

“A LITERATURE REVIEW OF KAPHAJA KASA AND ITS MANAGEMENT THROUGH AYURVEDA”

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ABSTRACT:

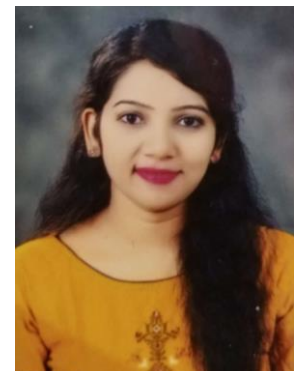
Cough is a respiratory disease that affects everyone at some point in their life. The incidence of respiratory diseases has increased significantly in recent years. The fifth most common symptom for which patients seek treatment is muscle. The incidence of respiratory diseases has increased due to excessive air pollution caused by globalization, urbanization, industrialization and the adoption of Western culture. Exposure to many chemicals, heavy metals, organic compounds and inorganic substances. 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 Pranvaha strotas. According to modern health science, cough is a symptom while katha 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. Vault is one of Pranvaha Strotodusthijanya Vyadhi. 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 Pran 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 Pran 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 Kaphaja kas that will help in diagnosis and proper management.

KEY WORDS :- Kaphajakasa, Pranavah strotas, Nidanpanchak, Ayurveda, Treatment

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INTRODUCTION

Kasa is defined in Ayurvedic scriptures as a distinct group of diseases, symptoms, problems and sequelae. Vata and Kapha are the two main pathological conditions associated with the rise of Kaphaja kas. Etiological factors cause Kapha energy, therefore Kaphaja inhibits Vata energy which causes kas. Kaphaja muscle, Kapha layer in the mouth, Kapha sampoornaura is a medical condition caused by aversion to food, feeling of heaviness in the body, weakness, cough after thick Kapha phlegm. It is said that in Charak samhita the weight of each type of robe increases respectively. Kaphaja Kasa ranks third among them. 5 It can be understood that the safe mentioned in the scriptures is the result of cough and phlegm. The characteristics of Kaphaja Kasa are Kasa with prabhuta, gana, sniigdha, bahala kaphalakshanas. Even with bronchitis, a chronic cough will appear in the clinic. So Kaphaja can understand Kasa. Clinical studies have proven that Kaphaja Kasa's Chikitsa is effective in treating chronic lung disease. Cough is associated with upper respiratory tract infections, pharyngitis, bronchitis and inusitis, which are among the top ten reasons for seeing a family doctor. Kasa is caused by the weakness of Tridoshas (trisomic components). Destroyed Prana Vayu and UdanaVayu along with other Doshas worsen and suddenly appear with a coughing sound similar to broken blood vessels called Kasa. If care is not taken and not treated in time, the situation will worsen. Hence, in this review article, kaphaja Kasa vyadhi, by reviewing various Samhitas and other Ayurvedic texts, understands the concept of kaphaja kas disease and develops accordingly.

MATERIAL AND METHOD

For this review study literary technique which consist of the referances of Kaphaja kasa as been accumulated from the Ayurvedic text.

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NIDAN

Acharya Madhavkara has described the Nidana (causative factor) of Kaphaja kasa in madhavnidan.

*धूमोपघाताद्रजतस्तथैव व्यायामरुक्षात्रनिषेवणाच्च।
विमार्गित्वाच्च हि भोजनस्य वेगावरोधात् क्ष्वथोस्तथैव।। माधवनिदान। कासा १*

Table No. 1 Showing the Aharaja Nidanas of Kasa by different Acharyas-

Aharajanidan	Cha	Su	A.H.	MaNi	Yog R	BhaPra
Ruksha	+	+	+	+	+	+
Shitsevan	+	+	+	-	-	-
Pramitashan	+	-	-	-	-	-
Vishamashan	-	+	-	-	-	-
Anashan	+	-	-	-	-	-
Adhyashan	-	+	-	-	-	-
Samashan	-	+	-	-	-	-
Vidahi	-	+	+	-	-	-
Guru	-	+	-	-	-	-
Vishtambhi	-	+	-	-	-	-
Abhishyandi	-	+	-	-	-	-
Ushna	-	-	+	-	-	-
Snigha	-	-	+	-	-	-
Kashay	-	-	+	-	-	-
Katu	-	-	+	-	-	-
Amla	-	-	+	-	-	-
Lavan	-	-	+	-	-	-
Madhur	-	-	+	-	-	-

