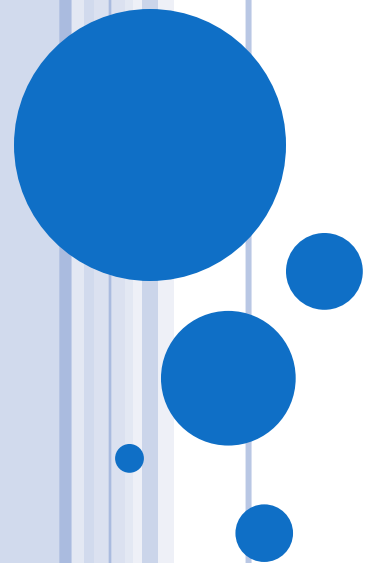




RORNIL






RORNIL

VASAKA	100 mg
SUNTHI	100 mg
YASTIMADHU	100 mg
PIPPALI	100 mg
BILVA	100 mg

SNORING

Introduction:

- **Snoring can be defined as a** Noisy breathing through the open mouth during sleep, produced by vibrations of soft palate.
 - Snoring is usually caused by some conditions that hinder breathing through the nose, such as common cold, allergic rhinitis, or enlarged adenoids.
 - Snoring is more common when a person is sleeping on his or her back because in this position, the lower jaw tends to drop open.
 - In some cases, snoring alternates with sleep apnea (temporary cessation of breathing).
 - Snoring can sometimes be prevented by sewing an object into right clothes near the small of the back, thus making it uncomfortable to sleep on the back.
 - Removal of enlarged adenoids will usually cure the condition in children.
 - Snoring is the vibration of respiratory structures and the resulting sound, due to restricted air movement during breathing while sleeping.
 - In some cases, the sound may be soft but in the other cases it can be loud and unpleasant.
- 

- Just about everyone snores occasionally even a baby or a beloved pet may snore! But snoring can affect the quantity and quality of sleep.
- Poor sleep can lead to daytime fatigue, irritability and increased health problems. And if the snoring is so loud that the bed partner can't sleep, one may end up banished from the bedroom.
- Sleeping in separate bedrooms doesn't have to be the remedy for snoring. In fact, there are many effective treatments for snoring.
- Discovering the cause of snoring and finding the right cure will vastly improve the health, your relationships and of course the sleep.

The Causes Of Snoring:

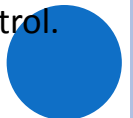
- Modern research reveals snoring to often have more than one cause. These include the many factors that lead to nasal blockage such as nasal allergy or deformities of the nasal septum (the cartilage partition between the two sides of the nose) and other internal nasal structures.
- This nasal blockage can contribute to poor nasal airflow
- Other factors which can influence the snoring condition are obesity; lack of fitness or aging and associated loss of general muscle tone, congestion of the throat due to the reflux of stomach acid (heartburn); and the effects of alcohol or smoking.



- Congestion of the throat tissues leads to swelling of fluids within the tissues. This causes loss of muscle tone and generally makes the lining tissues of the airways flop.
- Where nasal congestion causes faulty or turbulent airflow through the airway, then the resonance of these floppy tissues contributes to the noise known as snoring.

Other Causes

- Generally speaking, the structures involved are the UVULA and soft palate. The irregular airflow is caused by a passageway blockage and usually due to one of the following.
- Throat weakness, causing the throat to close during sleep.
- Mis-positioned jaw, often caused by tension in the muscles
- Fat gathering in and around the throat
- Obstruction in the nasal passage way
- The tissues at the top of airways touching each other causing vibrations
- Relaxants such as alcohol and drugs relaxing throat muscles
- Sleeping on one's back, this may result in the tongue dropping to the back of the mouth.
- Enlarged tonsils.
- Age: As u reach middle age and beyond, your throat becomes narrower and the muscle tone in your throat decreases
- The way you are built, men have narrower air passages than that of woman and are more likely to snore. A narrow throat, a cleft palate, enlarged adenoids, and other physical attributes (which contribute to snoring) can be hereditary.
- Nasal and sinus problems. Blocked airways make inhalation difficult and create a vacuum in the throat leading to snoring.
- Being overweight or out of shape, fatty tissue and poor muscle tone contribute to snoring.
- Correction of snoring may not only require surgical intervention, but will probably also need cessation of smoking, minimised alcohol consumption, control of gastric acid reflux where necessary and weight control.



