

EFFECT OF VAMAN KARMA IN KAPHAJ PRATISHYAY W.S.R. TO CHRONIC RHINITIS**Dr. Santosh T. Jatale^{*1} and Dr. Anjali R. Thengzode²**^{*1} Assist Professor Dept. of Samhita Govt. Ayurved College Nanded.² Assist Professor Sanskrit Dept. of Samhita Govt. Ayurved College Nanded.***Corresponding Author: Dr. Santosh T. Jatale**

Assist Professor Dept. of Samhita Govt. Ayurved College Nanded.

Article Received on 22/06/2020

Article Revised on 12/07/2020

Article Accepted on 02/08/2020

ABSTRACT

The science of life Ayurveda is based on the principle of *Tridosha* (Three physiological constituent of the body). When Kapha dosha increases excessively becomes abnormal and creates various Kaphaj vikara. Among these vikara (diseases) Kaphaj Pratishyay (chronic rhinitis) is a disease seen in all age groups. Kaphaj Pratishyay becomes chronic and incurable if not treated in early stages. Recurrence of disease with symptoms is also seen after Shaman therapy. According to Ayurveda Vamana is best therapy for Kaphaj vikara, hence the effect of Vaman karma in Kaphaj Pratishyay was studied out. On the basis of observation and statistical analysis Vamana is found very effective on Kaphaj Pratishyay.

KEYWORDS: *Tridosha, Kaphaj vikara, Vamana, Kaphaj Pratishyay.***INTRODUCTION**

The basic principle of Ayurveda is that *Tridosha* should be in equilibrium state to maintain health and imbalance in *doshas* creates diseases in the body.^[1] Improper diet and lifestyle, seasonal variation causes an excessive increase in *Kapha dosha*. This imbalanced *Kapha dosha* being abnormal creates many diseases which are definitely harmful. With the moto of Ayurveda to maintain health by preventing and treating disease^[2], we can get rid of Kaphaj vikara. According to Ayurveda *Vamana* is best *shodhan* therapy for *Kaphaj* diseases.^[3]

To study the effect of *Vaman karma* on *Kaphaj vikara*, the patients of *Kaphaj Pratishyay* (Chronic rhinitis) were given *Vaman* therapy and results were observed.

MATERIAL AND METHODS

For this study, 16 patients were selected for *Vaman* therapy from Pakwasa Hospital and Akhil Bharatiya Anusandhan sansthan Nagpur, having symptoms of *Kaphaj Pratishyay*. The patients unsuitable for *Vamana* were not included in this work. Special case pro forma was prepared and basic blood investigations were also done.

For the purpose of *Vaman Karma*, every patient was prepared with proper *Snehan* and *Swedan* therapy. Then they were given 1-1.5 liter milk and 1-1.5 liter *Yashtimadhu phant* to drink as *Vamanopag dravya* and after that *Madanphala* powder with honey was given orally for *Vaman*^[4] (emesis).

After properly completing *Vaman karma* mukh *prakshalan*(face wash) and *Dhumpan*(herbal smoke inhalation) was done. Diet is given as per *Sansarjan* karma described in Ayurveda.^[5]

Clinical assessment of effect of Vaman Karma.

The symptoms of *Kaphaj pratishyay* (Chronic Rhinitis) and some investigation were done before *Vaman* therapy and after *Vaman* therapy.

Each symptom like Nasal itching, Excessive salivation, Cough, Heaviness^[6] was given score 1 and nasal discharge is a main symptom of *Kaphaj pratishyay* so following score was given as per following criteria.

Nasal discharge**1) Quantity**

Normal	- 00
Slightly increased	-01
Moderately increased	-02
Highly increased	-03

2) Consistency

Normal	- 00
Slightly thick	- 01
Moderately thick	- 02
Highly thick	- 03

3) Colour

Normal	- 00
Whitish	-01

Yellowish -02
Greenish -03
Redish -04.

OBSERVATIONS

In total 16 patients 06 were male and 10 were female.
All patients were of young age group.
Average Bala of these patients was madhyam.
Madhyam to Uttam type of Satva was found in all patients.

