



AN APPRAISAL ON KAPHAJA KASA: A REVIEW

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DOI: 10.7897/2277-4572.086157

Received on: 17/08/19 Revised on: 18/09/19 Accepted on: 30/09/19

ABSTRACT

Kasa is one among disease affecting Pranavahasrotas. The Kapha Prakopa Nidanas along with Vata Prakopa Nidana causes the disease. Kaphaja Kasa is one among the five types of Kasa. It is characterised by Bahula, Madhura, Snigdha, Ghana and Sandra kapha. In Kaphaja Kasa, Vata is also vitiated hence presentation of Kapha Lakshana as well as vata lakshana are observed. Vishesha Lakshanas of Kaphaja Kasa has been delineated in different classical texts. Analysing Kaphaja Kasa with proper understanding of samprapti will aid in adopting appropriate management. In this article an attempt is made to give a review on the causative factors, pathogenesis as well as symptoms to understand Kaphaja Kasa in detail.

Keywords: Kaphaja Kasa, Nidana, Samprapthi, Roopa

INTRODUCTION

Kasa is derived from the root “Kasri” i.e. “Shabda Kutsanyam” which means “unpleasant sound” and from the dhatu “Kasri”, which means “Bhinnaaswara”.¹ It is one among the debilitating disease of Pranavaha Srotas.² It may develop as an independent disease (Swatantra Vyadhi) or as Lakshana or Upadrava of other disease (Paratantravyadhi). In Kasa Release of obstructed Vayu happens, which may be dry or productive.³ Based on Nishteeva (expectoration) it is divided into dry cough (Shushka Kasa) and productive cough (Ardra Kasa). There are mainly 5 type of Kasa based on Dosha Vataja, Pittaja, Kaphaja, Ksataja and Ksayaja Kasa.^{4,5} Understanding and differentiating the Kasa is most important to treat the condition effectively. Kaphaja Kasa is one such condition in which vitiated Kapha causes obstruction (Svarana) to the Marga of Pranavata producing Ghana (thick sputum), Snigdha (slimy), Bahala (expectorate profuse sputum) and Saandhrakapham (viscid sputum).⁶ If the Kasa left untreated it leads to shwasa.⁷ So understanding various stages of Kaphaja Kasa beginning from Nidana Sevana leading to Dosha Prakopa, there by Dosha Dooshya Samoorchana ends up in Samprapti is very important for better diagnosis and treatment.

Nidana (causative factors)

Acharya Carakahas given the special etiological factors for the causation of Kaphaja Kasa they are given below.

Table 1: The Nidanas of Kaphaja Kasa

S. No.	Aharaja Nidanas
1	Guru Ahara (heavy diet)
2	Abhishyandhi Ahara (which cause obstruction to channels)
3	Madhura ahara (sweet diet)
4	Snigdhaahara (unctuous diet)
Viharaja Nidana	
5	Swapna Vicheshta (improper sleep habit) ⁸

Purvaroopas (Premonitory symptoms)

There is no specific Poorva Roopas are mentioned for Kaphaja Kasa. In the context of Kasa, the Purvaroopas mentioned by different Acharya are identical. They are Shooka Poorna Galaasyata (feeling of thorn filled in the mouth), Kanthe Kandu (itching in the throat region), Bhojyanaam Avarodha (obstruction to the normal flow of food), Aruchi (anorexia), Sashabdha Vaishamya (hoarseness of voice), Agnisada (reduced appetite), Gala Thalu Lepa (coating in the throat region). In Ashtanga Sangraha Acharya told Hridaya Aswastha as a Poorva Roopa of Kasa.^{9,10}

Roopa (Symptoms)

In the Roopa Avastha stage Dosha-dushya Sammurchana would have been completed and onset of disease would have commenced. Roopa is the prominent diagnostic key of a disease and hence thorough knowledge of the various Roopas of each disease is essential for a physician.

