



ISSN 2456-3110

Vol 7 · Issue 3

April 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

An Ayurvedic management of *Vataja Kasa* - A Case Study

Surendra Kumar¹, Megha Murali², Sujeet Kumar³, Shyam Sunder Sharma⁴

^{1,2}Final Year Post Graduate Scholar, Dept. of Kayachikitsa, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

³Assistant Professor, Department of Kayachikitsa, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

⁴Ex HOD, Department of Kayachikitsa, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

ABSTRACT

Good health is the main objective of human life. Diseases act as obstacles in maintaining proper health. Respiratory diseases afflict the humans at any stage of the life and can be mild to severe. *Kasa* is a condition due to *Pranavaha Sroto Dushti* which originates from *Amashaya*. The *Prana* and *Udana Vayu* are responsible for normal functioning of *Pranavaha Srotas*, which can be altered due to causative factors in turn lead to manifestation of *Kasa*. While going through the *Samprapti*, the pathway of *Pranavaha* is obstructed by the etiological factors like *Dhuma*, *Raja*, etc. that act as irritants to *Pranavaha Srotas*. The cough reflex which has both motor and sensory pathway involves both the *Prana* & *Udana Vata*. It is characterized by *Lakshanas* like *Shuska Gala*, *Shuskakasa* with *Shuska-Alpa-Kapha*, *Swarbheda*, *Parshvashool*, *Shirashool*, *Urashool*, *Dourbalya*, etc. Ayurveda has a number of single and compound drugs to cure respiratory disorders. This case study was conducted and observed a positive result in the management of *Vatajakasa*. **Aim:** To evaluate the efficacy of Ayurveda management on *Vatajakasa*. **Study Design:** Single Case Study. **Place:** Government Ayurvedic College, Hospital, Kadamkua, Patna. **Duration of Study:** 21 days and follow up after 7 days. **Methodology:** Internal medication to reduce the signs and symptoms of *Vatajakasa*. As a result, this article addresses the problem using Ayurvedic treatment methods like use of *Vasa Bhavit Haridra Churna* which delivers a safe and effective solution.

Key words: *Vataja Kasa*, *Vasa Bhavit Haridra Churna*, *Pranavahasrotodushti*

INTRODUCTION

Ayurveda is one of the world's oldest holistic medical systems. Science of Ayurveda has evolved from the contemplative minds of ancient seers for the intension to heal all the humanity. It deals with the dynamic changes and effects, which occurs in the body and explains methods to manage these changes. Disease can be caused by two factors internal and external,

with external contributing to over 80%. Outside factors include mostly infections and infestations, allergens, food and environment. Main internal factors include body immunity, genotypic susceptibility and physiological state of peculiarities at different stages of life.

The *Prana* and *Udana Vayu* are responsible for normal functioning of *Praanvahasrotas*. The vitiation of these can lead to manifestation of *Kasa* (cough). *Vatajakasa* which is characterized by *Lakshanas* like *Shuska Gala*, *Shuskakasa* with *Shuskaalpakapha*, *Swarbheda*, *Parshvashool*, *Shriashool*, *Urashool*, *Dourbalya*, etc. [1] is a type of *Kasa* explained in *Ayurvedic* texts.

Cough performs an indispensable protective function for human airways and lungs. Cough is frequently a clue to the existence of respiratory disease, especially acute respiratory tract infections. Weak or ineffective cough compromises the capability to clear lower respiratory tract secretions, predisposing to more serious infections and their complications. Without an

Address for correspondence:

Dr. Surendra Kumar
Final Year Post Graduate Scholar, Dept. of Kayachikitsa, Govt.
Ayurvedic College & Hospital, Patna, Bihar, India.
E-mail: mryes54@gmail.com

Submission Date: 23/02/2022 Accepted Date: 26/03/2022

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license
CC-by-NC-SA

effective cough reflex, humans are at the risk for retained airway secretions and aspirated material predisposing to infection, atelectasis, and respiratory compromise.^[2]

CASE REPORT

A 45 years old male patient from Bikram, Patna, reported to Kayachikitsa OPD (OPD R.No:11168; Hospital R.No: A60462), in GACH, Patna on 09/12/2021 with the chief complaint dry cough, chest pain, headache, hoarseness of voice for 1 months, weaknesses for 15 days.

History of Present illness

The Patient was alright before 6 months. After that he had dry cough, Headache, Chest Pain and came to hospital OPD and after treatment gradually all symptoms were subsided.

