

**ROLE OF VARDHMAAN PIPPALI RASAYANA IN THE
MANAGEMENT OF KAPHAJA KASA W.S.R CHRONIC
BRONCHITIS: A SINGLE CASE STUDY****Dr. Arun Kumar Sharma*¹ and Dr. Sangita Devi²**¹Associate Professor, Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.²P.G. Scholar, P.G. Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.Article Received on
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Kayachikitsa, Gurukul
Campus, U.A.U. Haridwar.**ABSTRACT**

Ayurveda has very different approach towards the onset and treatment of diseases with tridosha theory. In Ayurvedic texts, Kasa is explained as an independent disease. Pathophysiology of Kasa includes pranvaha-sroto-dusthi along with vitiated kapha and vata. Kaphaja kasa is one among all types of Kasa, symptoms of which keep resemblance with that of chronic bronchitis. Chronic bronchitis is defined as a productive cough that lasts for three month or more per year for at least two years symptoms of chronic bronchitis may include wheezing and shortness of breath. By taking same in mind, a study was

carried out in a patient with chief complaint of kasa (cough), kaphaja shthivan (expectoration), shiro-gaurava (heaviness in head), peenas (rhinitis), mandaagni (diminished appetite), aruchi (anorexia) and angamarda (malaise), patient was treated with oral intake of vardhman pippali rasayana for a period of 20 days in increasing and decreasing schedule of dosage. The medicine was given in the form of ksheera paka to pacify the ati teekshna property of property of pippali. The study yielded good result with symptomatic relief. Large randomized studies should be carried out in order to prove the efficacy of pippali vardhman rasayana.

KEYWORDS: Kasa, kaphaja shthivan, shiro-gaurava, peenas.**INTRODUCTION**

Kasa is explained as an independent disease. Pathophysiology of Kasa includes pranvaha-sroto-dusthi along with vitiated kapha and vata. Kaphaja kasa is one among all types of Kasa. Kapha parkopa nidhan i.e ahara and vihara will leads to kapha vriddhi which results in

agnimandya. Due to agnimandya aamrasa will be formed which will results in rasadhatu dusthi. Rasa dhatu dusthi may leads to malarupi kaphavridhhi which will cause srotasang, due to which vatavrodha occurs. It leads to vimarga gamana of vata resulting in occurrence of kaphaj kasa. Clinical features of kaphaja kasa are kasa (cough), kaphaja shthivan (expectoration), shiro-gaurava (heaviness in head), peenas (rhinitis), mandaagni (diminished appetite), aruchi (anorexia) and angamarda (malaise) all these symptom keep resembles with that of chronic bronchitis. Chronic bronchitis is defined as a productive cough that lasts for three month or more per year for at least two years symptoms of chronic bronchitis may include wheezing and shortness of breath.

CASE REPORT

A 38 years old hindu, female, married, house wife by occupation came to the opd of kayachikitsa with complains of kasa (cough), kaphaj shthivan (expectoration), shiro-gaurava (heaviness in head), peenas (rhinitis), mandaagni (diminished appetite), aruchi (anorexia) and angamarda (malaise) since 3 years she took allopathic treatment but nothing provide relief from his problem, then she came to us for further treatment.

Personal history – appetite was diminished, sleep was disturbed due to coughing, rest micturation and bowel habits were regular

Menstrual history – her menstrual cycle was normal no history of vaginal discharge

General examination – No pallor, icterus, oedema, clubbing were present, no lymph node were palpable. Blood pressure was 120/80 mmhg, pulse rate 74/min

Systemic examination – On respiratory examination B/L wheezing present, no abnormal functioning of gastrointestinal, cardiovascular and central nervous system was noticed.

Drug history – patient took allopathic medicine

INVESTIGATION

1- Chest x-ray P.A View revealed of bronchitis dated 30-11-2018.

2- Blood investigation reports –

parameter	values
Hb%	10.2
ESR	22
TLC (/cu mm)	9600
Neutrophils (%)	64
Lymphocytes (%)	23
Eosinophils(%)	06
Basophils (%)	0
Monocytes (%)	0

TREATMENT

Patient was treated with oral intake of vardhman pippali rasayana for a period of 19 days in increasing and decreasing schedule of dosage. The medicine was given in the form of ksheera paka to pacify the ati teekshna property of property of pippali. The study yielded good result with symptomatic relief. Large randomized studies should be carried out in order to prove the efficacy of pippali vardhman rasayana.

Date	Day	Given treatment
4-12- 2018	1	1 gm pippali churna
5-12-2018	2	2 gm pippali churna
6-12-2018	3	3 gm pippali churna
7-12-2018	4	4 gm pippali churna
8-12-2018	5	5 gm pippali churna
9-12-2018	6	6 gm pippali churna
10-12-2018	7	7 gm pippali churna
11-12-2018	8	8 gm pippali churna
12-12-2018	9	9 gm pippali churna
13-12-2018	10	10 gm pippali churna
14-12-2018	11	9 gm pippali churna
15-12-2018	12	8 gm pippali churna
16-12-2018	13	7 gm pippali churna
17-12-2018	14	6 gm pippali churna
18-12-2018	15	5 gm pippali churna
19-12-2018	16	4 gm pippali churna
20-12-2018	17	3 gm pippali churna
21-12-2018	18	2 gm pippali churna
22-12-2018	19	1 gm pippali churna

Churna (in gm)	Milk (in ml)	Water (in ml)	Remaining medicine
1	15	15	15
2	30	30	30
3	45	45	45
4	60	60	60
5	75	75	75
6	90	90	90
7	105	105	105
8	120	120	120
9	135	135	135
10	150	150	150
9	135	135	135
8	120	120	120
7	105	105	105
6	90	90	90
5	75	75	75
4	60	60	60
3	45	45	45
2	30	30	30
1	15	15	15

RESULT

All the symptoms of patient were similar to that of kaphj kasa after 19 days of rasayana therapy positive results were found, which are as follows table.

Table comparing the symptoms before after treatment of kaphaj kasa.

Symptoms	Before TT	After TT
Kasa	Present	Resolved
kaphaj shthivan (expectoration)	Present	Resolved
shiro-gaurava (heaviness in head)	Present	Resolved
peenas (rhinitis)	Present continuously with slightly blockage	A mild relief found
mandaagni (diminished appetite)	Present	No mandagni
aruchi (anorexia)	mild	Resolved
angamarda (malaise)	Present	Mild relief

DISCUSSION

As samprapti of kaphaj kasa involves increased kapha, which further blocks the pathway of vayu. That's why samprapti vighatana must include kaphashamak and vatanulomaka measures pippali due to its teekshna property along with katu rasata responsible in paccification of kapha. As both katuta and teekshnata may vitiated vata, but parallaly the Madura vipaka and snigdha gunas of pippali overcome the situation. Thus both the factors under samprapti vightana, kaphashamana and vatanulomana can easily be attained by the use of pippali.

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