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## ROLE OF AYURVEDIC DRUG *MUSTAKADI AVALEHA* IN THE MANAGEMENT OF *PRATISHYAYA* IN CHILDREN

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### ABSTRACT

The traditional science of Indian medicine developed from *Vedic* period and ancient philosopher presented many principles related to the health management. The ayurveda science witnessed gradual evolution of theories based on logical considerations and clinical practices. These theories provided ways of healthy living and explored role of natural drugs in the management of many diseases including *Pratishyaya*. *Pratishyaya* is pathological condition affects children mainly associated with infections or allergic reactions. Running nose, sneezing, body ache, fever and discomfort, etc. are common symptoms of *Pratishyaya*. The disease is very common and greatly affects quality of life of children as well as their parents. Therefore it is prerequisite to manage such condition effectively using natural drugs. Considering this present research work was planned to evaluate role of *Mustakadi Avaleha* in the management of *Pratishyaya*.

### KEYWORDS

Ayurveda, Allergy, *Mustakadi Avaleha* and *Pratishyaya*.

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### INTRODUCTION

Ayurveda the science which evolved through the concepts of *Vedic* period encompasses secret of long and happy life. Ayurveda provides enormous approaches for the prevention and management of diseases. Ayurveda described uses of natural drugs obtained from plants, animal and marine sources. Ayurveda not only focused on use of single herb but also explored some classical formulations prepared from many ingredients; *Mustakadi Avaleha* is one

such formulation which can be used in allergic condition like *Pratishyaya*. *Samprapti Ghataka* of *Pratishyaya* depicted in Figure No.1.

*Pratishyaya* is pathological condition involving symptoms such as; *Ghranauparodha*, *Nasasrava*, *Shirashoolam*, *Jwara*, *Shiroguravam*, *Kaphotklesha*, *Kasa*, *Aruchi*, *Swarabheda* and *Klama*. *Pratishyaya* possess symptoms similar to the rhinitis like cough, dyspnea, fever, anorexia and nasal discharge, etc. There are various types of *Pratishyaya* including *Vatika*, *Paittika*, *Kaphaja* and *Sannipataja*.

*Vatika Pratishyaya* involves nasal passage obstruction, inflammation; sneezing and dryness of throat are the common symptoms of *Vatika Pratishyaya*.

*Paittika Pratishyaya* involves nasal discharge which is yellow in colour and anorexia.

*Kaphaja Pratishyaya* associated with nasal discharge which is white in colour along with heaviness and headache, etc.

*Sannipataja Pratishyaya* is chronic condition associated with frequent attacks of coryza.

Considering prevalence of *Pratishyaya* present research work was planned to evaluate role of *Mustakadi Avaleha* in the management of *Pratishyaya*.

### **Aim and Objectives**

To study the efficacy of *Mustakadi Avaleha* in the management of *Pratishyaya*.

### **MATERIAL AND METHODS**

Raw materials required for the preparation of *Mustakadi Avaleha* were collected from the local market. The formulation was prepared as per the reference of *Bhaishajya Ratnawali* 15/25.

#### **Method of Preparation**

The ingredients of *Mustakadi Avaleha* are *Mustak*, *Pippali*, *Draksha*, *Brihatiphala*, *Ghrita* and *Kshaudra*. These ingredients were crushed into fine powder and *Churna* with the help of sieve was prepared from equal portion of each ingredient. *Churna* was mixed with equal quantity of Cow *Ghrita* and 2 part of *Madhu*.

### **Source of Data**

30 Patients fulfilling the criteria of study were registered for this study. The patients were selected from the O.P.D. and I.P.D. of the Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya Evam Chikitsalaya, Bhopal (M.P.) on the basis of Inclusion and Exclusion criteria.

### **Inclusion Criteria**

- Patients possess classical symptoms of *Pratishyaya*.
- Age from 3 to 16 years.
- Patient of either sex.
- Patients not possess any other chronic consequences.

### **Exclusion Criteria**

- Below 3 years and above 16 years.
- Chronic debilitating disease.
- Congenital anomalies.
- Infectious disease like Tuberculosis.
- Lower Respiratory Tract Infection.
- Disease of Upper Respiratory Tract in which surgical managements are indicated like nasal polyp, tumor of nose, deviated nasal septum and cleft palate.

### **Assessment Symptoms**

- *Shirah Shoola*
- *Kasa*
- *Aruchi*
- *Klama*

### **Effect of Mustakadi Avaleha on Pratishyaya**

The overall effect of therapy depicted in Figure No.2. Patients were evaluated on the basis of various scoring parameters such as; complete remission, marked improvement, moderate improvement, mild improvement and unchanged. One patient observed with complete remission, marked improvement was found in 30.0% patients, 66.3% patients received moderate improvement while mild improvement observed in 3.33%. There were no patients in unchanged group.

