A Comparative clinical study in Seph lik Patr Kshāya and Nika Patra Kshaya in the management of Gṛdhraśī
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Abstract

Gṛdhraśī is a one of disease which can be commonly seen among the patients who are treated with Ayurvedic medicine today. It is categorized under the 80 types of Vāta Roga in Charaka Samhita. Though there are lot of Ayurvedic formulae for treating Gṛdhraśī, Šephalika Dala Kvätha mentioned in Bhaïṣaja Ramâvali  has a specific practicable value. Both Ayurvedic and native physicians used Patra (leaves) of both plants Sephalika (night jasmin) and Nika (five leaved chest tree) as Šephalika Dala Kvätha as both of them have the synonym Šephali. A double blinded, randomized clinical trial was conducted to evaluate the efficacy of two decoctions Nika patra and Sephalika patra decoctions for the exposition of most suitable decoction as the Šephalika Dala Kvätha in the management of Gṛdhraśī. 30 patients of either sex in the age between 15 to 60 with confirmed clinical diagnosis of Gṛdhraśī, were included for this study. At the initial visit, a detailed medical history was obtained by interviewing the patients who was followed through clinical examination with special emphasis of SLRT. Selected patients were randomly divided in to two groups and two decoctions were administrated with a common drug regimen for each group for 14 days. The outcomes of each group were accessed by clinical features with their respective baseline values. According to statistical analysis, it was observed that both Nika patra kashaya and Sephalika patra kashaya are effective in the management of Gṛdhraśī. Comparing all the data, finally it may be concluded that use of Nika patra kashaya is more effective in the management of Gṛdhraśī.

Keywords: Sephalika patra kashaya, Nika patra kshaya, Gṛdhraśī, Šephalika Dala Kvätha

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