



KACCHURADI CHOORNA LEPA: AN EFFECTIVE ANTIPYRETIC

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ABSTRACT

One of the most common manifestations of illness during childhood, which makes the parents to seek medical attention early, is Fever. It is one of the most common medical sign and is part of about 30% of healthcare visits by children and occurs in up to 75% of adults who are seriously sick. If we don't treat fever in early stage, chances of hyperpyrexia is more which may cause febrile convulsions which leads to brain tissue damage. *Ayurvedic* medicines, used for treating *Jwara* are predominantly of *Tiktarasatmak* hence, are not palatable for children. Therefore there is need for *Bahirparimarjana Chikitsa* in reducing fever. One among them is *Kacchuradi choorna* which can be used as *Lepa* in *Jwara*. Thus to test its efficacy study was taken. The objectives of the study was to evaluate the antipyretic action of *Kacchuradi Choorna Lepa* in febrile children. The study concluded, *Kacchuradi choorna lepa* started its antipyretic action in first 15mins and sustained its action up to 45mins.

KEYWORDS: Fever, *Kacchuradi choorna*, *Jwara*, *lepa*.

INTRODUCTION

Ayurvedic classics have described many diseases amongst which *Jwara* stands first, because of its uniqueness to make everyone suffer, since birth to death. *Jwara* being a commonest symptom which accompanies almost all the constitutional diseases has been termed as *Rogadhipati* (king of diseases) by *Acharyas*.^[1]

Jwara – “*Dehendriyamsantapisarvarogagrjobali*”^[1] It means that the disease is characterized by raised body temperature. *Jwara* is found to be described as a disease in *Santapa* (rise of temperature), *Swedavarodha* (obstruction to perspiration) and *Angamarda* (pain all over the body), as, it is found in all types of *Jwara* can be considered as the *pratyatmakalakshana* of all types of *Jwara*.^[1] *Santapa* can be translated as the rise of body temperature along with the distressed mind.

When child becomes febrile body gets heated up causing disorientation of sense organs and mind. This makes the child irritable.^[2] Modern medicine many potent antipyretic formulations are available but they are having side effect like hepatotoxicity, renal impairment.^[3] etc.

Therefore, there is need today to manage *Jwara* by *Bahiparimarjan Chikitsa* like *Lepa* for safety and efficacy.

MATERIALS AND METHODS

Source of Data

10 diagnosed cases of age group 3 years to 16 years attended OPD & IPD of *Kaumarabhritya* Dept. of K.L.E *Ayurveda* Hospital had been enrolled.

Study Sample

10.

Study Duration

3 Hours.

Drug Preparation

Kacchuradi Choorna.^[4] was prepared at GMP approved KLE *Ayurveda* Pharmacy and were authenticated from AYUSH approved Central Research Laboratory of KLE University Shri BMK *Ayurveda* Mahavidyalaya, Belagavi.

METHODS OF COLLECTION DATA

1) Inclusive Criteria

- Children of both genders between the age group 3 years - 16 years.
- Axillary Temperature ranging from 99°F to 102°F.

2) Exclusion criteria

- Any febrile condition of children requiring an immediate intervention depending on history and

- general condition at the point of examination as found by Investigator were excluded from the study.
- Known febrile condition in which relative Bradycardia is present was excluded from study.
- Children with the *SheetpoorvakJwara* were excluded from study.

Assessment Criteria

Time	BT Grading	15 min	30min	45min	60min	90min	120min	150min	180min
Axillary Temperature									
Oral Temperature									
Tympanic Temperature									
Respiration Rate									
Heart Rate									

Sop of Lepa^[5,6,7,8]

- Lepa in the pratilomadirection.
 - By doing *Lepa* in the *Pratiloma* direction it helps the *Oushadha* to remain there properly and allows it to enter the *romakoopas* and there by *veeryaentering svedavahi srotas*.
 - Never allow *Lepa* to get dry, if dried remove it immediately.
 - Don't do *Lepa* at night.
 - If applied at night due to the *Seetasvabhava* of rathri kala the *ooshma* gets *rodha* and it will lead to *Rogavidhi*.
 - Don't apply *Lepas* which are old.
 - Never apply *Lepa* on & on without removing the earlier one If applied so causes rise in temp, *vedana*, *daha&ghanatva*.
 - If a *Lepa* once becomes *Sushka* –Don't use again as it becomes *Nirveerya*.
 - A *Lepa* once applied becomes *Sushka* it should be removed only after making it *Adra* Once removed apply a little oil & do a slight massage *Prayojana* of *Lepa*-Benefits of *Lepa* Just like *Agni* getting *shantha* after putting water, *Dosha* also gets pacified after *lepana*.
- **Thickness:** 4 to 5 mm.
 - **Place:** Fore Head.
 - **Duration:** Up to Dry.
 - **Removal:** After Dry.

