

**AYURVEDIC APPROACH TO KAPHAJ KASA WITH GODANTI
BHASMA****Dr. Asif Momin^{1*}, Dr. C. M. Belgavi² and Dr. M. D. Rudrapuri³**

¹PG-Scholar Dept. of RSBK, Sri Shivayogeshwar Rural Ayurvedic Medical College, Inchal,
Belgavi, Karnataka.

²Professor Dept. of RSBK Sri Shivayogeshwar Rural Ayurvedic Medical College, Inchal,
Belgavi, Karnataka.

³Professor and H.O.D, Dept. of RSBK Sri Shivayogeshwar Rural Ayurvedic Medical
College, Inchal, Belgavi, Karnataka.

Article Received on
23 Dec. 2017,

Revised on 13 Jan. 2018,
Accepted on 03 Feb. 2018

DOI: 10.20959/wjpr20183-11056

Corresponding Author*Dr. Asif Momin**

PG-Scholar Dept. of RSBK,
Sri Shivayogeshwar Rural
Ayurvedic Medical College,
Inchal, Belgavi, Karnataka.

ABSTRACT

Kasa is one of the most common ailments afflicting the Pranavaha Srotas. Kaphaja Kasa has been considered to be the cutting edge of the Doshic type of Kasa, which if neglected or mismanaged, may serve as the substratum for the emergence of a good number of disorders such as Kshataja Kasa, and Tamaka Swasa etc., which are very difficult to manage. there are many single drugs and formulations prescribed for Kasa in classics. In which Godanti bhasma is clearly indicated in Kasa. Godanti ($\text{Gypsum-CaSO}_4 \cdot 7\text{H}_2\text{O}$) is well known therapeutic Rasa dravya and it is commonly used in the form of bhasma. Different methods are mentioned in the preparation of Godanti bhasma to get potent and therapeutical properties. It is indicated in Shwetapradar,

Shwasa, Kasa, Jwara Kshya etc. Godanti is having sheeta virya. It acts as Jwargna, Kshaya, kasa, panduroghara, urakshata and it is specially indicated for balashosh and Shwetapradara^[1]

KEYWORDS: Godanti Bhasma, Kaphaj Kasa, Pranavah Srotas.

INTRODUCTION

In recent years, there has been an extraordinary increase of incidence related to Respiratory system. According to National center for health statistics, 62 million cases of common cold and cough occurs each year. Cough is the fifth most common symptom for which patients seeks medical care.

Kasa has been described under various categories in the classics of *Ayurveda*– as independent disease^[1,2], Symptom^[3] Complication^[4] and sequel. Kaphaja Kasa is a common Upper Respiratory tract ailment prevalent now a days and it is increasingly annoying and irritating the individual in his routine activity.

Ayurveda has a lot to offer in this regard. Vata and Kapha are the two key pathological factors involved in the Samprapti of Kaphaja Kasa.^[5] Hareetakyadi Gutika is having Kapha Vatahara property. Hence, this effort was made to access the action of drug in Kaphaja Kasa.

Kasa has been described under various categories in the classics of *Ayurveda*– as independent disease^[2,1], Kaphaja Kasa is a common Upper Respiratory tract ailment prevalent now a days and it is increasingly annoying and irritating the individual in his routine activity.

Ayurveda has a lot to offer in this regard. Vata and Kapha are the two key pathological factors involved in the Samprapti of Kaphaja Kasa. Hareetakyadi Gutika is having Kapha Vatahara property. Hence, this effort was made to access the action of drug in Kaphaja Kasa.

Disease review

Kaphaja Kasa consists of two words “*Kapha*” and “*Kasa*”. The word *Kapha* is derived from the root Ke, meaning “*Shirasi Kena Jalena va palathi*” that which is produced in the *Shiras* and nourished by *jala*. *Acharya Charaka* has defined Kasa as “*Shushko Va Sa Kapho Va api Kasanath Kasaha*” means release of obstructed *vayu* resulting in the production of abnormal sound in the process, which may be productive or dry.^[5]

Nidana

The *Nidanas* mentioned in the classics are *Guru*, *Abhishyandi*, *Madura*, *Picchila*, *Snigdha Ahara sevana*, *Divaswapna*, *Vicheshtana*, *Dhoomopaghata* ⁶.

Samprapti^[7]

Kapha prakopaka nidana i.e. Ahara and vihara will leads to Kapha vridhhi 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 Kaphaja Kasa.

