



**A CLINICAL STUDY OF THE VAATHA KAPHA SURA (INFLUENZA VIRAL FEVER)
AND ITS MANAGEMENT WITH DEVADARVAATHY KASHAYA.**

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ABSTRACT

Common cold is a common respiratory problem caused by a variety of viral infections; commonest among them is the influenza virus and its variants. Individuals show considerable variation in susceptibility and environmental exposure is a contributory factor. Siddha designates the symptom complex of viral fever as Vaatha Kapha Sura (Vaathaseleshmajuram) attributed to the impairment of concentrations, tiredness, lethargy, Delirium, Dyspnea, Cough, joint pain, Headache, Cold intolerance, Tastelessness, Fever. Traditionally, herbal remedy *Devadarvaathy Kashaya* (Decoction) has been successfully used for symptoms with uncomplicated, minor infections. *Devadarvaathy Kashaya* was considered to be an Agasthiyar Erandayeram (2000) for *Vaathaseleshmajuram*. This decoction was expected to give good response in *Vaathaseleshmajuram*. Research samples (n=40) divided by two groups which are; Group I: Influenza patients without Hospital internal treatment (HT)- (20 patients), Group II: Influenza patients only Research Drug (*Devadarvaathy kudineer*) as internal treatment (20 patients). Main complaints from samples are; Fever with cough and Joint ache pain. This is qualitative and quantitative case control clinical research. *Devadarvaathy Kashaya* 30ml, thrice a day (t.d.s) is significantly effect to all sign and symptoms of *Vaathaseleshmajuram* in 05 days duration. (p value <0.001).

KEYWORDS: *Devadarvaathy Kashaya*, Agasthiyar Erandayeram and *Vaathaseleshmajuram*.

INTRODUCTION

Common cold or coryza is a common respiratory problem caused by a variety of viral infections; commonest among them is the influenza virus and its variants. Individuals show considerable variation in susceptibility and environmental exposure is a contributory factor. The word "cold" is a catch-all term that describes symptoms such as sneezing, wet nose, running nose, scratchy throat, heaviness in head, body ache, headache, indigestion, nausea, stomach ache, vomiting, diarrhea and fever. Frequent attacks of cold are a reflection of a temporary dip in immunity that is most often caused by insufficient rest; too many rich foods, stress and exposure to cold and dampness can also precipitate its occurrence. Frequent colds can make the individual vulnerable to secondary lower respiratory tract infections. Early and consistent attention, along with adequate time for convalescence, keeps all colds from becoming problematic.

Siddha designates the symptom complex of viral fever as *Vaatha Kapha Sura* (*Vaathaseleshmajuram*) attributed to the impairment of concentrations, tiredness, lethargy, Delirium, Dyspnea, Cough, joint

pain, Headache, Cold intolerance, Tastelessness, Fever. Traditionally, herbal remedy *Devadarvaathy Kashaya* (Decoction) has been successfully used for symptoms with uncomplicated, minor infections. *Devadarvaathy Kashaya* was considered to be an Agasthiyar Erandayeram (2000) for *Vaathaseleshmajuram*. This decoction was expected to give good response in *Vaathaseleshmajuram*.

Objectives

General Objective

- To identify effective poly herbal treatment for *Vaathaseleshmajuram*.

Specific Objective

- To select the simple poly herbal treatment for *Vaathaseleshmajuram*.
- To prove the ancient herbal medical formulations are most effective than others.
- To create the herbal medicine for curing the diseases well.
- To analysis the Siddha classic formula in scientific method.

Literature review**Disease Review**

- ✓ Modern Medical view.
- ✓ Siddha Medical view.
- *Vaathaseleshmajuram*

Drug Review

- ✓ *Devadarvaathy Kashaya* (Decoction)

Ingredients Review

Disease Review

- ✓ **Modern Medical view.**

Influenza (Seasonal)**Key facts**

- Influenza is an acute viral infection that spreads easily from person to person.
- Influenza circulates worldwide and can affect anybody in any age group.
- Influenza causes annual epidemics that peak during winter in temperate regions.
- Influenza is a serious public health problem that causes severe illnesses and deaths for higher risk populations.
- An epidemic can take an economic toll through lost workforce productivity, and strain health services.
- Vaccination is the most effective way to prevent infection.^[5]

Overview

Seasonal influenza is an acute viral infection caused by an influenza virus.

There are three types of seasonal influenza – A, B and C. Type A influenza viruses are further typed into subtypes according to different kinds and combinations of virus surface proteins. Among many subtypes of influenza A viruses, currently influenza A (H1N1) and A (H3N2) subtypes are circulating among humans. Influenza viruses circulate in every part of the world. Type C influenza cases occur much less frequently than A and B. That is why only influenza A and B viruses are included in seasonal influenza vaccines.^[5]

Signs and symptoms

Seasonal influenza is characterized by a sudden onset of high fever, cough (usually dry), headache, muscle and joint pain, severe malaise (feeling unwell), sore throat and runny nose. Most people recover from fever and other symptoms within a week without requiring medical attention. But influenza can cause severe illness or death in people at high risk. The time from infection to illness, known as the incubation period, is about two days.

