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An Open Label Clinical Study to Evaluate the Efficacy of *Guda Shunti Yoga* in the Management of *Kaphaja Kasa* in Children

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ABSTRACT

Background: Childhood determines the quality of health, wellbeing, learning and behavior for the entire life span. For this reason *Acharyas* have given prime importance to *Kaumarabhrithya*. *Balyavastha* being with *aparipakwa dhathu*, and also predominantly with *sleshma dhathu*, paediatric age group is always prone to the diseases of *slaishmika* origin. Among the *pancha kasa* described in the classics, *Kaphaja Kasa lakshanas* are seen in most of the children coming to the *Kaumarabhrithya* out –patient department. **Objectives:** To study the concept of *Kaphaja kasa* in detail and to evaluate the efficacy of *Guda Shunti yoga* in the management of *Kaphaja Kasa* in children. **Method:** 30 subjects diagnosed with *Kaphaja Kasa* were selected for the study. The drug – *Guda Shunti Yoga* was administered in a dose of 5 gm thrice daily with *madhu* as *sahapana* for 7 days for the subjects enrolled for the study. Follow-up was done for the next seven days. Clinical assessment was done before treatment (1st day), after treatment (8th day) and after follow-up (15th day). **Results:** In the present clinical study significant improvement was observed in the assessment parameters which are correlated statistically. **Interpretation and Conclusion:** Probable mode of action of the drug was analyzed and interpreted on Ayurvedic parameters and its chemical constituents, thereby substantiating the efficacy of *Guda Shunti Yoga*. Thus *Guda Shunti Yoga* can be taken as safe and effective formulation in the management of *Kaphaja Kasa* in children.

Key Words *Kaphaja kasa, Guda shunti yoga, Balyavastha, Cough, Ayurveda*

INTRODUCTION

Background: *Ayurveda* has been divided into eight branches, out of those eight branches *Kaumarabhrithya* or *Kumaratantra* or *Balachikitsa* is one of the important branches and *Acharya Kashyapa* placed *Kaumarabhrithya* first among all the eight branches¹. “*Kasa*” is explained in *Ayurveda* as a separate disease entity. Five

varieties of *Kasa* have been explained in the classics – each dosha separately and *Kshayaja* and *Kshataja*². *Kaphaja kasa* is one among them. *Acharyas* while explaining the *nidana* specific to *Kaphajakasa*, included *guru, madhura, snigdha, sheetha ahara viharas, swapna vicheshtana* and *divaswapna*³. In case of children as they are



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Sleshma dhatu praya, more adhered to *madhura*, *snighdha*, *sheeta*, *medya ahara*, *divaswapna*, the chance of getting *kaphaja* variety of *kasa* is more⁴. While coming to the pediatric age group, it can be substantiated as, *nidana* leads to vitiation of *kapha*, this vitiated *Kapha* obstructs the free flow of Prana Vata in *Kantha* and *Uras* leading to *kasa*⁵. Early intervention is necessary in case of *Kasa* as it is a potential *Nidanarthakara Vyadhi* (disease having tendency to produce secondary diseases) to produce *Kshaya* (a disease characterized with severe emaciation⁶). This shows the importance of *Kasa chikitsa*.

AIM

The present study is aimed to assess the efficacy of *Guda Shunti yoga*, reference from *Arogya Kalpa Druma –Kasa chikitsa adhyaya*.

OBJECTIVES

- To study the concept of *Kaphaja Kasa* in detail.
- To evaluate the efficacy of *Guda Shunti Yoga* in the management of *Kaphaja Kasa* in children.

MATERIALS AND METHODS

Ethical committee approval number for clinical trial - SDMCAU/ACA-49/ECH23/17-18

Source of data

In this study, 30 diagnosed subjects of *Kaphaja Kasa* were selected from OPD & IPD of SDM College of Ayurveda and Hospital, Kuthpady, Udipi and nearby schools in and around Udipi.

