

**Review Article on Kaphaj Kasa and it's Management**

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**Abstract**

Kasa is one of the most common ailments afflicting the Pranavaha strotas. Kaphaja Kasa dominated by kapha & Vata dusti. Ayurveda texts explain the nidana, Samprati & Treatment of kaphaja kasa in detail in many contexts. Cigarette smoking, environmental pollution, unaccustomed occupational surroundings are major causes of chronic bronchitis. Kaphaja kasa can be best compared with chronic bronchitis. The mucoids, expectorants and cough suppressants are failing to relieve the chronic bronchitis so there is a major role of ayurveda in treatment of kaphaja kasa. In kaphaja kasa where kasa with prabhuta, Ghana, snigdha, bahala kapha is present corresponds either to acute bronchitis or chronic obstructive bronchitis but in this review article critical analysis done on kaphaja kasa(chronic bronchitis).

**Keywords:** Kaphaja kasa, chronic bronchitis, cough, Pranavaha strotas.

**Introduction**

In recent years, there has been an extraordinary increase of incidence related to Respiratory system kaphaja kasa is common upper respiratory tract ailment prevalent nowadays & it is increasingly annoying & irritating the individual in the routine activity. Kasa is one of the pathological conditions explained in many contexts of ayurveda texts. Kasa may develop as an independent disease or may be a lakshana associative to other disease, sometimes may develop as upadrava of a disease. Kasa is broadly classified as Ardrakasa & Shushka kasa. Shamanoushadi, Shodhana are different modes of treatments. In contemporary medicine's system mucolytics, expectorants & antibiotics are the choice of treatments in chronic bronchitis as disease is chronic patient has to take medication for long duration due to disease modification from time to time has created resistance to which medication so ayurveda has major responsibility to treat these conditions.

**Disease Review**

Kaphaja kasa consists of two words "kapha" & "Kasa". The word kapha is derived from the root of Ke, meaning "shirasi kena Jalena va palathi" that which is productive in shiras & nourished by jala. Acharya Charaka has defined kasa as "shushaka va a kapho va api kasanath kasaha" means release of obstructed vata resulting in the production of abnormal sound the process which may be productive or dry.

## NIDANA

Samanya and Vishesha nidana are been explained for Kaphaja Kasa, where both play a major role in the manifestation of disease Kaphaja Kasa. Where both play a major role in the manifestation of disease Kaphaja kasa can be categorized into Khavaigunyotpadaka, Vataprakopaka, Kaphaprapakopaka.

### Khavaigunyotpadaka Nidana

The Nidanas which cause sroto dushti resulting in the susceptibility of srotas for the manifestation of disease. There are 2 causes for Sroto dushti mentioned in Charaka Samhita.

- Ahara and Vihara possessing the similar qualities to that of doshas and aggravates the doshas.
- 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 pranavaha strotas leading to the Khavaigunyata in pranavaha strotas ie., damages the epithelium of respiratory tract.

### 2. Vata prakopaka Nidana

The etiological factors responsible for aggravation of vata are rukshanna bojana, ratri jagarana, vega udeerana, 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. Vata prakopa occur either by Dhatu Kshaya or Avarana.Hence Nidanas mentioned by vagbhata for kasa are either of the two above. Aggravated vata moves all over the body, lodges in pranavaha strotas which has been affected by the Khavaigunya utpadaka nidana like Dhuma ,Raja.

### 3. Kapha Prakopaka Nidana

The etiological factors responsible for kapha prakopa are guru, snigdha,utkedi,vijjala ahara,diwaswapna. These Nidhana aggravate Kapha in uras causing obstruction to downward movement of Vata in pranavasha strotas.This leads to the pratiloma gati of vata which manifests Kasa with Kapha Shteevana.

### Samprati

Samprati of Kaphaja Kasa can be divided as Avasthika samprathi and veg kalen samprathi. The causes have tendency to vitate both vata and kapha.Udana vatadusti and kaphadusti is initial stage of samprati. Function of udana vata will be obstructed by kaphaand these dosha will take stanasamshraya in Uraha, Kantha and Shiras. At Vegakala Vyajaka hetu like Raja, Dhuma,Shithambu will precipitate the Samprapti leading to Aadraj Kaphaja Kasa Vega, where Kasa is associated with Nishtivana.