High fever. (usually dry).	Cough
Headache. joint pain.	Muscle and
Severe malaise (feeling unwell).	Sore throat.
Runny Nose. ^[5]	

Who is at risk?

Yearly influenza epidemics can seriously affect all age groups, but the highest risk of complications occur among children younger than age two, adults age 65 or older, and people of any age with certain medical conditions, such as chronic heart, lung, kidney, liver, blood or metabolic diseases (such as diabetes), or weakened immune systems.^[5]

Transmission

Seasonal influenza spreads easily and can sweep through schools, nursing homes or businesses and towns. When an infected person coughs, infected droplets get into the air and another person can breathe them in and be exposed. The virus can also be spread by hands infected with the virus. To prevent transmission, people should cover their mouth and nose with a tissue when coughing, and wash their hands regularly.^[5]

Treatment

Antiviral drugs for influenza are available in some countries and effectively prevent and treat the illness. There are two classes of such medicines, 1) adamantanes (amantadine and remantadine), and 2) inhibitors of influenza neuraminidase (oseltamivir and zanamivir). Some influenza viruses develop resistance to the antiviral medicines, limiting the effectiveness of treatment. WHO monitors antiviral susceptibility in the circulating influenza viruses.^[5]

Seasonal epidemics

Influenza epidemics occur yearly during autumn and winter in temperate regions. Illnesses result in hospitalizations and deaths mainly among high-risk groups (the very young, elderly or chronically ill). Worldwide, these annual epidemics result in about three to five million cases of severe illness, and about 250 000 to 500 000 deaths. Most deaths associated with influenza in industrialized countries occur among people age 65 or older. In some tropical countries, influenza viruses circulate throughout the year with one or two peaks during rainy seasons.^[5]

Disease effects

Influenza can cause serious public health and economic problems. In developed countries, epidemics can result in high levels of worker absenteeism and productivity losses. In communities, clinics and hospitals can be overwhelmed when large numbers of sick people appear for treatment during peak illness periods. While most people recover from a bout of influenza, there are large numbers of people who need hospital treatment and many who die from the disease every year. Little is known about the effects of influenza epidemics in developing countries.^[5]

Prevention

The most effective way to prevent the disease or severe outcomes from the illness is vaccination. Safe and effective vaccines have been available and used for more

than 60 years. Among healthy adults, influenza vaccine can prevent 70% to 90% of influenza-specific illness. Among the elderly, the vaccine reduces severe illnesses and complications by up to 60% and deaths by 80%.

Vaccination is especially important for people at higher risk of serious influenza complications, and for people who live with or care for high risk individuals.

WHO recommends annual vaccination for (in order of priority)

- nursing-home residents (the elderly or disabled)
- elderly individuals
- people with chronic medical conditions
- Other groups such as pregnant women, health care workers, those with essential functions in society, as well as children from ages six months to two years.

Influenza vaccination is most effective when circulating viruses are well-matched with vaccine viruses. Influenza viruses are constantly changing, and the WHO Global Influenza Surveillance Network (GISN), a partnership of National Influenza Centre's around the world, monitors the influenza viruses circulating in humans. WHO annually recommends a vaccine composition that targets the three most representative strains in circulation.^[5]

WHO response

WHO, with its partners, monitors influenza globally, annually recommends a seasonal influenza vaccine composition, and supports Member States efforts to develop prevention and control strategies. WHO works to strengthen national and regional influenza diagnostic capacities, disease surveillance, outbreak responses, and increase vaccine coverage among high-risk groups.^[5]

✓ Siddha Medical view.

टंजीमसमौउरनतंउ

जौरतचछल,यात्नाय

छतीयळसकय रचावछनीचूय दतीलयदीवच रजछीचिलय
छरायहचस्फय त्जीतुयतिफय तचनरयदरीस् तमयश्रछमीरलय
गियळ छरीवीय तच्छुय प्रियहतच त्तचछीछस
गियहइ श्रुयये जीररय परं ल्नारीछाण ;14द
ववउइनकद जीपउपतमलोमज वेसउव्रीप जीअंतमलोपस
जीमउइनकनदबी नूँद पतंजीजीवकन दजीनदवजीस
अंचनतन जीव्रीप ममजीद अंदचेंप लंतनेपवकम
लंउचंकप अनदहांस अंजीजी जीपनतन नतंउंउमण ;14द
दहीन्यरु

छतीयहलयझ रारहयळझ बेन्लरयझ छालय:तयत्झ एनलयझ :सयस्झ रपल
एजयजचसुयविलय जलचझ थ्यनयझ हतचझ उन्तच ज़रलीक शूचंसिकय
त्नाय एन्मयरीलय उश्र जीरतचछल,यात्नाथयण^३.

