

CLINICAL EVALUATION OF AYURVEDIC FORMULATION OF COLICARMIN PLUS SYRUP ON COLIC, GRIPING PAIN, INDIGESTION, NAUSEA, VOMITING, AND OTHER DIGESTIVE DISORDERS IN PAEDIATRICS AND GERIATRICS PATIENTS.

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ABSTRACT

Objective: An open label study to assess the effect of colicarmin plus syrup on colic and griping pain, indigestion, nausea and vomiting in children, and geriatric patients.

Methods: (a) A study was conducted on 75 number of patients to evaluate the effect of colicarmin plus syrup on colic and griping pain, indigestion, nausea and vomiting in children, and adults, (b) mostly these children were selected from different classes of families, (c) all the patients were checked on the 1st, 2nd, and 3rd week after starting the therapeutic dose.

Dosage schedule: (a) Children: 1 Teaspoonful thrice a day after meals, (b) adults: 2 Teaspoonful twice to thrice a day after meals.

Results: (a) Colic and griping pain: In the total duration of treatment, no of patients recovering were 23-on 1st week, 4-on 2nd week, and 3-on 3rd week, overall result is 93.54%, (b) indigestion: In the total duration of treatment, no of patients recovering were 26-on 1st week, 3-on 2nd week, and 1-on 3rd week, the overall result is 93.75%, (c) nausea and vomiting: In the total duration of treatment, no of patients recovering were 8-on 1st week, 2-on 2nd week, and 1-on 3rd week, the overall result is 91.33%.

Conclusion: Based on the study, we can conclude that colicarmin plus syrup is an Ayurvedic formulation with benefits such as digestive, carminative, anthelmintic, antifatulent, antispasmodic, and devoid of side effects.

Keywords: Digestive, Carminative, Anthelmintic, Antifatulent and Antispasmodic.

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INTRODUCTION

Crying is a normal physiological behavior in children. In children, crying is a specific behavior which achieves its likely evolutionary function. The children cry for a variety of reasons including the need for attention, hunger, pain and discomfort of minor upsets such as flatulence, nausea, vomiting, or colic pain.

The word colic means spasm or painful tightening of muscle. Crying of children due to "colic" is often thought to be due to pain coming from the baby's tummy and bowel, but the bowel of babies with colic seems healthy.

Abdominal pain is one of the most common reasons for a parent to bring his or her child to medical attention. The evaluation of "tummy ache" can challenge both parents and pediatricians. Possible causes for a child's abdominal pain range from trivial to life-threatening with little difference in the child's complaints. Fortunately, an abdominal pain in a child usually improves quickly [1,2].

It is important to distinguish colic from specific disorders that can produce abdominal pain or cramping and prolonged crying including infection, food allergies, or intestinal obstruction. If no physical causes can be found, colic is usually the diagnosis [3].

Further, indigestion, diarrhea, gas, and other digestive problems are most commonly seen in adults and that may be caused by varied etiology. In addition, the gastrointestinal problem is characterized by

abdominal pain. It is troublesome with a significant negative impact on quality of life and social functioning in many patients.

Some of the herbs have tendency to cure abdominal problems some of which are shown in Table 1.

Clinical trial of colicarmin syrup was carried out to check the efficacy against different symptomatic indications [4-11].

METHODS

The study was conducted on 75 number of patients to evaluate the effects of colicarmin plus drops on colic and griping pain, indigestion, nausea and vomiting in children, and adults. This was carried out at Dr. Girish Patel (M.D.) Hospital, Rajkot.

A total of 75 patients from children and adults were enrolled in the study. Mostly these children and adults were selected from different classes of families.

All the children and adults were followed up at frequent intervals for their indication, and the observations were noted at 1st, 2nd, and 3rd week of the therapeutic dose (Tables 2-4).

Dosage schedule

- Children: 1 Teaspoonful 3 times a day after meals
- Adults: 2 Teaspoonful 2-3 times a day after meals.

The following observation has been made after administration of the therapeutic dose.

RESULTS

In the case of colic and griping pain after the treatment of 21 days, 93.54% relief was observed (Fig. 1).

