

PERSPECTIVE STUDY ON *KAPHAJA KASA* IN CHILDREN THROUGH AYURVEDA: A REVIEW

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ABSTRACT

Kasa is one of the most common disease in children which affect *Pranavaha Srotas*. *Kapha* and *Vata* are the elements dominated in *Kaphaj Kasa*. Ayurveda explains the *Nidana*, *Samprati* and Treatment of *Kaphaja Kasa* details in many contexts. *Kasa* is not life threatening but it disturbs the normal life style of children. Although *Kasa* is not life threatening if neglected without following proper treatment may hamper the Growth and development of children. Prevalence of cough in children as 34% - 55%. Going through the details of etiopathogenesis and symptomatology of the disease, *Kaphaja Kasa* can be correlated with chronic bronchitis in contemporary medicine. Many number of drugs including antibiotics, cough suppressants,

mucolides and expectorants are available for the treatment of the disease but their development of bacterial resistance and adverse effects have been reported time to time. So it better to seek for a safe and effective alternative treatment for the cure. In the Ayurvedic literature *Nidanparivarjana*, *Shodhana* and *Shamana* line of treatment forms the complete treatment of *kasa*. Among these procedures, the *Shamana* line of treatment that includes oral administration of medicine is of most importance as the administration is very easy and also effective compared to *Shodhana* in children.

KEYWORDS: *Kaphaja Kasa*, *Pranvaha Srotas*, Treatment.

INTRODUCTION

Kasa is the most common complaint seen in children. In Ayurveda explained *kasa* as a disease, which involves most of the presentations related to Respiratory tract. *Kapha* is the

dominating *Dosha* in *Balyavastha* and it is the main cause in production of *Kasa* so the incidence is more in this age group. Also pediatric age group is more vulnerable due to anatomical and physiological peculiarities, immature immunological defenses.^[1] In the pathogenesis, *Kasa* has the free flow of *Pran Vata* in *Kantha* and *Ura* which is obstructed by vitiated *Kapha*. Recurrent cough is the common manifestation of recurrent respiratory tract infections which resembles *Kasa* explained in classics of Ayurveda. *Kasaroga* is of five types, among which *Kaphaja Kasa* is one of the common problem, frequently observed in pediatric age group. *Kasa* is not life threatening but increasingly annoying and irritating to the children in their routine activity. More over when neglected they may lead to a series of complications. Recurrent attacks makes the school going child suffer and may have its adverse effects on the studies of the child. In recent years, there has been an extra ordinary increase of incidence related to respiratory system due to increased air pollution & exposure to allergens. *Kasa* may develop as an independent disease may be a symptom associative to other disease, sometimes may develop as complication of a disease. Prevalence of cough in children as 34% - 55%.^[2] Going through the details of etiopathogenesis and symptomatology of the disease, *Kaphaja Kasa* can be correlated with chronic bronchitis in contemporary medicine. Chronic bronchitis is characterized by cough associated with sputum. The initial symptoms are repeated attacks of productive cough which shows a steady increase in severity during the winter months and present all the year round with recurrent respiratory infections. Mucolyte, expectorants & antibiotics are the choice of treatments in chronic bronchitis as disease is chronic in nature. Patient has to continue their medication for long duration which develops the resistance to the medication and also leads to drowsiness as a side effect. Treatment modalities described in Ayurveda are *Nidanaparivarjana*, *Shamanoushadhi* and *Shodhana* with less side effects so Ayurveda have major role to treat this condition.

Etiology of *Kaphaja Kasa*

Acharya Sushruta, Vagbhata, Bhavamishra, Madhavakara and Yogaratnakara have given detail description of *Nidanas* for *Kasa*. But here we discuss causative factor related specifically to pediatric group. They could be classified as follows:

1. *Samanya hetu*
2. *Vishesh hetu*

Samanya Hetu^[3]**1) *Kshayat* -**

Dhatukshaya leads to *vata prakopa* causes *pranava strotas dushti*. *Atishrama* increases the respiratory rate and *Vataprakop* results. The *Atipravrutti* of *Rasadhatu* causes the *Rasaraktakshaya* and the *Dushti* of *Pranavaha Strotasa*. Which increases the function of lungs and heart. In this way *pranava strotas* is affected.