Poorul (Meaning)

Ingredients and there medical Uses

Table a: ingredients^[1, 3]

Soombal, mathamathapu, ularuthal, melmuchu, irumal, moottu, thalai evedankalil vali, kulir, pasi, aruchi muthalana kurikaludam suram irunthaal athu vathaselshmasuramakum.^[1]

छतीयहलय soombal - Tiredness
रारहयळ mathamathappu - Lethargy
बेन्लरय ularuthal - Delirium
छालय:तयत् melmuchu - Dyspnea
एनलय irumal - Cough
:सयस् जलच moottu vali – Joint pain
रपलजलच thalai vali- Headache
थ्यनय kulir - Cold intolerance
उन्तचय aruchi - Tastlessness
त्नाय suram – Fever^[1]

Drug Review

Devadarvaathy Kashaya (Decoction)

छरजरीनयजीरच लींय^३.

जीरतचछलरया र्छजनरयस्चूयथ छरजरीनयजीरच तींय
उकछरज रीनज्ञसकय जूयूछजनययि दींयहसनय दींयैहय
हीकलय छहीलय जचवचींय! कूयहसीयि दीरियरालयलच
तक्काचैथ रचहयहचलच ज़मयस्चलचपहिय हवज़रयरीयिी जतायळ
तीकछरी दनीकयूचनविफयत् प्रन्नचत्रयस् मीवचजचसयछस ;31द

जचसयसये गियतयतच |वयिीकीलय छाजय दहन्यीयि गिलय री
कचसयसयेथइहयहच नीीचि लचसछनदतंयुरय थसलरकयकच
दलीसयइरयचनच |य जीरतचछलसयइ गीफयत्नुयचिपजदलयली
ज्ञसयस्हयहसयस्सय रसीच जूचमयछरुयुयिसीछंण ;32ददहीन्यरु
छरजरीन्त्यिथूयहसीयि दीरियरालयलच
जतायळाचैथरचहयहलच रचनीसयपतहयहवाय छीपनयिचिवुयथ्रपजपि
जपाथिथ 2) जनौदिकपस जच्रदास्सयश्र एइरयश्रतय त्रयस्खलाय तचकयक
हइ.01 जचसयस उस्हयहचकय छाछलूयूच गन् बवयिीथिय जपन
जूयूपजरयश्रज्ञ जइ सियइहय दहन्यीयि 08 थकयूचदंपसदंस्सयश्रयि लिमयश्र
बसयदींयैजयण जीरहि ख्यजनुययि रचनयण

(2 ½ tuhfd; = 10.2g

01 gb = 1.3l

01 cof;F = 336ml

08 Fd;wp = 1.05g)^[1]

Ingredients Review

1. पट्टुभट्टुश्र (Devadaru)-*Cedrus deodara* Roxb.
2. तथिथ (Sukku)-*Zingiber officinale* Linn.
3. हूयहसीयि ,Patpadakam)- *Mullugo cerviana* Dc.
4. दीरियरालयलच (Koththamalli)-*Coriandrum sativum* Linn
5. जतायळ (Vasambu)-*Acorus calamus* Linn.
6. तचै (Milagu)-*Piper nigrum* Linn
7. रचहयहलच (Thippali)-*Piper longum* Linn.
8. रचनीसयपतहयहवाय(Draksaipazham)-*Vitis vinifera* Linn
9. छीपनयिचिवुयथ (Koraikizhangu)-*Cyperus rotundus* Linn
10. दहन्यीयि(Perunkayam)-*Ferula asafetida* Linn.^[1,3]

No.	Botanical Name	Tamil	Sanskrit	Uses
01	<i>Cedrus deodara</i> Roxb.	Devadaru	Daruka	It is rapidly excreted by the skin, bronchial membrane & kidneys; it acts as a diaphoretic, stimulating expectorant & diuretics. It is also useful in acute laryngitis, bronchitis & pneumonia. It has anti-periodic properties for acute & chronic intermittent fevers.
02	<i>Zingiber officinale</i> Linn.	Sukku	Sunti.	It is used for cold, cough, asthma & fever.
03	<i>Mullugo cerviana</i> Dc.	Patpadakam	Pharnija	The plant is used in the treatment of fever.
04	<i>Coriandrum sativum</i> Linn.	Koththamalli	Dhanya	It is used with dry ginger as decoction for Cold, Influenza & Fevers.
05	<i>Acorus calamus</i> Linn.	Vasambu	Bhadra	It is a remedy for intermittent Fevers. It is used for Cough, Bronchial affections, Asthma also.
06	<i>Piper nigrum</i> Linn.	Milagu	Maricha	It is used in Cough & intermittent Fever.
07	<i>Piper longum</i> Linn.	Thippali	Dantakapha	It is used in decoction for acute & Chronic Bronchitis, Fever & Cough.
08	<i>Vitis vinifera</i> Linn.	Drakshai	Draksha	It is useful for Cough, Thirst, hoarseness & Constipation also.
09	<i>Cyperus rotundus</i> Linn.	Koraikizhangu	Mustaka	The tubers are used in acute Laryngitis, Bronchitis & Pneumonia. It is great esteem as a Diaphoretic, Astringent, Stimulant, Tonic, Diuretic & Demulcent.
10	<i>Ferula asafetida</i> Linn.	Perunkayam	Hingu	It produce natural antiviral drug compounds that kill the SwineFlu virus, H1N1. It is used to aid digestion. It has a broad range antimicrobial for treating chronic bronchitis and whooping cough, as well as reducing flatulence.

