

Abstract No. 17

Evaluation of effects of herbal formula mentioned in “*Aushada Samgraha*” in the management of *Suryavartha*

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Abstract

Suryavartha is the commonest clinical condition which is directly related with the position of the sun in the sky. The symptomatology of *Suryavartha* reveals its close resemblance with that of frontal sinusitis. This study aimed at finding the efficacy of a herbal formula oil including *Dashamoola*, *thila thaila* and Cow's milk. Assessment of the effect of treatment was done on the basis of relief of those subjective and objective parameters of *Suryavartha* under a grading system. Twenty four patients had engaged in this study and eight patients were instructed to use herbal formula oil and another eight patients were given internal medicine and the others were given both research oil and internal medicine. Observations were recorded after one month. According to SPSS data analyzed P value in the comparison between before and after treatment of Group A, B and C, for all parameters P values were less than 0.05 of Group A and B. But in group C, P value is less than 0.05 only for headache and nasal discharge before and after treatments. According to the clinical study in all groups there is an improvement of reducing the symptoms after 4 weeks of treatment period. But there is a marked improvement of reducing symptoms in the group which was given both research oil and internal medicine. The improvement of reducing symptoms in the group which was given research oil is better than the group which was given only internal medicine. It can be concluded that herbal formula is more effective with the internal medicine in the management of *Suryavartha*.

Keywords: *Suryavartha*, *Dasha mula*, Sinusitis

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