Ayurveda, the ancient experiential life-science, having its own fundamentals and concepts regarding etiopathogenesis of diseases and its management, whose efficacy is time-tested and re-established again and again.

Ayurveda, the indigenous medical system of India, has integrated the concept of interconnectedness into its understanding of health and disease. It considers the human body as an individual whole with a network of interrelated functions, mind and consciousness, wherein a disturbance in one part will have repercussions in other parts as well. The key to health is for these factors to maintain harmony since disease is seen as a perturbation in this network. Ayurvedic treatment aims not only at removal of disease, but also at the restoration of the equilibrium of bodily functions.

The societal impact of ill health is on the rise, with some diseases affecting not only the health of individuals but also that of a nation’s economy with their increasing healthcare costs. There is a growing consensus that the current system of healthcare should shift from its ‘technology, doctor and hospital-oriented’ approach to a more patient-oriented system. It is also being realized by a population weary of synthetic chemicals that conventional western medicine alone cannot handle the mushrooming of diseases, underscoring the need to widen the scope of healthcare to include alternative medical systems. All these inevitably bring into focus the patient-centric traditional healthcare medical systems like Ayurveda. The growing interest in Ayurveda is not only because it is free of synthetic chemicals, but also because of its integrated approach to health and disease1.

Ayurveda has a vision of hetu-viparita, dosha-viparita and vyadhiviparita chikitsa. It is the basic understanding of the nidan panchaka of certain condition in the body which is more important to understand than to name that particular condition. Though it has given the importance to naming of the various diseased conditions, as in Trishothiya2, Astodariya3 and Maharogadhyaya4 etc., still, it has kept a big scope for the physician for naming a diseased condition by accepting that it may not be practical to name or remember the name to all the diseased condition in the body5. At the same time, it has explained how a diseased condition can be treated without bothering about names to that condition6 7. The unsurpassed benefit of the
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naming of a certain condition is that the whole details about the diseased condition (the nidan panchaka) can be conveyed from one physician to the other by just mentioning the name which is universally accepted. This is good for those conditions where the vyadhiviparita chikitsa can directly be applied. As what happens in the contemporary medical science- this is the diagnosis and this is the treatment for this diagnosis. But this approach has its limitations. On the other side, the “Management” is the better word that describes the word “Chikitsa” in Ayurveda. It is the broader term that includes the hetu-viparita, dosha-viparita and vyadhi-viparita aspects of the chikitsa. This term has the meaning of managing the patient with taking into consideration the various factors during the treatment of a particular diseased condition.

Chronic bronchitis is a well defined clinical condition in contemporary medical science. Chronic bronchitis is classified under the broader heading of Chronic Obstructive Pulmonary Diseases (COPD) which is a progressive condition. Though COPD is a preventable condition but there is, till date, no cure for it in the contemporary medical science. In modern system of medicine antibiotics, anti-histaminics, bronchodilators, cough expectorants etc are commonly used for the management of Chronic bronchitis. Although, effective in reducing the severity of the disease and suppressing the symptoms, yet, none of these modalities of treatment provide a permanent cure and have limitations owing to their unwanted effects.

In the present era of holistic approach in medical field, the boundaries between the different systems are dissolving with the great aspire to provide the human being the best of the remedy available to alleviate his diseases. Though, to achieve the best result out of this holistic approach it is essential to understand completely the basic fundamentals and also, the approach of that system towards the pathophysiology, diagnosis and treatment of a disease; still, it is acknowledgeable to begin with the trial of some medicine of one system with the diagnosis from the other under the light of few similarities commonly observed during the practice the medicine field. For e.g. Vyaghriharitaki Leha, a polyherbal ayurvedic compound has been in use since ages, and has been found to be useful in treating respiratory disorders and promoting health. The present study is being undertaken to scientifically study and validate the effect of
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Efficacy of Vyaghriharitaki Avaleha on Chronic Bronchitis

This ayurvedic formulation. This study was a part of Ayurveda Clinical trials (ACT) project of Ayurvedic Pharmacopoeia Committee (APC), sponsored by Central Council for Research in Ayurveda and Siddha, New Delhi.