METHODOLOGY (METHODS & MATERIALS)

Type of Research: control Clinical Study

Research area: Ayurvedic Central Dispensary, Vaharai, Batticaloa

Research period: 03 months

Research Samples: 40 patients

1) Identification of Influenza Viral Fever patients according to clinically diagnosis.

Parameters Measured

The parameters measured were both objective and subjective.

Subjective parameters included Fever, muscular and joint pain, Cough, tiredness.

Objective parameters included assessment of Fever; assessment of temperature by thermometer in oral measurement in samples; assessment of cough

1.1) Inclusive criteria

Patients were eligible if they were 15–60 years of age, had symptoms of influenza viral fever only. Both sex included.

1.2) Exclusive criteria

Were the following

1) Already treated for influenza fever with any other medications. 2) periodic fever, 3) Diabetic Mellitus patients, 4) Bronchial Asthma, Hyper tension, Hyperlipidemia, antibiotic intake within 01 month for further complaints, 5) Other systemic complaints, 6) wounds, tonsillitis, earaches samples, 7) use of antioxidants or antipyretics and analgesic within 1 month before the study, 8) severe concomitant diseases, and 9) pregnancy, lactation mothers. 10) Under 15 age & above 60 years of age.

2) Literature review.

2.1) Identify and authenticate the drug materials including in the selected formula.

3) Identify the treatment in Siddha Pharmacopoeia.

4) Making for sample and check the quality for phyto-chemicals and standardization.

5) Making the final product of the Siddha drug.

6) Clinical test for the drug from 40 patients in OPD (Out Patient Department) for data collecting from a suitable Proforma.

7) Variables

a. Quantitate variable

b. Qualitative variable

8) Assessment Criteria

Final Assessment Criteria

I. High Marked. (not cured)

II. Marked improvement.

- III. Moderate improvement.
- IV. Mild improvement.
- V. Very mild.
- VI. Not improvement.
- VII. Aggressive.

9) Analysis of the data and making the thesis.

Quantitate Statistical analysis.
Qualitative statistical analysis.

Drug preparation

We had prepared Research drug and control drug which as placebo.

Research drug

Ingredients

1. NjtjhU (Devadaru)- Cedrus deodara Roxb.
2. Rf;F (Sukku) - Zingiber officinale Linn.
3. gw;glhfk; (Patpadakam) - *Mullugo cerviana* Dc.
4. nfhj;jky;yp (Koththamalli)- *Coriandrum sativum* Linn
5. trk;G (Vasambu)- *Acorus calamus* Linn.
6. kpsF (Milagu)- *Piper nigrum* Linn
7. jpg;gyp (Thippali)- *Piper longum* Linn.
8. jpuhl;irg;gok; (Draksaipazham)- *Vitis vinifera* Linn
9. Nfhiuf;fpoq;F (Koraikizhangu)- *Cyperus rotundus* Linn
10. ngUq;fhak; (Perunkayam) - *Ferula asafetida* Linn.^[1]

Method of preparation

,itfis tiff;F 2 ½ tuhndil tPjnkLj;J ,bj;Jr; Rj;j[yk; rpd;d gb-01 tpl;l mLg;gpd; NkNyw;wp xU cof;fhFk; tiu tw;wtj;J> tb fl;bg; ngUq;fhak; 08 Fd;wpnailnLj;Jf; fye;J cl;nfhs;sTk;. thjfg [;tuq;fs; jPUK;

(2 ½ tuhfd; = 10.2g

01 gb = 1.31

01 cof;F = 336ml

08 Fd;wp = 1.05g)^[1]

3.3-Clinical study

Clinical trial for research drug and Placebo to 40 patients in OPD (Out Patient Department) for data collecting from a suitable Proforma.

Grouping the Samples

In this research, total sample divided into two (02) groups but all are same symptomatically Influenza Viral fever condition. Those two groups are given below,

Group I: Influenza patients without Hospital internal treatment (HT).
(20 patients)

Group II: Influenza patients only Research Drug (Devadarvaathy kudineer) as internal treatment.
(20 patients)

Hospital Treatment (HT) – Research Drug is as follows

Research drug ingredients

Table 02: ingredients and their chemical constituents.^[2]

Table 01: treatment of Group II

Medicine	Dosage	Period of intake
Devadarvaathy kudineer	30ml	Thrice a day (tds)

Variables

a. Quantitate variable

Temperature

b. Qualitative variable

- i. Cough
- ii. Muscular and joint Pain
- iii. Headache
- iv. Tasteless
- v. Tiredness

Final assessment

The results of the treatment were graded as;

1. Complete relief
2. Marked relief
3. Moderate relief
4. Mild relief and
5. No relief.

RESULT & OBSERVATIONS

According to plant part used in formula

Wood

Devadaru - *Cedrus deodara* Roxb.