2) *Sandharanat*

In pediatric age group especially school going children generally control their urine and stool. This process creates strain on abdomen. It is a *Dushti Hetu* of *Prana*, and leads to *Vata Prokop*.

3) *Roukshyat*

Ruksha Guna Aahar vihar causes *vata vridhi*. The alveoli are covered by the smooth *Kapha* but when its *Kshaya* occur, the alveoli become dry i.e. *Ruksha*. Hence the function of respiration is not done properly.

4) *Vyayamat*

Physically heavy work is included in *Vyayama*, during this body needs, *Ambarpiyush* in large scale and the function of lungs and heart needs to be more. It causes the *dushti* of *Pranavaha Strotasa*.

5) *Kshuditasya*

It is a type of malnutrition. The nutrition of *Prana* is compromised when the patient is *Kshudita* or he has not got enough food. If this happens continuously it does not nourish *Prana* and ultimately affect the *Pranavaha Strotasa*.

6) *Vimarggatwacch Bhojanasya*

While eating, food particles going into the respiratory tract causes obstruction to the airway leads to cough.

7) *Other hetu*

Dhum (smoke or air fumes), *Dhul* (Dust), *Ativyayam* (Excessive exercise), *Ruksha Anna Sevan*, *Abhishyandi* (like curd), *Kledakarak Aahar*, cold drinks, *Vidahi Dravya*, *Kashaya-Rasa*, *Kshar Dravya* (salty foods), *Kshavathuvegavarodh* (prevention of sneezing), to produce unrequired sneezing, dry and cold climate, excessive working, to carry heavy loads,

trauma, day sleeping, late nights, *Langhan*, *Dhatukshaya*, *Atimaithun* (abuse of sex) accumulate *Doshas* leading to vitiation of *Doshas* mainly *Kapha* and *Vata Dosha* in *Pranavaha-Strotasa* resulting in the disease *Kasa*.

Table no. 1: Vishesh Hetu of kaphaja kasa^[4]

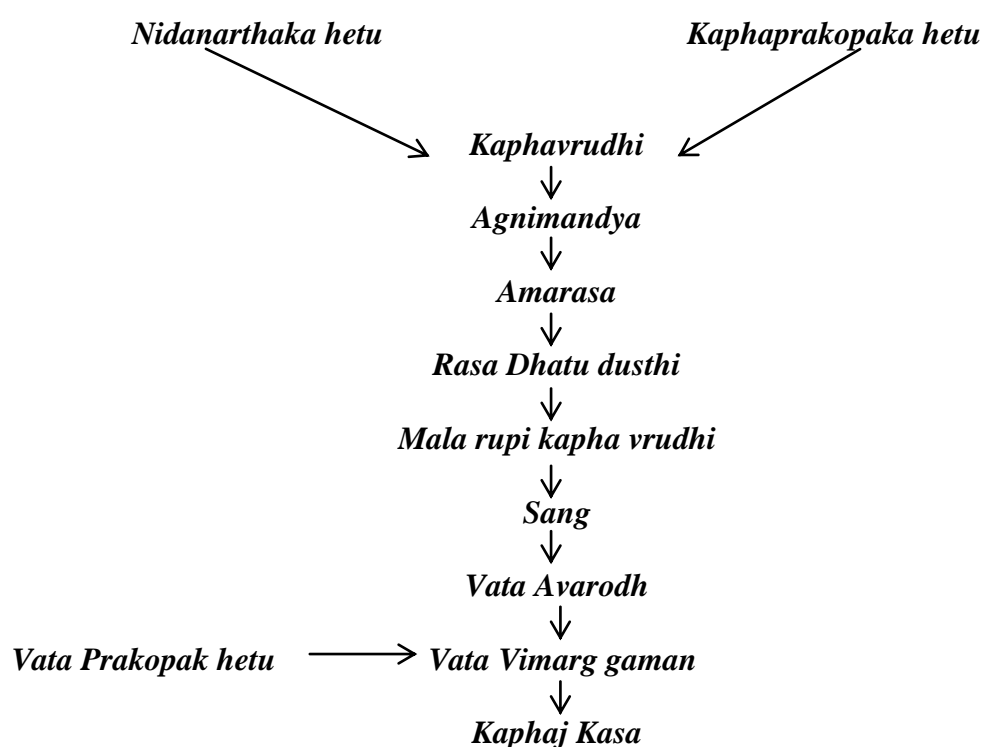
<i>Aharaj nidanas</i>	<i>Viharaja nidanas</i>
<i>Bhojya manavarodha</i>	<i>Dhooma sevana</i>
<i>Rooksha ahara sevana</i>	<i>Shrama</i>
<i>Vimargagamana of ahara</i>	<i>Raja sevana</i>
<i>Atisheetha ahara sevana</i>	<i>Vegavarodha</i>
<i>Alpa ahara sevana</i>	<i>Divaswapna</i>
<i>Guru, singdha, madhura ahara atisevana</i>	