Table No. 2 Showing the ViharajaNidanas of Kaphaja Kasa by different Acharyas-

Viharajanidan	Cha	Su	A. H.	MaNi	YogR	BhaPra
Strisevan	+	+	-	-	-	-
Veg vidharan	+	+	+	+	-	-
Aayas	+	-	-	+	-	-
Dhoomopghat	-	+	-	+	-	-
Vyayam	-	+	+	+	-	+
Kshavathu veg dharan	-	+	-	+	-	+
Shitapana	-	+	-	-	-	-
Shit asana	-	+	-	-	-	-
Analasevan	-	+	-	-	-	+
Anil sevan	-	+	-	-	-	+
Raja sevan	-	+	-	+	-	-
Aptarpan	-	+	+	+	-	-
Aamdosha	-	+	-	-	-	-
Utkleda	-	-	+	-	-	-
Paryushita anna sevan	-	-	+	-	-	-
Ratrauprajagan	-	-	+	-	-	-
Dhatukshaya	-	-	+	-	-	-
Annasyavimargaman	-	+	-	+	-	-
Aavarana	-	-	+	-	-	-
Divaswap	-	+	-	-	-	-
Asatmya	-	-	+	-	-	-
Kshar	+	-	-	-	-	-
Krodha	+	-	-	-	-	-
Sedentary life	+	-	-	-	-	-

SAMPRAPTI

अधःप्रतिहतो वायुरुर्ध्वस्रोतः समाश्रितः ।
 उदानभावमापन्नः कण्ठे सक्तस्तथोरसि ॥
 आविश्य शिरसः खानि सर्वाणि प्रतिपूरयन् ।
 आभजन्नाक्षिपन् देहं हनुमन्ये तथाऽक्षिणी ॥
 नेत्रपृष्ठमुरः पार्श्वे निर्भुज्य स्तम्भयंस्ततः ।
 शुष्को वा सकफो वाऽपि कसनात्कास उच्यते ॥-च.चि. १८/४ ते ६

Kapha Prakopaka nidana. The ahara and vihara will lead to Kapha vriddhi leading to Agnimandhya. According to Agnimandhya - Amarasa leading to Rasadathudusti will be created. Rasadathudusti can cause mala rupi kapha vrudhi which will cause srotosangha (Pranavaha) from which Vatavarodha occurs; kaphaja causes Vimargagamana of vata, which causes kas.



SAMPRAPTIGHATAKA**Table No.3**

Dosha	Kapha ,Vata
Dushya	Rasa
Agni	Jatharagnimandya
Ama	Jatharagnimandyajanyaama
Strotas	Pranavahastrotas
Strotodushti	Sanga
Udbhavasthana	Amashaya
Sancharasthana	Rasayani(strotas)
Adhishtana	Urahpradesha
Vyaktasthana	Kantha, Mukha
Rogamarga	Abhyantara

PURVAROOP OF KAPHAJA KASA

पूर्वरूपं भवेत्तेषां शूकपूर्णगलास्यता।

कण्ठे कण्डूश्च भोज्यानामवरोधश्च जायते।।'- माधवनिदान/कास/४

Sanjeevani Darshan

Table No. 4 Poorvaroop of Kasa by different Acharyas-

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Poorvaroop	Cha	Su	A	Mani	Yog	Bhapra
Shookpurnagalasyata	+	+	+	+	+	+
KantheKandu	+	+	+	+	+	+
Bhojyanaamavarodh	+	+	-	+	+	+
Galatalulep	-	+	-	-	-	-
Arochak	-	+	-	-	-	-
Agnimandya	-	+	-	-	-	-
Aswasthyamhrudayashya	-	-	+	-	-	-