Study design

This is an open labeled single arm prospective clinical study with pre-test and post-test design. 30 children presenting with the features of *Kaphaja Kasa*, following the inclusion and exclusion criteria were included in the study. All the parameters were scored and the results obtained were statistically analyzed by the Wilcoxon Signed Rank Test.

- Study type – Interventional
- Number of groups – One
- Sample size – 30
- Primary purpose – Treatment
- Masking - Open labeled

Method of collection of data:

Selection Criteria

A detailed case proforma was fixed after studying the subject in detail and after reviewing the previous works done on the same topic which consists of preliminary data, chief complaints with all relevant history general and systemic examination and assessment criteria before and after treatment and during follow up. The patients satisfying those criteria were selected.

Inclusion criteria:

1. Patients of either sex.
2. Patients between age group of 5 to 7 years.
3. Patient with any of two or more symptoms described in the context of *Kaphaja Kasa*.

Exclusion criteria:

1. *Kaphajakasa* as *anubandha lakshana* & *upadrava* (complication) in other systemic diseases.



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2. Patients with history of malignancy, or any other congenital anatomical abnormalities of chest and respiratory system.

3. Chronic cough, Pneumonia, Croup syndrome, Bronchial Asthma.

Intervention⁷

Table 1 Ingredients

Sl no	Ingredients	Botanical name	Parts used	Quantity
1	<i>Shunti</i>	<i>Zingiber officinale</i>	Dried Rhizome	1 part
2	<i>Guda</i>	Jaggery	Solid jaggery blocks	2 parts
3	<i>Tila</i>	<i>Sesamum indicum</i>	Seeds (Black)	4 parts

Source of Drug Materials

As the table no 1 shows, the ingredients were procured and yoga was manufactured from GMP Certified SDM Ayurveda pharmacy, Kuthpady, Udupi.

Method of preparation

Ingredients *Shunti* and *Tila* were taken after removing the impurities and dried effectively. *Tila* was roasted separately. *Shunti* and *tila* then powdered in disintegrator, mixed together and blended with *guda* in a blender. Thereafter using an electrical drier, the contents were dried till adequate loss on drying was obtained. Then sieved through mesh (size-80). The final product was then weighed, packed and sealed.

Standardisation and Quality Control of trial drug

Macroscopy, Microscopy and HPTLC study of the ingredients and *Guda Shunti Yoga* were done at Sri Dharmasthala Manjunatheshwara centre for research in Ayurveda and Allied sciences, Udupi.

Plan of intervention

Dosage form: *Khanda*

- Mode of administration: Oral

Guda Shunti Yoga constitutes the following drugs in specific proportion. The *yoga* was made into *Khanda* form without hampering the proportion told in text. *Madhu* was advised as *Sahapana*.

Ingredients of *Guda Shunti Yoga*

- Dose: 15gm in three divided doses with *madhu* as *sahapana*.

Duration of the study

- Treatment duration – 8 days
- Follow up – 7 days
- Total duration – 15 days

A written, informed consent of the parent or guardian is invariably taken prior to his or her child's inclusion in the study.

Assessment criteria:

Assessment was made on the basis of changes observed in the clinical features enlisted below:

1. *Kasa*
2. *Peenasa*
3. *Nishteevana*
4. *Mandagni*
5. *Aruchi*
6. Number of bouts of Cough
7. Disturbance in sleep
8. Phonation
9. Sputum
10. Wheezing
11. Crepitation



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RESULTS

The results of this clinical study is detailed here, data obtained from assessment parameters on the first day (BT), eighth day (AT) and fifteenth day (FU) were compared using Wilcoxon signed rank test and effect of *Guda Shunti yoga* in *Kaphaja*

Kasa in 30 subjects were analysed and interpreted on the basis of subjective and objective parameters. Statistical software SPSS Version 2.0 was used for the analysis.