The Anatomy of the Upper Airway Passages

- The complex anatomical structure of the upper airway passages is due to the close association of the air, food and fluid passages. We not only breathe through our mouth and nose, but we also eat and drink through our mouth.
- The food passages of the mouth, throat and oesophagus leading to the stomach are separated from the airway by the soft palate and epiglottis and associated structures of the larynx or voice box. This normally prevents food or fluid passing into the air passages and lungs. Occasional strong coughing fits are reminders that this is not always the case!
- The nasal air passages serve to moisten the air intake and also provide the olfactory, or smell sense. Alternating congestion of the nasal passages helps channel the air intake between the two lungs.

Snoring and Sleep Apnea

- Snoring could indicate sleep apnea, a potentially life-threatening condition that requires medical attention.
- Sleep apnea is a breathing obstruction, causing the sleeper to awaken to begin breathing again.
- A person with sleep apnea wakes up many times a night to begin breathing, but usually doesn't remember it.
- Serious risks of sleep apnea include sleep deprivation, oxygen deprivation, and depression.



Impact:

- Snoring is known to cause deprivation to snorers and those around them, as well as day time drowsiness, irritability, lack of focus and decreased libido.
- It has also been suggested that it can cause significant psychological and damage to sufferers. Multiple studies reveal a positive correlation between loud snoring and risk of heart attack (about +34% chance) and stroke (about +67% chance)
- Though snoring is often considered as minor affliction, snorers can sometimes suffer severe impairment of lifestyle.
- New studies associate loud snoring with the development of carotid artery atherosclerosis, the risk of brain damage and stroke.
- Researchers hypothesize that loud snoring creates turbulence in carotid artery blood flow closest to the airway.

Diagnosis:

- Usually, snoring is recognized by a friend or partner who observes the patient sleeping. Besides the “noise” of snoring, more complex conditions such as sleep apnea can be consistent with the symptom of snoring.
- A sleep study can identify such issues. Patients can also assess their own condition to determine the likelihood of such problems based on the severity of their sleeping difficulties.

How You Snore Reveals Why You Snore

- It's critical to note to the different ways you sleep and snore. Sleep positions reveal a lot, and figuring out how you snore can reveal why you snore, when you know why you snore, you can get closer to a cure Closed-mouth snoring may indicate a problem with the tongue.
- Open-mouth snoring may be related to the tissue in your throat Snoring when sleeping on back is probably mild-improved sleep habits and lifestyle changes may be effective cures.
- Snoring in all sleep positions can mean snoring is more severe and may requires a more comprehensive treatment.

Treatment:

- Almost all treatments for snoring revolve around clearing blockage in the breathing passage.
- This is the reason snorers are advised to lose weight (to stop fat from pressing on the throat), stop smoking (smoking weakens and clogs the throat) and sleep on their side (to prevent the tongue from blocking the throat.
- A number of other treatment options are also available, ranging from over-the-counter (OTC) aids such as nasal sprays, nasal strips or nose clips, lubricating sprays, and “anti-snore” clothing and pillows, to such unusual activities as playing didgeridoo.
- However, Snoring is a recognized medical problem and people who snore should always seek professional medical advice before relying on techniques that may mask symptoms (i.e.; snoring) but not the underlying condition.

