

KAPHAKETURASA – A HERBO-MINERAL FORMULATION REVIEW

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ABSTRACT

In this modern era, due to lifestyle changes, air pollution, smoking etc. people are susceptible for many diseases due to poor immunity. Due to poor immunity, there is a chance of getting *Kaphaja vadhies* like *Tamaka swasa*. In *Ayurveda Kaphaketurasa* is mentioned especially in the management of *Tamaka swasa/Dyspnea*. But this formulation can also be used in other *kaphaja vyadhies* and it acts as immune modulator. The main objective of this article is to discuss the different pharmacological properties and their corresponding probable mode of action of *Kaphaketu rasa* mentioned in *rasa classics*. The authentic subject material has been reviewed from *Ayurveda* and modern medical literature, different research and review article were searched in different journals. The subject material has also been searched on internet.

Keywords: *Kaphaketu rasa, Kapha dosha*

INTRODUCTION

*Kaphaketurasa*¹ – enemy for *Kapha* OR *Kaphaja vyadhies*.

There are six varieties of *Kaphaketurasa* mentioned in *Rasa Yoga Sagara* among which most familiar one which is described in *Rasendra Sara Sangraha* has been taken for review in this article. It is a compound formulation and comes under the *Khalvi rasayana*. The specialty of *Khalvi rasayanas* lies in binding in different varieties of drugs into a single molecular form and more efficacious in their action.

A famous quotation “*Praakrutam tu balam shleshmam*”² says *Kapha* is the strength if it is in balanced condition. *Kapha dosha* represents the whole immune system especially respiratory system. *Kapha dosha* takes *Ashraya* in the *Dhatus* like *Rasa*,

Mamsa, Medha, Majja and *Shukra* according to *Ashraya ashrayi bhava*³. So, we can say *Gunatha* and *Karmata* increase of *Snigdha, Sheeta, Guru, Manda, Shlakshna, Mrutsna, Sthira gunas*⁴ causes symptoms such as *Kandu, Gaurava, Sheeta, Bandha, Upalepa, Sthaimitya, Shopha* and *Atinidrata*⁵. If *Kapha dosha* gets disturbed from the balanced state, there manifests the diseases such as *Swasa, Kasa, and Jatrurdhwaja rogas*. So all the five types of *Kapha* are responsible in manifestation of diseases according to *sthana*⁶ i.e. we can say *Kledaka kapha* is responsible for *Amashayagata rogas*, *Bodhaka kapha* is responsible for *Mukha rogas*, *Tarpaka kapha:Shirorogas*, *Akshi rogas*,

Karna rogas Shleshaka kapha: Sandhigata rogas

and *Avalambaka kapha: Urogata rogas.*

MATERIALS AND METHODS

Table 1: List of ingredients of *Kaphaketurasa*

Ingredients	Scientific name	Proportion
<i>Shankha bhasma</i>	Lobatus gigas (Conch shell)	1part
<i>Shodhita Tankana</i>	Sodium tetraborate decahydrate (Borax)	1part
<i>Shodita vatsanabha</i>	Aconitum ferox	1part
<i>Pippali</i>	Piper longum	1part
<i>Ardraka swarasa</i>	Zinziber officinale	Quantity sufficient

Method of preparation;

Preparation of *Shankha bhasma*⁷: *Shankha shodhana* by *swedana* in *jambeera swarasa* then *shodhita shankha* should be subjected to *gajaputa*, later *bhavana* should be done by *Kumari swarasa*. The same procedure should be repeated for three times to obtain *Shankha bhasma*.

*Vatsanabha shodhana*⁸ should be done by *gomutra sthapana*.

*Tankana shodhana*⁹ should be done by frying in *Loha patra* (iron vessel) till it becomes light and puffed.

Vastragalita churna of *Shankha bhasma*, *Shodhita tankana*, *Shodhita vatsanabha*, *Pippali* are taken in equal quantity and mixed well to get a homogeneous mixture. Then quantity sufficient *Ardraka swarasa* should be added and *bhavana* should be done. The same procedure should be repeated for three days. Then pills should be prepared of one *gunja pramana*.