Table 2 Effect of *Gudashunti yoga* on *Kasa*

BT mean	AT Mean	FU MEAN
2.0333	1.0667	.2667

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	28	14.5	406	0	.00	.00	2	30	-5.209	.000	HS
AT-FU	22	11.5	253	0	.00	.00	8	30	-4.523	.000	HS
BT-FU	30	15.5	465	0	.00	.00	0	30	-4.950	.000	HS

DISCUSSION

Effect of *Guda Shunti Yoga* on *Kasa*

In the present clinical study, as shown in table no 2, highly significant results were observed in reducing *Kasa*. Results were compared before treatment (mean 2.3) and follow up (mean 0.2667) for the variable *Kasa*, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.950 and p value ≤ 0.001 . *Kasa* was evident as chief complaint in 100% subject. The mean reduction after treatment was found to be 47.5% when compared the mean scores, and reduction on follow up was found to be 74.99%. This is statistically highly significant. This statistical data shows a positive result in *Kasa*. The ingredients of *Guda Shunti Yoga* i.e., *Shunti* and

Guda may be responsible for this result. *Ushna guna* and *Katu rasa* of *Shunti* imparts for *Kapha Vilayana* and *Bhedana Karma* imparts for *Kapha Nishteavana*, *Guda* being *Madhura Rasa* causes *Kapha Uthkleshana* and *Vatanulomana* and helps in easy expectoration of sputum. Antitussive activity of dry ginger and richness of magnesium in jaggery relaxes the bronchial muscles, also the rich iron content of the same improves blood circulation and boost the respiratory system. Also, the honey being used as *sahapana* has peculiar action which acts as a catalyst, and thereby enhances the properties of other ingredients^{8,9}.

Table 3 Effect of *Gudashunti yoga* on *peenasa*

BT mean	AT Mean	FU MEAN
1.3333	.7333	.0667

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	17	9	153	0	.00	.00	13	30	-4.025	.000	HS
AT-FU	20	10.5	210	0	.00	.00	10	30	-4.472	.000	HS
BT-FU	30	15.5	465	0	.00	.00	0	30	-5.035	.000	HS

Effect of *Guda Shunti Yoga* on *Peenasa*

In the present clinical study, as shown in table no 3, highly significant results were observed in

reducing *Peenasa*. Results were compared before treatment (mean 1.33) and follow up (mean 0.667) for the variable *Peenasa*, with Wilcoxon Signed



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Rank test showed statistically highly significant result with Z value -5.035 and p value ≤ 0.001 . *Peenasa* was evident as chief complaint in 100% subjects. The mean reduction after treatment was found to be 75.01% when compared the mean scores, and reduction on follow up was found to be 90%. This is statistically highly significant. This points towards the efficacy of the Yoga in *Peenasa* as a permanent relief for the symptom. It can be explained on the basis of *Karma* of the ingredients. *Shunti* being *Katu Rasa* and *Ushna Guna*, and *Tila*

being *Vata Kaphahara*, imparts *Srothoshodana*¹⁰ which in turn clarifies the nasal passage so that accumulated *nasa mala* will be expelled off resulting in reducing the nasal discharge.

Effect of *Guda Shunti Yoga* on *Nishteevana*

In the present clinical study, as shown in table no 4, highly significant results were observed in reducing *nishteevana*.

3. Effect on *Nishteevana*

Table 4 Effect of *Gudashunti yoga* on *nishteevana*

BT mean	AT Mean	FU MEAN
1.0667	0.4667	0.1000

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	18	9.5	171	0	0.00	0.00	12	30	-4.243	0.000	HS
AT-FU	12	7	84	1	7	7	17	30	-3.051	0.002	S
BT-FU	9	15	435	0	0.00	0.00	1	30	-5.385	0.000	HS

4. Effect on *Mandagni*

Table 5 Effect of *Gudashunti yoga* on *Mandagni*

BT mean	AT Mean	FU mean
1.0385	0.9231	0.2308

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	3	2	6	0	0.00	0.00	23	26	-1.732	0.083	NS
AT-FU	18	9.5	171	0	0.00	0.00	8	26	-4.243	0.000	HS
BT-FU	21	11	231	0	0.00	0.00	5	26	-4.583	0.000	HS

