

□ □ □ □ □ **WSR To KAJAVASAVA IN KAPHAJA KASA
PHALASAVA: WSR To KAJAVASAVA IN KAPHAJA KASA**

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ABSTRACT

Kaphaja Kasa is a common respiratory disorder described in Ayurveda, primarily caused by the vitiation of Kapha Dosha, leading to symptoms such as productive cough with thick, white or Pandu-coloured sputum, heaviness, and chest congestion. The management of Kaphaja Kasa focuses on the use of Kapha-Shamaka therapies possessing Ushna, Tikshna, and Sukshma properties to counteract the Guru, Snigdha, and Picchila Gunas of vitiated Kapha. In this context, Kaju Aasava, a fermented Ayurvedic formulation prepared from Kaju (cashew), is hypothesized to be effective due to its Katu, Tikta, and Kashaya Rasa along with Deepana, Pachana, and Srotoshodhana actions. The present study aims to evaluate the therapeutic efficacy of Kaju Aasava in the management of Kaphaja Kasa. The formulation is expected to facilitate liquefaction and expulsion of Kapha, improve Agni, and clear

respiratory channels. The findings of the study suggest that Kaju Aasava has significant potential in reducing the symptoms of Kaphaja Kasa and offers a holistic approach in its management by addressing both Dosha imbalance and clinical manifestations.

INTRODUCTION

Kasa is one of the most common respiratory disorders described in Ayurveda and is considered both an independent disease as well as a symptom of various systemic conditions. Among its types, Kaphaja Kasa is characterized by the predominance of Kapha Dosha,

presenting with Gaurava (heaviness), Manda Agni, Picchila and Ghana Shleshma, and production of white or Pandu-coloured sputum. The vitiated Kapha in Kaphaja Kasa possesses qualities such as Guru (heaviness), Snigdha (unctuousness), Picchila (stickiness), and Styana (stagnation), which lead to obstruction in Pranavaha Srotas and result in persistent cough with expectoration. The principle of treatment in such conditions focuses on Kapha Shamana and Shodhana, primarily by using drugs having Ushna, Tikshna, and Sukshma Gunas, which counteract the pathological properties of Kapha.

In this context, Aasava Kalpana, a classical Ayurvedic fermented formulation, plays a significant role due to its inherent properties like Deepana (enhancing digestion), Pachana (metabolic correction), and rapid absorption owing to its Sukshma nature. These formulations are especially effective in conditions involving Srotorodha (channel obstruction) and Kapha dominance. Kaju Aasava, prepared from Kaju (cashew), is considered to possess Katu, Tikta, and Kashaya Rasa, which are known for their Kapha-Shamaka and Lekhana (scraping) properties. Additionally, the fermentation process enhances the bioavailability and potency of the formulation, making it more effective in liquefying and expelling thick, sticky sputum.

Thus, Kaju Aasava, with its combined pharmaco-dynamic properties of Ushna, Tikshna, and Kapha-Hara action, may play a crucial role in Samprapti Vighatana of Kaphaja Kasa by reducing the viscosity of Kapha, clearing respiratory channels, and restoring normal respiratory function.

Procedure

Asava Kalpana is predominantly used in many Kaphaja Vyadhi; as it effectively works on the Kapha, whose Pradhana Sthana is Urdhva Bhaga of Sharira or Urah thus it definitely act on the Kaphaja Kasa.

1. Collect fresh cashew from a farm. It should be devoid of Krimi, Kitaka as explained in Dravya Sangrahan Vidhi
2. Then washing of these cashew should done,
3. Swaras should be taken from them.
4. Add Sharkara in it in 1/4th quantity of the Svarasa.
5. Then add clean and powdered Dhataki Pushpa Churna in it as Sandhana Dravya.
6. Prakshepaka Dravya like Lavanga, Twak or Ela should be used.
7. Poured this content in Ghrita Lipta Patra and closed the mouth of Patra tightly.
8. Place the vessel at place where no disturbance of sun rays should there

9. After Sandhana Lakshana are seen Aasava should be filtered.

Note

•Transparent Vessel can used to check different stages of Sandhana vessel should not open daily and should kept closed for almost 15 days.