Dry Fruits

Thippali – *Piper longum* Linn.

Milagu – *Piper nigrum* Linn.

Koththamalli – *Coriandrum sativum* Linn

Draksaipazham - *Vitis vinifera* Linn

Rhizome

Sukku – *Zingiber officinale* Linn.

Vasambu – *Acorus calamus* Linn.

Koraikizhangu - *Cyperus rotundus* Linn

Whole Plant

Patpadakam - *Mullugo cerviana* Dc.

Resin

Perunkayam – *Ferula asafetida* Linn.^[1, 3]

No.	Botanical Name	Tamil	Sanskrit	Part used	Chemical
01	<i>Cedrus deodara</i> Roxb.	Devadaru	Daruka	Wood	Oleo resin, a dark coloured oil, 10-nonacosanol dibutyl phthalate, protocatechuic acid, phthalic acid bis-(2-ethylhexyl) ester, (E)-1-O-p-coumaroyl-beta-D-glucopyranoside, 5-p-trans-coumaroylguinic acid.
02	<i>Zingiber officinale</i> Linn.	Sukku	Sunti.	Rhizome	Zingerone, shogaol, Zingiberene, Cineol, Borneol, Gingerol, Gingerine, Gingerone, Citral, linalol, Caprylic acid, methyl heptenon, pelargonaldehyde & Malate
03	<i>Mullugo cerviana</i> Dc.	Patpadakam	Pharnija	Whole plant	
04	<i>Coriandrum sativum</i> Linn.	Koththamalli	Dhanya	Dry Fruit	Coriandrol, d-linalool, d-d-pinene, p-cymol, trepinene, dipentene, geranol, Pentosan, Furfurol, Pectin, Vit-C, Fat, Protein, Starch, Potassium & Malate
05	<i>Acorus calamus</i> Linn.	Vasambu	Bhadra	Rhizome	Choline, Acorin, Calamine A, Calamol, Asarone, Palmitic & Heptoic acids, Calamine, Calamerol & Calameon.
06	<i>Piper nigrum</i> Linn.	Milagu	Maricha	Dry Fruit	Acrid resin, oleo resin, alkaloids, Chavicine, beta-methyl pyrrolone, Piperidine & Piperovatine.
07	<i>Piper longum</i> Linn.	Thippali	Dantakapha	Dry Fruit	Piperine alkaloid, volatile oil & resin.
08	<i>Vitis vinifera</i> Linn.	Drakshai	Draksha	Dry Fruit	Tartarate of Potash, Tartaric acid, Stearic, Palmatic & Melissic acids & Tannin.
09	<i>Cyperus rotundus</i> Linn.	Koraikizhangu	Mustaka	Tuber	Essential oil, fat, Sugar, Gum, Albuminous matter, Sesquiterpene ketone, alpa-Cyperone, anti-biotic property.
10	<i>Ferula asafetida</i> Linn.	Perunkayam	Hingu	Gum	It contains about 40–64% resin, 25% endogeneous gum, 10–17% volatile oil, and 1.5–10% ash. The resin portion is known to contain asaresinotannols 'A' and 'B', ferulic acid, umbelliferone and four unidentified compounds

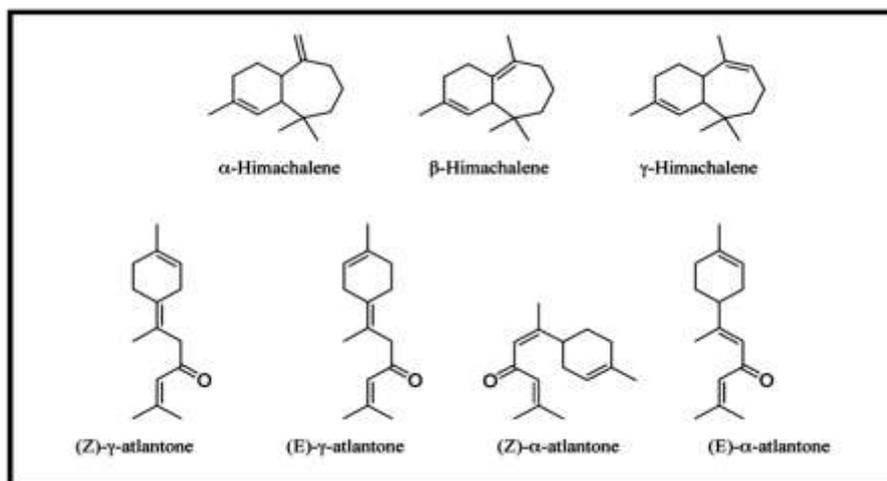


Figure: chemical composition in *Cedrus deodara*.^[2]

