

CONCEPTUAL STUDY ON THE ROLE OF VASA SWARAS IN KAPHAJA KASA IN CHILDREN

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ABSTRACT

Kaphaja kasa is the clinical entity in which there is *Shweta Kaphapravartana* (white cough expectoration), *Chardi* (vomiting), *Peenasa* (nasal congestion), *Mukhalepa* (coating over palate), *Sampurna Vaksha Miva* (fullness of chest), *Mandagni*, *Aruchi* (anorexia) and *Gourava* (heaviness). In *Kaphaja Kasa* the predominant dosha is *Kapha* and main feature is cough with expectoration. Cough is the fifth common symptom for which patients seek care and prevalence rate of which is 25% in children worldwide. Cough usually occurs in association with upper respiratory tract infection, acute pharyngitis and acute bronchitis as well as in chronic sinusitis; all rank among the top 10 reasons for visiting Pediatrician. More over in neglected cases series of complications are encountered. The *Prana* and *Udana Vayu* are responsible for normal function of *Pranvaha Srotas*, which can be altered due to causative factors in turn lead to manifestation of *Kasa*. Children having *Kapha* predominant body and indulging in *Kaphakara Aahara* and *Vihara* dominantly increased the incidence of *Kaphaja Kasa*. *Vasa Swarasa* is specially indicated in the treatment of *Kaphaja kasa*. *Vasa Swarasa* is having *Kaphahara* properties and is supposed to be beneficial in *Kaphaja kasa*. Thus study is undertaken to study the therapeutic efficacy of *Vasa Swarasa* in *Kaphaja kasa*.

Key Words: *Kaphaja kasa*, *Vasa Swarasa*, Cough, *Aahara*, *Vihara*

INTRODUCTION

Kasa is a disease which is named after the cardinal symptom of coughing. In *Kaphaja Kasa* the predominant dosha is *Kapha* and main feature is cough with expectoration. *Kaphaja kasa* is the clinical entity in which there is *Shweta Kaphapravartana* (white productive cough), *Char-di* (vomiting), *Peenasa* (nasal congestion), *Mukhalepa* (coating over palate), *Sampurna*

Vaksha Miva (fullness of chest), *Mandagni*, *Aruchi* (anorexia) and *Gourava* (heaviness)¹. Cough is the fifth common symptom for which patients seek care and prevalence rate of which is 25% in children worldwide². Cough usually occurs in association with upper respiratory tract infection, acute pharyngitis and acute bronchitis as well as in chronic sinusitis; all rank among the top 10

reasons for visiting Pediatrician³. Children having *Kapha* predominant body and indulging in *Kaphakara Aahara* (food) and *Vihara* (activities) dominantly increased the incidence of *Kaphaja Kasa*. *Vasa* is specially indicated in the treatment of *kasa*⁴. *Vasa Swarasa* is having *Kaphahara* properties and is supposed to be beneficial in *Kaphaja kasa*.

AIM AND OBJECTIVES

1. To Study in details about *Kaphaja Kasa* and *Vasa swaras*.
2. To Study the role of *Vasa swaras* in *Kaphaja Kasa* on children.
3. To find out the role of *Vasa swaras* in cardinal signs of *Kaphaja Kasa*.

MATERIALS & METHODS

- All the references regarding *Kaphaja Kasha* and *Vasa Swarasa* were collected from *Bruhat Trayi* and *Laghu Trayi* and various textbooks and compilation was done.
- Concept of *Kaphaja Kasha* and *Vasa Swarasa* was studied in detail.
- Collection of all the references was done and correlation between the data was done logically i.e. by using *Yukti Pramana* (logical inferences).

DISEASE REVIEW

Nidana (Etiology): None of the *Acharyas* in *Brihat trayi* mentioned about *Vishesh Nidana* (specific etiology) of *Kaphaja Kasa* except *Acharya Charak*. *Acharya Charak*⁵ mentioned *Guru*(heavy), *Abhishyandi*, *Madhura*(sweet), *Snigdha*(unctuous), *Swapna*(sleep) and *Vicheshtana* as *Vishesh Nidana* (specific etiology) of *Kaphaja Kasa*. *Samanya Nidana* (general etiology) mentioned by *Acharya Sushruta*⁶ are *Dhumopghata*, *Rajas*(dust), *Vyayam*, *Rukshana bhojana*, *Bhojana vimarga gamana*, *Vegavrodha*, *Kshavathu*(sneezing) and by *Acharya Vagb-*

*hata*⁷ are *Rukshana bhojana*, *Vegavrodha*, *Kashaya*, *Vijjala*, *Katu*, *Amla*(sour), *Lavana*(salt), *Ushna*(hot), *Ruksha*, *Sheeta*(cold), *Guru*(heavy), *Snigdha*, *Utkledi*, *Paryusheetashana*, *Vega udeerana*, *Aayasa*, *Diwaswap*(daysleep), *Ratrijagran*(awakening at night) are mentioned. In *Laghu Trayi*^{8,9,10} *acharyas* have mentioned only *Samanya Nidana* of *Kaphaja Kasa*. *Samanya* and *Vishesh Nidana* have been explained for *Kaphaja Kasa*, where both play a major role in manifestation of disease *Kaphaja Kasa*.