VISISHTALAKSHANAS OF KAPHAJA KASA

मन्दाग्निवारुचिच्छर्दिपीनसोत्क्लेशगौरवैः ।

लोमहर्षस्यमाधुर्यक्लेदसंसदनैर्युतम् ॥

बहुलं मधुरं स्निग्धं निष्ठीवति घनं कफम् ।

कासमानो हारुगू वक्षः संपूर्णमिव मन्यते ॥'- च.चि. १८/१६-१७

Kasa (Cough), Bahala, Snigda, Sweta Nishteavana (Expectoration), Aruchi (Tastelessness) Gourava (Heaviness), Sirasoola (Headache), Mandagni (Loss of appetite), Peenasa (Running nose), Utklesa (Excitation), Kanthekandu (Itching sensation in throat), Swarabhedha (Hoarseness of voice).

Table No.5 Roopa of Kaphaja Kasa from different classics:

Sr. No.	Symtoms	Ch	Su	Sangrah	Hriday	Mani	Bhap	Bhel
1.	Mandagni	+	-	-	-	-	-	-
2.	Aruchi	+	+	+	+	+	+	+
3.	Chhardi	+	-	+	+	-	-	-
4.	Peenasa	+	-	+	+	-	-	-
5.	Utklesh	+	-	-	-	-	-	+
6.	Gaurav	+	-	+	+	-	-	-
7.	Lomaharsh	+	-	+	+	-	-	-
8.	Asyamadhurya	+	-	-	-	-	-	+
9.	Kledasamsadaa	+	-	-	-	-	-	-
10.	Bahulkapha nishthivan	+	-	-	-	-	-	-
11.	Madhur	+	-	-	-	-	-	-
12.	Snigdha	+	-	+	+	-	-	-
13.	Ghana	+	+	+	+	+	+	+
14.	Shweta	+	-	-	+	-	-	-
15.	Kasmanoruk	+	-	-	-	-	-	-
16.	Kaphapooradeha	-	+	-	-	+	-	-

17.	Angasad	-	+	+	+	+	+	-
18.	Gaurav	-	-	+	+	-	-	-
19.	Kathoplep	-	-	+	+	-	-	-
20.	Mukhliptata	-	+	-	-	+	+	-
21.	Shirogaurav	-	-	+	+	-	-	+
22.	Avipak	-	-	-	-	-	-	+

UPADRAVA OF KAPHAJA KASA

Upadrav is a complication of the disease that occurs in the final stages of the disease. Bhavaprakasha explains that if Kasa is left without proper treatment, disorders such as jvara, arochaka, swarabheda and kshya will appear. Therefore, it should never be neglected and should be treated early. In Ashtangahridaya, Acharya Vagbhata clearly states that neglecting porridge leads to complications such as svasa, kashya, chardhi, swarabheda and pratishyaya. Yoganankara says that if Kasa is ignored, complications such as svasa, kshya, svarabhanga and vamaana will appear.

CHIKITSA OF KAPHAJA KASA

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

Nidana Parivarjana :-

This is the most important aspect of treatment. People with Kaphaja Kasa should avoid triggers such as smoking, inhaling dust, etc. For a while, the person will have to make some changes in his activities to avoid Nidanans, such as wearing a mask. Avoid places with air conditioning, etc. Patients should exercise extra caution during cold/winter seasons and while traveling in cold environments.

Samshamana:-

There are many individual drugs and Kaphaja Kasa is represented by Kastushadhi and Rashushadi and includes Katu, Ushna, Tikshna, Sukshma, Chedana, Kaphanissaraka, Kasagnaguna. Trikatu, Pippali, Kantakari Avaheha, Agastya Haritaki Avaleha are useful in Kaphaja Kasa. Pippali and Agastya Haritaki can be used as Rasayana in Kaphaja Kasa.

