

**EFFECT OF SITOPALADI CHURNA FOR SUBSIDING THE SYMPTOMS OF BRONCHITIS- A CASE STUDY**

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**ABSTRACT**

**Introduction:** Bronchitis is a clinical disorder characterized by productive cough due to excessive mucus secretion in the bronchial tree, not caused by local broncho-pulmonary disease. The voice becomes husky, sputum is initially thick and scanty but later on more copious, muco-purulent and more easily to cough ups, tightness in the chest and sore throat like symptoms occurs. **Aim:** To assess the effect of Sitopaladi Churna for subsiding the symptoms of Bronchitis. **Methodology:** In the case study, a 72 yr male diagnosed as Bronchitis with symptoms of Cough, Sputum (thick & mucoid), Sore throat and Tightness in chest since 2 months. No H/O any systemic disease was studied. Disease was assessed by Pulmonary Function Test. The

patient has given Sitopaladi Churna 5gm (1TSF) with Madhu in every 4 hours for 1 month with 7 days follow up and there is subsiding of symptoms were evaluated after study (1 month).

**Result:**

Symptoms	Before Treatment	After Treatment
Cough	Purulent cough present	80% relief
Sputum (Thick & Scanty)	Present	70%
Sore Throat	Present	75%
Chest Tightness	Present	75%

There is a significant improvement in FEV, FEV1/FVC%, PEF (25-75%).

**Conclusion:** Sitopaladi Churna is highly effective in subsiding the all symptoms of Bronchitis and also improving the Pulmonary Function.

**KEYWORDS:** Sitopaladi Churna, Bronchitis, Cough.

## **INTRODUCTION**

It is characterized by inflammation of bronchial tubes and is much more common in childhood and after middle age. The disease commonly commences with symptoms of an acute respiratory infection and a slight sore throat. It affects the trachea and larger bronchi with feeling of soreness behind the sternum, tightness in the chest and frequent cough. The voice becomes husky, the sputum is initially thick and scanty but later on becomes more copious, mucopurulent and more easily to cough ups.

A number of drugs are available for the treatment of the disease, there are number of side effects have been reported. So it is better to seek for a safe and effective alternative treatment for the cure. Sitopaladi Churna is one of the classical compound drugs which has been practice since ancient times for its successful treatment.

## **Aim**

To assess the effect of Sitopaladi Churna for subsiding the various symptoms of Bronchitis.

## **METHODOLOGY**

In the case study, a 72 yr male diagnosed as Bronchitis with symptoms of Cough, Sputum (thick & mucoïd), Sore throat and Tightness in chest since 2 months. No H/O any systemic disease was studied. Disease was assessed by Pulmonary Function Test.

Which is less than actual value. Reduction of PEF and VC are seen in Bronchitis.

The patient has given Sitopaladi Churna 5gm (1TSP) with Madhu in every 4 hours for 1 month with 7 days follow up and there is subsiding of symptoms were evaluated after study (1 month).

**RESULT**

Symptoms	Before Treatment	After Treatment
Cough	Purulent cough present	80% relief
Sputum (Thick & Scanty)	Present	70%
Sore Throat	Present	75%
Chest Tightness	Present	75%
FEV1	1.848	2.545
FEV1/FVC%	51.98	63.25
PEF	3.25	3.56

There is a significant improvement in FEV, FEV1/FVC%, PEF (25-75%).

**CONCLUSION**

Sitopaladi Churna is highly effective in subsiding the all symptoms of Bronchitis and also improving the Pulmonary Function.

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