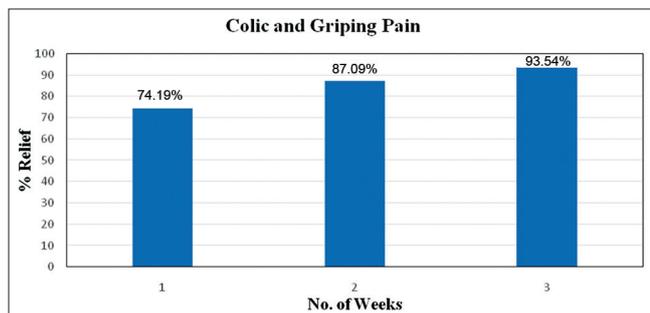


Fig. 1: Relief in colic and griping pain after consuming colicarmin plus syrup

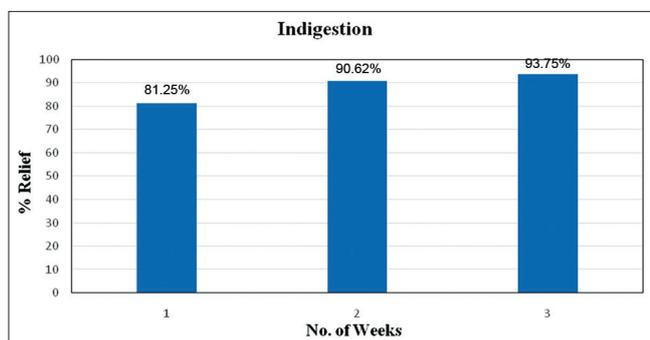


Fig. 2: Relief in indigestion after consuming colicarmin plus syrup

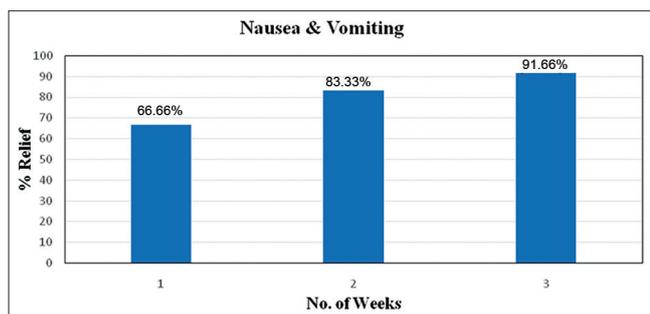


Fig. 3: Relief in nausea and vomiting after consuming colicarmin plus syrup

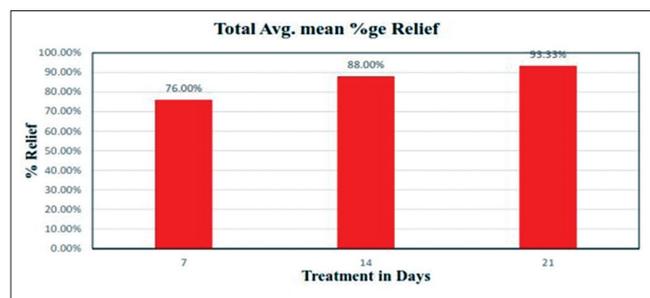


Fig. 4: Total average mean percentage relief after consuming colicarmin plus syrup

In the case of indigestion after the treatment of 21 days, 93.75% relief was observed (Fig. 2).

In the case of nausea and vomiting after the treatment of 21 days, 91.66% relief was observed (Fig. 3).

In the case of Total avg. mean % relief, the results after the treatment of 21 days showed 93.33% relief (Fig. 4).

DISCUSSION

As per current scenario gripes and gas, diarrhea, indigestion, nausea and vomiting are the common problem found into the children and

Table 1: Some herbs used in treatment of various abdominal disorders

Herbs	Uses
Soya (<i>Peucedanum graveolens</i>)	Relieves intestinal spasms and griping, helping to settle and prevent colic
Indrajav (<i>Holarrhena antidyenterica</i>)	Helps to improve the functioning of digestive tract and tones the digestive tract. Mainly useful in diarrhoea intestinal worms and piles
Hing (<i>Ferula Foetida</i>)	Intestinal gas and stomach upset
Kanta karanj (<i>Caesalpinia bonducella</i>)	Abdominal disorders
Nimbuka sat (<i>Citrus medica</i>)	Used in abdominal disorders
Sukshma ela (<i>Elettaria cardamomum</i>)	Dysentery and digestive disorders
Sovarchal (<i>unaqua sodium chloride</i>)	Clears constipation
Kulianjan (<i>Alpinia galangal</i>)	Stimulate appetite, cure nausea, motion sickness and diarrhoea, sooth stomach pain
Saidhav (sodium chloride)	Used in dyspepsia and abdominal disorders

Table 2: Results are observed after 21 days of therapeutic dose for syrup

Indications	Total number of patients	Patient during the treatment			% results
		1 st week	2 nd week	3 rd week	
Colic and griping pain	31	23	4	2	93.54
Indigestion	32	26	3	1	93.75
Nausea and vomiting	12	8	2	1	91.66
Total	75	57	9	4	93.33

Table 3: Distribution of the patients on basis of age group

Age of patients	Total number of patients	
	Children	Adults
75	30	45

Table 4: Distribution of the patients on basis of sex group

Sex distribution of patients			
Children		Adults	
Male	Female	Male	Female
20	10	27	18

Table 5: Some ingredients used in the treatment of various abdominal disorders

Herbs	Clinical efficacy
Sovarchal (Unaqua sodium chloride), Soya (<i>Peucedanum graveolens</i>) Hing (<i>Ferula Foetida</i>), Saindhav (sodium chloride)	Reinforce body's own secretion of digestive enzymes
NimbuKa sat (<i>Citrus medica</i>), Indravaj (<i>Holarrhena antidiysenterica</i>) Kanta karanj (<i>Ceasalpinia bonducella</i>)	Restore gastrointestinal motility and expel unwanted gases Treating abdominal colic, digestive disorders, and piles Restore colic and griping pain

adults. There have to concern about safety profile with effective therapeutic dosage.

In these conditions, we have done the clinical trial to confirm the efficacy of colicarmin plus syrup into the different age groups of patients with different problems.

The clinical study was found effective in all indications as can be seen from the above data. Quick relief from colic and griping pain was the direct evidence of the effectiveness of colicarmin plus syrup.

Clinical efficacy on herbal preparation of colicarmin plus syrup is because of the following ingredients.

The well balanced colicarmin plus syrup offers multiple benefits such as digestive, carminative, anthelmintic, antifatulent, and antispasmodic and is very palatable, without any side effects.

CONCLUSION

During this clinical trial on 75, a number of patients for colicarmin plus syrup with the prescribed therapeutic dosage of colicarmin plus syrup;

we found that out of 31 patients suffering from colic and griping pain almost more than 60% patients got relief in just 7 days.

In case of indigestion 26 patients out of 32 patients got relief in just 07 days. Moreover, out of 12 patients suffering from nausea and vomiting more than 60% patients were cured in 7 days. After 21 days treatment, 93.33% mean results for colicarmin plus syrup were observed as total average % relief in different indications (Table 5)

Considering the result of the trail report, it may be concluded that colicarmin plus syrup is one Ayurvedic formulation with five benefits such as digestive, carminative, anthelmintic, antifatulent, and antispasmodic without any side effects. Moreover, further elaborated and large-scale studies are recommended.

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