Purvaroop (Premonitory signs): Almost all the *Acharyas* have given similar opinion regarding *poorva roopa*. They are *Shookapurna Galaasyata* (Pricking sensation in the throat), *Kanthe kandu* (itchy throat), *Bhojyanaam avarodha* (Difficulty in swallowing), *Aruchi* (reduced appetite), *Sashabda Vaisshamy* (Hoarseness of voice), *Agnisada* (reduced digestive capacity), *Gala Talu lepa* (Coating over throat and palate). *Hridaya aswastha* has been mentioned as *poorva roopa* of *Kasa* by *Vagbhata* in *Astanga Sangraha*¹¹. *Bhavamishra* has introduced one more different *Poorva roopa* “*Kavala gilane vyadha*” in the list of *Poorva roopas*.

Rupa (Symptoms): In *Brihat trayi*, *Man-dagni* (reduced digestive capacity), *Aruchi* (reduced appetite), *Chardi*(Vomiting), *Peenas*(Congestion in nose), *Utklesha* (aggravation), *Gaurava*(heavyness), *Lomharsha* (horripilation), *Asyamadhurya*, *Kasamano Arug*, *Sampurnamiva Vaksha* (fullness of chest), *Kleda and Bahala*, *Madhura*(sweet), *Snigdha*(unctuous), *Ghana*(solid), *Sandra Kapha shthivan*(cough expectoration) are told by *Acharya Charaka*. In *Sushrut Samhita*, *Gaurava*(heavy), *Mukhalepa* (coating over palate), *Angaavsada*, *Shiroruja*(headache), *Kaphapurna deha*, *Abhakta Rug*, *Seedan* and *shweta Kaphashteeva-*

na(white cough expectoration). While *Aru-chi*(reduced appetite), *Chardi*(vomiting), *Peenas*(nasal congestion), *Gaura-va*(heaviness), *Lomharsha*(horripilation), *Angaavsad*, *Ura alparuka*(mild pain in chest), *Mrida Hridaya Sthimita*, *Kantha le-pa*, *Ghana*, *Sandra Kapha shteevan* are mentioned in *Ashtang Sangraha* and *Ash-tang Hridaya*. In *Laghu trayi*, *Gaurava*, *Mukhalepa*, *Angaavsad*, *Shiroruja*, *Kapha purna deha*, *Abhakta rug*, *Kandu*, *Shweta Kaphashteevana* are mentioned in *Bhavpra-kasha*, *Yogratnakar*¹². *Madhavkara* mentioned same but only *Kandu* was not mentioned.

Samprapti (Pathogenesis): Describing *Sa-manya Samprapti Acharya Charaka* states vitiated *Prana and Udana vayu*, attains up-ward movement and gets filled up in the channels, which are present in the *shira*, *Ura* and *greeva pradesha*. Vitiating of *prana* and *udana vayu* and blocking of *srotasas*(channels) result in increased pressure inside the channels of eyes, nose, ear and throat. Along with this there will be severe painful contraction of muscles in the areas like mandibular joint and cervical region, resulting in forceful expulsion of air producing a typical sound in the presence or absence of sputum called as *Kasa*¹³. *Acharya Sushruta and Vagbhatta* have similar opinion. Specific Pathogenesis points on indulging of *guru*(heavy), *madhura*(sweet), *snigdha*(unctuous), *abhishyandi aahara* like *Godhuma* (wheat), *Kurchika*, *Sharkara*(sugar), *Sapodilla fruit*, *Taila*(oil), *Nari-kel*(coconut), *Dadhi* (curd), *Mulak* (radish), *Navaguda* (Jaggary) etc aggravates *Kapha* causing *agnisada* (reduced digestive capacity). Because of this, *aahara rasa* is not digested properly causing *Amarasa* in *Ama-shaya*. As a result of which *Rasa Dhatu* is

not properly formed. This causes large quantity of *Gunatah* and *Dravyatah Vridhi* of *Kitta Bhaga* of *Rasa Dhatu* i.e *Mala rupi Kapha* (excess mucus production from sub-mucosal glands and goblet cells). *Mala rupi Kapha dosha* thus formed, aggravates in all over body and also localizes in *Pranvaha Srotas* and causes obstruction to the *Marga* of *Prana Vayu* and increases the *Gati* of *Udana Vayu* leading to *Kaphaja Kasa* producing *Ghana*, *snigdha*, *Bahala Shleshma*¹⁴.