5. Effect on *Aruchi*

Results were compared before treatment (mean 1.06) and follow up (mean 0.100) for the variable *Nishteevana*, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -5.385 and p value ≤ 0.001 . *Nishteevana* was evident as chief complaint in 100% subjects. The mean reduction after treatment was found to be 56.24% when compared the mean scores, and reduction on follow up was found to be 78.57%. This is statistically highly significant. This points

towards the efficacy of the *Yoga in Nishteevana* as a permanent relief. It can be explained as *Kapha Utkleshana* property of *Guda* which causes easy expectoration. Also, *Vata Anulomana* and *Srothoshodana* properties of *guda* and *tila* respectively helps in easy expulsion of *Uthkleshitha Kapha*^{8,9,10}.

Effect of *Guda Shunti Yoga* on *Mandagni*

In the present clinical study as shown in table no 5, highly significant results were obtained in



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improving the *Mandagni*. Results were compared before treatment (mean 1.03) and follow up (mean 0.23) for the variable *Mandagni*, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.583 and p value ≤ 0.001 , *Mandagni* was evident as chief complaint in 86% subjects. The mean reduction in symptom after treatment was found to be 12% and reduction on follow up was found to be 90%, which was statistically highly significant. This points towards the efficacy of the *Yoga on Mandagni*. There was improvement in *Mandagni* (BT- AT) in only 3 subjects, and on follow-up in 18 subjects, which can be considered as the mode

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	3	2	6	0	0.00	0.00	23	26	-1.732	0.083	NS
AT-FU	17	9	153	0	0.00	0.00	8	26	-4.123	0.000	HS
BT-FU	17	9	153	0	0.00	0.00	9	26	-4.123	0.000	HS

Effect of *Guda Shunti Yoga on Aruchi*

In the present clinical study, as shown in table no 6, highly significant results were obtained in improving *Aruchi*. Results were compared before treatment (mean 1.00) and follow up (mean 0.346) for the variable *Aruchi*, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.123 and p value ≤ 0.001 . *Aruchi* was evident as chief complaint in 86% subjects. The mean reduction after treatment was found to be 38.4% which is statistically significant and reduction on follow up was found to be 56.7% which was found to be highly significant. This

of action of drug on the particular parameter is on *dhathwagni* level and *jataragni* level which again takes times for evidence. This can be interpreted on the basis of *Agni deepana* property of *Shunti* which improves the *Jataragni*, and *Vata Anulomaka Karma of Guda* acting on *Apana Vayu* which in turn improves the absorption and assimilation and can be correlated to proper *Dhathuagni Karma*^{11,12}. This in turn enhances the growth and development in children.

5. Effect on *Aruchi*

Table 6 Effect of *Gudashunti yoga on Aruchi*

BT mean	AT Mean	FU MEAN
1.3000	0.8000	0.3462

points towards the efficacy of the *Yoga in Aruchi* which gives a solid improvement. This can be interpreted on the basis of *Karma* of the ingredients of the *Yoga, Madhura rasa of Guda* makes it palatable also *Jataragni Vardhaka* property of all the 3 ingredients itself acts on *Aruchi* also as per the text *Arogya Kalpadruma the yoga itself is ruchya*⁸⁻¹⁰.

6. Effect on Number of Bouts of Cough

Table 7 Effect of *Gudashunti yoga on Number of bouts of cough*

BT mean	AT Mean	FU MEAN
1.7333	0.9667	0.3333

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	22	11.5	253	0	0.00	0.00	8	30	-4.600	0.000	HS
AT-FU	19	10	190	0	0.00	0.00	11	30	-4.359	0.000	HS
BT-FU	29	15	435	0	0.00	0.00	1	30	-4.853	0.000	HS



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Effect of Guda Shunti Yoga on number of bouts of cough

