

## MANAGEMENT OF KASA WITH BHARANGYADI CHURNA AND SAINDHAVADI YOGA- A CASE STUDY

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### ABSTRACT

In the *Ayurvedic* classics, *Kasa* is considered as an independent disease. It may also occur as *Lakshana* (symptom) or *Upadarava* (complication) in other diseases. It is an example of *Pranavaha Srotas Dushti*. According to *Acharya Charaka*, the *Moola* of *Pranavaha Srotas* are *Hridya* (Brain, Heart) and *Mahasrotas*. *Acharyas* have described definition, etiological factors, prodromal symptoms, symptoms, types of *Kasa* along with all *Pathya* (wholesome) & *Apathya* (unwholesome) and therapeutic measures. *Kasa* is manifested with the vitiation of *Vata* & *Kapha*. Understanding and differentiating *Kasa* is important for its effective treatment. The study of *Kasa* is necessary as it can be associated with many complications if left untreated. In this context different *Lakshanas* (symptoms) of *Kasa* explained by *Acharyas* can be used for diagnosis as well as prognosis of the disease. Thus, with help of this study alternate safe methods of treatment can be employed. So, its identification as *Kasa* can be a ray of hope for the diagnosis.

**KEYWORDS:** *Kasa, Pathya Apathya, Pranavaha Srotas.*

### INTRODUCTION

*Kasa* is *Pranavah Strotodusthijanya Vyadhi*. It is one of the independent diseases. Cough occurs due to irritation of respiratory mucosa and the mechanism of respiratory system helps to bring out secretion from trachea and bronchi. Recurrent attacks makes one suffer and may have its adverse effects on the day today life. Cough occurs in association with acute upper respiratory infection, acute pharyngitis, acute bronchitis and chronic sinusitis, all of which rank among the top 10 reasons for visiting family physician.<sup>[1]</sup> *Kasa* caused due to vitiation of *Tridoshas* (Three body constituent). The vitiated *Prana Vayu* along with *UdanaVayu* which further gets aggravated in association with other *Doshas* and expelled out abruptly with a „coughing sound“ like the broken-bronze vessel, called as *Kasa*.<sup>[2]</sup> If it is neglected and not treated properly at proper time then the condition worsen. The detailed review of *KasaVyadhi* on the basis of *NidanPanchak* and *Chikitsa* clears the minute aspects and history about the disease. Thus, in this review article, *KasaVyadhi* reviewed from various *Samhitas* and other *Ayurvedic* text.

### MATERIAL AND METHODS

For this conceptual study various *Ayurveda Samhitas* – *Charaka Samhita*, *Sushruta Samhita*, *Astang Hridya*, *Madhav Nidana*, *Bhaishjya Ratnavali*, Literatures and articles have been reviewed.

*Nirukti*: *Acharya Charaka* defines *Kasa* as - Release of obstructed *Vayu* with the production of abnormal sound is called as *Kasa*. This may be dry (without secretions) or productive (with secretions)<sup>3</sup>. *Acharya Sushruta* defines *Kasa* as - Production of a typical sound obtained from broken bronze vessel is the cardinal symptom of the disease.<sup>[4]</sup>

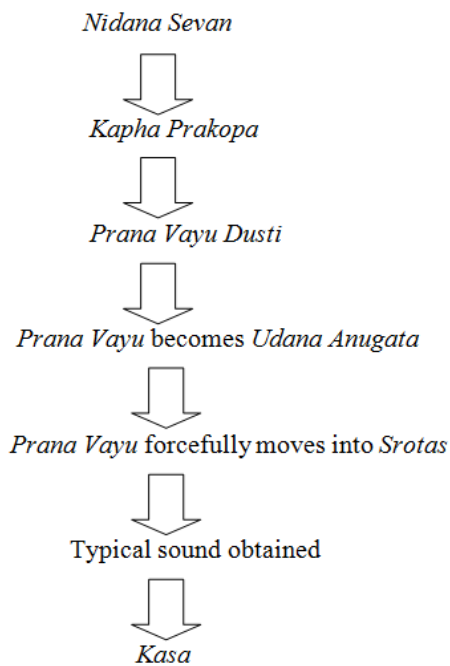
### *Nidana* (Etiological Factor)

