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## EFFECT OF VASADI YOGA SYRUPA SYRUP IN THE TREATMENT OF VATAJ KASA IN CHILDREN

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### Abstract

In Ayurved, for well being of the patients, several diseases have been described along with simple and various remedies. Kasa vyadhi somewhat troublesome, found in all the stages of life, which disturbs the patient physically, mentally and socially. Since ages Ayurveda is well known for its *maulik siddhantas* & the miraculous clinical efficacy enriched by specified procedures like *Panchakarmas*. The combination of *Bhaishajya kalpanas* which are invented by acharyas and followers, with the ancient traditional healing system of Ayurveda was the golden opportunity for vaidyas and acharyas to treat the patients in the World. Use of dravyas like Ghritas, tailas, avalehas along with some herbs with proper *samskaras* with a least quantity for faster and accurate results is a specialty of Ayurveda since ages.

In Ayurvedic texts, several preparations are mentioned under the title of Kasa. Since Samhita kala, Ayurved was enriched with the herbomineral, especially Siddha ghrita preparations which were proved to be magnificent on various aspects like faster and better results, higher efficacy in user's friendly dosage forms, that leads to convenience in administration, and more shelf life. Kasa is specified in 5 types & characterized by

type of *kasan*. There are many types of *kalpas* which act on *Kasa*, described in different texts. *Vasavleha kantanaryavaleha* are herbal preparations which may help to control *Vataj Kasa* all over. Both drugs could be a suitable remedy for *Vataj kasa* due to their ability of *samprapti vighatana* of *Vataj Kasa*.

### Aims and Objectives

- ▶ To observe the efficacy of vasadi yoga syrup on vataj kasa in children

### Materials and Methods

#### Vasadi yoga syruba syrup

It was prepared by mixing of vasa (adhatoda vasica) patra churna 1 part, guduchi 1 part, Shunthi (zinziber officinalis) half part and kantanari (solanum xanthocarpum) 1 part.

This was a prospective, pilot study involving patients with symptoms of *Vataj kas*. Patients were given according treatment of vasadi yoga syrup. Study was carried out at Hospital and OPD of Ashvin Rural Ayurved College Sangamner. Study period was 7 months. The duration of administration of vasadi yoga syrup was 6 weeks for each patient.

### Inclusion criteria

1. Patients diagnosed as *Vataj kas*
2. Female Patients between age 2 to 10 years

3. Patients who are not taking any other medicines

**Exclusion criteria**

1. Patients below 2 and above 10 years
2. Patients taking medicines for other problems like asthma.
3. Patients having symptoms related to chronicity.
4. Patients having other infections like pneumonia etc were excluded.
5. Patients having any other treatment.

**Study Procedure**

Each patient was advised to take 5ml of vasadi yoga syrup thrice a day with warm water for 6 weeks.

**Analysis and Assessments**

As it was a pilot and low sample study that means less than 30 patients were involved, percentage and graphical analysis was done instead of parametric tests and summarized in tabular form.

**Assessment Criteria**

It was as follows

**Ura shoola-**

Absent  
 Mild - During kasa veg  
 Moderate- During kasa veg and persists for some time even after kasa veg  
 Severe - Continuous

**Shira shoola-**

Absent  
 Mild - During kasa veg  
 Moderate - During kasa veg and persists for some time even after kasa veg  
 Severe - Continuous

**Udar shoola**

Absent  
 Mild - During kasa veg

Moderate- During kasa veg and persists for some time even after kasa veg  
 Severe - Continuous

**Swar Bhed -**

Absent  
 Mild - During kasa veg  
 Moderate -During kasa veg and persists for some time even after kasa veg  
 Severe - Continuous

**Swara ksheenata-**

Mild- After kasa veg and relieved by intake of water/liquids  
 Moderate- After kasa veg and not relieved by intake of Water/liquids  
 Severe - Continuous

**Mukha shushkata-**

Mild- Persists during kasa veg  
 Moderate - Persists even after kasa veg but relieved by Intake of water/liquids  
 Severe -Not relieved by intake of water/liquids

**Shushka kasan -**

Mild- Precipitates with continuous speaking and relieved by intake of water/liquids  
 Moderate - Precipitates even without speaking but relieved by intake of water  
 Severe - Continuous and not relieved even after Taking water/liquids