### **DISCUSSION**

*Mustakadi Leha* described as *Kasarogadhikar* and mainly indicated for *Kasa* and *Yakshma*. The formulations predominately possess *Madhura* and *Katu Rasa*, *Laghu* and *Ruksha Guna*, *Shita Virya* and

*Katu Vipaka*. These properties offer *Doshakarmata* thus acts as *Kaphahara* and *Vatahara*.

*Avaleha* is good for paediatric age group which provides advantages of easy administration, palatability and long shelf life. *Avaleha* is very useful for conditions like *Kasa*, *Shwasa* and *Shotha*, etc. *Madhura Dravya* nourishes all *Dhatus* and *Oja*. *Avaleha Kalpana* is considered useful for all age group i.e. *Bala*, *Yuva* and *Vridhdha*. The mode of administration i.e. licking and high percentage of *Madhu* facilitate oral absorption. The mode of administration enhances soothing effect in throat thus relieves local irritation.

**Probable mode of action of drug**

The probable explanation is that irrespective of *Rasa*, *Guna*, *Virya* and *Vipaka*, the active principles of drugs offers therapeutic benefits.

The potency of drug facilitates biological responses. *Chakrapani* states that, apart from *Rasa*, *Guna*, *Vipaka* and *Virya* there are some other factors which are responsible for therapeutic action of a drug. *Acharya Vagbhata* explains concept of *Mahabhutas* in drug i.e. “*Vichitrapratyayarabdha*” for their biological action. *Acharya Charaka* mentioned concept of *Prabhava* i.e. when two drugs differ in action, then distinctive feature responsible for effects. *Avayava Prabhava* and *Samudaya Prabhava* can also be considered responsible for biological action of drug combinations possess different properties.



Figure No.1: Samprapti Ghataka of Pratishyaya

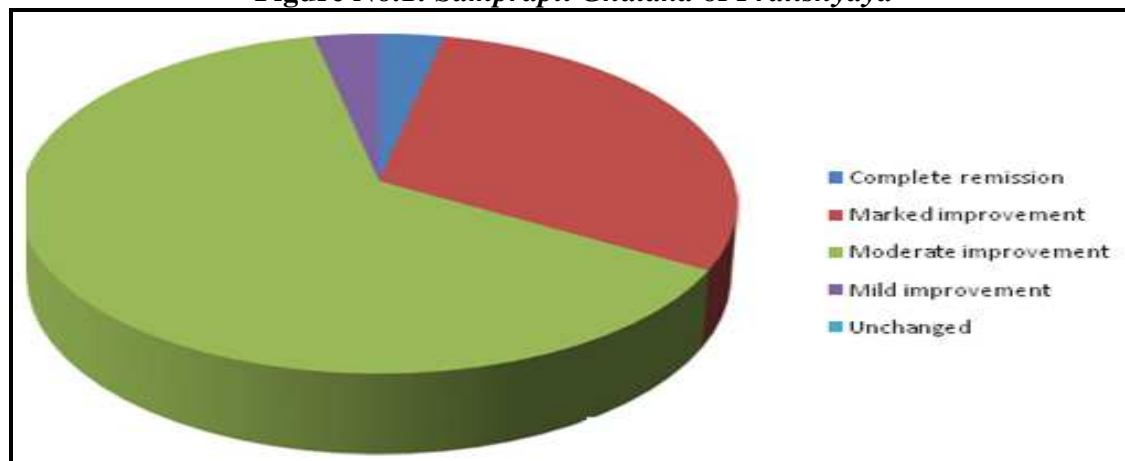


Figure No.2: Overall effect of Mustakadi Avaleha on Pratishyaya

## CONCLUSION

*Mustakadi Avaleha* possesses *Tikta*, *Kashaya* and *Katu Rasa*, *Laghu* and *Ruksha Guna*, *Shita Virya*, *Madhur Vipaka* and *Kapha-pittahara* properties. These drugs offer *Pinashara*, *Deepana*, *Kasahara*, *Pachana* and *Rasayana* properties therefore relieves symptoms of disease. As per modern science the ingredients of *Mustakadi Avaleha* possess respiratory stimulant, expectorant, digestive, antiviral, antibacterial, anthelmintic and carminative properties thus help in the breakdown of pathogenesis of many disease including *Pratishyaya*.

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## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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