*Nidana* (etiology) of *Kasa* mentioned in the classics can be categorized as *Samanya* and *Vishesh Nidana*. *Samanya Nidana* mentioned by *Acharya Sushruta* and *Acharya Madhava* are *Dhoom*, *Dhooli*, *Raja*, *Vyayama*, *Rukhsya Anna Sevan*, *Bhojanvimargaman*, *Chavathuvegavarodh*, *Vishesh Nidana*.<sup>[5,6]</sup>

### *Samprapti* of *Kasa*

*Acharya Charaka* explained the *Samprapti* (pathogenesis) of *Kasa*<sup>[10]</sup> as because of *Vata Prakopa*,

downward movement of *Pranavayu* is obstructed and thus attains upward movement with *Udana Vayu* and localised in throat and chest. Obstruction at chest and neck region forces them to get filled up in the channels of head and neck. After that sudden extension or jerky movement in areas of *Hanu* (temporomandibular joint), *Manya* (neck) and the whole body accompanied by contraction of thoracic cage and eyes leading to increase in the intrathoracic pressure, all directed towards glottis. Then there is Forceful expulsion of air because of the sudden opening of glottis producing a typical sound is called *Kasa* which is either dry due to absence of sputum or accompanied with sputum. In *Ashtanga Sangraha Acharya* explained that due to *Vata Prokopa*, *Apana Vayu* is obstructed and it attains upward movement.<sup>[11]</sup>



### **Samprapti Ghataka (Pathological Factor)**

*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 - Kricchryasadhya*

*Agnidusti: Agnimandhya*

### **Purvaroop (Premonitory Symptoms)**

*Acharya Charaka* mentioned *Shooka Poorna Gal Asya* (sensation of in throat and mouth), *Kanthe Kandu* (itching in throat), *Bhojyanam Avarodh* (obstruction to the normal flow of food).<sup>[12]</sup>

Types of *Kasa*: (According to *Brihatrayee* and *Laghutrayee*)

1) *Vataj Kasa*

2) *Pittaj Kasa*

3) *Kaphaj Kasa*

4) *Kshayja Kasa*

5) *Kshtaja Kasa*

• *Kshaja Kasa, Kshtaja Kasa* are produced by aggravation of all of the 3 *Doshas*

### **Roopa (Symptoms)<sup>[13,14]</sup>**

**Table 1: Showing Roopa (symptoms) of Doshaja Kasa.**

<i>Vataj Kasa</i>	<i>Pittaj Kasa</i>	<i>Kaphaj Kasa</i>
<i>Hridayashoola</i> (chest pain)	<i>Mukha-kantha Shushka</i> (dryness of Mouth and throat)	<i>Nisthivateghanam Kapha</i> (secretion of sticky mucous)
<i>Murdhashoola</i> (Headache)	<i>Jwara</i> (fever)	<i>Kanthe Kandu</i> (itching in throat)
<i>Parshwashoola</i> (pain in flanks)	<i>Aruchi</i> (anorexia)	<i>Utklesh</i> (Nausea)
<i>Udarashoola</i> (abdominal pain)	<i>Chardi</i> (vomiting)	<i>Peenasa</i> (coryza)
<i>Shankhashoola</i> (pain in temporal region)	<i>Urovidah</i> (burning in chest)	<i>Murdhashoola</i> (Headache)
<i>Kasatishushkamev</i> (Dry cough)	<i>Pandu</i> (anaemia)	<i>Mandagni</i> (indigestion)
<i>Prasaktvegastu</i> (continuous bouts of cough)	<i>Pitta Nisthivan</i> (Yellow Sputum)	<i>Guruta</i> (heaviness in body)

**CASE REPORT:** A 40 years old male patient from Raipur, Jammu, reported to Kayachikitsa OPD, JAMMU INSTITUTE OF AYURVEDA AND RESEARCH, JAMMU on, 03/09/2023

**CHIEF COMPLAINTS:** dry cough, chest pain, headache, hoarseness of voice for 1 and half months, weaknesses for 20 days.

**HISTORY OF PRESENT ILLNESS:** The Patient was alright before 4 months. After that he had dry cough, Headache, Chest Pain and came to hospital OPD and after treatment gradually all symptoms were subsided.

**PAST HISTORY:** No history of tuberculosis, diabetes mellitus, hypertension, hypothyroidism, any surgery or chronic illness.

**FAMILY HISTORY:** No evidence of this type of disease in the family.

#### PERSONAL HISTORY

- Diet – Vegetarian
- Appetite - Good
- Bowel – Irregular, constipated
- Micturition - 5-6 times/day
- Sleep – Sound
- Allergy – Nil
- Addiction – Nil

#### GENERAL EXAMINATION

- B.P - 110/70 mmHg

#### INVESTIGATION

Table summarizes the blood profile investigation before and after treatment.