Samples of the Research

Table 03: samples

Sample No.	Age	Sex	Symptoms
001	39	F	Fever with cough and Joint ache pain
002	46	M	Fever with headache and joint pain
003	32	F	Fever with cough and Joint ache pain
004	47	F	Fever with cough and Joint ache pain
005	58	F	Fever with cough and Joint ache pain
006	49	F	Fever with cough and Joint ache pain
007	47	M	Fever with cough and Joint ache pain

008	52	M	Fever with headache and joint pain
009	39	F	Fever with headache and joint pain
010	29	F	Fever with headache and joint pain
011	18	F	Fever with headache and joint pain
012	30	F	Tiredness with Cough and Fever
013	40	F	Tiredness with Cough and Fever
014	42	F	Fever with cough and Joint ache pain
015	51	M	Fever with cough and Joint ache pain
016	56	M	Fever with cough and Joint ache pain
017	33	F	Tiredness with Cough and Fever
018	38	M	Fever with headache and joint pain
019	19	F	Tiredness with Cough and Fever
020	27	M	Tiredness with Cough and Fever
021	50	M	Fever with cough and Joint ache pain
022	39	M	Tiredness with Cough and Fever
023	36	F	Tiredness with Cough and Fever
024	41	F	Tiredness with Cough and Fever
025	45	F	Fever with cough and Joint ache pain
026	47	M	Fever with cough and Joint ache pain
027	30	F	Fever with headache and joint pain
028	42	F	Fever with headache and joint pain
029	43	F	Fever with headache and joint pain
030	37	M	Fever with headache and joint pain
031	34	F	Tiredness with Cough and Fever
032	52	M	Fever with headache and joint pain
033	48	M	Tiredness with Cough and Fever
034	53	M	Tiredness with Cough and Fever
035	47	F	Fever with headache and joint pain
036	49	M	Fever with cough and Joint ache pain
037	41	F	Fever with cough and Joint ache pain
038	37	F	Fever with cough and Joint ache pain
039	40	M	Fever with cough and Joint ache pain
040	43	F	Fever with cough and Joint ache pain

Sample sex with symptoms

Table 04: sex of samples

Sample No.	Age	Sex	Symptoms
2	46	M	Fever with headache and joint pain
7	47	M	Fever with cough and Joint ache pain
8	52	M	Fever with headache and joint pain
15	51	M	Fever with cough and Joint ache pain
16	56	M	Fever with cough and Joint ache pain
18	38	M	Fever with headache and joint pain
20	27	M	Tiredness with Cough and Fever
21	50	M	Fever with cough and Joint ache pain
22	39	M	Tiredness with Cough and Fever
26	47	M	Fever with cough and Joint ache pain
30	37	M	Fever with headache and joint pain
32	52	M	Fever with headache and joint pain
33	48	M	Tiredness with Cough and Fever
34	53	M	Tiredness with Cough and Fever
36	49	M	Fever with cough and Joint ache pain
39	40	M	Fever with cough and Joint ache pain

Total 16 samples are male.

Table 05: sex in samples

Sample No.	Age	Sex	Symptoms
1	39	F	Fever with cough and Joint ache pain
3	32	F	Fever with cough and Joint ache pain
4	47	F	Fever with cough and Joint ache pain
5	58	F	Fever with cough and Joint ache pain
6	49	F	Fever with cough and Joint ache pain
9	39	F	Fever with headache and joint pain
10	29	F	Fever with headache and joint pain
11	18	F	Fever with headache and joint pain
12	30	F	Tiredness with Cough and Fever
13	40	F	Tiredness with Cough and Fever
14	42	F	Fever with cough and Joint ache pain
17	33	F	Tiredness with Cough and Fever
19	19	F	Tiredness with Cough and Fever
23	36	F	Tiredness with Cough and Fever
24	41	F	Tiredness with Cough and Fever
25	45	F	Fever with cough and Joint ache pain
27	30	F	Fever with headache and joint pain
28	42	F	Fever with headache and joint pain
29	43	F	Fever with headache and joint pain
31	34	F	Tiredness with Cough and Fever
35	47	F	Fever with headache and joint pain
37	41	F	Fever with cough and Joint ache pain
38	37	F	Fever with cough and Joint ache pain
40	43	F	Fever with cough and Joint ache pain

Total 24 samples are Females.

