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KASA: A CRITICAL REVIEW IN *AYURVEDA* WITH SPECIAL REFERENCE TO *PATHYA-APATHYA*

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ABSTRACT

Introduction: *Kasa* is one of the pathological conditions explained in many contexts in Ayurveda texts. *Kasa* may develop as an independent disease, a *lakshana* associative to other disease or as *Upadrava* of a disease. Understanding and differentiating the *Kasa* is most important to treat the condition effectively. **Aim:** The aim of the present study is to compile different *Dravya* used as pathya in *Kasa* roga. Drugs that can be used as simple remedies in *kasa*(cough) and also various diets and regimens having pathya (wholesome) and apathya (unwholesome) effect indicated for Kasa roga have been reviewed. **Material and methods:** Various diets and regimens having *pathya* (wholesome) and *apathy* (unwholesome) effect indicated for *Kasa roga* was compiled from different *Samhita Grantha* and *Chikitsa Granth* available in the library of I.P.G.T&R.A, Jamnagar. Latest research articles were referred from the internet. **Results and Discussion:** The diet and drugs compiled in *Kasa* mostly had *madhura rasa* followed by *tikta* and *katu rasa*. Most of the drugs have *Bhedan*, *chedan*, *lekhana Brinhana*, *Balya*, *Rasayana* properties and mostly belonged to family Poaceae. The drugs were reported to have anti- histaminic and anti- tussive activity. The *Dravya* used as *Pathya* in *Kasa* should have *laghu*, *Snigdha* and *ushna guna*. **Conclusion:** Clinical and experimental study of the plant is indispensable to evaluate its efficacy in the management of *Kasa*.

KEYWORDS: *Ayurveda*, Cough, *Kasa*, *Pathya- apathy*.

INTRODUCTION

Kasa is one of the pathological conditions explained in Ayurveda texts. As rightly explained by *Acarya* Caraka[1] the main vitiating factors in the disease *Kasa* are *Kapha* and *vata.* The increased *Kapha* forms a sort of *Upalepa* in *Pranavaha Srotas* obstructing the normal pathway of *vayu,* leading to its vitiation. *Kasa* may develop as an independent disease, may be a *Lakshana* associative to other disease, sometimes may develop as *Upadrava* of a disease. Early intervention is necessary in case of *Kasa* since untreated *Kasa* leads to complications like- *Shwasa, Kshaya, Chardi, Swarasada* etc. Therefore it should be treated in early stage.[3] Understanding and differentiating the *Kasa* is most important to treat the condition effectively. Ayurveda explains different approaches to treat the different kinds of *Kasa*.

सदा पथ्यं प्रयोक्त्व्यं नापथ्येन स सिध्यति I

औषधेन विना पथ्ये: सिध्यते भिषगुत्तमै: II

विना पथ्यम न साध्य: स्यादौषधानां शतैरपि I

हा.तृतीयस्थान १/६५

As rightly pointed out, *Pathya (*wholesome) diet should strictly be followed at all times. A disease can never be cured just by means of right medicine without following the right *Pathya* and *Apathya* in terms of diet and regimen.[6] Hence this work aims to analyse the role of *Pathya* and *Apathya* with respect to *Kasa roga.* The work compiles different *Dravya* used as *pathya in Kasa roga.* Review of different *Dravya* has been carried out that can be used as both *aahara* and *aushadha* in *Kasa*(cough) on the basis of properties and actions. Also various diets and regimens having *pathya* (wholesome) and *apathya* (unwholesome) effect indicated for *Kasa roga* have been described.

MATERIAL AND METHODS

Various diets and regimens having *pathya* (wholesome) and *apathya* (unwholesome) effect indicated for *Kasa roga* was compiled from different *Samhita Grantha* and *Chikitsa Granth* available in the library of I.P.G.T&R.A, Jamnagar. Latest research articles were referred from the internet.