Properties:

Table2: List of *Rasapanchakas* (elements governing the act of formulation) of the ingredients of *Kaphaketu rasa*

Ingredients	Rasa	Guna	Veerya	Vipaka	Doshaghata	Prabhava	Rogaghata
<i>Tankana</i> ¹⁰	Kat, Kshara	Ushna, Ruksha, Teekshna, Sara	Ushna	Amla	Vata-Kapha hara	Rechana, Lekhana, Kapha-vishleshan, Agnikara	Kasa, Swasa, Agnimandya
<i>Pippali</i> ¹¹	Katu	Laghu, Teekshna, Snigdha	Ushna	Madhura	Vata-Kapha hara	Deepana, Pachana, Rechana	Jwara
<i>Shankha Bhasma</i> ¹²	Kshara, Madhura	Laghu	Sheeta	Katu	Pitta-Kapha hara	Lekhana, Deepana, Chakshushya, Netrapushpahara	Netraroga, Swasa, Kapharoga, Agnimandya, Kshaya
<i>Vatsanabha</i> ¹³	Madhura	Laghu, Ruksha, Teekshna, Vyavayi, Vikasi	Ushna	Katu	Vata-Kapha hara	Deepana, Jwarahara, Madakari, Rasayana	Swasa, Kasa, Jwara, Timira, Agnimandya,
<i>Ardraka swarasa</i> ¹⁴	Katu	Guru, Ruksha, Teekshna	Ushna	Madhura	Vata-Kapha hara	Deepana, Pachana, Bhedana, Ruchya, Hrudya	Swasa, Kasa, Hikka, Jwara, Agnimandya

Indications¹:

Peenasa, Kasa, Swasa, Galaroga, Galagraha, Dantaroga, Karnaroga, Sannipataja and Daruna Netrarogas.

Dose: 1 ratti

Table 3: List of different doses mentioned in different diseases

Dose	Indication
2 ratti ¹⁵	<i>Kasa roga</i>
1-2 ratti ¹⁶	<i>Jwara</i>
1 masha ¹⁷	<i>Chardi roga</i>
Size of maricha ¹⁸	<i>Karna roga</i>

Anupana: *Ardraka swarasa*

Pathya¹⁹: *Nimba kashaya, Peya* prepared out of *Yava* and *Ushnambu* can also be followed for this formulation also.

DISCUSSION

1. '*Agni*' is the main factor for the manifestation of any disease, so first we need to correct the *agni*. The ingredients of '*Kaphaketurasa*' are having *deepana, pachana* property hence helps in correction of *agni*.
2. Almost all the ingredients are possesses *Katu rasa, Laghu, Ruksha Guna, Ushna veerya* *Kapha-pittahara* helps in *Kapha nissaraka*.
3. ***Shankha bhasma*** possesses '*Sheeta veerya,*' '*Pitta-kaphahara,*' '*Chakshushya*' property and hence helps in *netrarogas*. '*Lekhana*' and *Kshara guna* acts as '*Netrapushpahara*'.
4. ***Vatsanabha*** possesses '*Kshara guna*' which helps to dries up the *Kapha*. '*Madakari guna*' acts as sedative and helpful in chronic obstructive pulmonary diseases. '*Rasayana*' property hence it is indicated in *Kshaya* also.
5. ***Tankana*** possesses

'*Kaphavishleshaka*' helps to expel excess *Kapha*.

'*Agnikara*' helps to increase the power of digestion.

It is also an antidote for *Vatsanabha* and nullifies the toxic effects of *Vatsanabha*.

6. ***Pippali*** having '*Rechana*' property which helps in *nirgamana* of *kapha dosha*.
7. ***Ardraka swarasa*** possesses '*Hrudya*' which helps to prevent cardiac infections.

CONCLUSION

Altogether, this formulation acts as a best immune-modulator, which is needed in the *Kaphaja rogas*. The essential pharmacological activities of *Kaphaketurasa* act on *Pranavaha, Udakavaha* and *Annavaha srotas*. Nowadays *Kaphaketurasa* is used broadly only in *swasa roga* but it can be indicated in other diseases also by changing the *Anupana*. Among six varieties of *Kaphaketu rasa* mentioned in classics, the formulation mentioned in *Rasendra sara sangraha* is used in day today practice.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Yashaswini A. N et al:
Kaphaketurasā – A Herbo-Mineral Formulation Review.
International Ayurvedic Medical Journal {online} 2018
{cited November, 2018} Available from:
http://www.iamj.in/posts/images/upload/2509_2512.pdf