Table 06: sex of samples

Sex	Total No.
Females	24
Males	16

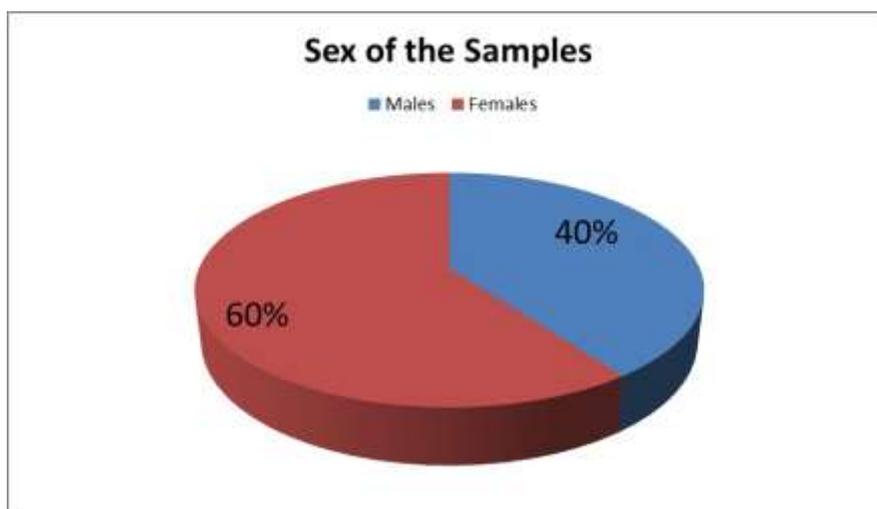


Chart 01: sex of the samples.

Symptoms are

1. Fever with cough and Joint ache pain – 17 = 42.5%
2. Fever with headache and joint pain – 12 = 30%
3. Tiredness with Cough and Fever – 11 = 27.5%

Sample No. and Symptoms of the sample

Table 07: symptoms

Sample No.	Age	Sex	Symptoms
1	39	F	Fever with cough and Joint ache pain
3	32	F	Fever with cough and Joint ache pain
4	47	F	Fever with cough and Joint ache pain
5	58	F	Fever with cough and Joint ache pain
6	49	F	Fever with cough and Joint ache pain
7	47	M	Fever with cough and Joint ache pain
14	42	F	Fever with cough and Joint ache pain
15	51	M	Fever with cough and Joint ache pain
16	56	M	Fever with cough and Joint ache pain
21	50	M	Fever with cough and Joint ache pain
25	45	F	Fever with cough and Joint ache pain
26	47	M	Fever with cough and Joint ache pain
36	49	M	Fever with cough and Joint ache pain
37	41	F	Fever with cough and Joint ache pain
38	37	F	Fever with cough and Joint ache pain
39	40	M	Fever with cough and Joint ache pain
40	43	F	Fever with cough and Joint ache pain

Symptom is Fever with cough and Joint ache pain in 17 samples

Table 08: symptom - Fever with headache and joint pain

Sample No.	Age	Sex	Symptoms
2	46	M	Fever with headache and joint pain
8	52	M	Fever with headache and joint pain
9	39	F	Fever with headache and joint pain
10	29	F	Fever with headache and joint pain
11	18	F	Fever with headache and joint pain
18	38	M	Fever with headache and joint pain
27	30	F	Fever with headache and joint pain
28	42	F	Fever with headache and joint pain
29	43	F	Fever with headache and joint pain
30	37	M	Fever with headache and joint pain
32	52	M	Fever with headache and joint pain
35	47	F	Fever with headache and joint pain

Fever with headache and joint pain symptoms present in 12 samples

Table 09: Tiredness with Cough and Fever

Sample No.	Age	Sex	Symptoms
12	30	F	Tiredness with Cough and Fever
13	40	F	Tiredness with Cough and Fever
17	33	F	Tiredness with Cough and Fever
19	19	F	Tiredness with Cough and Fever
20	27	M	Tiredness with Cough and Fever
22	39	M	Tiredness with Cough and Fever
23	36	F	Tiredness with Cough and Fever
24	41	F	Tiredness with Cough and Fever
31	34	F	Tiredness with Cough and Fever
33	48	M	Tiredness with Cough and Fever
34	53	M	Tiredness with Cough and Fever

Tiredness with Cough and Fever symptoms in 11 samples.

Symptoms of total no. of the sample

Table 10: symptoms of samples.