RESULTS

Pathya In *Kasa* As Described In The Classical Texts

	Aushadha	Aahara	Therapy
	1. Dadima churna (2 pala) Guda(8 pala) Trikatu (3 pala) Trisugandhi (1 pala).[10] 2. (Kasa with Jwara) ksheer and ghrita siddha yava churna with sharkara and madhu.[10] 3. Kantakari, Kasamarda, Jeevanti, Draksha, Bimbi, Matulunga, Pushkar, Vasa, Sukshma ela.[14][16]	Kulatha rasa Dhanvan mansa Vartaka Gomutra Lashuna, haritaki, trikatu[14][16] Ushnodaka, Madhu, laja, laghu anna[16] Amlaki churna with ksheer and ghrita[2]	
VATA		1. Vastuka, vayasi shaka, moolaka, sunishaka, Sneha, Taila, ikshurasa, guda, dadhi, arnala, amla phala, prasanna, madhura, amla, lavana. 2. Gramya anupa, udaka mansa. 3. Shali, yava, Godhuma, Shashtika. 4. Masha, atmagupta yusha.[1][4][5]9][11][14][17] 5. Jangala rasa, shayamaka, yava, kodrava. Mudgadi yusha.[1][2][4][5][9][14][16]	Diwas nidra.[16]
PITTA	1. Draksha, madhuka, amlaka, kharjura, pippali, maricha with ghrita and madhu.[8][9][10][13][14] 2. Padmabeeja churna with madhu.[9][10] 3. Shataprastha Ghrita: Mahisha – aja- avi- Go ksheera(each 1 prastha), ghrita(1 prastha), amlaka yusha (1 prastha).[11]		Virechana.[16]
KAPHA	1. Shunthi swarasa with madhu.[8][9][10] 2. Navanga Yusha: Mudga, amlaka, yava, Dadima, Karkandhu (ber), shushka moolaka, Pippali, kulattha.[8][9][10][11][13]	1. Sura, purana sarpi, chaag paya ghrita.[14][16] 2. Ushnodaka, Madhu, Laja, Laghu anna.[14][16]	Swedana.[16]

Rasa Pancaka of Individual Drugs[17]

1	Amla phala		Amla	Amla		Ushna	PR kar
2	Amlaka	Emblica officinalis Euphorbiaceae	Amla rasa pradhan 5 rasa (alavana)	Madhura	Laghu, ruksha, sheeta	Sheeta	T har
3	Anupa mansa		Madhura rasa		Snigdha guru, Pichchila, abhishyandi, Mansa pushti prada		shleshma kar
4	Arnala						

5	Atmagupta	Mucuna pruriens Papilionaceae	Madhura tikta	Madhura	Guru, sara, snigdha.	Ushna	K kar, V shamaka.
6	Bimbi	Coccinia indica Cucurbitaceae	Madhura	Madhura	Guru	Sheeta	PRV har
7	Dadhi		Madhura, madhura-amla, amla	Amla	Guru, snigdha	Ushna	KP kar
8	Dadima	Punica granatum Punicaceae	Madhura Madhura amla Amla	Madhura, Amla	Laghu, snigdha, Grahi,	Ushna	T har
9	Dalchini	Cinnamomum zeylanicum	Tikta rasa			Ushna	VP har
10	Draksha	Vitis vinifera Vitaceae	Madhura	Madhura	Guru snigdha	Sheeta	
11	Ela	Elettaria cardomum Scitaminaceae	Katu rasa		Laghu	Sheeta	V har
12	Godhuma	Triticum sativum Graminae	Madhura Sheeta		Guru		VP har
13	Gomutra		Katu, tikta, kasaya kshaar,		Teekshna, laghu	ushna	KV nashak, P kar
14	Gramya mansa		Madhura				KP kar V har
15	Guda		Madhura		Guru, snigdha		V har
16	Haritaki	Terminelia chebula Combretaceae	Kasaya rasa pradhan	Madhura	Laghu ruksha	Ushna	T har
17	Ikshurasa	Saccharum officinarum Graminae	Madhura	Madhura	Guru snigdha	Sheeta	VP har
18	Jangala mansa rasa		Madhura, kasaya		Laghu ruksha balkarak		
19	Jeevanti						
20	Kantakari	Solanum xanthocarpum Solanaceae	Katu	Katu	Laghu, ruksha	Ushna	KV har
21	Karkandhu (ber)	Zizyphus jujube Rhamnaceae	Amla, tikta kasaya kinchita madhura		Snigdha, Guru		VP har
22	Kasmarda	Cassia occidentalis Caesalpiniaceae	Madhura, tikta	Madhura	Laghu, graahi	Anushna -sheeta	KV har
23	Kharjura	Phoenix sylvestris Palmaceae / Arecacea	Madhura	Madhura	Guru snigdha	Sheeta	
24	Kodrava	Paspalum scrobculatum Gramineae			Vatakar, grahi	Hima	PK har
25	Kulattha	Dolichos biflorus	Kasaya rasa	Katu	Laghu, sara	Vidahi	PR kar

