



## TO STUDY THE EFFICACY OF ABHYADHI CHOORNA IN KAPHAJ KASA: A CASE STUDY

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Article Received on 20/03/2018

Article Revised on 10/04/2018

Article Accepted on 30/04/2018

### ABSTRACT

Now a days kasa is common complaint in OPD or IPD patients. Number of drug formulations available such as Sitopaladi choorna, talisadi vati, lawangadi samashirkara choorna etc but "*Abhyadhi choorna*" is unique combination Because kaphaj kasa is *Amashyaudhbhwa vyadhi* and Dipan, pachan is qualities. The present case study is successful management of *kaphaj kasa*. A 21yr old male patient came to opd with chief complaint of *Kasa vega*, *Kaphaj Shitivan*, *Shirogawravata*, *Pinas*, *Kshudamandhya*. Which get relief within 10 days with "*Abhyadhi Choorna*".

**KEYWORDS:** *Abhyadhi Choorna*, *Kaphaj kasa*.

### INTRODUCTION

Ayurveda is science of natural life, which cure not only disease condition but also promote a healthy life. Today's changing in environment which expose number of unnatural substance's by pollution, over population, industrialization etc. this occult factors impact on health and causes so many Respiratory Disorders. In modern science cough is most frequent symptom in all respiratory disorders. But in Ayurvedic literature kasa is explained independent disease. In Kasa-disease most of the pranvha-strotas mostly involved. kasa has 5 types like *Vataj*, *pittaj*, *kaphaj*, *shataj*, *shayaj* etc. *Abhyadhi choorna* is mentioned in *Kalyan karakam* is jain religious Grantha.

**A case report as follow:** The present case study is successful Ayurvedic management of a case of *kaphaj kasa*.

A 21yr old male patient came to opd with us a chief complaint of-

1. *Kasa vega*.
2. *kaphaj shitivan*
3. *Pinas*
4. *Shirogawravata*
5. *Kshudamandya*

Patient had above complaint since last 5 days.

### History of personal illness

The patient was normal since 5 days back, then he was suffering from *Kasa vega*, *Kaphaj shitivan*, *Pinas*, *Shirogawravata*, *Kshudamandya*. He had also taken some cough syrup and antibiotics but nothing relief from

above symptoms then he had come to our hospital- Seth Sakaharam Nemchand Jain Ayurvedic Rugnaalya in Kayachikitsa department OPD for Ayurvedic treatment.

### General examination

*Nadi (Pulse):* *Kaphapradhan*, *Vatanubandhi*, 76/min  
*Mala (stool):* *samyaka malapravartana*  
*Mutra (Urine):* *samaka Mutrapravartana*  
*Shabda (Speech):* *Prakrut*  
*Bala:* *Madhyam*  
*Sparsh (Skin):* *Snigdha*, *Mrudu*  
*Druk (Eyes):* *Prakruta*  
*Akruti:* *Madhyama*  
*Jiva (Tounge):* *Sama* (coated)  
*Agani:* *Mandya*  
RS: Whezing  
B.P: 124/90 mm of Hg.

### AIM AND OBJECTIVE

"Study efficacy of *Abhayadi Choorna* in *kaphaj kasa*."

### Types of Study

A single case study- Prospective.

### Study Center

Seth Sakham Nemchand Jain Ayurvedic Hospital, Solapur.

## MATERIAL AND METHOD

Abhayadi choorna- Aushadi Yoga.

| Sr. No. | Dravya  | Latin Name           | Useful Parts | Form    | Quantity |
|---------|---------|----------------------|--------------|---------|----------|
| 1]      | Abhaya  | Terminalia chebula   | Phala        | Choorna | 1 Part   |
| 2]      | Motha   | Cyperus rotundus     | Mula         | Choorna | 1 Part   |
| 3]      | Shunthi | Zinziber officinalis | Kanda        | Choorna | 1 Part   |
| 4]      | Gudha   | -                    | -            | Choorna | 1 Part   |

### Choorna Nirman Vidhi

The raw material in choorna form will be collected from S.S.N.J. Ayurved Aoushadhalaya Trust's Ayurved Rasashala (ISO certified company) which have Particle size of 80-100 mesh. All *dravya* will be taken as per the proportion mentioned in above chart. *Choorna nirman* will be done as per procedure described in *Sharangdhara samhita*. Phyto-chemical analysis of all individual drugs will be done before use.

- **Dose** : 1gm x Twice a Day
- **Anupan** : *Madhu*
- **Aushadhi Sevan Kala** : *Aadhobhakta*
- **Route of Administration** : Oral
- **Type of treatment** : OPD Basis
- **Duration** : 1 month
- **Follow up** : After every 10 days

| Symptoms Before Treatment | Day 1                                           | Day 10 |
|---------------------------|-------------------------------------------------|--------|
| Kasa Vega                 | 5-6 vegas/day                                   | Absent |
| Kaphaj shritvan           | 3-4 times /day purulent, sticky. 3ml/per bought | Absent |
| Kshudamandya              | Present                                         | Absent |
| Pinas                     | Present                                         | Absent |
| Shirogawravatva           | Present                                         | Absent |

## DISSCUTION

In this case, patient came with symptotms Kasa vega, kaphaj shritvan, Kshudamandya, Pinas, Shirogawravata since 5 days. This syptoms are purely kaphaj kasa. Ideal treatment in this condition is Vatanuloman, Aaam-pachan, Dipan Pachan & Strotoviband-nasan. The properties of "Abhayadi-choorna" is Dipan, Pachan and Vatanulon. Therefore this choorna is very effective in treatment of kaphaj kasa.

## REASULT

The Kaphaj kasa shows complete resolution at the end of 10 days. Only oral remedy of "Abhayadi choorna" is very effective for above symptoms. Though on the basis of single casa study, we can't say that this hypothesis to be true but it could guide us for further clinical trials.

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