

CLINICAL EVALUATION OF AN AYURVEDIC REMEDY TRISHUN IN COMMON COLD

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Ayurvedic remedies are quite popular in India as also home remedies for the common cold. In an open clinical study, an Ayurvedic remedy: 'Trishun' was studied in three hundred and twelve patients having common cold with the help of twenty family physicians in their private practice. Treatment was given initially for two and a half days (5 doses) and was extended to four days (8 doses) if required.

The patients were assessed clinically for nine signs and symptoms and also on a visual analogue scale for the overall benefits.

Statistically significant improvement ($p < 0.001$) in all signs and symptoms was observed with 'Trishun'. Adverse effects were very minimal (only in 7 out of 312 patients) and did not require withdrawal of the drug.

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