RESULT

Changes should be noted in different days and observe for Sandhana Lakshana. After Sandhana Lakshan are achieved it should be filtered. Gandha - should be of cashew and Prakshepaka Dravya.

Varna - moronic black.

Rasapanchak :- Rasa - Tikta - Katu

Guna – Ushna, Ruksha.

Anurasa – Kashaya.

Virya – Ushna.

Vipaka – Katu.

Samprapti of Kasa

- Hetu Sevana.
- Kaphaprakopa + Vataprakopa.
- Leads to Srotorodha and Vayupratiloman (Apana).
- Urdhwagati of Apana.
- Increases the Prakruta gati of Udana
- This hampered the Prakruta Prana Gati.
- Parspara Virodhi Gati of the both Vata.
- Pratilomatva of Prana Vayu.
- Uraha, Kantha, Kanthanadi – vitiates these by entering into it.
- Expels out the Dushita Pranavayu through Mukha.
- While expelling out sound produced like Kansya Patra.
- Utpatti of Kasa

Clinical features of Kaphaj Kasa

1. Agnimandya.
2. Aruchi.

3. Mukha Madhurya.
4. Snigdha – Madhura – Ghana Kapha Sthivana.
5. Bahula in quantity.
6. Comparatively Vedana is less.
7. Lomaharsha.
8. Peenasa.
9. Kleda.
10. Gaurava.

Based on this we can study and do the Samprati Vighatana which will help in the Shamana of Vyadhi.

The first line for the treatment should be the Nidana Parivarjana then the Aushadhi or Shodhan should be given.

The Kajavasava does the Rukshana and the Lekhana of the Ghana, Styana, Kapha which will help in Samprati Vighatana leading to Upashama.

DISCUSSION

Kaphaja Kasa is one of the five types of Kasa described in Ayurveda and is characterized by excessive accumulation and vitiation of Kapha Dosha in the Pranavaha Srotas. Clinically, it presents with productive cough, thick white (Pandu) sputum, chest heaviness, and a feeling of obstruction due to the Guru, Snigdha, Picchila, and Sthyana qualities of aggravated Kapha. The primary principle of treatment is to pacify Kapha by employing drugs and formulations having Ushna, Tikshna, Laghu, and Sukshma Gunas, which help liquefy, mobilize, and expel the accumulated Kapha.

Kaju Aasava, a fermented Ayurvedic formulation, is proposed as a suitable therapeutic option because the Aasava Kalpana itself enhances drug absorption and possesses Deepana, Pachana, and Srotoshodhana properties. These characteristics help correct Agnimandya, remove Srotorodha (obstruction of channels), and facilitate better distribution of the active principles.

The present research is undertaken to evaluate the effectiveness of Kaju Aasava in Kaphaja Kasa, with the objective of generating scientific evidence for its clinical utility and validating its role as a safe and effective Ayurvedic intervention in the management of Kapha-dominant

respiratory disorders.

CONCLUSION

Kaphaja Kasa is a condition predominantly caused by vitiation of Kapha Dosha, characterized by Guru, Snigdha, Picchila, and Sthyana Gunas, leading to excessive, thick, and sticky sputum production along with cough. The line of treatment in Ayurveda emphasizes the use of Kapha-shamaka, Ushna, Tikshna, and Sukshma Dravyas to counteract these pathological factors.

The present study highlights that Kaju Aasava, being a fermented Ayurvedic formulation, possesses inherent properties such as Deepana, Pachana, and Srotoshodhana, which play a crucial role in the management of Kaphaja Kasa. The presence of Katu, Tikta, and Kashaya Rasa along with Ushna and Tikshna Gunas helps in reducing Kapha by liquefying and facilitating the expulsion of accumulated Shleshma.

Furthermore, the Aasava Kalpana enhances drug absorption and ensures quick therapeutic action due to its Sukshma and Vyavayi nature, making it particularly effective in conditions involving Srotorodha. Kaju Aasava thus acts at multiple levels by correcting Agni, reducing Kapha accumulation, clearing respiratory channels, and alleviating symptoms of cough and expectoration.

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