		Papilionaceae					
26	Lashuna	Allium sativum Liliacea	Katu rasa pradhan	Katu	Snigdha, guru	Ushna	PR kar
27	Madhu		Madhura, kasaya		Laghu, graahi	Sheeta	V kar KP har
28	Madhuka	Glycyrhizza glabra Leguminoceae	Madhura	Madhura	Guru snigdha	Sheeta	
29	Maricha	Piper nigrum Piperaceae	Katu	Katu	Laghu, ruksha	Ushna	
30	Masha	Phaseolus mungo Fabaceae	Madhura	Madhura	Guru, snigdha		V har, KP kar
31	Matulunga		Madhura, Amla	Amla			
32	Moolaka	Raphanus sativus Brassicaceae	Choti- katu rasa Badi -		Choti-laghu Badi –guru		T har T kar
33	Mudga	Phaseolous radiates Fabaceae	See from other book			Hima	KP nashak Kinchita V kar
34	Padmabeeja churna	Euryale ferox Nymphaceae	Kasaya, tikta		Guru, ruksha	Sheetal	KV kar P har
35	Pippali	Piper longum Piperaceae	Katu	Madhura			VK har
36	Prasanna						
37	Pushkar	Inula racemosa Compositae	Katu, tikta				VK har
38	Shali		Madhura		Laghu,snigdha	Sheeta	P har, alpa VK kar
39	Shashtika	Oryza sativa Poaceae	Madhura	Madhura	Brihana, K kar	Sheeta	VP shamak
40	Shataprastha Ghrita		Madhura	Madhura	Guru	Sheeta	VP shamak
41	Shunthi		Katu rasa	Madhur	Laghu, snigdha	Ushna	
42	Shyamak	Echinochloa frumentaceae Gramineae			Ruksha, vata kar		KP har
43	Sneha padartha						
44	Sukshma ela		Katu madhura	Katu	Laghu ruksha	Sheeta	
45	Sunishaka	Marsilea minuta Linn. Marsiliaceae	Madhura, kasaya rasa		Laghu, ruksha	Sheeta Kinchita vidahi	
46	twak 214	Cinnamomum cassia Lauraceae	Katu, tikta		Laghu ruksha	Ushna	KV har, P kar
47	Ushnodaka						
48	Vasa	Adhatoda vasica Acanthaceae	Tikta kasaya	katu	Laghu ruksha	Sheeta	
49	Vastuka	Chenopodium album Chenopodiaceae	(Kshaar) (Swaadu)	Katu	Laghu, Sara		T har

50	Vayasi shaka	Solanum nigrum Solanaceae	Tikta, Katu	Katu	Snigdha	Ushna	T har
51	Yava	Hordeum vulgare Graminae	Kasaya, madhura	Katu	Laghu, ruksha	Sheeta	K har

