

## REVIEW ARTICLE ON KAPHAJA KASA AND ITS AYURVEDIC MANAGEMENT

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**ABSTRACT**

The most prevalent symptom of airway and lung diseases is Kasa (cough). In most clinical situations, it might be a presenting symptom. Kasa is a debilitating Pranavaha srotas disease. Furthermore, the pathophysiology of Kasa is almost identical to the mechanism of the cough reflex. Cough is a symptom in contemporary science, however, in Ayurveda, Kasa (cough) is an alternate Vyadhi usually encountered in children. It is the 5th common symptom and most irritating in children. Approximately 25-30% of the world's children suffer from Kasa. There are five types of Kasa. Kaphaja Kasa is one of them which is undertaken for study because kapha is predominant in Balyavastha and most of the Kaphaja Vyadhis are seen in Balyavastha.

**KEYWORDS:** Kaphaja Kasa, Pranavaha srotas, Ayurveda, cough, Balyavastha.**INTRODUCTION**

Kasa is a debilitating Pranavaha srotas disease. The most common symptom of airway and lung diseases is Kasa (cough). The most common cause of cough, particularly in children, is the environment. Kasa affects around 25-30% of the world's child population. As a result, Kasa Vyadhi was chosen for research. Cough is more common in children aged 5 to 10 years. Respiratory issues are also frequent in children aged 5 to 10 years. As a result, the age range of years is chosen. If Kasa is not treated in time it may lead to life-threatening conditions. Also, it has been mentioned by Vagbhata that, if Kasa is not treated properly in time it may give rise to Shwas, Kshayrog, Chardi, etc.<sup>[1]</sup> As a result, it is essential to treat this Vyadhi as soon as possible. Shodan and shaman are recommended for examining Kasa chikitsa. Sukumar is the Balak, and asampurnabala shaman chikitsa is favored.

**Disease review:**

Kaphaja Kasa consists of two words "Kapha" and "Kasa". The word Kapha is derived from the root Ke, meaning "shirasikena Jalenavapalathi"<sup>[2]</sup> that which is produced in the Shiras and nourished by jala. Acharya Charaka has defined Kasa as "shushaka vas a kaphovaapikasanathkasaha" means release of obstructed vayu resulting in the production of abnormal sound in the process, which may be productive or dry.<sup>[3]</sup>

**Nidana:**<sup>[4]</sup>

Samanya and Visheshanidana are been explained for KaphajaKasa, where both play a major role in the

manifestation of disease Kaphaja Kasa. Where both play a major role in the manifestation of disease Kaphajakasa can be categorized into Khavaigunyotpadaka, Vataprakopaka, Kaphaprakopaka.

**1. Khavaigunyotpadaka nidana:**

1. Ahara and Vihara have properties that are comparable to doshas and worsen them.
2. Ahara and Vihara, both of which aggravate the dhatus. The second type includes etiological elements such as raja and Dhuma, which have direct interaction with pranavahasrotas and cause Khavaigunyata in pranavahasrotas by injuring the respiratory tract epithelium.

**2. Vataprakopaka nidana:**

The etiological variables that cause vata aggravation include rukshannabhojana, ratrijagarana, vegadarana, veg dharana, and vyayama. For any kind of kasa to arise, vata is the Samavayi Karana, or major dosha involved in disease manifestation. Vataprakopaka can be caused by DhatuKshaya or Avarana. As a result, the Nidanas referenced by Vagbhata for Kasa might be either of the two above. Aggravated vata travels throughout the body, settling in pranavahasrotas impacted by Khavaigunyautpadakanidana, such as Dhuma and Raj.

