

An Ayurvedic Management of Kaphaj Kasa – A Case Study

Vd. Omkar Palimkar¹, Vd. Jayshree Katole², Vd. Ashish Keche³, Vd. Vikramsingh Chavhan⁴

PG Scholar, Dept of Kayachikitsa, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Akola
HOD & Professor, Dept of Kayachikitsa, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Akola
Associate Professor, Dept of Kayachikitsa, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Akola
Assistant Professor, Dept of Kayachikitsa, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Akola

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ABSTRACT:

Everyone has experienced the respiratory illness known as a cough at some point in their lives. In recent years, respiratory disorders have become much more common. Cough is the fifth most prevalent symptom that patients seek medical attention for. Due to rising air pollution brought on by industrialization, urbanization, globalization, and the adoption of Western culture, the prevalence of respiratory ailments has grown. Exposure to a wide range of pollutants, including heavy metals, organic and inorganic compounds. Acharya Charaka's character Kasa is a special disease. In addition to separate diseases, they are also considered as symptoms, problems and sequelae of some diseases. One of the most common diseases affecting Pranvahastrotas. According to modern health science, cough is a symptom while kasha has been described and classified in detail as a separate disease in its own right in the Ayurvedic literature. It can also occur as a problem or even as a consequence. Cough is one of PranvahastrotadusthijanyaVyadhi. Destroyed Prana Vayu and Udana Vayu along with other Doshas are further deteriorated and are forcefully expelled like broken bronze vessels by coughing called Kasa. In this disease Prana Vayu gets Udan Gati. Due to the Pratiloma Gati (backward direction) of Prana Vayu, Apan Vayu receives the Urdhwa Gati (ascending direction) and causes obstruction in the Prakruta Gati (forward direction) of Udan Vayu, causing blockage and Prana Vayu is expelled through the mouth. Depending on the etiology, we can treat the disease in two ways: Shamana Chikitsa (medication only) or Shodhana Chikitsa (purification). This article explains the Ayurvedic perspective on Kaphaj kasa that will help in diagnosis and proper management.

KEYWORDS: -Kaphajakasa, Vasawleha, Dhumpan

I. INTRODUCTION

There has been a remarkable rise in respiratory system-related incidence in recent years. The National Center for Health Statistics estimates that 62 million occurrences of cough and common cold occur annually. The sixth most prevalent symptom for which people seek medical attention is a cough.

In the classic Ayurvedic texts, Kasa has been classified into three different categories: autonomous disease, symptom complication, and sequel. These days, Kaphaj Kasa is a common Upper Respiratory tract sickness that is bothering and disturbing the person in his daily activities.

The two main pathogenic components of the Samprapti of Kaphaj Kasa are Vata and Kapha. Ayurvedic classics, which offer a variety of effective formulas in the medicinal toolkit with noteworthy outcomes. The usage of pharmaceuticals that have long-lasting effects that guarantee non-remission is explained by Ayurveda. These drugs function as Lekhana (scraping), Hrudya (palatable), Swarya (voice promoters), Tridoshaghna (equilibrium of doshas), and Rasayana (rejuvenative). Vasawleha and Dhumpan possess property in Kapha Vatahara. Thus, an attempt was made to ascertain how the medication functions in Kaphaj Kasa.

Aims and Objective

Aims To evaluate the efficacy of Bajra+Haridra+Guggulu Dhumpan with Vasawleha in management of Kaphajkasa.

Objective – 1. To study the conceptual & clinical aspect of Kaphajkasa.

2. To assess the role of Dhumpan with Vasawleha in management of Kaphajkasa.

Materials and Methods

Study design: Present study is a single case study conducted in the department of kaychikitsa of Dr.

VJD Gramin, Ayurved College, Patur, Dist Akola Maharashtra.

Case report: A 38 year old male patient came to kaychikitsa of Dr. VJD Gramin, Ayurved College, Patur, Dist Akola Maharashtra. With complaints of kasa, bahala, snigda, swetanishteevana, gourava, mandagni, peenasa, utklesa, kanthakandu, swarabhedha.

History of present illness: Patient was healthy before 6 months. But gradually he suffered with respiratory episodes in 6 months before and further that he had recurrent respiratory illness.

History of past illness: No H/O any other major illness or any surgery.