The Medical Remedies:

- Continuous positive airway pressure (C-PAP). To keep your way open during sleep, a machine at your bedside blows pressurized air into a mask that you wear over your nose or face.
- Dental appliances, oral devices, and lower jaw positions often resemble an athlete's mouth guard. They help open your airway by bringing your lower jaw or your tongue forward during sleep.
- Traditional surgery such as Uvulo-palato pharyngoplasty (UPPP), Thermal Ablation Palatoplasty (TAP), Tonsillectomy and Adenoidectomy, increase the size of your airway by surgically removing tissues or correcting abnormalities.
- The pillar procedure is also an effective surgery in which small plastic implants are inserted into soft palate; scar tissue grows around the implants, stiffening the soft palate which stops vibrations that cause snoring.
- New Developments: Laser-assisted Uvulopalatoplasty (LAUP) and somnoplasty remove parts of the soft palate to reduce snoring using laser or radiofrequency signals. These newer remedies may require further study.



SLEEP APNEA

- Episodes of temporary cessation of breathing lasting 10 seconds or longer, which occur during sleep or Repetitive episodes of upper airway occlusion during sleep, with oxygen de-saturation nearly always associated with snoring.
- Repetitive apneas produce sleep disruption, leading to excessive daytime sleepiness (EDS).
- People with sleep apnea may not be aware of having any problem during the night, but they may be excessively sleepy during the day, with poor memory and difficulty in concentrating. This can interfere with work and social activities, and in children, with school performance.
- Severe sleep apnea is a potentially serious condition, because it may result in hypertension, heart failure, myocardial infarction or stroke.

Types and Incidence:

- Sleep Apnea may be classified as
- Obstructive,
- Central or Mixed.



Obstructive Sleep Apnea:

- This is the most common type and may affect anyone, but more often middle-aged men(30-50).
- The typical sufferer is overweight and a heavy snorer.
- People with Obstructive sleep apnea who are very obese and excessively sleepy are said to have pickwickian syndrome. Obstructive sleep apnea has been linked with some instances of sudden infant death syndrome.
- The most common cause of Obstructive sleep apnea is over relaxation of the muscles of the soft palate in the pharynx (throat). The muscles sag and obstruct the passage of air during sleep. Obstruction to the passage of air may also be caused by enlarged tonsil or adenoids or by abnormally large tongue or small jaw.
- In all cases, the obstruction to air movement usually causes loud snoring. If a complete obstruction occurs, breathing stops. Failure to breathe triggers the brain to restart breathing, and as breathing recommences, a gap is produced and the person may awake briefly.



- **Control Sleep Apnea:**

- In this form, breathing stops because the diaphragm and chest muscles temporarily cease to work, probably as a result of a disturbance in the brain's control of breathing. Causes include paralysis of the diaphragm muscles and disorders of the brain stem. Snoring is not a predominant feature.

- **Mixed Sleep Apnea:**

- This is a combined form of sleep apnea. Usually, there is a short period of control sleep apnea, followed by a longer period of obstructive sleep apnea.

- **Signs and symptoms:**

- Cardinal symptom is excessive daytime sleepiness (EDS)
- Loud snoring
- Complaints of disrupted sleep
- Repetitive awakenings with transient sensation of shortness of breath or unclear reasons
- Tired and unrefreshed upon AM awakening
- Witness apneas at night
- Complaints of poor concentration, memory problems, irritability
- Morning headaches
- Short tempered
- Decreased libido is also common
- Depression



- **Causes:**

- Upper airway narrowing due to enlarged tonsils, adenoids, uvula, low soft palate, large or posterior located tongue or cranio-facial abnormalities superimposed upon a co-existent abnormality of neurological control of upper airway muscle tone or ventilator control during sleep.

- **Risk Factors:**

- Obesity
- Nasal obstruction (due to polyps, rhinitis or deviated septum)
- Hypothyroidism
- Acromegaly (enlarged tongue)
- People with hypertension, cardiovascular or arterio-vascular disease or alveolar hypoventilation have a much higher risk of obstructive sleep apnea (OSA).



VASAKA



Common Name: Malabar
nut (Eng.)

Sanskrit Name:
Vasa or *Vasaka*

Lt. Name:
Adhatoda vasica- *Acanthaceae*.

