

ROLE OF *KATU-TRIKADI CHOORNA* IN THE MANANGEMENT OF *KAPHAJ KASA*-A CASE REPORT

Vd Rasika Neminath Ruikar¹ Vd. Vivek S. Chandurkar²

¹MD (Kaychikitsa) Third year, ²Guide, Prof. & HOD Kayachikitsa Dept.
S.G.R. Ayurved Mahavidyalaya, Solapur, Maharashtra, India

ABSTRACT

Kasa is the debilitating disease of *Pranvaha strotas*. Early intervention is necessary in case of *Kasa* as it is a potential *Nidanarthkara Vyadhi* (disease having tendency to produce secondary diseases) to produce *Kshaya*, *Shwasa* etc. There are 5 types of *kasa* viz. *Vataj*, *Pit-taj*, *Kaphaj*, *Kshataj* and *Kshayaj*, among which *Kaphaj kas* is one of the most common disease affecting the community. The present single case study was carried out with the prime aim of assessing the effect of *Katu-trikadi choorna* on 15 years old patient of *Kaphaj kasa*.

Keywords: *Kaphaj kasa*, *Katutrikadi choorna*.

INTRODUCTION

Ayurveda, the science of life aims not only at eradication of disease, but also at restoration of equilibrium of bodily functions. This can be achieved only if we follow norms which are laid in Ayurveda.

Today's advanced environment exposes us to number of unnatural substances by pollution, over population and in addition to this there has been revolution in our eating habits and life style. We are exposed to various stress and strain that create number of causes which attribute to ill health.

Human respiratory tract is mostly exposed to such environment causes 'Cough' as major symptom, which is described as '*Kasa*' in Ayurveda as an independent disease.

"कसातीशेरःकण्ठादध्वेगच्छातेवायुर्इतेकासः

।" च.चि. १८चक्रपाणीटीका

Forceful expulsion of *vayu* from throat is called as *Kasa*. Usually recog-

nized by classical sound termed as " भिन्नकान्स्यस्वनतुल्यघोषः।" (मा.नि. कास/२) in Ayurvedic text.

There are 5 types of *kasa* viz. *Vataj*, *Pit-taj*, *Kaphaj*, *Kshataj* and *Kshayaj*, among which *Kaphaj kasa* is one of common disease affecting the community.

There are various *aoushadhi yogas* described in Ayurveda for *kasa*. I feel that among these various yogas '*CHOORNA*' is the easiest form to take and also it is cost effective. Hence, '*KATU-TRIKADI CHOORNA*' is selected for this study. Also In classics *kasa* is *aamashay samudbhav vyadhi*, so *aampachan* and *stroto-vibandhanashan* in *aamashaya* is important. The drug *Katu-trikadi choorna* has property of *aampachan* and *stroto-vibandhnashan*. Here is a case study of *kaphaj kasa* treated solely on a single medication given orally.

CASEREPORT-

This is a case of 15 year old male patient presented to us with complaints of *Kasa vega* 5-6 times/day, *Sahajatapurvak* (easily), *Haritvarni Kaphnishtivan* 2-3 times/day, *Peenas*, *Kshudhamandya*, *Aru-chisince* 10 days. There is no history of DM & HTN, *asthama*. The patient is stu-

dent and eats lots of bakery products, sweet dishes. The patient had H/O *Kaphaj kasa* in *varsha rutu* always. The patient had taken antibiotics but didn't get relief clearly.

GENERAL EXAMINATION-

Nadi (Pulse): Kaphapradhan,

Sparsh (Skin): Mrudu ,Snigdha

Vatanubandhi, 74/min

Druka(Eyes): Prakruta

Mala (Stool): Samyaka malapravartana

Aakruti: Madhyama

Mutra (Urine): Samyaka Mutrapravartana

Jihva(Tongue): Sama(Coated)

Shabda(Speech): Prakruta

Agni: Mandya

Bala: Madhyama

RS- Wheezing

B.P-130/80mm of Hg

AIM AND OBJECTIVE-

INVESTIGATION-

To study efficacy of *Katu-trikadi choorna* in *Kaphaj Kasa*

WBC- 7800/ul

HB(Haemoglobin)-10.8gm/dl

RBC-3770000/ul

PLT-226000/ul

BSL(R)-76mg/dl

URINE (complete)-Normal

X-RAY CHEST PA VIEW- No significant abnormality noted.