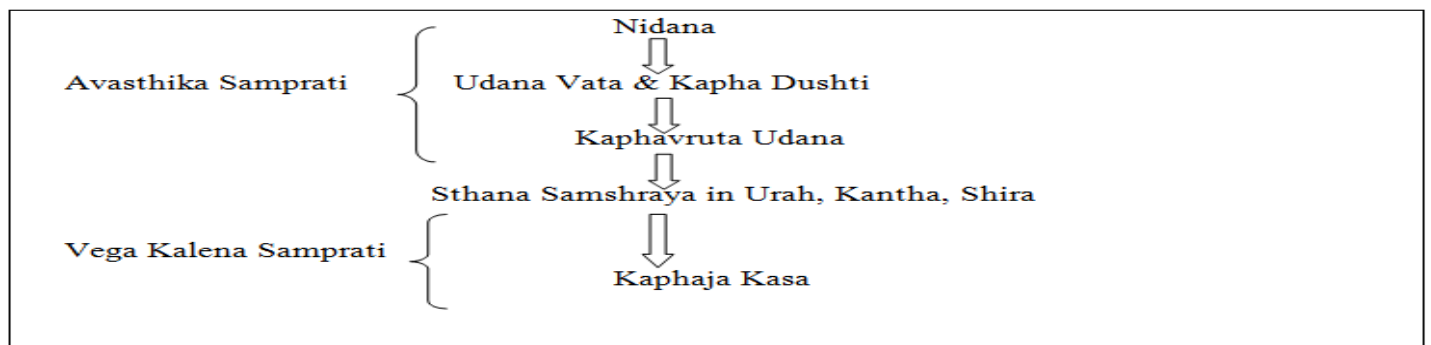


Table no:1: Showing the Samprapti ghataka's of Kaphaja Kasa

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

Table no:2:Showing Visisthta lakshanas of Kaphaja Kasa:

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

Table no: 3: Showing interrelation between lakshana,Dosha ,Dushya,Srotas & Sthana in Kaphaja kasa

Lakshanas	Dosha	Dushya	Srotas	Sthana
Kasa	K,V	R	P,Ra	Mukha
Bahala, Snigda,Sweta Shteevana	K	R	P	Uras

Aruchi	K	R	A,Ra	Mukha
Gourava	K	R	R	Sarvataha
Sira soola	V	R	A	Siras
Swarabhedha	V	R	Ra,A	Mukha
Peenasa	K	R	P	Nasa
Kanthe kandu	K	R	P	Kantha
Utklesa	K	R	A	Amashaya
Mandagni	K	R	Ra	Amashaya

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

### **Chikitsa**

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***

It is most important aspect of treatment. Person with Kaphaja Kasa 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 Kaphaja Kasa. These have Katu , Ushna, Tikshna, Sukshma, chedana, kaphanissaraka, kasagna guna. Trikatu, Pippali, Kantakari Avaheha, Agastya Haritaki Avaleha are beneficial in Kaphaja Kasa. Pippali and Agasthya Haritaki Yoga can be used as Rasayana in kaphaja kasa.

### ***Shodhana***

The first line of Shodhana in Kaphaja Kasa is Vamana. Vamana will expel the Dushita Kapha and relive the Aavarana to Vata giving more and effective result in Kaphaja Kasa. The Virechana can be planned in Vaata, Pittanubandha. Here Vata should be controlled to relive Vedana in Urah and Parshva. Nasya Karma is helpful because the Sthnasamshraya is in Urdhvajatrugata. Virechana and Nasya have minimal role in vegkalenand Bahudoshaja Kaphaja kasa. In Avasthika Kala these can be adopted as per the Yukthi of Physician.

If Bahudosha 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.

### **Conclusion**

- Though cough is considered as just a symptom in modern science but it is considered as diasese in ayurveda.
- Types of the kasa can be understood on the basis of nature of cough and Sputum production. Kaphaja kasa can be correlated to Chronic Bronchitis based on Nidana, samprati 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 pranavaha samprati 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 Kaphaja kasa. 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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