Effecton Tridosha (Three biohumors):

- ***Vasaka*** pacifies Kapha and Pitta Dosha, so it can be effectively used in managing the diseases resulting from Kapha and Pitta aggravation.
- **Medicinal values:**
- ***Adhatoda vasica*** is useful in treating bronchitis, tuberculosis and other lung and bronchiole disorders.
- ***Vasaka*** has been used to control both internal and external bleeding such as peptic ulcers, piles and bleeding gums.
- ***Vasaka*** exhibits antispasmodic, expectorant and blood purifying qualities. ***Adhatoda vasica*** has also been used to speed delivery during childbirth.
- **Useful part:**
- Leaves, flowers and roots



Pharmacology and Action:

- This shrub has a number of traditional medicinal uses. It has been used as an antispasmodic, bronchodilator, and mucoytic agent in asthma and other respiratory conditions. It has oxytocic properties and can be abortifacient.
- Vasicine, the active compound.
- Vasicinone, showed bronchodilatory activity *in vitro* but bronchoconstrictory activity *in vivo*; it is probably biotransformed *in vivo*, causing bronchoconstriction.
- Both the alkaloids in combination (1:1) showed pronounced bronchodilatory activity *in vivo* and *in vitro*.
- Vasicine also exhibited strong respiratory stimulant activity, moderate hypotensive activity and cardiac-depressant effect; vasicinone was devoid of these activities.

Benifits of vasaka: -

- Useful in Respiratory discomfort specially asthematic conditions
- Useful in acute as well as chronic cough
- Increases air component in the body
- Useful in all types of skin diseases
- Useful in emaciation, under-nutrition and all similar conditions
- Useful in bleeding tendencies.



○ *Zingiber officinale* (Ginger)

○ Introduction

- Ginger, the rhizome of *Zingiber officinale*, is one of the most widely used species of the ginger family (*Zingiberaceae*) and is a common condiment for various foods and beverages.
- Ginger can control headaches, nausea, rheumatism, and colds.
- Ginger is claimed to warm the body and treat cold extremities, improve a weak and tardy pulse, address a pale complexion, and strengthen the body after blood loss.
- **Active Constituents:**
- Ginger contains a number of pungent constituents and active ingredients.
- The major pungent compounds in ginger - shogaols, zingerone, and paradol.
- The compound 6-gingerol appears to be responsible for its characteristic taste.
- Zingerone and shogaols are found in small amounts in fresh ginger and in larger amounts in dried or extracted products.

SUNTH OR SUNTHI



Sanskrit: **Sunthi**

English: **Dry Ginger**

Botanical:

Zingiber officinale

Hindi: **Sont**

Telugu: **Sonthi**

Common names:

Chukku, Shukku, Sunthi

Family name:

Zingiberaceae



- **2. Parts used:**

- Dried root

- **Mechanisms of Action:**

- The mechanism underlying ginger's anti-emetic activity is not clearly understood, but the aromatic, spasmolytic, carminative, and absorbent properties of ginger suggest it has direct effects on the gastrointestinal tract.
- A mechanism involving the central nervous system cannot be ruled out, considering several of ginger's components antagonize serotonin type-3 receptors; however, this has not been clearly demonstrated.
- The compounds 6-gingerol and 6-shogaol have been shown to have a number of pharmacological activities, including antipyretic, analgesic, antitussive, and hypotensive effects.
- Ginger extracts exhibit inhibition of platelet aggregation and thromboxane synthesis *in vitro*, which has led to concerns ginger extracts may prolong bleeding; however, several European studies using ginger orally did not find any significant anticoagulant effects *in vivo*.



○ **4. Uses:**

- It is aphrodisiac.
- It balances Kapha and aama doshas.
- It is useful in the treatment of disease related to Vaata doshas.
- It clears abdominal diseases and worms, bronchitis or asthma, heart disease, dropsy, cholera, nausea, bad taste in the mouth.
- It is carminative, diuretic.
- Good remedy for gastric disorders, rheumatism, fevers and nervous diseases.
- Good remedy for abdominal distention when it is mixed with castor oil.
- A mixture of ginger and honey induces motion and also cures tympanites.
- Recommended remedy for colic, diarrhoea, flatulence, dyspepsia and loss of appetite.
- It relieves the cough and sore throat.
- Relieves pain, swelling, head-ache and tooth-ache as eternal paste.
- It is used for conjunctiva, brain symptoms in fevers, insanity.
- It also used as Nasya.
- Relieves headache, heaviness in the head and and hyseria.
- It cures pains, inflammations of liver.
- It is a tonic, anorexia.