**Vega prasaktata-**

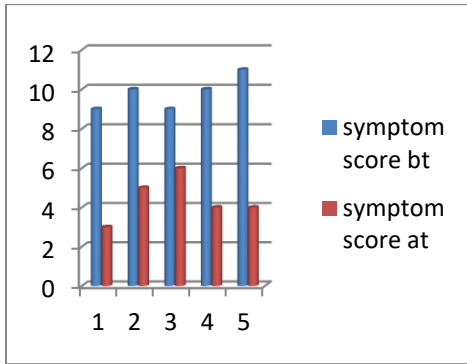
Mild < 1 minute  
 Moderate - 1 minute to 3 minutes  
 Severe - Wide duration, > 3 minutes

**Kantha Kshobha-**

Mild - Pain & irritation during kasa veg  
 Moderate- Pain & irritation persists for sometime even after kasa veg and relieved itself  
 Severe - Continuous pain and irritation

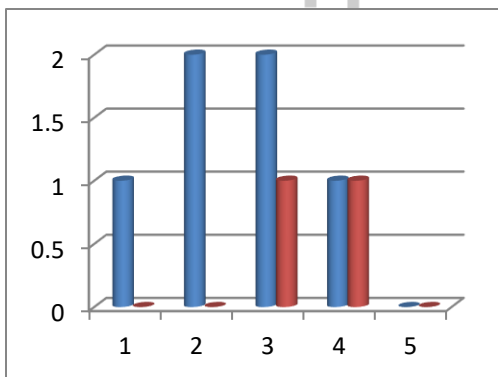
**Results and Discussion**

**Symptom Score**

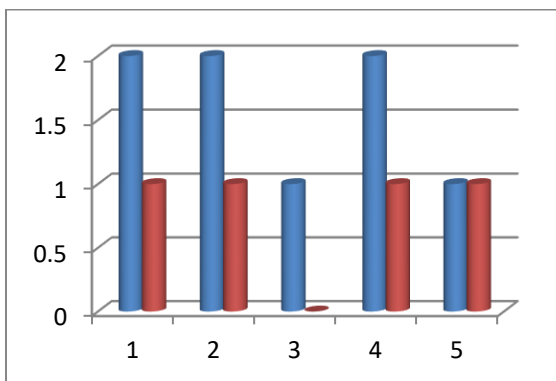


About 8 patients were screened from which 5 patients were selected to study. The period of treatment was 6 weeks.

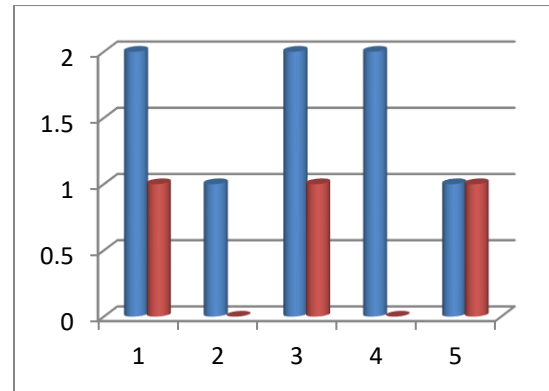
**Ura shool  
BT and AT**



**Kantha kshobha  
BT and AT**



**Vega prasaktata  
BT and AT**



**General Parameters-**

The distribution of patients by age reveals the occurrence of the disease can take place at any age.

1. The sex did not reveal any specific relation with the disease occurrence.
2. The distribution of the patients by occupation revealed that patients which were in service were likely to be more suffered from Vataj Kasa.
3. Maximum affected number showed Vishamagni and Mandagni indicating that occurrence of the disease was more in patients having Vishamagni and Mandagni..
4. Koor koshti children revealed more incidence might be due to tendency of Agnivaishmya.
5. Alpa Bala and Madhyamabala patients were affected mainly due to the lowered Vyadhipratyanikattva in those.
6. This is again not giving any specific result and relevance of disease in any particular Prakriti though incidence was more in Vatapradhan Prakriti.
7. Patients having Ruksha, Kashaya aahar, raja, doom sevan, were found more prone to Vataj Kasa.

