

EFFECT OF KANTAKARI GHRITA IN THE MANAGEMENT OF VATAJ KASA**Piyush M. Pawar^{1*}, Medha M. Joshi², Rupali Khobragade³, Vrunda Kurande⁴, Abhishek Taksale⁵ and Japa Phadke⁶**¹MD Scholar, Dept. of Kayachikitsa, PDEA'S College of Ayurved and Research Centre, Nigdi Pune, Maharashtra India.²Professor and HOD, Dept. of Kayachikitsa, PDEA'S College of Ayurved and Research Centre, Nigdi Pune, Maharashtra India.³Professor, Dept. of Kayachikitsa, PDEA'S College of Ayurved and Research Centre, Nigdi Pune, Maharashtra India.⁴Associate Professor, Dept. of Kayachikitsa, PDEA'S College of Ayurved and Research Centre, Nigdi Pune, Maharashtra India.^{5,6}Assistant Professor, Dept. of Kayachikitsa, PDEA'S College of Ayurved and Research Centre, Nigdi Pune, Maharashtra India.***Corresponding Author: Piyush M. Pawar**

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ABSTRACT

Promoting good health remains a fundamental human aspiration, yet the presence of ailments poses significant hindrances to achieving optimal well-being. Among these, respiratory diseases emerge as notable challenges, impacting individuals across various life stages with varying degrees of severity. *Kasa*, a condition attributed to disturbances in the *Pranavaha Strotas* due to *Amashaya*-related imbalances, underscores the intricate nature of these ailments. The harmonious operation of the *Prana* and *Udana Vayu* holds the key to the proper functioning of the *Pranavaha Strotas*. Disruptions in this balance, brought about by causative factors, precipitate the onset of *Kasa*. Within the framework of *Samprapti*, the pathway of *Pranavaha* faces obstructions from factors such as *Dhuma* and *Raja*, acting as irritants to the *Pranavaha Strotas*. The intricate cough reflex, involving both motor and sensory pathways mediated by *Prana* and *Udana Vata*, further underscores the complex nature of this ailment. Clinical manifestations encompass a range of symptoms, including *Shuska Gala*, *Shuskakasa* with *Shuska-Alpa-Kapha*, *Swarbheda*, *Parshvashool*, *Shirashool*, *Urashool*, and *Dourbalya*, among others. Drawing from the rich repository of Ayurvedic wisdom, a multitude of individual and compound remedies have been developed to address respiratory disorders effectively. This insightful case study, designed to evaluate the efficacy of Ayurvedic interventions in managing *Vatajakasa*, yielded promising outcomes in the context of enhancing respiratory health. This article is a case study of a 45 years male patient with signs & symptoms of *Vataj Kasa*. This case study shows potential of Ayurveda and it proves Ayurveda has evidence-based treatment. In this case study patient of *Vataj Kasa* was treated with the formulation of *Kantakari Ghrita*.

KEYWORDS: *Vataj Kasa*, *Pranavaha Strotas*, *Kantakari Ghrita*.**INTRODUCTION**

Kasa, a condition described in Ayurveda, shares similarities with respiratory tract illnesses. In this context, *Prana* and *Udana Vayu* play a role in maintaining the proper functioning of the respiratory channels (*Pranavaha Strotas*). *Kasa* occurs when imbalanced *Kapha* obstructs the smooth flow of *Prana Vayu* in the throat and chest. This imbalance causes *Kasa*, where disturbed *Prana Vayu* and *Udana Vayu* create sounds reminiscent of striking broken pieces of bronze.^[1] *Kasa* can be an independent ailment or a symptom of various other diseases. Acharya Charak, identified five types of *Kasa*: *Vataja*, *Pittaja*, *Kaphaja*, *Kshataja*, and *Kshayaja*.^[2] Initial signs of *Kasa* include a

sensation of particles in the throat and mouth, throat itching, and difficulty in swallowing food.

Kasa is often triggered by factors like exposure to dust, smoke, strenuous exercise, consuming excessively dry food, inhalation of food particles, and suppressing natural urges like coughing and sneezing.^[3] Since the COVID-19, Post COVID patients have been presenting with cough-related complaints in the OPD. These complaints include headaches, intense throat itching, and dry cough. Frequent coughing, particularly after exposure to cold air, can lead to significant rib pain. The cough pattern observed in post-COVID-19 patients closely resembles the symptoms of *Vataj Kasa* described

by Acharya Charaka. *Vataj Kasa* symptoms encompass dry cough (*Shushkakasa*), pain in the sides of the chest (*Parshavashoola*), headache (*Shirashoola*), hoarseness of voice (*Swarbheda*), and dryness in the throat and mouth (*Shushka kantha Vaktra*).^[4] Since *Kasa* can serve as a precursor to other ailments and prolonged *Vataj Kasa* can potentially lead to serious conditions like *Kshaya*,^[5] it is crucial to address this condition promptly to prevent its progression.