1. Churna – Yavaksharadichurna (CHS) Talsadichurna(BR) Panchakoladichurna(BR)
2. Lekha- Pippaliyadilekha (Y.R.) Kanthakaryadilekha (Y.R.) Pushkaradilekha (B.R.)
3. Ghrith&Tail- Dashamuladigrita (Y.R.) Kulathadigrita (K.S.) Kantakaryadigrita (Y.R.)

4. Dhuma – Haridradiddhuma (Y.R.)
5. Rasayoga Ksrira and Kwat-Kathaladikwatha (CS Chi.) Kantakaryadi Kwatha
6. Vati- Kaphagnava, Lavangadivati, Marichadigutika, PippalyadiKvatha, Pushkaradikvatha.

Shodhana:-

The first line of the Shodhana of Kaphaja Kasa is Vamana. Vamana dispels Dushita Kapha and reproduces Aavarana Vata, giving more effective results in Kaphaja Kasa. Virechana can be planned on the Vaata of Pittanubandha. Vata must be controlled here to reproduce Vedana in Ur and Parshva. Nasya Karma is beneficial because Stnasamsraya is in Urdhvajatrugat. Virechana and Nasya play minimal roles in Vegkalen and Bahudoshaja Kaphajakasa. In Avastika Kala it can be used as per the Yukti of the doctor. Once Bahudosha and Amashyagatha Kaphaja Lakshana are discovered, Sadhyavamana can be used instead of classical Vamana. Kavalagraha and Dhumapana are also useful in Kaphaja Kasa. After Vamana Tikshana, Dumapana will be useful in Kaphaja Kasa.

Pathyapathya:

Pathya:

Shastikashali, Godhuma, Laja, Tandula, Puranashali, Yava. Masha, Mudga, Kulattha, Vasthuka, shaka, Bimbi, PuranaSarpi, Matulunga, Lashuna.

Apathya:

Atishit, Abhishyandi, dhoomasevana, divaswap

DISCUSSION

Coughing is the most common respiratory symptom that everyone faces. We are increasingly affected by environmental factors such as pollutants and allergens. In Kaphaja Kasa, Kaphadosha blocks Vata gati and Vata takes an abnormal path, so treatment should focus on Kaphanirharan and normalization of Vata gati. According to Sanskrit and English dictionaries, the word "Kasa" means cough. According to Acharya Charaka, the abnormal upward movement of the painful Pranavata causes the scrotums of Netra, Prashta, Ura and Parshva to contract and, alone or in combination with the painful Kapha, erupt strongly through the mouth, producing similar hoarse sounds. It is made from a broken bronze vessel known as a Kasa. Acharya Charaka describes two separate medicines recommended for Kaphaja Kasa: Kastushdhi and Rashushdhi. These are Kasagnaguna, Katu, Ushna, Tikshna, Sukshma, Chedana and Kaphanissaraka. Chakrapani Dutta explains the word Kasa as

“Uraprabuti Shatanayo Kasa Eti Anavastha Saamya Uchyate”. This means drawing on the chest wall while coughing. Acharya Sushruta defines porridge as “Sambhinna Kaansyasvana Tulya Ghosha”. This is a disease that causes a typical sound that mimics the sound of a broken bronze vessel.

CONCLUSION

While modern science considers coughing to be a mere symptom, Ayurveda considers it a disease. The type of Kasas can be identified by the nature of the cough and phlegm production. Kaphaja kasa can be associated with chronic bronchitis based on nidana, samprati and laksana. The first and main nidana, about which our acharyas talk about the manifestations of porridge, are raja and dhuma, which begin the pathological process of pranavaha samprati and even chronic bronchitis appears in people who are chronic smokers and due to constant exposure to dust at work. Nidana Parivarjana, various Shamnushdhis and various types of Shodhana will help in the treatment of Kaphaja Kasa. These shamanic preparations probably acted as cough suppressants, expectorants, and mucolytics. In the future, there is a need to clinically prove the effectiveness of these shamanic drugs.

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