

Clinical efficacy of ayurvedic herbal compound for bronchial asthma

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In our Vedas there are a number of references to sciences like *Ayurveda*, *Dhanurveda*, *Gandharvaveda* and so on and these contain remedies to mankind to be free from the manifestations of *Kama*, *Krodha*, *Lobha*, *Moha* etc., Among these Vedas *Ayurveda* is said to be a branch of *Athervaveda* and this is a Science of life. Although many persons thoroughly practice the regulations contained in Vedas, they could not escape from some of the complicated diseases whose pathogenic mechanism remains unanswered fully. One such type of disease is *Swasa Roga* (bronchial asthma). In Ayurvedic system of medicine, the relief of signs and symptoms were generally considered basing on the subjective assessment. To really find out, these objective tests are very essential. Recently physiological function tests like ECG, EKG, EMG, PFT are giving much importance as objective criteria for assessment of the therapy. This attempt has been made by using ayurvedic herbal compound (*Devadaru Compound*) (DC) in bronchial asthma patients by PFT, other laboratory investigation along with symptomatology of *Charaka*, *Sushruta*, *Vagbhata Samhitas* etc., and comparing with standard herb and placebo to find out whether DC is superior to standard and placebo therapies. Simultaneously, pharmacological studies in rats using isolated ileum preparation in organ bath was tested for the inhibition of contractions by DC induced by that of acetylcholine which can say that whether it has any bronchodilator property. The above investigations demonstrated that DC produces hundred percent reliefs in majority of the bronchial asthma patients compared to standard and placebo. This relief was exhibited in those patients in whom the occurrence of bronchial asthma at fortnightly or monthly intervals and in those whose duration of suffering from bronchial asthma below to years. Animal experiments evidenced anticholinergic action of DC which suggests bronchodilator activity of this compound. Both the clinical investigation and animal experiment is providing conclusion that DC is superior to standard and placebo.

Biography

Shekhar Annambhotla, BAMS, M.D. (Ayu), LMT, ERYT, RAS, a classically trained ayurvedic specialist, licensed integrative bodywork & massage therapist, registered yoga instructor, and certified Pranic healer has been practicing and teaching ayurveda worldwide since 1988. His passion and love for ayurveda fuels his vision for the development and growth of ayurveda, including creating and implementing high quality ayurvedic education and training programs in the west. It is his mission to bring ayurveda to the forefront of healing arts. With your support and encouragement, ayurveda will be accepted and integrated as a key complementary science to modern health care.

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