BILVA



Botanical classification:

- **Common Name:** Bael(Eng.)
marmelos- Rutaceae.
- **Sanskrit Names:** *Bilva*- Means that kills all the diseases
- **Lt. Name:** *Aegle*
- **Effect on Doshas(Bio humours):**
- *Bilva* is *Kapha-Vata hara*(Pacifies *Kapha* and *Vata*);i.e. it is useful in management of all the diseases having their origin either in aggravated *Kapha/vata* or both.



Medicinal value:

- **Bilva** protects against genotoxicity which may be due to inhibition of free radicals and increased antioxidant status.
- **Useful part:**
- Roots, Bark, leaves and fruit.

Pharmacology & Action:

- Bilva is astringent and bitter in taste , pungent in the post digestive effect and has hot potency .
- It has astringent, anti-diarrhoeal, appetizer and digestant properties.
- Bilva shows antiulcer, antidiabetic, anti radio productive, anti inflammatory, antipyretic, analgesic and anti spermatogenic activity.

Benefits

- Digestive stimulant
- Increases strength of the body
- Improves assimilation and thus prevents the conditions like passing loose stools
- Useful in management of hemorrhoids
- Useful in all edematous conditions.



YASTIMADHU



Classification:

- Common Name: Liquorice
- Botanical Name: Glycerrhiza Glabra.
- **Latinname: Glycerrhizaglabra**
- **Englishname: Licorice, Sweetwood, Sweetwor.**
- **Indian name – Mulethi, Yastimadhu**

Pharmacology & Action:

- Yastimadhu is sweet in nature. It has excellent rasayana action in diseases like asthma, bronchitis and chronic cough.
- Licorice has demulcent action and hence it is more useful in dry –Vata type of diseases.
- It is specific rasayana for amla pitta and parinamshula – peptic ulcers.
- Its rasayana action on the gastric mucosa helps to avoid the recurrence of peptic ulcers.
- If given with shatavari has best rasayana action in diseases like cystitis.



○ **Uses :**

- Beneficial for hypoglycemia, bronchitis, consumption, colitis, cystitis, general debility, stomach ulcers, diverticulosis, indigestion, gastritis, bladder, kidney ailments, stress, colds, coughs, laryngitis or hoarseness, sore throats, relieves thirst, fevers, nausea, and inflammation.
- Cleanses the colon, lowers blood cholesterol, promotes adrenal gland function, decreases muscular skeletal spasms, and increases fluidity of mucus from the lungs, coughs, hoarseness, mucous congestion, and bronchial tubes.
- Has estrogen-like hormone effects; changes the voice.
- A strong decoction makes a good laxative for children and may also help to reduce fever.
- Add licorice to other Medicines to make them more palatable.
- Externally, used as an ointment for eczema, psoriasis, burns, boils, sores, ulcers and redness of the skin.
- Made by adding 2% of licorice juice to an antibiotic formula.
- a Studies show licorice root stimulates the production of interferon.
- Deglycyrrhizinated licorice may stimulate the body's defense mechanism that prevent the occurrence of ulcers by increasing the amount of mucous-secreting cells in the digestive tract.
- This improves the quality of mucous, lengthens intestinal cell life and enhances micro circulation in the gastrointestinal lining. Licorice derivatives have been recommended as a standard nutritional support for peptic ulcer sufferers in Europ.
- Licorice is 50 times sweeter than sugar

○ PIPPALI

Kingdom: Plantae

(unranked): Angiosperms

(unranked): Magnoliids

Order: Piperales

Family: Piperaceae

Genus: Piper

Species: ***P. Longum***

Binomial name ***Piper longum***.