Samprapti^[5]

Kapha prakopaka nidana i.e. *Ahara* and *vihara* will leads to *Kapha vriddhi* which results in *Agnimandhya*. Due to *Agnimandhya* - *Amarasa* will be formed which results in *Rasadathu dusthi*. *Rasadathu dusthi* may lead to *malarupi Kaphavrudhi*, which will cause *srotosangha* (*Pranavaha*), due to which *Vatavarodha* occurs; this leads to *Vimarga gamana* of *vata* resulting in occurrence of *Kaphaj Kasa*.

Flow chart no: 1

Samprapti of kaphaja kasa:



Kaphaja Kasa Samprapti elements

- **Dosha** - Kapha, Vata.
- **Dushya** – Rasa
- **Strotasa** - Pranavaha, Rasavaha Strotasa Dushti.
- **Adhishtana** - Urah, Kanthanadi, Kantha.
- **Sanchar Kshetra** - Hriday, Shankha, Parshwa and Shira Pradesh.
- **Agni** - Jathragni Mandya.
- **Ama** - Saam
- **Udbhavastana** - Amashya.
- **Vyaktha Sthan**- Mukh
- **Vyadhi-marga** – Abhyantara

Clinical feature of Kaphaja Kasa^{[6],[7],[8]}

Kasavega (cough) is cardinal symptom of Kasaroga, which will be present in all types of Kasa. The differentiating symptoms of Kaphaja Kasa help to make more precise diagnosis. Clinical symptoms of Kasa can be again divided as Avasthika Lakshana and Vegakalen Lakshana. Even symptoms can be segregated as Sarvdiakheka Lakshana and Urdvagathrogatha Lakshana. Bahala, Madhura, Snigdha, Ghana, Nishtivana is the Pratyatama Lakshana of the Kaphaja Kasa. These Lakshana are in accordance with Kaphadosha Guna like Guru, Manda, Snigda, Slakshna, Sandra etc.

Table no 2: Showing Visisthtalakshanas of Kaphaja Kasa.

1.	Mandagni (loss of appetite)
2.	Aruchi (Tastelessness)
3.	Chhardi (vomiting)
4.	Pratishyaya (Running nose)
5.	Utklesha (Excitation)
6.	Gaurav (Heaviness)
7.	Aasyamadhurya
8.	Angasada
9.	Kanthoplep (stickiness in throat)
10.	Shirashula (Headache)
11.	Lomharsha (shivering)
12.	Urah alpa rujatwa (Mild chest pain)
13.	Hridaya stimitata
14.	Kanthe kandu (Itching sensation in throat)
15.	Swara Bheda (Hoarseness of voice)
16.	Vaksha Kapha Sampurnamiva Manyate (Fullness of chest)
17.	Bahul, Madhur, Ghana, Snigdha, Shweta Kaphanishtivan (Expectoration)

Chikitsa of *kaphaja kasa*

According to *Acharya Charaka*, in the management of *kaphaja kasa* initially *Vamana* has to be performed followed with *Pathya* consisting of *kaphanashaka katu*, *Rooksha* and *Ushna Ahara*^[9] Management of *Kaphaja Kasa* in children has not discussed in detail anywhere. Based on *Rogi* and *Roga bala* the mode of treatment (*Shodhana* or *Samana*) of *Kaphaja Kasa* has to be decided. Though *Shodhana* therapy was mentioned for *Kaphaja kasa*, it was better to implement *Shamana* line of management in children by considering their tender age.

