

**TITLE- “CLINICAL STUDY ON SAUVARCHALADI CHOORNA AND PADMAKADI
HERBAL NEBULIZATION IN THE MANAGEMENT OF TAMAKA SHWASA W.S.R TO
CHILDHOOD BRONCHIAL ASTHMA”**



Dissertation submitted as partial fulfillment for the degree of
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Abstract:

Indian children are more prone for different respiratory illness of infective as well as allergic origin due to various etiological factors like overcrowding, pollution, poverty etc. Childhood bronchial asthma is one of the allergic respiratory conditions and tending to high prevalence in the subcontinent children in past few years. Current synthetic drugs used in contemporary science of medicine, are unable to act at all the stages and targets of asthma and showing drug dependency with adverse effect too. In Ayurveda, this is contemplated with *Tamaka shwasa*, and dealt with innumerable herbal & mineral formulations with multiple routes of administration. *Sauvarchaladi choorna* & *Padmakadi* nebulization are one of those both administered by respective routes with due consideration of stages of *shwasa roga*. So, there is great need for advancing the field of Ayurveda specially in modern pediatrics and thus this intended trail was done.

Key words: Asthma, *Padmakadi* nebulization, *Tamaka shwasa*, *Sauvarchaladi choorna*

Aim:

1. Conceptual study of *Tamaka Shwasa* occurring in children contemplating both Ayurveda and Modern viewpoints.
2. To evaluate the efficacy of *Sauvarchaladi Choorna* as internal medication along with *Padmakadi* herbal nebulization in the *Avegavastha* in the management of *Tamaka Shwasa* in children.

Study design: Interventional Randomized Single Armed Clinical Study

Material and method: The study was conducted on 32 children of Asthma for a period of 12 weeks. Clinical features and hematological parameters were documented before and after treatment.

Statistical analysis: Observations of the study were analyzed and findings were evaluated by using statistical methods (Student's *t* test)

Results : The present study shows that the trial drug *Sauvarchaladi choorna* is effective to provide a short term relief with statistically significant values but *Padmakadi* nebulization was not found to be effective in *vegaavastha* with insignificant statistical values. No adverse effect of the trial drug was observed during the study.

Conclusion: The results suggest that *Sauvarchaladi choorna* is significantly effective in the management of Asthma in children.