Past History

No history of tuberculosis, diabetes mellitus, hypertension, hypothyroidism, any surgery or chronic illness.

Family History

No evidence of this type of disease in the family.

Personal History

- Diet - Vegetarian
- Appetite - Good
- Bowel - Irregular
- Micturition - 4-5 times/day
- Sleep - Sound
- Allergy - Nil
- Addiction - Nil

General Examination

- B.P - 120/80 mmHg
- Pulse - 86/mm
- Respiratory rate - 20/min.
- Temperature - 98.2°F

Systemic Examination

- Inspection - Bilaterally symmetrical, no deformities, no scars.
- Palpation - Chest expansion normal.
- Percussion - Non-resonant.
- Auscultation - Normal breath sounds.

Investigation

Table summarizes the blood profile investigation before and after treatment.

Parameters	Before Treatment	After Treatment
Hb %	9.9 gm	13.3 gm
TLC	8.9 * 10 ⁹ / L	7.2 * 10 ⁹ / L
DLC	Lym: 1.2 * 10 ⁹ / L Gran: 5.6 * 10 ⁹ / L MID: 0.3 * 10 ⁹ / L	Lym: 1.3 * 10 ⁹ / L Gran: 5.5 * 10 ⁹ / L MID: 0.4 * 10 ⁹ / L
ESR	40 mm/hr	40 mm/hr
AEC	588/cumm	216/cumm

Treatment given

3 gm of VBHC has been given twice daily for 21 days with cream of milk.

RESULT

Cough and associated symptoms reduced remarkably after the treatment. Hb% has been improved and eosinophil count also reduced.

DISCUSSION

The present case was diagnosed as of *Vataja Kasa*. The patient came with the complaints of dry cough, chest pain, headache, hoarseness of voice and weakness. He was advised to take *Vasa Bhavit Haridra Churnam* (3gm) with cream of milk twice daily. *Haridra* possesses *Tikta-Katu Rasa* and is also *Vata-Kapha Samaka* and *Kasa-Swasahara*.^[3] The therapeutic actions of *Haridra* are anti-inflammatory, anti-asthmatic, hepatoprotective, etc.^[4] *Swarasa* of the drug *Vasa* has been used for giving *Bhavana* (trituration) to the

Haridra Churna for 7 times. *Vasa* has *Tikta-Kashaya Rasa* and shows *Kasaghna, Kanthya, Swasahara, Hridya, Kshayahara*, etc. properties. *Vasa* is an effective expectorant and potent anti-cough herbal medicine. It is also antispasmodic, anti-bacterial, etc. and useful in the management of respiratory diseases like cough, bronchitis, asthma; fever, anemia, etc.^[5] The medicine VBHC when given with cream of milk showed significant improvement in the signs and symptoms.

CONCLUSION

The present case was diagnosed as *Vataja Kasa*. The patient was advised to take the medicine VBHC with proper adjuvant and following *Pathya-Apathyas*. The drug *Haridra* possesses anti-inflammatory, anti-asthmatic, hepatoprotective, etc. actions which were beneficial and on the other hand *Vasa* shows bronchodilator, anti-bacterial, anti-inflammatory, cardio-protective, etc.^[6] actions. Thus, the drug VBHC was beneficial in the management of dry cough. Significant improvement was noticed in both subjective and objective parameters after the treatment.

REFERENCES

1. RK Sharma, Bhagwan Dash. Caraka Samhita [Text with English Translation and Critical Exposition based on Cakrapanidatta's Ayurveda Dipika. Chaowkhamba Sanskrit Series Office, Varanasi. Vol IV, Edition: 2012, Page No: 159, Chapter XVIII, Shloka No: 11-13.
2. Jameson, Fauci, Kasper, Hauser, Longo, Loscalzo. Harrison's Principles of Internal Medicine. Vol I, 20th Edition, Pg:230.
3. Dr Gyanendra Pandey. Dravyaguna Vijnana (Materia Medica-Vegetable Drugs). Part I, Pg: 738.
4. <https://www.omicsonline.org>
5. Dr Gyanendra Pandey. Dravyaguna Vijnana (Materia Medica-Vegetable Drugs). Part III, Pg: 800-801.
6. <https://www.researchgate.net>

How to cite this article: Surendra Kumar, Megha Murali, Sujeet Kumar, Shyam Sunder Sharma. An Ayurvedic management of Vataja Kasa - A Case Study. J Ayurveda Integr Med Sci 2022;3:177-179.

Source of Support: Nil, **Conflict of Interest:** None declared.
