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), Chardi (vomiting), Peenasa (nasal congestion), Mukhalepa (coating over palate), Sampurna Vaksha Miva (fullness of chest), Mandagni, Aruchi (anorexia) and Gourava (heaviness). 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 Pediatrician⁵. 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 kasa⁴. Vasa Swaras is having Kapha hara 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 Charak⁵ mentioned Guru (heavy), Abhishyandi, Madhura (sweet), Snigdha (unctuous), Swapna (sleep) and Vicheshana as VisheshNidana (specific etiology) of Kaphaja Kasa. Samanya Nidana (general etiology) mentioned by Acharya Sushruta⁶ are Dhumopghata, Rajas (dust), Vyayam, Rukshana bhoojana, Bhojana vimarga gamana, Vegavrodha, Kshavathu (sneezing) and by Acharya Vagh-
hata are Rukshana bhojana, Vegavrodha, Kashaya, Vijjala, Katu, Amla (sour), Lavana (salt), Ushna (hot), Ruksha, Sheeta (cold), Guru (heavy), Snigdha, Utkledi, Paryushetashana, Vega udeerana, Aayasa, Divaswam (daysleep), Ratrijagran (awakening at night) are mentioned. In Laghu Trayi⁸,⁹,¹⁰ 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.

Purvaroopa (Premonitory signs): Almost all the Acharyas have given similar opinion regarding poorva roopa. They are Shookapurna Galaasyata (Pricking sensation in the throat), Kanthekandu (itchy throat), Bhojya-naam avarodha (Difficulty in swallowing), Aruchi (reduced appetite), Sashabda Vas- shamya (Hoarseness of voice), Agnisada (reduced digestive capacity), Gala Tahu lepa (Coating over throat and palate). Hridaya aswastha has been mentioned as poorva roopa of Kasa by Vagbhata in Astanga Sangraha¹¹. Bhavamishra has introduced one more different Poorva roopa “Kavala galane vyadha” in the list of Poorva roopas.

Rupa (Symptoms): In Brihat trayi, Mandagni (reduced digestive capacity), Aruchi (reduced appetite), Chardi (Vomiting), Peenas (Congestion in nose), Utklesha (aggravation), Gaurava (heaviness), Lomharsha (horripilation), Asyamadhurya, Kasamano Arug, Sampurnamiva Vaksha (fullness of chest), Kleda and Bahala, Madhura (sweet), Snigdha (unctuous), Ghana (solid), Sandra Kapha ssthivan (cough expectoration) are told by Acharya Charaka. In Sushrut Samsrita, Gaurava (heavy), Mukhelepa (coating over palate), Angaavsvada, Shirorura (headache), Kaphapurna deha, Abhakta Rug, Seedan and shweta Kaphashteeva-
na (white cough expectoration). While Aruchi (reduced appetite), Chardi (vomiting), Peenas (nasal congestion), Gaurava (heaviness), Lomharsha (horripilation), Angaavsd, Uralparuka (mild pain in chest), Mrida Hridaya Sthimita, Kantha lepa, Ghana, Sandra Kapha shteevan are mentioned in Ashtang Sangraha and Ash tang Hridaya. In Laghu trayi, Gaurava, Mukhalepa, Angaavsd, Shiroruja, Kapha puna deha, Abhakta rug, Kandu, Shweta Kaphashteevana are mentioned in Bhavprakash, Yogratnakar. Madhavkara mentioned same but only Kandu was not mentioned.

Samprapti (Pathogenesis): Describing Samanya Samprapti Acharya Charaka states vitiated Prana and Udana vayu, attains upword movement and gets filled up in the channels, which are present in the shira, Ura and greeva pradesha. Vitiation 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 con traction 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. Acharya Sushruta and Vagbhatta have similar opinion. Specific Pathogenesis points on indulging of guru (heavy), madhura (sweet), snigdha (uncoutous), abhishyandi aahara like Godhuma (wheat), Kurchika, Shankara (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 globet cells). Mala rupi Kapha dosha thus formed, aggravates in all over body and also localize 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, snigda, Bahala Shleshma.

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 Tikta (bitter) as a dominant Rasa (taste) and katu and kashaya are also present (Bhavprakasha), sheeta virya (potency), Katu Vipaka, Ruksha (dryness) and Laghu (lightness) gu na. Vasa is Kaphaghna, Vedanahara, Shothahara, Jantughna, Kushtaghna and useful in Shwasa, Kasa, Jwara, Chardi, Premeha, Kushta, Kshya. The leaves of adhaoda vasic 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 Kaemferoland. The roots are rich in Vasicol, Vasicinolone, Hydroxyl oxychalone, Glycosyl, Oxychalone.
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 Pranvaha Srotas, involvement of Rasavaha, Udakvaha and Annavaha Srotas is obvious, as the Lakshanas Of Kaphaja Kasa includes Peenasa, Gourava, Kapahanisteevana, Chardi, Aruchi and Agnimadya. The Prana and Udana Vayu are responsible for normal function of Pranavaha 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 Aahara. 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 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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