Review Article On Kaphaj Kasa And it’s Management

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Abstract

Kasa is one of the most common ailments afflicting the Pranavahastrotas. KaphajaKasa dominated by kapha&Vatadusti. Ayurveda texts explains the nidana, Samprati& Treatment of kaphajakasa in detail in many contexts.Cigarette smoking, environmental pollution, unaccustomed occupational surrounding are major causes of chronic bronchitis. Kaphajakasa can be best compare with chornic bronchitis. The mucoids, expectorants and cough suppressants are failing to relive the chronic bronchitis so there is a major role of ayurveda in treatment of kaphajakasa. In kaphajakasa where kasa with prabhuta, Ghana,smigdha, bahalakapha is present corresponds either to acute bronchitis or chornic obstructive bronchitis but in this review article critical analysis done on kaphajakasa(chronic bronchitis).

Key Words: Kaphajakasa, chronic bronchitis, cough, Pranvahastrotas.

Introduction:

In recent years , there has been an extra ordinary increase of incidence related to Respiratary system kaphajakasa is comman upper respiratory tract aliment prevent nowadays & it is increasincely annoying & irritating the individual in the routine acitivity.

Kasa is one of pathological conditions explains in many contexts of ayurvedatexts.Kasa may develop as an independent disease may be a lakshana associative to other disease, sometimes may develop as upadrava of a disease. Kasa is broadly calssified as Ardrakasa & Shushkakasa. Shamanoushadi, Shodhanaare diffrentn modes of treatments. In contemporyr medicines system mucolitics expertorantas & antibiotis are the choice of treatments in chronic bronchitis as disease is chronic patient has to there medication for long duration due to disease modification from time to time has createl resistance to which medication so ayurveda have major responsibility to treat this conditions.

Disease Riview :-

Kaphajakasa consists of two words “kapha” & “Kasa ”. The word kapha is desired the root of Ke,meaning“shirasikenal Ananapalathi” that which is productive in shiras& nourished by Jalaacharya charaka has definedkasa as “shushaka vas a kaphovaapikasanathkasaha” means release of Obstruct vata ruting in the production at abnormal sound the process which may be productive or dry.

NIDANA:- Samanya and Visheshanidana are been explained for KaphajaKasa, where both play a major role in the manifestation of disease Kaphajakasa.Where both play a major role in the manifestation of disease Kaphajakasa can be categorized into Khavaigonotpadaka, Vataparakopaka, Kaphaparakopaka.

1. Khavaigonotpadaka Nidana: The Nidanas which cause srotodushi resulting in the susceptibility of srotas for the manifestation of disease. There are 2 causes for Srotodushi mentioned in CharakaSamhita.

1. Ahara and Vihara possessing the similar qualities to that of doshas and aggravates the doshas.
2. Ahara and Vihara which vitiates the dhatus.

The etiological Factors like raja and Dhuma comes under second category and these etiological factors have direct contact with pranavahasrotas leading to the Khavaigunyata in pranavahasrotasie., damages the epithelium of respiratory tract.

2. Vataparakopaka Nidana: The etiological factors responsible for aggravation of vataare ruksanobojana, ratrijagarana, vegadeerana, veg dharana,vyayama.
For all types of kasa to occur, vata is the Samavayi Karana i.e. main dosha involved for the manifestation of disease. Vataprapakopa occur either by DhatuKshaya or Avarana. Hence Nidanas mentioned by vagbhata for kasa are either of the two above. Aggravated vata moves all over the body, lodges in pranavahastrotas which has been affected by the Khavaigunyautpadakanidana like Dhuma, Raja.

3. Kapha Prakopaka Nidana : The etiological factors responsible for kaphaprakopa are guru, snigdha, utkedi, vijjalaahara, diwaswapna. These Nidhanas aggravate Kapha in uras causing obstruction to downward movement of Vata in pranavahastrotas. This leads to the pratilomagati of vata which manifests Kasa with Kapha Shreevana.

Samprati :- Samprati of Kaphaja Kasa can be divided as Avasthikasamprathi and veg kalensa samprathi. The causes have tendency to vitiate both vata and kapha. Udanavatadusti and kaphadusti is initial stage of samprati. Function of udanavata will be obstructed by kapha and these dosha will take stanasaishraya in Urah, Kantha and Shiras. At Vagakala Vyajakahetu like Raja, Dhuma, Shithambu will precipitate the Samprapti leading to Aadraj Kaphaja Kasa Vega, where Kasa is associated with Nishtivana.

\[
\begin{array}{c}
\text{Nidana} \\
\text{Avasthika Samprati Udana Vata & Kapha Dushti} \\
\text{Kaphavruta Udana} \\
\text{Sthana Samshraya in Urah, Kantha, Shira} \\
\text{Vega Kalena Samprati KaphajaKasa}
\end{array}
\]