**Signs and Symptoms –**

1. **Ura shoola** was observed to reduce with markedly significant value after treatment due to tendency of the drug by acting Katu Rasa and Ushna Guna which is more effective in Shoola prashamana.
2. **Shira Shoola** was again observed to reduce significantly after treatment since Guduchi and Kantakari being Ushna Veerya act as Vatanulomaka and Shoola har.
3. **Udar Shoola** is again reduced with high significance but not relieved completely after treatment. Guduchi and Kantakari have Deepana, Pachana, Laghu, Ushna, Sara properties.
4. **Swarbheda** is reduced significantly but not relieved completely since Vasa has Swarya property which is specially mentioned in Bhavaprakash Nighantu.
5. **Swara Ksheenata** is reduced since Vasa having Swarya property.
6. **Mukha Shushkata** is reduced significantly but not relieved completely after treatment. Snigdha Guna of Ghrita showed better result.
7. **Shushka Kasan** which is a cardinal symptom of Vataj Kasa is magnificently reduced after treatment.
8. **Vega Prasaktata** was again magnificently reduced in both the groups but not completely.
9. **Kantha Kshobha** was seen to get reduced after treatment due to Ushna, Snigdha, and Sara Guna, Guduchi Kantakari Siddha Ghrita played important role on irritation which was mainly caused by Ruksha, Sheet Guna and Pratilomita Vata.
10. **Relief by Shtheevana** which was Upashayanupashayatmak symptom of

Vataj Kasa showed magnificent improvement after treatment.

11. **Relief by Snigdha, Amla, Lavana and Ushna Aahar** which was again Upashayanupashayatmak symptom of Vataj Kasa gave better Upashayatmak response after treatment in both the groups.

**LABORATORICAL AND RADIOLOGICAL EVALUATION-**

1. The Haemoglobin per cent did not alter significantly in both groups .
2. The ESR is significantly reduced in both the groups due infection was recovered.
3. The RBC count did not alter with significance in both the cases but it could be improved if both drugs were given for long duration since they would act by Tikta, Laghu, Ushna Gunas.
4. TLC counts was significantly reduced after treatment since the infection was recovered.
5. Polymorphs were increased significantly after treatment in both groups as due to markedly decrease in Eosinophil count.
6. The Lymphocyte count was somewhat increased due to relative decrease in Eosinophil count
7. The Eosinophil count was magnificently decreased in both the groups since Tropical (Pulmonary) Eosinophilia can be considered under Vataj Kasa.
8. Monocytes did not reveal significant change in counts before and after treatment.
9. Basophiles counts were not observed to change significantly again due to freshly diagnosed cases.

10. X-Ray Chest P/A view were done in required patients which showed better improvement after treatment.

### OUTSTANDING OUTPUT -

1. The clinical study reveals some magnificent facts that Pulmonary Eosinophilia can be taken under Vataj Kasa and both the drugs are also effective on Pulmonary eosinophilia. Also, can be used as an alternative in many resistant cases with minimal adverse drug reactions.
2. These drugs have given better efficacy in most other symptoms.
3. Both the drugs did not cause any ADRs in patients.

Presented work was carried out with 1. institutional research criteria and was undertaken with some specified aspects only with many of the unavoidable limitations. This work could be studied with different aspects of various types of Kasa 2. and Respiratory Tract Infections to get a definitive solution against much of these unanswered questions. 3.

Also, research projects should be carried out with Ayurvedic Scholars taking these drugs as a future line of treatment in various Pranavaha Srotas Vyadhi and 4. Respiratory Tract Infections in areas where the incidence of the disease is much more, and should come out with some useful outputs for the society.

Similarly, lots of preparations are 5. mentioned in various Ayurvedic texts for Kasa. Many of the formulations are in use. These formulations can be studied on 6. above mentioned parameters rigorously and vigorously to take them globally

### RESULTS AND CONCLUSION:

The experiment clearly concludes that Vasadi yog syrup could be a remedy for Vataj Kasa and may be for Kshataj and Kshayaj Kasa as said in texts without causing any Adverse Drug Reactions and may prove itself as a strong solution for unanswered infections.

It also indicates that drug could be remedy for pulmonary Eosinophilia as this can be considered under Vataj Kasa.

Being herbal preparation it can be used for long duration for the treatment of Chronic Respiratory Tract Infections since there was no Toxicity and Adverse Drug Reactions.

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