According to Acharya Charaka's *Chikitsa Sutra* of *Vataj Kasa*,^[6] the initial step involves performing 1st *Snehana*, for which *Abhayanga* (localized massage) and *Avleha*

(herbal paste) can be administered, in this case we used *Kantakari Ghrita* for Management of *Vataj Kasa*.

Aim: To study Effect of *Kantakari Ghrita* in The Management of *Vataj Kasa*.

Objective: To study role of *Kantakari Ghrita* to reduce sign and symptoms of *Vataj Kasa*.

CASE REPORT

A 45-year-old male patient having following complaints was came in OPD of Kayachikitsa Department, PDEA'S College of Ayurved and Research Centre, Nigdi Pune.

Chief complaints

ShushkaKasa.

Hritshool.

Parshvashool.

Shirashool.

Swarbheda.

Kshinbala.,

Since Last 6 Months

History of present Illness

45 years male patient came to OPD with Above complaints since last 6 months. he was taking Allopathy medicines (Anti-Histamines) for same complaints in the last 6 months but he did not get relief completely. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

Past history: N/H/O: DM/HTN/BA/Hypothyroid

Present medicinal history: Tab Montac LC.... 1HS (Occasionally)

Family history: *Matruj Kula: Jivit Pitruj Kula: Jivit.*

Past surgical history: No History of any major Surgery.

General examination

Temperature	98.4 F
RR	22/ Min
Pulse rate	82 /Min
Blood pressure	120/80 mm of Hg

Systemic examination

RS	AEBE
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft and Non tender

Ashtavidha parikshan

<i>Nadi</i>	<i>Sarpa Gati</i>
<i>Mutra</i>	5-6 times a day
<i>Mala</i>	<i>Samyak</i>
<i>Jivha</i>	<i>Nirama</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Druk</i>	<i>Prakrit</i>
<i>Akruti</i>	<i>Madhyam</i>

Hetu

Aharaj Nidan: Amla, Lavan, and Ushn Ahar Atisevan, Viruddha and Asatmya Ahar, Tikshna and Vidagdhar, Atimadyasevan, Pratimashan. Nishpav, Mash, Tiltail Atisevan, Viharaj Nidan: Ati-Shrama, Divashayan, Veg Dharan, Kam-Chinta-Bhay-Shokgrasta

Samprapti^[7]

Hetu sevan → Kapha Prakopa → Pran Vayu Dushti → Prana Vayu becomes Udana Anugata → Prana Vayu forcefully moves into Srotas → Typical sound obtained → Kasa.

Samprapti ghatak

Dosha: Vaat + Kapha

Dushya: Ras, Anna

Srotas: Rasvaha + Pranavaha

Srotodusti lakshna: Sanga

Adhithana: Ama- Pakwashayotha, Pranavaha srotas, Ura-Kantha

Swabhava: Aashukari

Sadhya- Asadhyata: Naveen - Sadhya, Jirna – Kric-chyasadhya

Agnidusti: Agnimandhya

Management: Kantakari Ghrita^[8]

- Drug: Kantakari Ghrita
- Matra: 10 ml twice a day
- Anupana: Sukoshna Jala
- Aushadhasevan Kala: Vyano-Udane
- Duration: 14 days

Table 1: Latin name, Family and Part use in of dravya in kantakari ghrita.

No.	Drug	Latin Name	Family	Part Used
1.	Kantakari	Solanum Xantocarpum	Solanaceae	Phala
2.	Guduchi	Tinospora Cordifolia	Manyspermaceae	Kanda
3.	Ghrita			

Table 2: Rasa, Virya, Vipaka, Doshagnata and Karma of dravya in kantakari ghrita.

No.	Drug	Rasa	Virya	Vipaka	Guna	Doshghnata	Karma
1.	Kantakari ^[9]	Katu, Tikta	Ushna	Katu	Laghu Ruksha, Tikshna	Kaphaghna	Kasahar Dipan, Kaphahar, Pachan, Vatahar, Shwashara
2.	Guduchi ^[10]	Katu, Tika	Ushna	Madhur	Guru, Snigdha	Tridoshghna	Dipan Pachan
3.	Ghita				Snigdha, Guru, Shita		Sanskaryanuvartan

Table No. 3: Showing Observation and Results.

