KAPHAKEΤURASΑ – Α HERBO-MINERAL FORMULATION REVIEW

Yashaswini A. N, Sulochanα Rathod, Shankaragowda

1st Year P.G Scholar; 2Professor; 3Professor and H.O.D; Dept of Rasashastra & Bhaishajya Kalpana, Taranath Govt. Ayurvedic Medical College, Ballari, Karnataka, India

Email: anyashaswini@gmail.com

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 vyadhies like Tamaka swasa. In Ayurveda Kaphaketurasα 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
Kaphaketurasα – enemy for Kapha OR Kaphaja vyadhies.
There are six varieties of Kaphaketurasα 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” 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. So, we can say Gunatha and Karmata increase of Snigdha, Sheeta, Guru, Manda, Shlakshna, Mrutsna, Shthira gunas causes symptoms such as Kandu, Gaurava, Sheeta, Bandha, Upalepa, Sthaimitya, Shopha and Atinidrata. 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 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

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

Method of preparation:

Preparation of Shankha bhasma: 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 should be done by gomutra sthapana.

Properties:

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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Doshaghnata</th>
<th>Prabhava</th>
<th>Rogaghnata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shankha Bhasma</td>
<td>Kat, Kshara</td>
<td>Ushna, Raksha, Teeksha, Sara</td>
<td>Ushna</td>
<td>Amla</td>
<td>Vata-Kapha hara</td>
<td>Rechana, Kapha-vishleshan, Agnikara</td>
<td>Kasa, Swasa, Agnimandya</td>
</tr>
<tr>
<td>Pippali</td>
<td>Katu</td>
<td>Laghu, Teeksha, Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Vata-Kapha hara</td>
<td>Deepana, Pachana, Rechana</td>
<td>Jwara</td>
</tr>
<tr>
<td>Vatsanabha</td>
<td>Kshara, Madhura</td>
<td>Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Pitta-Kapha hara</td>
<td>Lekhana, Deepana, Chakshushya, Netrapushpahara</td>
<td>Netraroga, Swasa, Kapharoga, Agnimandya, Kshaya</td>
</tr>
<tr>
<td>Ardraka swarasa</td>
<td>Katu</td>
<td>Guru, Raksha, Teeksha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Vata-Kapha hara</td>
<td>Deepana, Pachana, Madakari, Rasayana</td>
<td>Swasa, Kasa, Jwara, Timira, Agnimandya</td>
</tr>
<tr>
<td>Tankana</td>
<td>Kat, Kshara</td>
<td>Ushna, Raksha, Teeksha, Sara</td>
<td>Ushna</td>
<td>Amla</td>
<td>Vata-Kapha hara</td>
<td>Rechana, Kapha-vishleshan, Agnikara</td>
<td>Kasa, Swasa, Agnimandya</td>
</tr>
</tbody>
</table>
Indications:\nPeenasa, Kasa, Swasa, Galaroga, Galagraha, Dantaroga, Karnaroga, Sannipataja and Daruna Netrarogas.

Dose: 1 ratti

Table 3: List of different doses mentioned in different diseases

<table>
<thead>
<tr>
<th>Dose</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 ratti(^1)</td>
<td>Kasa roga</td>
</tr>
<tr>
<td>1-2 ratti(^2)</td>
<td>Jwara</td>
</tr>
<tr>
<td>1 masha(^3)</td>
<td>Chardi roga</td>
</tr>
<tr>
<td>Size of maricha(^4)</td>
<td>Karna roga</td>
</tr>
</tbody>
</table>

Anupana: Ardraka swarasa
Pathya\(^5\): 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 ‘Kaphaketurasasa’ are having deepana, pachana property hence helps in correction of agni.
2. Almost all the ingredients are possesses Katu rasas, Laghu, Ruksha Gunas, 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 Kaphaketurasasa act on Pranavaha, Udakavaha and Annavaha srotas. Nowadays Kaphaketurasasa is used broadly only in swasa roga but it can be indicated in other diseases also by changing the Anupana. Among six varieties of Kaphaketurasa mentioned in classics, the formulation mentioned in Rasendra sara sangraha is used in day today practice.

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15. Ibid. Uttar Kanda, Kasadhikara, p.428


17. Ibid. Uttar Kanda, Kasadhikara, p.428


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