Sheeta	Katu	Guru,Snigd ha,Pichhil	Tridoshara

SOP of NasyaVidhi:

Poorvakarma:

Before giving Nasya, prior arrangement of the material and equipment should be done. Written consent given.

"Nasya Bhavana" free from direct blow of air and dust; and lighted appropriately, later patient is made to lie down on Nasya Shayya. Mridu Abhyanga is done to Shiras first and then to lalata, karna, mukha, gala and Tapa sweda given. After samyak swedana, the patient is made to lie down on a table with comfortably stretched, slightly raised legs.

Pradhanakarma:

Patient should be lying down in supine position with ease on Nasya Shayya with "Pralambita Shiras" (lowered i.e. hanging down) and foot is slightly raised. Later, should raise the tip of the patient's nose with left thumb and with the right hand, the lukewarm Kalayanka ghruta 6 drops were poured in each nostril. Later, advised to inhale the medicine slowly and deep ,tapa sweda is repeated.

Paschatkarma:

After administration, patient should lie in supine for about 100 matra kala. Face, shoulders, palms and ears should be massaged. Aushadhi that had reached kanta has to spit out.kaval with kosha jal will be given.Laghu ahara and

Sukhoshna Jala is allowed and should avoid dust, smoke, sunshine, alcohol, hot bath, riding, excess fat

and liquid diet,day sleep, cold water any purpose like Pana, Snana etc. should be avoided . Nasya karma given upto 7 days .

Criteria for assessment -

Complete remission- 100 %

Marked Improvement >76

Moderate Improvement – 51% to 75%

Mild Improvement - 26% to 50%

No Improvement – 0%to 25%

Assessment Criteria: The improvement in the patients was assessed on the basis of relief in symptoms of the disease . All symptoms were given scoring depending upon their severity to assess the effect.

1. Nasastrava
2. Aruchi
3. Kasa
4. Shirogaurav
5. Nasakandu

Nasastrava (Nasal discharge)

- Grade 0 No discharge
- Grade 1 Sticky discharge
- Grade 2 Thick discharge
- Grade 3 Purulent discharge

Aruchi (Anorexia)

- Grade 0 No Aruchi
- Grade 1 Sometime feels aruchi but can have food
- Grade 2 Continuous feels aruchi but able to eat food

Grade 3 Continuous feels aruchi and unable to eat food

Kasa (Coughing)

Grade 0 Occasionally coughing

Grade 1 Occasionally with low intensity

Grade 2 Intensity do not disturb routine work

Grade 3 Intensity Disturbs routine work

Shirogurav (Heaviness in head)

Grade 0 No heaviness

Grade 1 Occasionally with low intensity

Grade 2 Frequently with moderate intensity but do not disturb routine wor

Grade 3 Always with moderate intensity, sometime disturbing

Nasakandu (Itching)

Grade 0 No itching

Grade 1 Partially and unilateral

Grade 2 Partially and bilateral

Grade 3 Always complete and bilateral

Statistical Analysis-

S. no	P value	Significance
1	>0.05	No Significant
2	<0.05	Significant
3	<0.01	Highly Significant
4	<0.001	Extremely Significant

RESULTS

Effect on Cardinal symptoms-

Nasastrav

No of patient	D 0	D 3	D 7
1	2	1	1
2	1	1	0
3	1	1	1
4	2	1	0
5	3	2	1
6	2	1	0
7	3	1	1
8	1	1	1
9	1	0	0
10	3	2	1
11	1	1	0
12	2	1	1

Aruchi

NO	D 0	D 3	D 7
1	3	2	1
2	1	1	0
3	2	2	1
4	3	1	1
5	3	2	0
6	2	1	0
7	1	1	1
8	2	2	1
9	2	1	1
10	1	1	0
11	1	1	0
12	2	1	0

NO	D 0	D 3	D 7
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

NO	D 0	D 3	D 7
1	2	1	1
2	2	1	0
3	3	2	1
4	1	1	0
5	1	1	1
6	2	1	0
7	3	2	0
8	2	1	0
9	3	1	0
10	2	1	0
11	2	1	0
12	3	2	1

Kasa
Nasagaurav

No	D 0	D 3	D7
1	1	1	0
2	1	1	0
3	2	1	1
4	3	2	1
5	2	1	1
6	2	0	0
7	2	1	1
8	2	1	0
9	2	0	0
10	1	0	0
11	1	1	1
12	3	2	1

Shirgaurav

NO	D 0	D 3	D 7
1	1	1	0
2	2	1	1
3	3	2	1
4	2	1	0
5	1	0	0
6	2	1	0
7	3	2	1
8	1	1	1
9	2	1	0
10	2	0	0
11	2	1	0
12	1	1	0

● Observations and results:

● After completion of nasya karma, patients will be advised to come opd for follow-up after 7 days. At that time

● Discussion:

After analyzing, data will be discussed in detail.

● Conclusion:

Conclusion will be drawn on the basis of the data obtained and observations during the study.

● Summary:

Data will be summarized on the basis of observations and result.

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