1. Observation regarding nasal discharge.

Sr. No. of patient	Consistency		Quantity		Colour	
	B.T	A.T	B.T	A.T	B.T	A.T
1	2	2	2	2	3	1
2	2	0	3	0	1	0
3	2	0	2	0	1	0
4	2	0	2	0	1	0
5	2	0	2	0	1	0
6	2	0	2	0	2	0
7	2	1	3	1	1	0
8	2	0	2	0	1	0
9	2	1	2	1	1	0
10	2	0	2	1	3	0
11	2	0	2	0	1	0
12	2	1	2	1	1	0
13	2	0	2	0	1	0
14	2	0	2	0	2	0
15	2	0	2	0	1	0
16	2	2	2	2	3	1

(B.T- Before treatment, A.T- After treatment)

2. Score of other symptoms.

Sr.No Of Pt	Anorexia		Cough		Heaviness		Nasal itching		Prasek		Total Score	
	B.T	A.T	B.T	A.T	B.T	A.T	B.T	A.T	B.T	A.T	B.T	A.T
1	1	1	1	1	1	1	1	1	1	1	12	10
2	1	0	1	0	1	0	0	0	1	0	10	0
3	1	0	1	0	1	0	1	0	1	0	10	0
4	1	0	1	0	1	0	1	0	1	0	10	0
5	1	0	1	0	1	0	1	0	1	0	10	0
6	1	0	1	0	1	0	1	0	1	0	11	0
7	1	0	1	1	1	0	1	1	1	0	11	3
8	1	0	1	0	1	0	1	0	1	0	10	0
9	1	0	1	1	1	1	1	1	1	0	10	5
10	1	1	1	0	1	0	1	1	1	0	12	3
11	1	0	1	0	1	0	1	0	1	0	10	0
12	1	0	1	1	1	0	1	1	1	0	10	4
13	1	1	1	0	1	1	1	0	1	0	10	2
14	1	0	1	0	1	0	1	0	1	0	11	0
15	1	0	1	0	1	0	1	0	1	0	10	0
16	1	1	1	1	1	1	1	1	1	1	12	10

RESULT AND DISCUSSION

Observation	B.T. Mean \pm SD	A.T. Mean \pm SD	Difference Mean \pm SD	S.E.	T	P
Total Score	10.5625 \pm 0.7629	02.3125 \pm 03.33	08.25 \pm 02.86	0.715	11.53	< 0.05

Vaman therapy has shown effective results on *Kaphaj pratishyay* and its associated symptoms. On the basis of statistical analysis the effect of *Vaman* therapy considered highly significant ($P < 0.05$). *Vaman* karma has great benefits on *Kaphaj Pratishyay* (chronic

Rhinitis) and its associated symptoms like Nasal discharge, nasal itching, Excessive salivation, Cough, Heaviness. Blood investigation like TLC, ESR has also shown improvement by *vaman* in the above patients of *Kaphaj pratishyay*.

CONCLUSION

The unhealthy diet and lack of exercise produces various *Kaphaj* diseases. In this study, the results have shown significant effect of *Vaman* karma on *Kaphaj Pratishyay*. It is also observed that *Vaman* definitely helps to treat *Kaphaj Pratishyay*. Recurrence of the symptoms are not seen. *Vaman* may beneficial in all other *Kaphaj Vikara*(diseases) like *Kaphaj Pratishyay*.

REFERENCES

1. B. Rama Rao Ashtang sangraha Sutrashtan1/42 Choukhamba Vishvbharati Varanasi 1st edition, 2006; 15
2. Vd. Ravidatta Tripathi Charak Samhita Sutrashtan30/26 Choukhamba Sanskrit Pratishthan Delhi. Reprint, 2013; 447.
3. Vd. Bramhanand Tripathi Charak Samhita 1 Sutrashtan 25/40 Choukhamba surabhi Pratishthan Varanasi Reprint, 2006; 453
4. Vd. Ravidatta Tripathi Charak Samhita Sutrashtan15/09 Choukhamba Sanskrit Pratishthan Delhi. Reprint, 2013; 242.
5. Vd. Ravidatta Tripathi Charak Samhita Sutrashtan15/16 Choukhamba Sanskrit Pratishthan Delhi. Reprint, 2013; 245.
6. Vd. Ravidatta Tripathi Charak Samhita 2 Chikitsasthan26/106 Choukhamba Sanskrit Pratishthan Delhi. Reprint, 2013; 642.