Symptoms	No. of the Samples
Fever with cough and Joint ache pain	17

Fever with headache and joint pain	12
Tiredness with Cough and Fever	11

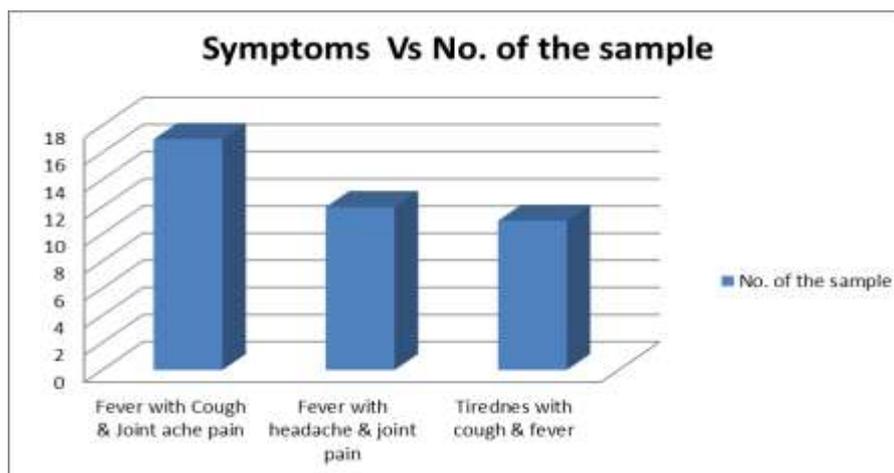


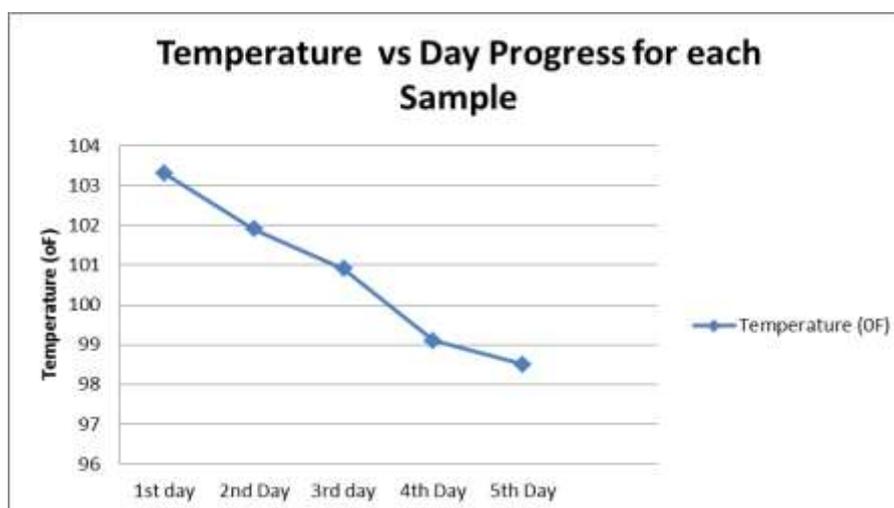
Chart 02: symptoms of samples

Fever Chart of each sample

Table 11: Temperature of samples.

Days	Time & measurement of temperature (°F)						Average of day
	6.00am	8.00am	12.00noon	4.00pm	6.00pm	10.00pm	
1 st day	103.4	103.4	103	103.3	103.3	103.2	103.267
2 nd day	103	103	102.9	102.7	102.7	102.3	102.767
3 rd day	102.2	102.2	102	101.9	101.9	101.5	101.95
4 th day	101.2	101.2	100.9	100.8	100.8	100.5	100.9
5 th day	100.3	100.2	99.8	99.7	99.7	99.5	99.8667
6 th day	99.4	99.4	99.1	99.1	99	98.9	99.15
7 th day	98.7	98.7	98.5	98.5	98.5	98.5	98.5667

Temperature measured in scheduled periodic time at 6.00am, 8.00am, 12.00 noon, 4.00pm, 6.00pm and 10.00pm with mercurial clinical thermometer by oral reading.



Graph 01: temperature measurement for a sample.

Temperature of the sample reducing gradually and came to normal body temperature level.

DISCUSSION & CONCLUSION

Siddha designates the symptom complex of viral fever as Vaatha Kapha Sura (Vaathaseleshmajuram) attributed to

the impairment of concentrations, tiredness, lethargy, Delirium, Dyspnea, Cough, joint pain, Headache, Cold intolerance, Tastelessness, Fever. Traditionally, herbal remedy *Devadarvaathy Kashaya* (Decoction) has been successfully used for symptoms with uncomplicated, minor infections. *Devadarvaathy Kashaya* was considered to be an Agasthiyar Erandayeram (2000) for *Vaathaseleshmajuram*. This decoction was expected to give good response in *Vaathaseleshmajuram*. Research samples (n=40) divided by two groups which are; Group I: Influenza patients without Hospital internal treatment (HT)- (20 patients), Group II: Influenza patients only Research Drug (*Devadarvaathy kudineer*) as internal treatment (20 patients). Main complaints from samples are; Fever with cough and Joint ache pain. This is qualitative and quantitative case control clinical research. *Devadarvaathy Kashayam* 30ml, thrice a day (t.d.s) is significantly effect to all sign and symptoms of *Vaathaseleshmajuram* in 05 days duration. (p value <0.001).

Group II is most effective than group I samples. Therefore research drug is better than group I. conclude as *Devadarvaathy Kashayam* is significantly effect to all sign and symptoms of *Vaathaseleshmajuram*.

The studies were aimed mainly to establish the efficacy of certain Siddha formulation in the treatment of "Vaathaselesmajura". Almost care was taken while selecting the drugs to ensure following points

1. The drug including the formulation should be easily and locally available.
2. The drug should be a non-controversial nature.
3. As far as possible the drug should be according to the Siddha principles, supported by Siddha classics.
4. The drug should be good effective for Kapha, Vaatha dosha and fever condition also.
5. The drug should be a non-toxic in nature.

The assessment was made on the basis of structural and functional ability which are regained by the treatment including the improvement of normal respiration, expectorant and promote the mucolytic, muco-kinetic actions with reducing the cough and fever.

The selection of the drug was made on the basis of textual references and clinical experiences.

The future studies were designed; to compare the efficacy of the certain Siddha formulations in *Vaathaseleshmajuram*. Simple formulation found in the classic texts where there is no controversy over the ingredients, were selected for the future studies.

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