

**THE ASSESMENT OF THE EFFICACY OF
HABBAI GAJGA ON ZEEQUN NAFAS**



THESIS SUBMITTED FOR THE DEGREE OF
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SUMMARY

Zeequn Nafas is still considered as one of the greatest crippling ailment in mankind.

Research is being conducted through-out the world in order to bring to light many hidden aspects of this disease.

It is a multifaceted programme of research covering fields such as aetiology, pathology, therapy, prognosis etc.. At present the burden of this group of diseases is so greatly felt by the human society, that every effort is put in, to achieve a successful goal by research.

Although many new drugs are being discovered by modern medicine as bronchodilators, yet very little is discovered in the complete and effective cure of this disease.

In short, medical world has so far failed in its attempts to produce a drug which will radically cure this disease.

As physicians trained in the system of Unani Medicine, we should bein a position to give our share of contribution to the world in this particular field

for by tradition, we have inherited vast resources of medical ingenuity. Our efforts at the frontiers of modern methodology would be to make the tradition live in the field of healing.

The present clinical study was carried out on 30 patients from Zeequn Nafas. These patients were treated as patients for 4 weeks, under close surveillance as to their diet drugs etc.

From 5th week onwards they were treated as O.P.D. patients with fortnightly follow up for 15 months.

Evaluation of any improvement of patients condition due to the treatment was based on the clinical, haematological and physiological parameters.

Observations made on these were weighed together with patients own account of his condition such as dyspnoea on active movement, dyspnoea on passive movement ect.

The prescribed treatment was designed to observe any relieving effect in the patients condition.

Patients who were within a range of less than one and one to five years chronicity were selected.

It was observed that the effect of the trial drug was comparatively quicker in cases of recent origin than in those of a chronicity of 3 and more than 3 years.

Most of the patients were relieved of the symptoms but the degree of relief obtained varied from patient to patient.

The overall inference from the study, whatever its mechanism of action is that Habbai Gajga is able to bring relief and comfort in varying degrees to patients of Zeequn Nafas.

All 3 drugs used in trial drug in combination produce a combined effect of producing nuzj, relieving thasannuj and expelling balgam. The net result of which clears air passages of the ghair thabayi mada making a breathing easier.

By 6th week of treatment decrease of cough and copious amounts of balgham put out.

This observation can be of use for future researchers on drug action and their active principle.

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The principle reason for the need of effective therapy in Zeequn Nafas is the lack of a complete accurate knowledge of its aetiology and pathogenesis.

Three of the age - old renowned drugs in Unani viz- Gajga, Fil Fil Siya Thulafi have been selected in the present study.

CONCLUSION

In short, the Unani compound formula whose actions and properties were recognized by Ancient Unani Physicians.

From this small scale study which comprised 20 cases of Zeequn Nafas, it could be inferred that the trial compound has a considerable degree of bronchodilating, coughive and expectorant effect. When treatment continued beyond 5 months, a slight percentage of eosinophil count decrease was noticed.

Further treatment beyond a period of 8 months, produced an effect on the lung function, showing an increase

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Zeequn Nafas is initiated with a simple mechanism of bronchospasm. But in the long run it bears very grave consequences to the sufferer.

The principle reason for the need of effective therapy in Zeequn Nafas is the lack of a complete and accurate knowledge of its aetiology and pathogenesis.

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Treatment beyond a period of 8 months, produced an effect on the lung function, showing an increase inthe P.E.F.R.

It gave quicker results in symptoms like cough, dyspnoea on active movement and wheeze, in cases of shorter duration.

All patients selected for the study had at sometime or the other, undergone various modes of treatment viz:- Allopathic, Ayurveda & Acupuncture before entering this study programme.

History showed that they had not had significant relief from the previous treatments. This was one of the reasons they attempted participating in this programme.

BIBLIOGRAPHY

With this background the relief experienced in the clinical features was comparatively significant while the discomfort experienced by this treatment was significantly less.

Hence we could safely infer from this trial that the compound Habbai Gajga possessed a bronchodilating and expectorant effect specially when the case was of short duration.