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Management of giardiasis by a herbal drug 'Pippali Rasayana': a clinical study.

Agarwal AK, Tripathi DM, Sahai R, Gupta N, Saxena RP, Puri A, Singh M, Misra RN, Dubey CB, Saxena KC.

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Abstract

Pippali Rasayana (PR), an Indian ayurvedic drug prepared from Palash (*Butea monosperma* (Lamk) Kuntze; Leguminaceae) and Pippali (*Piper longum* L.; Piperaceae), was administered at a dose of 1 g p.o. three times daily for a period of 15 days to patients (25 treated, 25 placebo controls) suffering from giardiasis with clinical signs and symptoms, and stools positive for trophozoites/cysts of *Giardia lamblia*. After 15 days of drug treatment there was a complete disappearance of *G. lamblia* (trophozoites/cysts) from the stools of 23 out of 25 patients. General signs and symptoms of ill health and abdominal discomfort, presence of mucus, pus cells and RBCs were significantly reduced. There was a marked improvement in the clinical and haematological profile of the patients. Spontaneous recovery in 20% cases was recorded in placebo controls.

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