Relevance of the Study

Chronic Obstructive Pulmonary Disease (COPD) (which includes Chronic bronchitis, Emphysema and small airways disease) is the fourth leading cause of death and affects >16 million persons in the United States. COPD is also a disease of increasing public health importance around the world. GOLD (Global Initiative for Chronic Obstructive Lung Disease) estimates suggest that COPD will rise from the sixth to the third most common cause of death worldwide by 2020\textsuperscript{11}.

Chronic bronchitis is more common in middle aged males than in females. Approximately 20\% of adult males & 5\% of adult women are affected\textsuperscript{12}.

Chronic obstructive pulmonary disease (COPD), hitherto underdiagnosed in India, is now recognized in 4-10 per cent of adult male population of India and several other Asian countries.

Chronic bronchitis is a progressive disease with no specific cure for the disease in the contemporary medical science. It is the need of the hour to look for other available and possible treatment for this disease. Ayurvedic physicians are diagnosing and treating this condition with ayurvedic principles. Chronic bronchitis can be correlated with the disease named as Kasa in ayurvedic literature. *Vyaghrihatitaki Leha* is one of the drugs of choice for the management of various types of respiratory disorders as well as Kasa. Though, it is being used in the management of various types of Kasa by ayurvedic physicians with tall claims, not much statistical data is available in this regard.

So, this study has been taken to evaluate the efficacy and safety of the drug in the management of Chronic bronchitis. At the same time, it will give an insight regarding how to look at any diseased condition in contemporary medical science with an ayurvedic perspective.
OBJECTIVES OF THE STUDY:

Primary Objective: To assess the clinical efficacy of Vyaghriharitaki Leha in the management of Chronic bronchitis.

Secondary Objective: To assess the clinical safety of Vyaghriharitaki Leha in patients of chronic bronchitis.

PREVIOUS WORKS DONE:

The academic research works done were searched with key words on Vyaghriharitaki avaleha and Chronic bronchitis, yielded the following results.

Many clinical research works have been carried out on Kasa. The works which directly name either Vyaghriharitaki or Chronic bronchitis are very few and have been listed below:

Ph.D. thesis:
At I.P.G.T. & R.A., Jamnagar

M.D Thesis:
At Smt.KGMP Ayurved Mahavidyalaya, Mumbai

At Shri DGM Ayurvedic Medical College, Gadag, Karnataka

At Govt. Ayurvedic College & Hospital, Lucknow, UP

At Shri Ayurved Mahavidyalaya, Nagpur, Maharastra
• Deshmukh U P, et.al. Role of Kantakari avaleha in Kaphaja Kasa (Chronic bronchitis), 1998.
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At Govt. Ayurvedic College, PGT&RC, Patna, Bihar

At Gopabandhu Ayurved Mahavidyalaya, Puri, Orissa

At MMM Govt. Ayurved College, Udaipur, Rajasthan

M.Pharma (Ayu) dissertation, Jamnagar

SUMMARY

This is a research study being conducted under the Ayurveda Clinical Trials (ACT) project of the Ayurvedic Pharmacopoeia Committee (APC) {Clinical trial Protocol ID: ACT-BTS-2010}, by Central Council for Research in Ayurveda and Siddha (CCRAS), Department of AYUSH, Ministry of Health & Family Welfare, Government of India, involving administration of Vyaghriharitaki Leha with a view to scientifically document the clinical efficacy and safety of the said Ayurvedic formulation that has been in use since thousands of years for the management of the Chronic bronchitis.
REFERENCES

2. Cha. Su. 18.
5. Cha. Su. 18/44.
8. Cha. Su. 16/34.
10. Cha. Chi. 16/34.