Table 2: Vishesha Roopa of Kaphaja Kasa from different classics

S. No.	Lakshanas	C. S	S. S	A. S	A. H	M. N	B. P
1	Bahala (profuse), Madhura (sweet), Snigdha (unctous), Ghana (thick) and Sandra kapha (viscid sputum)	+	-	-	-	-	-
2	Urah Alpa Rujatwa (mild pain in the chest region)	-	-	-	-	+	+
3	Hridayastimitha	-	-	+	-	-	-
4	Vaksha Kapha Sampurnamiva Manyate (feeling of chest filled with sputum)	+	-	-	-	-	-
5	Kanthe Kandu (itching in the throat region)	-	-	-	-	-	-
6	Swara Bheda (hoarseness of voice)	-	-	-	-	-	+
7	Peenasa (rhinitis)	+	-	+	-	-	+
8	Utklesha (nausea)	+	-	-	-	-	-
9	Chardi (vomiting)	+	-	+	-	-	-
10	Aruchi (anorexia)	+	+	+	-	-	-
11	Asya Madhuryata (sweet taste in the mouth)	+	-	-	-	-	-
12	Shira Shoola (headache)	-	+	-	-	+	-
13	Mandagni (reduced appetite)	+	-	-	-	-	-
14	Gourava (heaviness)	+	-	+	-	+	-
15	Romaharsha (horriification)	+	-	+	-	-	-
16	Mukhalepa (coating in the mouth)	-	+	-	-	-	-
17	Kledata (sliminess) ^{11,12}	-	-	+	-	-	-

Samprapti (Etiopathogenesis)

Samprapti helps us to understand how the disease has manifested after Nidana Sevana. It deals with all the pathological process, which are responsible for the manifestation of clinical signs and symptoms of the disease. Samanya Samprapti which is explained in the classics refers to the mechanism of Kasa.¹⁴ The Samprapti told by different Acharys for Kasa are identical. Khavaigunypadaka, Vataprakopaka and Kaphaprakopaka Nidanas collectively forms the Samprapthi of KaphajaKasa.¹³

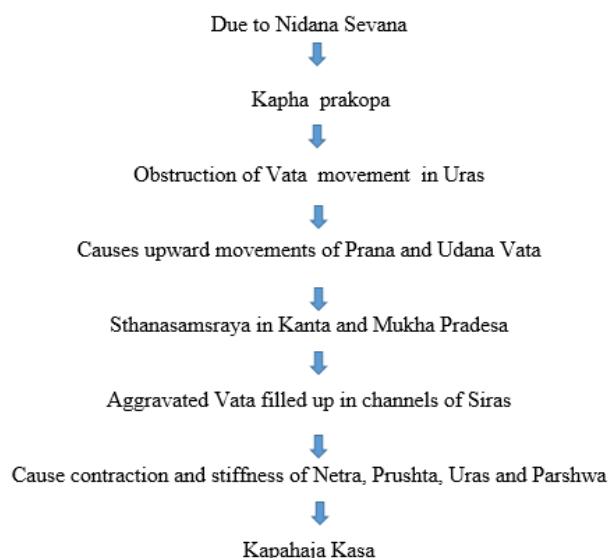


Figure 1: Samprapti of Kaphajakasa

Sampraptighataka

Table 3: Samprapti Ghataka of Kaphaja Kasa

S. No.	Title	Samprapti Ghataka
1	Dosha	Vata and kapha
2	Dooshya	Rasa
3	Agni	Jataragnijanya
4	Ama	Jataragnijanya Ama
4	Srotas	Pranavaha, Rasavaha
5	Srotodushti	Sanga and vimargagamana
6	Udbhavasthana	Amashaya
7	Sancharasthana	Uras and Shiras
8	Vyakta Sthana	Kantha and Mukha
9	Roga Marga	Madhyama

DISCUSSION

All Nidan as mentioned in Kasa can be categorized into Khavaigunotpadaka, Vataprakopaka and Kaphaprapakopaka Nidanas.¹⁵ Along with Vata Prakopa Nidana Aharaja Nidanas like Guru, Abhishayndi, Madhura and Snigdha Ahara, Viharaja Nidana like Swapnaviparya (improper sleep habit) causes the Kapha Vriddhi and in turn causes the Kaphaja Kasa.

There are no specific Purvaroopas mentioned for Kaphaja Kasa. In the context of Kasa, Purvaroopas like Shooka Poorna Galaasyata (feeling of thorn filled in the mouth), Kanthe Kandu (itching in the throat region), Bhojyanaam Avarodha (obstruction to the normal flow of food), Aruchi (anorexia), Sashabdha Vaishmya (hoarseness of voice), Agnisada (reduced appetite) and Gala Thalu Lepa (coating in the throat and palate) are mentioned.

Shooka Poorna Galaasyata

The vitiated Vata, takes shelter in the Kantha Pradesha and dries up the Srotases present in the Kantha, Gala and Asya Pradesha. This increased Rookshtha causing difficulty in swallowing and patient feels as if thorns are present in the throat region.

Kanthe Kandu

The Shoshana of Kapha in Kanta caused by Rooksha Guna of aggravated Vata produces itching in the throat region.