Nidana Parivarjana

It is most important aspect of treatment. Person with *Kaphaja Kasa* has to avoid triggering factors like smoke, dust inhalation etc. Parents/ patients should be more conscious in cold/winter seasons and during travel to cold atmosphere.

Samshamana

There are many single drugs, *Kastoushadhi* and *Rashushadis* are indicated for *Kaphaja Kasa*. These have *Katu*, *Ushna*, *Tikshna*, *Sukshma*, *Chedana*, *Kaphanissaraka*, *Kasagnaguna*.

Table no 3: Shamanaaushadi used in *kaphaja kasa*.

Sigle drugs	Different yogas for <i>Kaphaja kasa</i>
Madhuka	Yavaksharadi churna
Pippali moola	Talisadi churna
Bibhitaki	Sitopaladi Churna
Kantakari	Pushkaradi churna
Pooshkara mool	Panchakoladi churna
Karkatashruni	Lavangadi vati
Ativisha	Marichadi gutika
Gambhari	Haritakyadi gutika
Haritaki	Kantakaryadi leha
Prushniparni	Agastya Haritaki Avaleha
Bharangi	Pippalyadi leha
Gokshura	Vyaghryadi avaleha
Bruhati	Pushkaradi leha
Shunthi	Kantakaryadi ghritha
Maricha	Kulathadhi ghritha
Tankana	Katphaladi kwatha
Yavakshara	Kantakaryadhi kwatha

Shodhana

The first line of *Shodhana* in *Kaphaja Kasa* is *Vamana*. *Vamana* will expel the *Dushita Kapha* and relieve the *Aavarana* to *Vata* giving more and effective result in *Kaphaja Kasa*. The *Virechana* can be planned in *Vaata*, *Pittanubandha*. Here *Vata* should be controlled to relieve *Vedana* in *Urah* and *Parshva*. *Nasya Karma* is helpful because the *Sthnasamshraya* is in *Urdhvajatrugata*. *Virechana* and *Nasya* have minimal role in *Vegkalen* and *Bahudoshaja Kaphaja kasa*. In *Avasthika Kala* these can be adopted as per the *Yukthi* of Physician. If *Bahudosh* and *Amashyagatha Kaphaja Lakshana* are noticed *Sadhyavamana* can be adopted rather than classical *Vamana*. *Kavalagraha*, *Dhumapana* are also helpful in condition of *Kaphaja Kasa*. After the *Vamana Tikshana Dhumapana* will helpful in *Kaphaja Kasa*.

Pathya- Apathya in kaphaja kasa^[10]**Pathya****Aahara**

Laghu, Drava, Balvardhak Aahar, Old mature Shali Shashtika Rice, Wheat, Muga, Pulses, Kulith, Mula, Bimbiphala, Jowshak, Manuka, Garlic, Lahya, Trikatu. Hot Water, Honey, Goat Milk, Ghee, Soup of Jangal Animals.

Vihar

Sleep during night, Warm weather, Pollutant free environment.

Apathya**Aahara**

Rasa: Madhura Rasa (sweet).

Guna: Snigdha (unctious), Guru (heavy), Picchila (slimy).

Anna: Pistanna (Dishes prepared out of flour of cereals). Payasa (food prepared with milk).

Jala varga: Dusta Jala, Sheeta Jala.

Mamsa varga: Matsya (Fish).

Vihara

Vayu Sevan, Rajo Marga Nishevana

CONCLUSION

Kaphaja Kasa is one of *Pranvaha Srothodusti Janita Vyadhi* described in Ayurveda. Along with Causative factors, age is the most important triggering factor for the pathogenesis of

Kaphaj kasa in children. *Kaphaja kasa* can be correlated to Chronic Bronchitis on the basis of Nidana, samprati and lakshana. *Nidana Parivarjana*, different *Shamnoushdhi* and different modes of *Shodana* will help in treating the *Kaphaja kasa*. *Shamana* drugs act as *Kaphashamaka* (cough suppressant), *Kaphanissaraka* (mucolytic) and *Agnidipaka* (Digestive). Actions of these *Shamana* drugs can be further studied for their clinical and pharmacological effects.

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