Chikitsa(Treatment): Management of *Kaphaja Kasa* can be divided into: *Nidana Parivarjana* (avoiding etiology), *Shodhana*(bio-purification) *Avastika Chikitsa* & *Shamanoushadhi*. Number Of *Shamanoushadhi:Qwatha*, *Leha*, *Ghrita*, *Churna* ,*Vati* ,*Leha* ,*Rasoushadhi* & *Swaras* are mentioned in various *samhitas*. *Vasaka Swarasa* & *Ardaka Swarasa* is indicated for *kaphaja kasa*.

DRUG REVIEW

Vasa (*Adhatoda vasika* nees.) is having *Tik-ta* (bitter) as a dominant *Rasa*(taste) and *ka-tu* and *kashaya* are also present (*Bhavprakasha*), *sheeta virya*(potency), *Katu Vipaka*, *Ruksha*(dryness) and *Laghu*(lightness) *guna*¹⁵. *Vasa* is *Kaphaghna*, *Vedanahara*, *Sho-thahara*, *Jantughna*, *Kushtaghna* and useful in *Shwasa*, *Kasa*, *Jwara*, *Chardi*, *Prameha*, *Kushta*, *Kshya*¹⁶. The leaves of *adhatoda vasica* contains 45-95% *Vasicine*, *Vasicinone*, *Deoxyvasicine*, *Maitone*, *v-oxides* of *Vasicine* etc. The *Vasicine* is used for developing mucolytic drug *Bromohexie*. The extract obtained from the leaves is having low toxicity and considered safe. The flowers consist of *Kaempferol*, *Queretin*, *b-sitosterol-D-glucoside*, *Glycosides* of *Kaempferol* and *and*. The roots are rich in *Vasicol*, *Vasicinolone*, *Hydroxyl oxychalone*, *Glycosyl*, *Oxychalone*

etc. Adhatoda also contains organic adhatodic acid and odorous volatile principle.

DISCUSSION

Kasa is a disease which is named after the cardinal symptom of coughing. In *Kaphaja Kasa* the predominant *dosha* is *Kapha* and the main feature is cough with expectoration. Even though it is included under the diseases of *Pranava Srotas*, involvement of *Rasavaha*, *Udakvaha* and *Annavaha Srotas* is obvious, as the *Lakshanas* Of *Kaphaja Kasa* includes *Peenasa*, *Gourava*, *Kaphanishteevana*, *Chardi*, *Aruchi* and *Agnimadya*. The *Prana* and *Udana Vayu* are responsible for normal function of *Pranava-ha Srotas*, which can be altered due to causative factors, in turn lead to manifestation of *Kasa*. Children having *Kapha* predominant body and indulging in *Kaphakara Ahara Vihara* dominantly cause increase the incidence of *Kaphaja Kasa*. Aggravating factors are excessive exposure to dust, pollens, cold environment, swapna and taking *Guru*, *Abhishyandi*, *Madhura* and *Snigdha Ahara*. These factors results in the vitiation of *Kapha* which creates an obstruction for the movement of *Vata* resulting in *Kaphaja Kasa*. *Vasa* (Adhatoda vasica Nees.) has been described as one of the main contents of various *Ayurvedic* compound advised for the treatment of *Kaphaja kasa* in different classics of *ayurveda*. Normally children are *Sukumar* and *Asampurnabala* and for *Kaphaja kasa* none of the drug having property *Sheeta veerya* and *Kaphaghna* action expects *Vasa* so that it is safe in children. *Vasa* (Adhatoda vasika Nees.) is well known and easily available drug in almost all the seasons. The drug *Vasa* an effective expectorant and potent anticough herbal agent and it is bitter and astringent. *Vasa* is having *Tikta rasa*

(bitter taste), *Ruksha*, *Laghu gunas* and *Sheeta veerya*, so it is safe in children. An active principal *Vasicinone* isolated from the leaves has known potent broncho-dialator action. The drug *Vasa* an effective expectorant and potent anticough herbal agent and it is bitter and astringent which helped in reducing the *Kaphaja Kasa*. Thus *Vasa Swaras* will definitely show significant results for providing symptomatic relief in *Kaphaja Kasa* by reducing No. of *Kasa Vega*, *Kaphpravartana*, and *Peenasa*.

CONCLUSION

1. *Vasa swarasa* can definitely be used in *Kaphaja Kasa*.
2. The reduction in cardinal signs of *Kaphaja Kasa* can be effectively done.
3. *Vasa Swaras* is safe and effective in curing signs and symptoms of *Kaphaja Kasa*.

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