Table no: 1: Showing the *Samprapti ghataka's* of *Kaphaja Kasa*.

<i>Dosha</i>	<i>Kapha, Vata</i>
<i>Dushya</i>	<i>Rasa</i>
<i>Agni</i>	<i>Jatharagni mandya</i>
<i>Ama</i>	<i>Jatharagni mandya janya ama</i>
<i>Srotas</i>	<i>Pranavaha & Rasavaha</i>
<i>Sroto dusthi</i>	<i>Sanga</i>
<i>Udbhavasthana</i>	<i>Amashaya</i>
<i>Sancharasthana</i>	<i>Rasayani (Srotas)</i>
<i>Adhishtana</i>	<i>Urah pradesha</i>
<i>Vyaktasthana</i>	<i>Kantha, Mukha</i>
<i>Rogamarga</i>	<i>Abhyantara</i>

Rupa**Table no: 2 Showing *Visishta lakshanas* of *Kaphaja Kasa*.^[10]**

1.	<i>Kasa</i> (Cough)
2.	<i>Bahala, Snigda, Sweta Nishteevan</i> (Expectoration)
3.	<i>Aruchi</i> (Tastelessness)
4.	<i>Gourava</i> (Heaviness)
5.	<i>Sira soola</i> (Headache)
6.	<i>Mandagni</i> (Loss of appetite)
7.	<i>Peenasa</i> (Running nose)
8.	<i>Utklesa</i> (Excitation)
9.	<i>Kanthe kandu</i> (Itching sensation in throat)
10.	<i>Swarabhedha</i> (Hoarseness of voice)

Treatment

There is no specific cure for migraine Kasas. The goal is to prevent symptoms by avoiding or altering triggers. When you do get Kasa symptoms, try to treat them right away. Many of the prescription medications for Kasa narrow your blood vessels. Therefore, these drugs should not be used if you have complications. Several studies are supporting use of herb formulation for treating Kasa. This work has been done in random OPD patient of Kaphaj Kasa with using *Godanti Bhasma* and *Dashamool kashaya*.

Godanti Bhasma

Described as best drug for Kasa in *Rasamrata*- A text book of *Rasashastra*.

Properties**English Name**

Gypsam

Chemical Name

Calcium sulphate, $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$ this is going to be used in *Ayurvedic* formulation after 20th century.

Best Quality

White like moon and stone has multiple layers. It is found at Rajasthana and Gujrat. Purification should be done with juice of Neem (*Azadirachta indica*) leaves. Bhasma should be made by burning by heat in unoxigenation state.

Dose

1-2 gm per day Drug should be used along with *Madhu*, Mishari, Cow *Ghrita* and Milk.

Dashamoola Kashaya

Dashamoola kashay is explain in Bhaishajya Ratnavali kasaroga adhikara it is effective medicine in inflammatory conduction and its all so used in the Ayurvedic treatment of pain in flanks, fever, bronchitis, cough with sputum etc.

Dose

20ml two time in a day along with equal quantity of water.

Yoga for Kaphaj Kasa

Sukha pranayama known as Victorian Breath, Kapalabhati know as cleansing breath, Bhramari Yoga known as Bee breath, Sheetali Yoga known as Cooling Breath.

CONCLUSION

With this study Kaphaj Kasa can be completely treated and prevented by use of herbomineral, herbal formulation and yogic exercises in spite of any modern chemical drugs.

Even though these formulations are free from any complication and restriction of use.

REFERENCES

1. Vaidya Yadavji Trikamji Acharya **Rasamritam** Varnasi Chaukhambha Sanskrit sansthana, 2nd Edn. Shlokha no. 5/8., 2003; 121.
2. Jadhavji Trikamji Acharya, Charaka samhita, Varanasi, Chaukhambha Sanskrit Sansthan; 2011; 433.

3. Jadhavji Trikamji Acharya, Susruta Samhita, Varanasi, Chaukhambha Sanskrit Sansthan, 2012; 766.
4. Deva R.K, Shabda kalpa druma, part., 2: 2516.
5. Jadhavji Trikamji Acharya, Charaka samhita, Varanasi, Chaukhambha Sanskrit Sansthan., 2011; 433.
6. Charaka Samhita, Ayurveda deepika commentary, Jadhavji Trikamji Acharya, editor: Varanasi, Chokhambha Sanscrit Sansthan ; 2011.