

Effect of Selected Sri Lankan Traditional Formulae on *Pinasa* (Catarrh)-A Single Case Study

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Abstract

Pinasa (Catarrh) is a disease that an inflammatory process seen in respiratory tract and mucus membrane. *Pinasa* and its complications influence on ordinary life styles by decreasing the efficiency of an individual. In this case report 57 years aged male patient of *Pinasa* was treated with the herbal decoctions and herbal powders which were administered internally for a period of one month. Clinical features were assessed according to the prepared grading system and clinical improvements were recorded in a proforma. Complete relief was observed in sneezing daily in the morning, nasal discharges of watery phlegm, frontal headache, itching in both the eyes, tearing from eyes and intermittent disturbance to the clarity of voice. Moderate improvement was observed in redness of the eyes. *Dipana*, *Pacana*, *Agni vardhaka*, *Pinashara* and *Kapha Vatha Shamaka* properties of the administered herbal preparations may be influenced on palliate the *Pinasa* condition of the patient. Hence, this study has been revealed the effectiveness of the treatment protocols and their potency in the aspects of curing and preventing from *Pinasa* (Catarrh).

Key words: Ayurveda, Catarrh, *Pinasa*, Sri Lankan traditional medical system.

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Introduction:

Pinasa (Catarrh) is a disease caused by the environmental triggers which produce recurrent congestion of the mucus membrane of the nasal passage and the sinuous of the head. The irritation produce frequent sneeze accompanied with either clear or profuse, thick, yellowish discharge, nasal pruritus, air flow obstruction which is ultimately affect to the quality of life. The prevalence of the *Pinasa* peaks in the second to fourth decades of life and then gradually decreases. This account to the significant health impact including the economic productivity of the country.^[1]

Although, Sri Lankan traditional medical system has been described the disease *Pinasa* (Catarrh), there were no definite treatment protocols mentioned in Ola leaves manuscript. Even at present, local patients are seeking Sri Lankan traditional medicine for *Pinasa* (Catarrh), due to still successful management and its existence from generation to generation. Sri Lankan Traditional medical system is based with the specialized *Weda Parampara* [generation of Sri Lankan traditional practitioners] in specific spectrum of diseases.

Still there were few studies had been carried out to determine the effect of Sri Lankan traditional formulae for *Pinasa* (Catarrh). Therefore, it is paramount important to conduct a study to evaluate the effectiveness of herbal formulae from Sri Lankan traditional medical system on *Pinasa* (Catarrh). Hence, this case study has been conducted to study the effect of treatment protocol which is practicing in *Wadduwa Malagama Sarvanga Weda Paramparawa*. [A generation of Sri Lankan traditional practitioners who are treating to *Pinasa*

(Catarrh)] at Panadura, western province in Sri Lanka.

Case report:

A 57 years aged male patient identified with the signs and symptoms of sneezing daily in the morning, phlegmatic watery nasal discharges, frontal headache, itching of both the eyes, redness of the eyes, tearing from eyes since twelve years with intermittent disturbance to the clarity of voice due to the phlegmatic condition was selected to the study. The patient was diagnosed as *Diya Pinasa* in accordance to the concepts mentioned in respective generation of Sri Lankan traditional physician (*Weda Paramparawa*). Internal medicines were administered for the period of one month [Table-1].

Methodology:

After the complete general examination and systemic examination patient suffered from *Pinasa* (Catarrh) was subjected to treat for a period of one month at the *Sarvanga Roga* clinic of *Wadduwa Malagama Sarvanga Weda Paramparawa*. Improvement of Signs and symptoms were assessed at every week according to the prepared grading system and clinical improvements were recorded in a proforma. [Table 2, Table 3]

i. Preparation of Decoction-A (*Nati Kashaya*)

02 *Kalan* and 08 *Madata* (12 g) from each ingredient has been weighted and washed them properly. Added 960 ml of water and heated under moderate temperature and reduce the water up to 120 ml [Table -05].

ii. Preparation of *Churna* (S_1)

Mixed equal proportions (Each 1.66g) of *Thalisadi Churnaya*^[2], *Sithopaladi Churnaya*^[3] and *Shrungyadi Churnaya*.^[4]

Table-1: Treatment protocol:

Internal medicine	Dosage		Duration
Decoction A-Nati Kashaya***	60 ml	Morning and evening Before meal	1 st – 7 th day
S₁.Churna (Powder)	5 g with Bee's honey	Morning and evening After meal	
Decoction B <i>Kulatthanbilvatripala</i> decoction with <i>Saindhavalavana</i> ^[5]	60 ml	Morning and evening Before meal	8 th – 14 th day
S₁.Churna (Powder)	5 g with Bee's honey	Morning and evening After meal	
Decoction C-Shrungidarunisha decoction with Bee's honey ^[6]	60 ml	Morning and evening Before meal	15 th – 21 st day
S₁.Churna (Powder)	5 g with Bee's honey	Morning and evening After meal	
Decoction D- <i>Pranadhajamodavishva</i> decoction with 15 g of <i>perumkayam</i> and 15 g of <i>saindhavalavana</i> ^[7]	60 ml	Morning and evening Before meal	22 nd – 28 th day
S₂ Churna (Powder) – <i>Shrungyadi Churnaya</i>	5 g with Bee's honey	Morning and evening After meal	

All decoctions were prepared according to the *Kashaya Paribhaasha*.^[8]

***Decoction A was a traditional Sri Lankan herbal preparation indicated for Pinasa (Cattarrh) and its ingredients with medicinal properties mentioned in the table 05.

Table 2: Grading parameters: ^[9]

Grade	Sneezing	Phlegmatic watery nasal discharges	Headache
1	Not present	No runny nose	No headache
2	Few short episodes	Had to wipe nose rarely	Mild complaint of headache, no change in activity
3	Occasional	Had to wipe nose occasionally	Frequent complaint of headache, not as active because of headache
4	frequent	Had to wipe nose frequently	Mostly in bed because of headache

Table 3: Grading parameters:

Grade	Itching of eyes	Intermittent disturbance to the clarity of voice	Tearing from eyes	Redness of the eyes
1	Not present	No change in voice	Not present	No change in sclera colour
2	Few short episodes	Speech is slightly hoarse	Few short episodes	Slight redness over the sclera
3	Occasional	Speech is very hoarse	Occasional	Moderate redness over the sclera
4	frequent	Can't speak above a whisper	frequent	Total sclera redness

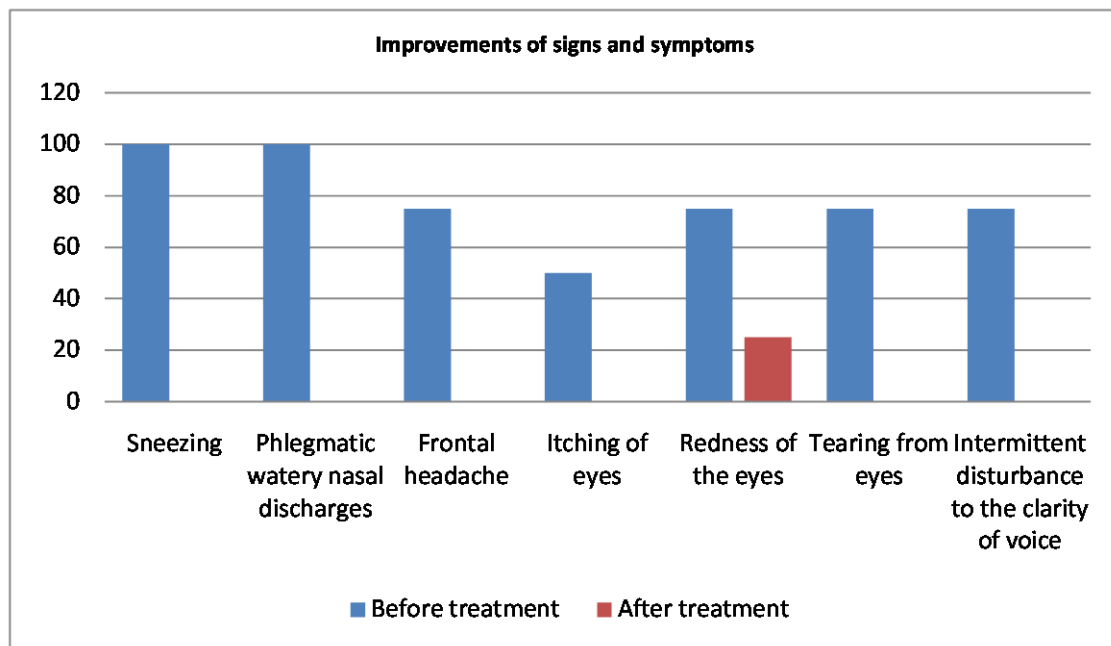
1. Observation and results

1.1 Effect of treatment regimen on signs and symptoms

Table 4: Effect of treatments on signs and symptoms of *Pinasa* (Catarrh):