In the present clinical study as shown in table no 7, highly significant results were obtained in reducing the number of bouts of cough. Results were compared before treatment (mean 1.73) and follow up (mean 0.333) for the variable number of bouts of cough. Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.853 and p value ≤ 0.001 . The mean reduction after treatment was found to be 44.22% when compared the mean scores, and reduction on follow up was found to be 65.52%. This is

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	18	9.5	171	0	0.00	0.00	1	19	-4.243	0.000	HS
AT-FU	2	1.5	3	0	0.00	0.00	17	19	-1.414	0.157	NS
BT-FU	19	10	190	0	0.00	0.00	0	19	-4.264	0.000	HS

In the present clinical study as shown in table no 8, highly significant results were obtained in reducing the disturbance in sleep. Results were compared before treatment (mean 1.052) and follow up (mean 0.000) for the variable Disturbance in sleep, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.264 and p value ≤ 0.001 . Disturbance in sleep was evident as complaint in 63% subjects. The mean reduction after treatment was found to be 89.9% when compared the mean scores, and reduction on follow up was found to

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	23	12	276	0	0.00	0.00	2	25	-4.796	0.000	HS
AT-FU	2	1.50	3.00	0	0.00	0.00	23	25	-1.414	0.157	NS
BT-FU	25	13	325	0	0.00	0.00	0	25	-5.000	0.000	HS

statistically highly significant. This points towards the efficacy of the Yoga in reducing the symptom. The Yoga as a whole being *Kasahara*, adequate dose administered thrice a day with proper *Sahapana (madhu)* definitely acts on reducing the number of bouts of cough when compared with 1st day till follow up.

Effect of Guda Shunti Yoga on disturbance in sleep

7. Effect on Disturbance in Sleep

Table 8 Effect of Guda shunti yoga on Number of disturbance in sleep

BT mean	AT Mean	FU MEAN
1.052	0.1053	0.000

be 100%. This is statistically highly significant. This points towards the efficacy of the Yoga in Sleep disturbance which gives a permanent relief. The yoga as a whole as found to be having significant result in symptoms like *Kasa*, *Peenasa*, *Nishteavana* etc accounts for child being more comfortable and *Srothoshodana* attained after relieving the symptoms helps in proper sleep without any disturbance.

8. Effect on Phonation

Table 9 Effect of Gudashunti yoga on phonation

BT mean	AT Mean	FU MEAN
1.0000	0.0800	0.0000



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Effect of *Guda Shunti* Yoga on Phonation

In the present clinical study as shown in table no 9, highly significant results were obtained in improving the phonation. Results were compared before treatment (mean 1.000) and follow up (mean 0.000) for the variable Phonation, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -5.000 and p value ≤ 0.001 . Impaired phonation was evident as complaint in 83% subjects. The mean reduction in symptom after treatment was observed to be 92% and on follow to be 100%. This is statistically

highly significant. This points towards the efficacy of the *Yoga* in improving phonation. *Swarabheda* being one of the symptoms of *Kaphaja kasa*, which interfere the normal routine life of the child, the ingredients of the *Guda Shunti Yoga* which has direct action on *Pranavaha Srothas* and also *Udana Vayu* which in turn does the “*Vak Shudhi*”¹³ there by helping in improving the phonation.

9. Effect on Character of Sputum

Table 10 Effect of *Gudashunti yoga* on Sputum

BT mean	AT Mean	FU MEAN
1.2000	0.8667	0.1000

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	10	5.5	55	0	0.00	0.00	20	30	-3.162	0.002	S
AT-FU	23	12	276	0	0.00	0.00	7	30	-4.796	0.000	HS
BT-FU	28	14.5	406	0	0.00	0.00	2	30	-4.963	0.000	HS