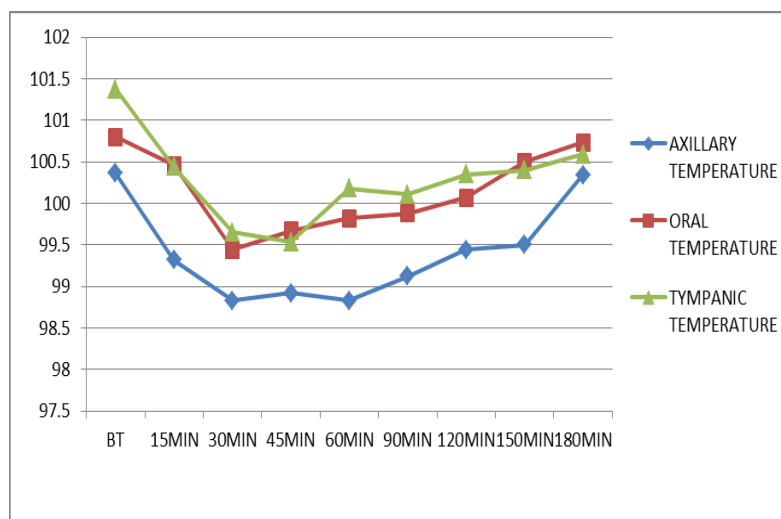
OBSERVATION

1. Age	3-9 years	6	60%
	9-16 years	4	40%
2. Gender	Male	5	50%
	Female	5	50%
3. Religion	Hindu	8	80%
	Muslim	2	20%
4. Socio economic status	Lower class	2	20%
	Middle class	8	80%
5. Diet	Mixed	9	90%
	Veg	1	10%

RESULTS

Tabulated data of assessment parameters in there Mean value

Time in Minutes	Axillary temp	Oral Temp	Tympanic Temp	HR	RR
BT	100.360	100.800	101.370	118.800	29.700
15	99.320	100.460	100.440	112.100	25.900
30	98.830	99.440	99.650	106.000	24.600
45	98.920	99.670	99.530	97.600	22.200
60	98.830	99.820	100.180	96.800	21.500
90	99.120	99.880	100.110	99.000	22.400
120	99.440	100.070	100.350	101.400	23.500
150	99.500	100.500	100.400	108.300	24.000
180	100.340	100.730	100.590	111.100	25.600



Graph no 1: Graphical Presentation of Temperature at various sites.

DISCUSSION

In the chapter *Dhamni vyakaranadhyaya*^[9] Acharya Sushruta explains *dhamanis* (artery) which are *oordhwagata*, *adhogata*, and *tiryakagata*. Here he explains four *tiryakgami siras* (veins). Out of these four, each divide gradually hundred and thousand times and thus becomes innumerable. By this the body is covered like network bound and pervaded their openings are attached to hair follicle which carry sweat and replenish rasa inside and outside. Through them only the Veerya of *Abhyanga*, *Snana*, and *Lepa* enter the body after being transformed in skin. The physicochemical properties of a drug in a topical dosage form affect that drug's transdermal delivery and topical bioavailability. The molecules of the formulation after penetrating through the stratum corneum and hence into viable epidermis and dermis produce its characteristic pharmacological.^[10] *Kacchuradi Choorna* having the chemical components are flavonoids which are the inhibitors of the metabolizing enzymes such as phospholipase A2, Cyclooxygenase (COX), Lipoxygenase (LOX) and it reduces the Arachidonic acids (AA), Prostaglandins (PG), Leukotrienes (LT) and Alkaloids. In this way it breaks the pathogenesis of fever & decreases fever, once the *lepa* starts drying then temperature starts to raise.

CONCLUSION

Kacchuradi choorna lepa is effective in bringing down the raised body temperature in first 45mins, thereafter antipyretic action was not noted. As *Kacchuradi Choorna* contains 16 *sheeta viryatmaka* and 13 *ushna viryatmaka dravyas* mentioned in *Sahasrayoga* for *Jwara* in *Lepa* form. It can be used in day to day practice as all the drugs are readily available. It is easy to prepare & dispense due to its availability in *choorna* form.

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