Family History: nil

SUBJECTIVE PARAMETERS

1. Kasa (cough)
2. Bahala, snigda, swetanishteevana (expectoration)
3. Gourava (heaviness)
4. Mandagni (loss of appetite)
5. Peenasa (running nose)
6. Utklesa (excitation)
7. Kanthakandu (itching sensation in throat)
8. Swarabhedha (hoarseness of voice)

OBJECTIVE PARAMETERS

1. Chest X-ray

Withdrawal criteria

- Patients not giving regular follow up.
- Any reaction occurs due to trial drug

Parameter of diagnosis and assessment of results

The main criteria for assessment of therapeutic trial were based on the symptomatic relief in the symptoms before and after treatment. The gradation was given to symptoms according to severity as given below.

Scoring pattern

1. Kasa

- 0 Nil No cough
- 1 Mild Cough with expectoration with slight difficulty
- 2 Moderate Cough with pain difficulty in expectoration, patient can't tolerate
- 3 Severe Cough with more difficulty in expectoration, patient can't tolerate

2. Bahala, Snigda, Sweta Nishteevana

- 0 Nil No Bahala, Snigda, Sweta Nishteevana

- 1 Mild Snigda in the mouth
- 2 Moderate Snigda in the mouth with salivation
- 3 Severe Snigda in the mouth with excessive salivation

3. gaurava

- 0 Nil No heaviness
- 1 Mild Occasionally feeling of heaviness for sometimes in body
- 2 Moderate Feeling of heaviness for sometimes in body but not affecting activities of daily living
- 3 Severe Daily feeling of heaviness over body, which leads to Akarmanyata

4. Mandagni

- 0 Nil Feels good hunger and proper digestion regularly
- 1 Mild Feels good hunger but irregular digestion
- 2 Moderate Feels less hunger and irregular digestion
- 3 Severe Feels very less hunger and the very less digestion

5. Peenasa

- 0 Nil Absent
- 1 Mild During kasavega
- 2 Moderate During kasavega and persists for some time even after kasavega
- 3 Severe Continuous

6. Peenasa

- 0 Nil Absent
- 1 Mild During kasavega
- 2 Moderate During kasavega and persists for some time even after kasavega
- 3 Severe Continuous

7. Kanthakandu

- 0 Nil Absent
- 1 Mild Pain & irritation during kasavega
- 2 Moderate Pain & irritation persists for some time even after kasavega and relieved itself
- 3 Severe Continuous pain and irritation

8. Swarabhedha

- 0 Nil No Swarabhedha
- 1 Mild Swarabhedha only in the early morning

- 2 Moderate Swarabhedha 2-3 times daily
- 3 Severe Always Swarabhedha

Other pathological investigations

X-Ray chest were done before and after treatment.

Selection of drug

1. Vasawleha which contains vasa, goghrit, pippali, sugar and madhu has described in Bhavapraksh in the management of Kasa. Majority of the ingredients are having Kashay-Kaṭu rasa, Virya-Ushna and Laghu, Ruksha, Tikṣṇa properties. Due to this property, As it is Laghu and Tikṣṇa, produce chedana of vitiated Kapha. Vata and Kapha are the two key culprit

involved in the Samprapti of Kaphaja Kasa. Vasawleha is having Kapha Vatahara property. Hence, this effort was made to access the action of the drug in Kaphaja Kasa.

2. Bajara + Haridra + Guggulu for Dhumpan

Course of treatment

1. Vasawleha (5gm) was given muhurmuha kala with the luke warmwater for the duration of 15 days. Before starting the treatment patients were advised to stop other medicine.
2. Bajara + Haridra + Guggulu Dhumpan

Follow up: Follow up was carried out on 0th day, 7th day and 15th days.

II. DISCUSSION

The observations of the study are represented in Tables

Symptoms wise relief of patients of kaphaj kasa.

Symptom	Relief (%)
Kasa	88
Gaurava	82
Kaphastivana	90
Mandagni	70
Peenasa	85
Utklesa	87
Kanthakandu	60
Swarabhedha	90

In Kaphaj Kasa, Kasa, Kanta kandu, Kaphastivana, Gaurava, peenasa, utklesha, swarabhedha and Mandagni are mentioned as a symptom. Looking to the sign and symptoms, maximum, i.e. 88% patients were having Kasa, 90% having kaphastivana and 70% Mandagni; 85% having peenasa; 82% having gaurava; 87% having utklesa, 60% having Kanta kandu and 90% patients were having Swarabhedha

III. CONCLUSION

From the above study it has concluded that bajara + Haridra + guggulu was used as the main content of dhumpan which has ushna, tikshna and kaphahar property they reduce kasa veg. Vasawleha is effective in the treatment of kaphaj kasa especially in relieving the symptoms like Gaurav, mandagni, peenas, swarbhedha.

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