

IMPACT OF RITUCHARYA ON BRONCHIAL ASTHMA WITH SPECIAL REFERENCE TO PEAK EXPIRATORY FLOW RATE

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ABSTRACT

Ritucharya is an important endowment of Ayurveda to balance the rhythmic seasonal variations of Dosha, Agni and other physiological functions of body. A man who knows the suitable Ahara and Vihara for six different seasons and practices accordingly, his strength and luster enhance and he never suffers from seasonal diseases. In this era of science and technology, the lifestyle change in the form of non-observance of Ritucharya is one of the major risk factors responsible for increasing incidence of various non-communicable diseases. Bronchial asthma is a life threatening disease of airways, creates a substantial burden on individuals and families as it is more often under-diagnosed and under-treated. The efforts by individuals and their health care providers in terms of awareness about Ritucharya could prevent and control Bronchial Asthma. This randomized study was conducted to evaluate the effect of observance of Ritucharya on different parameters of Bronchial Asthma (Tamaka Shvasa) patients. Peak Expiratory Flow Rate (PEFR) is significant one of them. Out of total 140 patients, cases of group A were administered with modern standard drug therapy and group B cases were advised to follow particular Ritucharya in different seasons along with standard drug therapy. Changes in observations were recorded at three follow-ups. There was statistically significant increase in PEFR values of group B cases as compared to cases of group A. It shows linear effect of Ritucharya on improvement of lung functions and Bronchial Asthma.

KEYWORDS: Ahara, PEFR, Ritucharya, Tamaka Shvasa, Vihara