Common Name:

Long pepper(Eng.)- Here pepper stands for spirit or the energy



Medicinal value:

- Primarily used for cold, wet and 'mucusy' conditions of the lungs.
- ***Pippali encourages vasodilation and therefore increases circulation, specifically to the lungs.***
- Used with honey in asthma, bronchitis, pneumonia and compromised immunity in the respiratory system.
- Useful to kill worms, amoebas and parasites.
- It helps to treat diarrhoea from cold symptoms and constipation
- ***Pippali*** has a hepatoprotective effect that may benefit fibrosis.

Useful parts - Fruits, root .


Pharmacology & Action:

- Pippali is a perennial aromatic shrub which has pungent taste. It contains volatile oil, alkaloids piperin and piperlonguminine, terpenoids and a waxy alkaloid. Pippali is pitta suppressant and vata&kaphaaggravator.
- Acts as bronchodilator, decongestant, expectorant, and lung rejuvenative.
- In the digestive tract, it also has powerful actions as carminative.
- It is a metabolic stimulant, aiding the thermogenic response by increasing the level of thyroid hormone.
- It is an immune-stimulatory and antiulcerogenic effects of Pippali. Also acts as an anti ulcerogenic.
- Pippali is a anti-cancer agent, anti-tumor promoter, circulatory stimulant and aphrodisiac.

Benefits:

- Useful in respiratory discomfort (including asthmatic condition) And cough.
- Removes unnecessary fat from the body
- Stimulates digestive fire making a person feel hungry
- Increases sexual desire
- A rejuvenator of the body
- Useful in all urinary disorders including Diabetes.


Warnings and precautions:

- The product is not for use by pregnant or nursing women or by children.
 - Keep this product out of the reach of children.
 - Store in a cool and dry place, away from direct light.
 - Do not refrigerate and avoid excessive heat.
 - Do not use if seal is broken.
 - Diabetes, hypoglycemic and people with known medical conditions and /or taking drugs should consult with a licensed physician and/ or pharmacist prior to taking herbal supplements.
- 

Adverse reactions:

- Use of this product for long periods or at high doses may lead to:
- Vasaka may show adverse reactions like diarrhea, nausea, and vomiting.
- Pippali or long pepper sometimes is a skin irritant.
- Ginger is on the U. S. Food and Drug Administration's GRAS (generally recognized as safe) list. *The British Herbal Compendium* documents no adverse effects of ginger
- Yastimadhu shows side effects like rash, itching or swelling, severe dizziness and trouble breathing.
- **Toxicology and drug interactions:**
- **No drug interactions & No side effects.**

CONTRAINDICATIONS:

- Large doses of Vasaka may irritate the alimentary canal and cause diarrhea and vomiting.
 - Pippali has been contraindicated to be used for a longer duration. And in excess pitta and in other inflammations of the intestines.
 - Dried fruit of Bilva for constipation, fresh fruit for congestion and weak digestion.
 - Ginger was contraindicated to be used by pregnant women and THE GERMAN COMMISSION E also mentions gallstones as a relative contraindication for ginger, without citing a rational.
 - Pregnant woman, those with high blood pressure or heart conditions, and in conditions like CCF, edema should not use Yastimadhu.
- 

Mode of action:

- All the herbal ingredients contains aromatic volatile oils and they exert their action on uvula and soft palate and makes smooth airflow which in turn stops snoring.
- All these ingredients having sound bronchodilator effects opens the throat, repositions tensed jaw and softens the fat in and around throat.
- Clears the obstruction in nasal pathway and relaxes throat muscles
- Keeps intact a cleft, palate, enlarged adenoids and other physical attributes
- Clears nasal and sinus problems
- Clears blocked airways
- Clears vacuum in the throat.

USP:

- First time in India
- All aromatic sources and extracts are from herbal- hence they are safe
- Simple dosage and duration
- Quite economical and avoids painful operations
- No need to use CPAP machine
- By controlling snoring, one can avoid fore coming heart attack and stroke.

Dosage: Twice daily or two capsules per day upto 30 days.

Price: 250/- per strip(1X10)