Parameters	Before Treatment	After Treatment
Hb %	9.0 gm	14 gm
TLC	8.9 * 10 <sup>9</sup> / L	7.2 * 10 <sup>9</sup> / L
DLC	Lym: 1.5* 10 <sup>9</sup> / L Gran: 5.6 * 10 <sup>9</sup> / L MID: 0.4* 10 <sup>9</sup> / L	Lym: 1.8 * 10 <sup>9</sup> / L Gran: 5.6 * 10 <sup>9</sup> / L MID: 0.7 * 10 <sup>9</sup> / L
ESR	42mm/hr	36 mm/hr
AEC	575/cumm	202/cumm

#### TREATMENT GIVEN

##### 1) BHARANGYADI CHURNA<sup>[18]</sup>

CONTENT OF CHURNA: 1. Bharangi 2. Rasna 3. Karkatshringi.

Dose: 5 mg of BHARANGYADI CHURNA with honey BD after meals, for 7 days.

##### 2) Saindhavadi yoga<sup>[17]</sup>

#### CONTENTS

Saindhav, Pippali, Bharangi, Ardraka, Kantakari.

Dose: 5 mg BD of Saindhavadi yoga with anupana of Dadima swarasa after meals, for 7 days.

#### RESULT

Cough and associated symptoms reduced remarkably after the treatment. Hb% has been improved and eosinophil count also reduced.

#### DISCUSSION

The present case was diagnosed as of *Vataja Kasa*. The patient came with the complaints of dry cough, chest pain, headache, hoarseness of voice and weakness. A prominent diagnostic feature of *Vataj Kasa* is the *Shushka Kasa*, *Kapha Shushkataa*, *Alpa* and *krucchra Kapha*, *Hrutshoola*, *Parshwashool*, *Urashoola*, *Shirashoola*, *Swarabhed*, *Shushka Ura*, *Shushka Kantha*, *Shushka Vaktra*, *Lomharsha*, *Nirghosha*, *Deenata*, *Dourbalya*, *Kshobha*, *Moha*, *Udar shoola*, *Mahavega*, *Talu Shoshs*, *Shyaava Netra*, *Varna Bheda* Almost all the *acharyas* emphasized on the importance of *Pranavaha stotasa* as *Kasa* is one of the diseases of *Pranavaha*

- Pulse - 78/mm
- Respiratory rate - 20/min.
- Temperature - 98.4°F

#### SYSTEMIC EXAMINATION

- Inspection - Bilaterally symmetrical, no deformities, no scars.
- Palpation - Chest expansion normal.
- Percussion - Non-resonant.
- Auscultation - Normal breath sounds

*strotasa*. Hence early and proper treatment needed in *vataj kasa* the treatment of *vataj kasa* aims to give right direction to *udana vayu* by *vata shamana* reducing other symptoms by correction in pathology i.e., *Samprapti Bhang*. As per *Ayurveda* the main events occur in the *Samprapti* of *Vataj kasa* are vitiation of *Vatapradhan tridosha*, *Pranavaha Strotasduhiti* and development of *Vataj Kasa*. *Bharangyadi Churna* having *Vatashamak* as well as *Kaphashamak* property. The effects of ingredients of *Bharangyadi churna* i.e., effect of *Bharangi* is *Dipan*, *Kaphahar*, *Pachan*, *Ruchya*, *Vatahar*, *Shwashara*, effect of *Rasna* is *Aampachan*, *Kaphavatahar*. Effect of *Karkatshringi* is *Kasahar*, *Kaphavatahar*, *UrdhvaVatajit*, *Hikkanigrahan*. The *Bharangyadi churna* offers *Samprapti Vighatana* of *Vataj kasa* along with expectorant effect which acts on *kaphaj kasa*. The drugs of *saindhavadi yoga* possess the *tridoshahara*, *vatakaphashamak doshaghnta*, *anushna* and *ushna veerya*. By virtue of this these two medicament are effective in *vataj kasa*.

#### CONCLUSION

*Saindhavadi yoga* is a combination of *tridoshshamaka*, *vatakaphahara*, *ushna veerya* and *anushna veerya*. *Bharangyadi churna* is a combination of *vatakaphashamak* and *ushna Veerya*. *Saindhavadi yoga* and *bharangyadi churna* these both are effective in *vataj kasa*.

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