***Apathya* in *kasa* as described in the classical texts.**

Aushadha/Aahara[12][13][14][16]	**Vihara/Therapy**[12][13][14][16]
Vistambhi, vidahi, ruksha anna. Matsya Kanda Sarshapa Tumbi phala Upodika Dushta ambu Viruddha anna Guru sheeta anna Payo Dadhi Pishtanna Paayas Guda kept for more than 4 years[15]	Basti Nasya Raktamokshana Vyayama Dantagharshan Atap dushta pavan rajo marga sevan Shakrita mootra udagaar kasa vami vegadharan Maithuna Diwaswap

***Rasa Panchak* of Individual Drug**[17]

Sr.no		**Rasa**	**Guna**	**Virya**	**Vipaka**	**Dosahghnta**
1.	Matsya	Madhura	Snigdha, guru	Ushna	Madhura	KP har
2.	Kanda	Kasaya	Ruksha, vistambhi, vishada, laghu		Katu	
3.	Sarshapa	Katu,tikta	Katu	Ushna	Snigdha, tikshna, ushna	RP har
4.	Tumbiphala	Tikta	Katu	Sheeta		VP har

DISCUSSION

As rightly pointed out by *Hemadri* in *Ayurveda Rasayan teeka* on *Astanga Hridya*, *Vata* is the main culprit in *Kasa* roga. पंचानां कासानां वायुरेव समवायिकारणम[18], the other *dosas* only acting as *nimitta karan* (associative factor) Hence it is obvious that *Vatashamak* and *vatanulomak dravya* are the first line of treatment of *Kasa*.

The *nidana* (causative factors) in such *Kasa* vitiate *vata* by *ruksha*, *ushna guna*. This not only aggravates *vata* and but also suppresses *Kapha* dosa further causing *shuska kasa*. Hence the *pathya dravyas* in such types of *Kasa* should be *madhura*, *amla rasa* and *ushna virya* causing

suppression of *vata dosa*. Also drugs were found to possess *deepan*, *pacana* and *rasayan karma*.

Even in *Kaphaja kasa*, the *kapha* is found to be *leena* and *stabdha* due to *vata* hence the *dravya* administered should have *kapha* shaman property but not *vata prakopak*. The drugs were found to have *deepan*, *pacan* and *chedan* karma.

The *apathya dravya* indicated are either *ruksha*, *laghu* in *guna* or *vistambhi*, *abhishyandi*, *guru* and *durjara* thus eventually causing *vata prakopa*.

CONCLUSION

Hence a person suffering from *kasa* should take any *aahara* which is *laghu*, *snigha*, *ushna* and *supachya*. Further clinical and experimental study of the plant is indispensable to evaluate its efficacy in the management of *Kasa roga*.

Research work on the *Dravya* used as *Pathya apathya* in *Kasa roga.*

Sr.no	Dravya	Activity	Reference
1.	Amalaki	Antitussive activity	[19]
2.		Rasayana	[20]
3.	Bimbi	Expectorant, anti inflammatory	[21]
4.	Vastuka	Anti inflammatory, anti oxidant	[22]
5.	Kakamachi	Anti inflammatory, anti oxidant	[23]
6.	Dadima	Anti oxidant	[24]
7.	Shali	Anti inflammatory	[25]
8.	Mudga	Anti inflammatory, anti oxidant	[26]
9.	Sunishnaka	Anti tussive, expectorant	[27]
10	Kharjura	Anti inflammatory	[28]
11.	Dalchini	Anti inflammatory, anti oxidant	[29]
12.	Ela	Anti inflammatory, anti oxidant, anti oxidant	[30]
13.	Godhuma	Anti inflammatory, anti oxidant	[31]
14.	Gomutra	Immunomodulatory, bacteriostatic action	[32]
15.	Karkandhu	Anti inflammatory, anti oxidant, immunostimulant	[33]
16.	Kulatha	Anti inflammatory, anti oxidant	[34]
17.	Yashtimadhu	Anti inflammatory, anti oxidant, immunostimulant.	[35]

APATHYA

Fish meat	A diet rich in meats, sodium, and refined carbohydrates may increase risk of developing cough with phlegm, independently of the apparent beneficial effects of a diet high in fiber in this Singapore Chinese cohort.	[36]

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