Table no:1:

<table>
<thead>
<tr>
<th>Dosha</th>
<th>Kapha, Vata</th>
</tr>
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<tbody>
<tr>
<td>Dushya</td>
<td>Rasa</td>
</tr>
<tr>
<td>Agni</td>
<td>Jatharagnimandya</td>
</tr>
<tr>
<td>Ama</td>
<td>Jatharagnimandya ajanayaama</td>
</tr>
<tr>
<td>Srotas</td>
<td>Pranavaha &amp; Rasavaha</td>
</tr>
<tr>
<td>Srotodusthi</td>
<td>Sanga</td>
</tr>
<tr>
<td>Udbhavasthana</td>
<td>Amashya</td>
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<tr>
<td>Sancharasthana</td>
<td>Rasayani (Srotas)</td>
</tr>
<tr>
<td>Adhishtana</td>
<td>Urahpradesha</td>
</tr>
</tbody>
</table>

Vyaktasthana

Kantha, Mukha

Rogamarga

Abhyantara

Table no: 2

Showing Visishtalakshanas of Kaphaja Kasa:

1. Kasa (Cough)
2. Bahala, Snigda, SwetaNishteevana (Expectoration)
3. Aruchi (Tastelessness)
4. Gourava (Heaviness)
5. Sirasoola (Headache)
6. Mandagni (Loss of appetite)
7. Peenasa (Running nose)
8. Utklesa (Excitation)
9. KanthaKandu (Itching sensation in throat)
10. Swarabhedha (Hoarseness of voice)

Table no: 3:

Showing interrelation between lakshana, Dosha, Dushya, Srotas & Sthana in Kaphajakasa

<table>
<thead>
<tr>
<th>Lakshanas</th>
<th>Dosha</th>
<th>Dushya</th>
<th>Srotas</th>
<th>Sthana</th>
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<tbody>
<tr>
<td>Kasa</td>
<td>K, V</td>
<td>R</td>
<td>P, Ra</td>
<td>Mukha</td>
</tr>
<tr>
<td>Bahala, Snigda, Sweta Shreevana</td>
<td>K</td>
<td>R</td>
<td>P</td>
<td>Uras</td>
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<tr>
<td>Aruchi</td>
<td>K</td>
<td>R</td>
<td>A, Ra</td>
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<tr>
<td>Gourava</td>
<td>K</td>
<td>R</td>
<td>R</td>
<td>Sarvataha</td>
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<td>Sirasoola</td>
<td>V</td>
<td>R</td>
<td>A</td>
<td>Siras</td>
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<td>Swarabhedha</td>
<td>V</td>
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<td>Amashaya</td>
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<tr>
<td>Mandagni</td>
<td>K</td>
<td>R</td>
<td>Ra</td>
<td>Amashaya</td>
</tr>
</tbody>
</table>

NOTE: V= Vata ; K= Kapha ; R= Rasa ; P= Pranavaha ; A= Annavaha ; Ra= Rasavaha

Chikitsa :-

In treatment of kaphajakasa there is a need of different mode of approaches at different stages. Most of time multi treatment protocol has to be adopted

Nidana Parivarjana :-

It is most important aspect of treatment. Person with KaphajaKasa has to avoid triggering factors like smoking, dust inhalation etc. some time person has to make some modification in his occupations to avoid these Nidana like mask wearing; avoiding Air Conditioned environment etc. patient should be more conscious during
cold/winter seasons and during travel to cold atmosphere.

Samshamana:-

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

Shodhana:-

The first line of Shodhana in KaphajaKasa is Vamana. Vamana will expel the Dushita Kapha and relieve the Aavarana to Vata giving more and effective result in KaphajaKasa. The Virechana can be planned in Vata, Pittanubandha. Here Vata should be controlled to relieve Vedana in Urash and Parshva. Nasya Karma is helpful because the Sthnasamshraya is in Urdhvajagrata. Virechana and Nasya have minimal role in vegkalen and Bahudoshaja Kaphajakasa. In Avasthikha Kala these can be adopted as per the Yukthi of Physician.

If Bahudoshja and Amashyagatha Kaphaja Lakshana are noticed Sadhyavamana can be adopted rather than classical Vamana. Kavalagraha, Dhumapanas are also helpful in condition of Kaphaja Kasa. After the Vamana Tikshana Dhumapanas will helpful in Kaphaja Kasa.

Conclusion-

- Though cough is considered as just a symptom in modern science but it is considered as diasease in ayurveda.
- Types of the kasa can be understood on the basis of nature of cough and Sputum production. Kaphajakasa can be corelated to Chronic Bronchitis based on Nidana, samprati and lakshana.
- First and Foremost nidana told by our acharyas for the manisfestation 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 Shamnoushdhi 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.

References : -

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