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Clinical study to Assess the Efficacy of Sthirasidha payas in Stable Angina

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Abstract

Cardiovascular disease is a leading global public health problem. The most important and prevalent of all heart diseases is the IHD. Principal risk factors for atherosclerosis are cigarette smoking, elevated cholesterol levels, sedentary lifestyle etc. The clinical manifestations of CAD comprise a spectrum of disease including stable angina, which is characterised by attacks of pain following physical exertion or emotional excitement and is relieved by rest. The term 'hritsoola' explained by Acharya Susruta is in par with the clinical features of angina pectoris. It is experienced that modern medicines have tremendous effect in managing the episodes of CAD, however reversal of pathogenesis of CAD is negligible. The study drug sthirasidha payas mentioned in vathavyadhi chikitsa is the only drug for hritsthitavatha. The study was designed as pre post experimental study conducted on 20 patients diagnosed as stable angina clinically by RAQ and case profoma and as per investigation (stress ECG, angiogram), coming to OPD of kayachikitsa, VAC, Ollur. Selection was done by purposive sampling technique on the basis of inclusion and exclusion criteria. The objective of the study was to assess the efficacy of sthira sidhapayas in improving the signs and symptoms in stable angina. The study duration was 21 days and follow up of 1 month. 96ml of sthira sidhapayas was given half an hour after breakfast according to aushadha kala. Subjective assessment(RAQ, CCS grading of angina), stress ECG was assessed on 1st, 22nd and 52nd day. The data was analysed statistically with paired "t" test to see the significance. During the trial and subjective assessment(CCS) and some parameters of stress test were highly significant(p<000).

Sthirasidhapayas is effective in improving the signs and symptoms of stable angina. The property of the drug along with the property of ksheera does the action of srodhosodhana, promote circulation, nourishes and strengthens the mamsa.

Keywords: ischemic heart disease, hridsoola, sthirasidha payas, aushadha kala, METS, double product.

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