Effect of *Guda Shunti* Yoga on character of sputum

In the present clinical study as shown in table no 10, highly significant results were obtained in improving the character of sputum. Results were compared before treatment (mean 1.200) and follow up (mean 0.100) for the variable *Sputum*, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.963 and p value ≤ 0.001 . Expulsion of sputum was evident as chief complaint in 100% subjects. The mean reduction after treatment was found to be 27% on comparing the mean scores, which is statistically significant and reduction on follow up was found to be 88% which is statistically highly significant. This points towards the efficacy of the *Yoga* in improving sputum character, consistency and colour. Here the

character of sputum has evidently transformed from thick white sticky sputum to, moderately thick solid pale sputum to, serous expectoration which is thin, during the period after treatment and follow-up. As the drugs in *Guda Shunti Yoga* is having action of *Kapha Nishteevana*, *Srothoshodana* and *Vatanulomana* as told above. The consistency and nature of sputum also gets improved once the *kapha vilayana* and *Srothoshodana* becomes evident.

Effect of *Guda Shunti* Yoga on wheezing

In the present clinical study, as shown in table no 11, highly significant results were obtained in improving wheezing. Results were compared before treatment (mean 1.087) and follow up (mean 0.000) for the variable *Wheezing*, with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.630 and p



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value ≤ 0.001 . Wheezing was evident as chief complaint in 76% subjects. The mean reduction after treatment was found to be 73% when compared the mean scores, and reduction on follow up was found to be 100%. This is statistically highly significant. This points towards the efficacy of the *Yoga* in wheezing which gives a permanent relief. End expiratory wheeze occurs due to airway pathologies caused by narrowing of

peripheral airways, results in dynamic compression of small and large airway¹⁴. This can be considered as the *Srothoshodhana* impacted by ingredients of *Guda Shunti yoga*, which clears the *Srotho rodha* and there by clears up the *Vata marga*. **10. Effect on Wheezing**

Table 11 Effect of *Gudashunti yoga* on wheezing

BT mean	AT Mean	FU MEAN
1.0870	0.28810	0.0000

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	22	11.5	253	0	0.00	0.00	1	23	-4.690	0.000	HS
AT-FU	3	2	6	0	0.00	0.00	20	23	-1.732	0.083	NS
BT-FU	23	12	276	0	0.00	0.00	0	23	-4.630	0.000	HS

11. Effect on Crepitation

Table 12 Effect of *Gudashunti yoga* on Crepitation

BT mean	AT Mean	FU MEAN
1.078	0.0060	0.0000

Parameter	Negative rank			Positive rank			Ties	Total	Z value	P value	Inference
	N	MR	SR	N	MR	SR					
BT-AT	21	11	231	0	0.00	0.00	0	21	-4.583	0.000	HS
AT-FU	23	12	276	0	0.00	0.00	7	30	-4.796	0.000	HS
BT-FU	21	11	231	0	0.00	0.00	0	21	-4.583	0.000	HS

Effect of *Guda Shunti Yoga* on Crepitation

In the present clinical study, as shown in table no 12, highly significant results were obtained in improving the crepitation. Results were compared before treatment (mean 1.000) and follow up (mean 0.000) for the variable, *Crepitation* with Wilcoxon Signed Rank test showed statistically highly significant result with Z value -4.583 and p value < 0.001 . Crepitation was evident as chief complaint in 70% subjects. The mean reduction after treatment was found to be 99% when compared the mean scores, and reduction on follow up was found to be 100%. This is statistically highly significant. This points towards

the efficacy of the *Yoga* in Crepitation which gives a permanent relief. Crepitation is often caused by popping open of small airways collapsed by fluid. Once the exudate is warded off it reduces. This also can be considered as the *Srothoshodhana karma* imparted by the ingredients of *Guda Shunti yoga*, which clears the *Srotho rodha* and there by clears up the *Vata marga*.

CONCLUSION

The efficacy of *Guda Shunti Yoga* is proved highly significant with peculiar improvement in all the assessment parameters selected, and also curing



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the individual symptoms of *Kaphaja Kasa* in 7 days of treatment and 7 days of follow up respectively. Subject's parent / guardian were advised regarding *Pathya* and *Apathya*, which is very important for further prevention of attack of *Kasaroga* in children and recurrent attacks hampers the growth and development in the paediatric age group.



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