Symptoms	Gradation	Grade	BT	AT
Shushka Kasa (Dry Cough)	No cough	0	3	0
	Mild (cough for one short period during the day not interfering with daily activities; wake once at night due to cough).	1		
	Moderate (frequent cough not interfering with usual day time activities; frequent waking during night due to cough)	2		
	Severe (Distressing cough most of the day and night)	3		
Swarbhed (Hoarseness)	Normal voice.	0	2	0
	Hoarseness of voice during morning, pain in throat during speech.	1		
	Hoarseness of voice throughout day and night, pain in throat, able to speak only phrases.	2		
	Unable to speak/ speak only words difficulty.	3		
Kshinabala (Weakness)	No Weakness	0	2	0
	Mild Weakness (Feeling of fatigue during routine activity).	1		
	Moderate Weakness (Routine activity disturbed but not bed ridden).	2		
	Severe Weakness (Unable to do day to day activity/ bed ridden).	3		
Hritshool:		6	2	
Parshvashool		6	2	
Shirashool		8	0	

DISCUSSION

Vataj Kasa is characterized by dry cough, reduced mucus, weak voice, chest pain, and other symptoms. Ayurvedic practitioners highlight the significance of *Pranavaha Strotas* (respiratory system) in understanding and treating this condition, as it is a disorder of the respiratory channels. Contemporary times have brought about serious diseases like tuberculosis and COVID-19, which share similarities with *Vataj Kasa* and can be dangerous if not addressed promptly. Early and proper treatment is crucial for *Vataj Kasa*, aiming to correct the underlying pathology and restore the balance of *Udana Vayu*. Ayurvedic tradition explains that the progression of *Vataj Kasa* involves an imbalance of *Vata*-dominant *Tridosha*, disruption in *Pranavaha Strotas*, and the eventual manifestation of *Vataj Kasa* symptoms. *Kantakari Ghrita*, with its properties of pacifying *Vata* and *Kapha*, plays a key role. The ingredients in *Kantakari Ghrita*, such as *Kantakari*, *Guduchi* and *Ghrita* have various effects like improving digestion, alleviating cough, and balancing *Kapha* and *Vata*. *Kantakari* has *Dipana*, *Pachan Shwas-Kasahar Properties*, *Ushna Virya* of *Kantakari* and *Snigdha Guna* of *Ghrita* help in *Vata Shamana*, This *Kantakari Ghrita* aids in interrupting the progression of *Vataj Kasa*.

To summarize, the unique attributes (*Guna* and *Karma*) of individual *Dravyas* and the formulation as a whole counteract the factors contributing to *Vataj Kasa*, offering a comprehensive approach to managing the condition.

CONCLUSION

Vataj Kasa is present when *Vatapradhan Tridoshadushti* affect *Pranavaha Strotasa*. Now Days *Vataj Kasa* is common in Post Covid Patients, it can be correlated with Allergic Cough. It occurs usually due to *Amla*, *Lavan*, *Kshar* and *Ushna Atisevan*, *Viruddha* and *Asatmya Ahar*, *Nishpav*, *Mash*, *Pinyak*, *Tiltail Atisevan*, *Tikshna* and *Vidagdhahar Sevan*, *Atimadyasevan*, *Matsyasevan*, *Snehavibhram*, *Mridasevan*, *Pratimashan*, *Ativyayam*, *Divashayan*, *Atimathun*, *Veg dharan*, *Kam-chinta-bhay-shokgrasta*, *Panchakarma Visham Yog*. Ayurveda explains the *Nidanapanchaka* and *Chikitsa* of disease in holistic manner. Ayurvedic *Chikitsa* concentrates on proper functioning of "VATA" which is very important for function of *Pranavaha Strotas*. Ayurveda can provide better management in this area. With the Aim that ayurvedic medicines may be effective to manage *Vataja Kasa* without any side effects. In this case study, there is reduction in Subjective parameters (Table No. 3) like *Shushka-Kasa*, *Hritshool*, *Parshvashool*, *Shirashool*, *Swarbheda* and *Kshinbala*. The Ayurvedic Concepts in Allergic Cough, having fruitful effect; be planned and evaluated systematically, adopting meticulous methods.

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