**3. Kapha prakopaka nidana:**

The etiological factors responsible for kaphaprakopaka are guru, singdha, utkedi, vijjala Ahara, diwaswpna. These Nidhana aggravate Kapha in uras causing obstruction to downward movement of Vata in pranavashastrotas. This

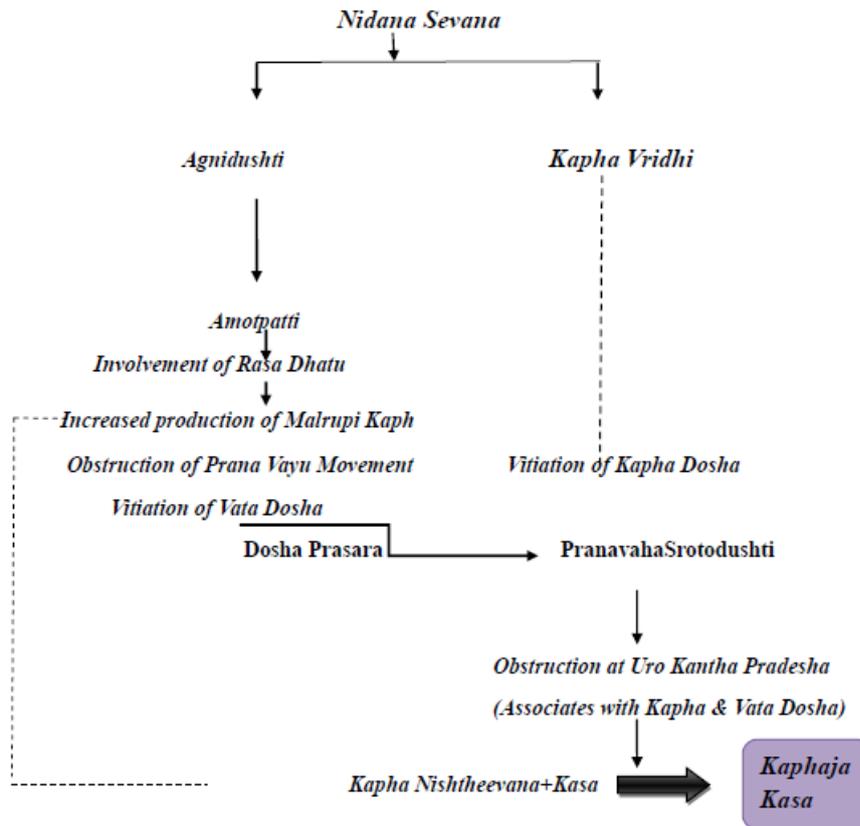
leads to the pratilomagati of vata which manifests Kasa with Kapha Shteevana.

**Samprapti:**<sup>[5]</sup>

Kapha prakopaka nidana, or Ahara and vihara, will result in Kapha vriddhi and Agnimandhya. Rasadathu dusthi

will occur as a result of Agnimandhya - Amarasa formations. Rasadathu dusthi may result in malarupi Kaphavrudhi, which causes srotosangha (Pranavaha), culminating in Vatavarodha; this causes Vimarga gamana of vata, leading in Kaphaja Kasa.

**Samprapti of kaphaja kasa**



**Table no: 1: Showing the samprapti ghataka's of kaphaja kasa.**

Dosha	Kapha, Vata
Dushya	Rasa
Agni	Jatharagni mandya
Ama	Jatharagni mandya janya ama
Srotas	Pranavaha & Rasavaha
Sroto dushti	Sanga
Udbhavasthana	Amashaya
Sancharasthana	Rasayani (Srotas)
Adhishtana	Urah pradesha
Vyaktasthana	Kantha, Mukha
Rogamarga	Abhyantara

**Rupa:**<sup>[6]</sup>

**Table no. 2: Showing visishtha lakshanas of kaphaja kasa.**

1.	Kasa (Cough)
2.	Bahala, Snigda, Sweta Nishteavana (Expectoration)
3.	Aruchi (Tastelessness)
4.	Gourava (Heaviness)
5.	Sira soola (Headache)
6.	Mandagni (Loss of appetite)
7.	Peenasa (Running nose)
8.	Utklesa (Excitation)

9.	Kanthe kandu (Itching sensation in throat)
10.	Swarabhedha (Hoarseness of voice)

- Acharya Charaka and Susruta have mentioned first eight symptoms in Kaphaja Kasa lakshanas and last the two are associated symptoms.

#### Chikitsa:<sup>[7]</sup>

At various phases of the therapy for kaphaja kasa, several modes of approaches are required. Almost all of the time, a multi-treatment strategy must be used, says Nidana Parivarjana. It is the most crucial component of therapy. A person with Kaphaja Kasa must avoid things that might generate it, such as smoking and breathing in dust. To prevent these Nidana, a person occasionally has to change his line of work. Examples include using a mask and avoiding air conditioning. During the winter and chilly months, as well as when traveling somewhere cold, patients should be extra alert.