Bhojyanaam Avarodha

The Nishwasa and Annapraveshakruth are the main functions performed by Prana Vayu. In the pathogenesis of Kasa, the Prana and Udana Vayu are vitiated and its normal functions are also impaired causing obstruction to the normal flow of Ahara.

Gaurava

Feeling of the heaviness which is due to the increase in the quality of the Kapha such as Guru, Snigdha and Picchila Guna

Asyamadhurya

Sweetness in the mouth is distinct indicative of Kaphadosha.

Mukhapralepa /Kantopalepa

Increase in the Picchilaguna Vriddhi in the Kapha Dosha will cause adherence in the oral cavity or the pharynx. Because of Nidana Sevana like Guru, Snigdha, Drava, Sheeta Guna and Madhura Rasa Aahara causes Agnimandhya leading to the production of Ama which in turn causes Kapha Prakopa and Rasa Dhatu Dushti, these vitiated Kapha and Rasa will circulates all over the body and gets lodged in the Praanavaha Srotas. It moves in the Pranavaha Srotas and causes the symptom of Pratishtaya. If person continuously indulge in same Nidana the Dooshitakapha accumulates in the Pranavaha Srotas.¹⁶ It results in Sanga (obstruction) to the movement of Vata in its pathway and ends up in Vata prakopa. The obstructed Vata come out forcefully to clear the pathway which will manifest as Kasa and it will be productive or non-productive. Kasavega will be present in all types of Kasa and it is the cardinal feature of Kasa roga. Knowledge of Roopa is essential for specific treatment and the differentiating symptoms of Kaphaja Kasa help to make more precise diagnosis.¹⁷

Bahalam kapham

In Kaphaja Kasa, Kapha accumulated in the Praanavaha Srotas is more in quantity that is due to excessive production of kapha resulted by the Kaphakara Nidanas.

Saandra and Ghana Kapha

The stagnation of Kapha for longer duration in the Urah leads to Samhata Roopavrudhi i.e, thick and viscous which leading to Saandra and Ghanakapha.

Vaksha Sampurna Eva Manyate

When this Kapha is accumulated in the Vaksha leading to feeling of fullness of chest i.e, Vaksha Sampurna Eva Manyate

Utklesha

The body tries to put the kapha outthrough the mouth because it is the nearer route which results in Utklesha.

Kasamanoruk Vaksha

The large quantity of sputum along with Vimarga Gamana of Praanavata and Utklesha results in easy expectoration of sputum with no much effort So there will not be pain while act coughing.

Aasya Madhuryata

When Kapha Dushti is occurs in Aasyait leads to Aasya Madhuryata because of the asya is one of the Kapha Sthana.

Peenasa

According to commentator Dalhana Pinasa is Prana Vayu Prakopa Janitha Vyadhi. In Kaphaja Kasa due to the Pranavaha Sroto Dusti vitiation of Prana Vayu takes place. The vitiated Vata which go in Vimarga Gamana takes up little amount of Kapha results in Peenasa.

Sirashoola

Even though Kapha is predominant Dosha in Kaphaja Kasa, there will be involvement of Vata also. Sthanasamshraya of Vata in Urah, Kanta, Shira will lead to the symptoms like pain in chest region, throat region and headache.

Swarabheda

The Gala Talu lepa by the aggravated Kapha and vitiation of Udana Vayu is responsible for the causation of Swarabhedha.

Chardi

Vitiated Kapha which will produce the excessive act of coughing which in turn produce increased abdominal pressure which will cause expulsion of the contents outside resulted in Chardi.

CONCLUSION

Description about etiological factors of Kaphaja Kasa from various classical texts enlighten role of Aharaja and Viharaja Nidanas. Here it delineates the influence of Vata and Kapha in Samprapti of Kaphaja Kasa. As it already described Purvaroopas and Roopa above, it has not been mentioned specifically about Purvaroopas by Acharyas meantime Roopa or specific signs were denoted by each Acharyas according their perception. Kasa can present as associated sign or symptom of other diseases also rather than existing as separate disease entity. Nidanaparivarjana is the prime line of treatment. Therefore proper understanding of Nidana, Purvaroopas, Roopa and Samprapti of Kaphaja Kasa will help for accurate diagnosing and thereby line of treatment.

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How to cite this article:

Vishnu C. P et al. An Appraisal on Kaphaja Kasa: A Review. J Pharm Sci Innov. 2019;8(6):218-221. <http://dx.doi.org/10.7897/2277-4572.086157>

Source of support: Nil, Conflict of interest: None Declared

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