

## A Comparative clinical study on *Sephalika Patra Kashaya* and *Nika Patra Kashaya* in the management of *Gṛdhrasī*

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### Abstract

*Gṛdhrasī* 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 *Gṛdhrasī*, *Śephalika Dala Kvātha* mentioned in *Bhāiṣajya Ratnāvalī* 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 *Śephalika Dala Kvātha* as both of them have the synonym *Śhephali*. 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 *Śephalika Dala Kvātha* in the management of *Gṛdhrasī*. 30 patients of either sex in the age between 15 to 60 with confirmed clinical diagnosis of *Gṛdhrasī*, 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 *Gṛdhrasī*. Comparing all the data, finally it may be concluded that use of *Nika patra kashaya* is more effective in the management of *Gṛdhrasī*.

**Keywords:** *Sephalika patra kashaya*, *Nika patra kashaya*, *Gṛdhrasi*, *Śephalika Dala Kvātha*

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