Clinical features	Before treatment	End of 1 st week	End of 2 nd week	End of 3 rd week	End of the treatment
Sneezing in morning daily	4	3	2	2	1
Phlegmatic watery nasal discharges	4	3	1	1	1
Frontal headache	3	2 (complain about heaviness of the head)	2 (heaviness of head was disappeared)	2	1
Itching of eyes	2	2	1	1	1
Redness of the eyes	3	2	2	2	2
Tearing from eyes	3	2	1	1	1
Intermittent disturbance to the clarity of voice	3	2	2	1	1

1.2 Improvements of signs and symptoms of *Pinasa* (Catarrh)



1.3 Pharmacological properties of the ingredients used in formulae

Table 5: Ingredients and pharmacological properties of *Nati Kashaya* [Decoction A]:

Botanical name	Parts used	Rasa	Guna	Virya	Vipaka	Effect on Dosha	Therapeutic indications
<i>Vitex negundo</i> L. ^[10]	Webs	Thiktha Katu Kashaya	Laghu Ruksha	Ushna	Katu	Kapha Nashaka	Dipana, Pachana
<i>Mangifera zeylanica</i> (Blume) Hook.f. ^[11]	Webs	Kashaya	Laghu Ruksha	Shitha	Katu	Vatha Nashaka	Agni Wardhaka
<i>Adhatoda vasica</i> (L.) ^[12]	Webs	Thiktha Kashaya	Laghu Ruksha	Shitha	Katu	Kapha pitta shamaka	Kasa Shvasa hara
<i>Embelia ribes</i> (Burm. f.) ^[13]	Fruit	Katu	Laghu Ruksha Thikshna	Ushna	Katu	Kapha Nashaka	
<i>Centella asiatica</i> (L.) ^[14]	Stems	Thiktha Kashaya	Laghu	Shitha	Madhur a		

Discussion:

Pinasa (Catarrh), which has been mentioned as a *Kapha Vata* predominant disease Sri Lankan traditional medical system. The patient selected for the study has been distinguished with *Kapha Vata* predominant clinical features such as sneezing in morning daily, phlegmatic watery nasal discharges, frontal headache, itching of eyes, redness of the eyes, tearing from eyes and intermittent disturbance to the clarity of voice due to the phlegmatic condition.[table 4] These clinical features may be established due to the *Kaphavruta Vatawastha* which has been resulted from *Shrotas Avarodhata* (obstruction of the channels) caused by aggravation of *Kapha Dosha*.

Herbal powders applied for this patient in the first week to third week were consisted with the properties which were antagonist to the *Doshic* predominance of the disease condition. This was may be resulted from *Pachaka*, *Kasaghna* and *Shwasahara* properties of *Thalisadi Choornaya* and *Sithopaladi Choornaya* may be resulted for the subsidence of the *Pinasa* condition.^[2,3,15] *Sithopaladi Churnaya*, which has been proved for the antioxidant and anti-inflammatory actions may also influenced on the reduction of the pathogenesis of the disease by countering the inflammatory reactions.^[16]

Dipana, *Pachana*, *Vathanulomana* and *Kaphavathahara* properties of *Shringyadi Choornaya* are also resulted for *Samprapthi Khandana* (prevent the pathogenesis) of *Pinasa* (Catarrh).^[17]

Alleviation of the symptoms of sneezing in morning daily, phlegmatic watery nasal discharges, frontal headache, itching of eyes, tearing from eyes and intermittent disturbance to the clarity of voice due to the phlegmatic condition have been acquired by the administering decoction A along with Powder S₁ during the first week. Ayurveda

pharmacological properties of decoction A can be justified as *Kapha* and *Vatha Nashaka* [Table 05] may be caused to re-establish the equilibrium of the *Kapha* and *Vatha Doshas*. *Dipana* and *Pachana* properties provided by this decoction cause to prevent formation of *Ama*. Hence it leads to breakdown the pathogenesis of the disease.

Kulaththanbilvalashunan decoction, *Shrungudarunisha* decoction and *Pranadhajamodavishva* decoction are authentically mentioned decoctions for *Pinasa* and are consisted with *Dipana* and *Pachana* properties. Hence, these decoctions may lead for stabilize the *Samagni* condition. *Kaphavatha shamaka* and *Pitta Wardhaka* properties of these decoctions may be cause to provide equilibrium between *Thridosha* and stabilize the *Swasthaya* of the patient.

Conclusion:

Sri Lankan traditional medical systems are strength enough to cure the *Pinasa* (Catarrh) and there should be appropriate methods to identify the effectiveness of the treatment protocols and their efficiency in the aspects of curing and preventing from *Pinasa* (Catarrh). Therefore, further clinical studies with larger samples should be conducted to development effective conclusion.

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