#### Samshamana:

There are many single drugs, Kastoushadhi and Rashushadis are indicated for KaphajaKasa. These have Katu, Ushna, Tikshna, Sukshma, chedana, kaphanissaraka, kasagnaguna. Trikatu, Pippali, Kantakari, Avaheha, Agastya, Haritaki, Avaleha, PushkaradiLeha, ShatyadiLeha, VyaghriharitakiLeha, DevdarvadiLeha, BhruguharitakiLeha are beneficial in KaphajaKasa. Pippali and AgasthyaHaritaki Yoga can be used as Rasayana in kaphajakasa.

#### Shodhana:

The first line of Shodhana in KaphajaKasa is Vamana. Vamana will expel the DushitaKapha and relieve the Aavarana to Vata giving more and effective result in KaphajaKasa. The Virechana can be planned in Vaata, Pittanubandha. Here Vata should be controlled to relieve Vedana in Urah and Parshva. Nasya Karma is helpful because the Sthnasamshraya is in Urdhvajatrugata. Virechana and Nasya have minimal role in vegkalan and Bahudoshaja Kaphajakasa. In Avasthika Kala these can be adopted as per the Yukthi of Physician. If Bahudosh and Amashyagatha Kaphaja Lakshana are noticed Sadhyavamana can be adopted rather than classical Vamana. Kavalagraha, Dhumapana are also helpful in condition of Kaphaja Kasa. After the Vamana Tikshana Dhumapana will helpful in Kaphaja Kasa.

#### Pathyapathya in kasa

Acharya Charaka has considered the word 'Pathya' as a synonym of Chikitsa. Pathyasevana is really beneficial in the treatment of any type of disease. It balances the Doshas. Following simply Pathyapathya is sometimes enough to treat the disease in its early stages.

In *Bhaishajya Ratnawali*, there is detailed description of Pathya and Apathya in *Kasaroga*. The Pathya and Apathya mentioned in the classic are given below.<sup>[58]</sup>

**Pathya ahara:** Light food at regular intervals

- **Shookavarga:** Shali, Shashtika, Godhuma, Shyamaka, Yava, Kodrava
- **Shimbivarga:** Masha, Mudga, Kulatha
- **Mamsavarga:** Gramya, Anupa & Dhanvavarga
- **Gorasavarga:** Purana sarpi, Godugdha, Ajadugdha, Gomutra
- **Phala / Shakavarga:** Vastuka, Vartaka, Balmulaka, Kantakari, Kasmarda, Jeevanti, Draksha, Matulunga, Pushkarmoola, Vasa, Ela, Lashuna, Haritaki
- **Madhu varga:** Madhu
- **Jala varga:** Ushnodaka
- **Pathyavihara:** Swedana, Virechana, Vamana, Dhoompana,

#### Apathya ahara:

- Vishtambhi, Guru, Vidahi, DushitaBhojana
- Dushita, Sheetalajala
- Matsaya, Kanda, Sarshapa, Tumbi, Upodika

#### Apathya vihara:

- Basti, Nasya, Raktamokshana, Vyayama
- Mala, mutra, udgara, kasa, vamanavega-vidharana
- Raja, Aatapa, Dushtavayusevana, Diwaswapna

#### CONCLUSION

- Though cough is considered as just a symptom in modern science but it is considered as diase in ayurveda.
- Types of the kasa can be understood on the basis of nature of cough and Sputum production. Kaphajakasa can be correlated to Chronic Bronchitis based on Nidana, samp rati and lakshana.
- First and Foremost nidana told by our Acharyas for the manifestation of kasa is raja and dhuma which initiate the pathological process in pranavahasamprati and even Chronic bronchitis manifests in those who are Chronic smokers and because of continuous exposure to dust at work.
- Nidana Parivarjana, different Shamnoushdi and different modes of Shodhana will help in treating the Kaphajakasa. Probably these Shamana drugs act as cough suppressant, expectorants and mucolytic. In future scope there is a need to prove the action of these shamana drugs clinically.

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