TYPE OF STUDY-

Prospective Single Case Study

STUDY CENTRE-

Seth Sakharam Nemchand Jain Ayurved Hospital, Solapur

MATERIAL AND METHOD-

Aoushadhi Yoga: *Katu-trikadi choorna*.

Sr.No.	Dravya	Latin name	Useful part	Quantity
1.	<i>Trikatu</i>			1 part
	<i>Shunthi</i>	<i>Zingiber officinalis</i>	<i>Kanda</i>	
	<i>Pippali</i>	<i>Piper longum</i>	<i>Phal</i>	
	<i>Maricha</i>	<i>Piper nigerum</i>	<i>Phal</i>	
2.	<i>Chhinnalata</i>	<i>Tinospora cordifolia</i>	<i>Kanda</i>	1 part
3.	<i>Pippali</i>	<i>Piper longum</i>	<i>Phal</i>	1 part
4.	<i>Phalatrika</i>			1 part
	<i>Haritaki</i>	<i>Terminalia chebula</i>	<i>Phal</i>	
	<i>Amalaki</i>	<i>Emblica officinalis</i>	<i>Phal</i>	
	<i>Bhibhitaki</i>	<i>Terminalia bellerica</i>	<i>Phal</i>	
5.	<i>Vellabha</i>	<i>Embelia ribes</i>	<i>Phal</i>	1 part
6.	<i>Rasna</i>	<i>Inula Racemosa</i>	<i>Mul</i>	1 part
7.	<i>Sharkara</i>	<i>Sugar</i>		6 Parts

METHOD OF PREPARATION-

The raw material in *choorna* form had been collected from S.S.N.J. Ayurved Aoushadhalaya Trust's Ayurved *Rasashala* (ISO certified company) of Particle size of 80-100 mesh. All *dravya* had been taken

as per the proportion mentioned in above chart. It had been mixed with the help of mortar and pestle. Phytochemical analysis of thus prepared *choorna* had been done before use.

* **Dose:** 2 gm twice in a day.

- * **Aushadhi Sevankala:** Adhobhakta
- * **Route of Administration:** Oral.
- * **Duration:** 28 days.

- * **Follow up:** After every 7 days.
- * **Anupana:** Madhu (Honey)

OBSERVATION-

Symptoms before treatment	Day 1	Day 7
<i>Kasa vega</i>	5-6 vega/day	<i>Vega absent</i>
<i>Kaphanisthivan</i>	2-3 times/day, Sahajtapurvak nisthivan (easily, expelled out), Haritvarni, 5ml/vega	<i>Absent</i>
<i>Peenasa</i>	<i>Present</i>	<i>Absent</i>
<i>Kshudhamandya</i>	<i>Present</i>	<i>Absent</i>
<i>Aruchi</i>	<i>Present</i>	<i>Absent</i>

DISCUSSION

In this case, patient came with symptoms *Kasa vega*, *Sahajtapurvak (easily)*, *Haritvarni Kaphnisthivan*, *Peenas*, *Kshudhamandya*, *Aruchi* since 10 days According to Ayurvedic disease classification, this condition closely resembles to *Kaphaj kasa*. The ideal treatment in this condition will comprise *aampachan*, *Strotovibhandha –nashan* and *Vatanuloman*. The dravya of *Katu-trikadi choorna* have properties of *Deepan*, *Pachan*, *Anuloman guna* which will help for *sampraptibhanga* of *kaphaj kasa*.

RESULT

At the end of 7th day, The *kaphaj kasa* showed complete remission solely by oral medication of *Katu-trikadi choorna*. Though on the basis of single case study, we can't state this hypothesis to be true but it could guide us for further clinical trials. The side effects of this *choorna* include local dryness.

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CORRESPONDING AUTHOR

Vd Rasika Neminath Ruikar

MD (Kaychikitsa) Third year

S.G.R. Ayurved Mahavidyalaya,

Solapur, Maharashtra, India

Email: rasika.ruikar@gmail.com

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