



EFFICACY OF COMBINATION OF HERBAL MEDICINES (SYRUP VASAKA, SUWASAKUDORI PILL AND PEENISA OIL) IN THE MANAGEMENT OF COLD WEATHER PROVOKED RESPIRATORY SYMPTOMS

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The weather changes and subsequent cold provoked respiratory symptoms are incorporated with the type of Non Allergic Rhinitis. It is one of the global issues related to the respiratory system. The periodical monsoons make changes in the climate of Sri Lanka. The climate of Jaffna in Northern Sri Lanka also experiences the seasonal rhythm of rainfalls. The cold climate affects the human beings and respiratory symptoms arise. A preliminary survey conducted with indigenous medical practitioners in 4 MOH areas in Jaffna District, showed that a combination of herbal medicines - *Syrup Vasaka*, *Suwasakudori pill* and *Peenisa oil* are prescribed by the practitioners for this condition. This research was thus aimed to study the efficacy of the combination of the above in this condition. It was a clinical trial done in Rural Ayurvedic Hospital, Kodikamam, Jaffna, Sri Lanka. Ethical clearance was obtained from Ethical Review Committee, University of Colombo. Seventy five subjects were included in this study according to the inclusion and exclusion criteria (Subjects above 12 years of age, both sex with respiratory symptoms, provoked by cold weather were included and subjects with diabetic mellitus, tuberculosis and bronchial asthma were excluded). Data were collected through interviewer administered questionnaire and symptoms (mainly sneezing, running nose, cough, expel out sputum, itching in eyes, pain in throat, nasal irritation and nasal block), signs and examinations at base line were recorded in case record. Severity of the signs and symptoms was recorded by using score system. *Syrup Vasaka* was given three times a day, 10 ml for 13 – 20 years old and 15 ml for above 20 years old subjects. *Suwasakudori pill* was given two times a day, one tablet for 13 - 15 years old and two tablets for above 15 years old with betel juice. *Peenisa oil* was given to apply on head every other day in quantity sufficient. Subjects were treated for a period of 15 days and all of them were put under observation for one month follow – up period without treatment. Changes in the severity of each symptoms and signs were recorded according to the score system once in 5 days during the treatment period and once in 10 days in the follow up period. Analysis was done using SPSS. Improvement of the symptoms and signs were analyzed through Paired samples – T test by assessing the mean difference between the scores of each sign and symptom at base line and end of the treatment; base line and end of follow up. Highly significant differences ($p = 0.00$) in the improvements of the symptoms were observed at the level of assessments. Hence the combination

of *Syrup Vasaka, Suwasakudori pill and Peenisa oil* showed improvement in the disease condition and it prevented the relapsing of disease in the period of follow up. Thus it could be concluded that the combination was effective in cold provoked respiratory symptoms.

Keywords: *Efficacy, herbal, cold weather, management, respiratory*