

KASA-COUGH

Definition

Any irritation of upper respiratory tract, throat, pharynx, bronchi, trachea and even the pleura of the lung produce cough.

Although it can be due to vitiation of all doshas Vata dosha plays the predominant part.

Causative Factor

Inhalation of smoke, dust

Exposure to cold wind

Excessive exercise

Consuming dry, astringent food

Suppression of urges can cause this disease.

Pathogenesis-Samprapti

Aggravated Vata due to obstruction in the lower abdomen, moves upwards and take over function of udana Vata.

This later on causes friction to the movement of prana and causes deformity in chest and pharynx. Hence, cough is produced with pain in chest, back, neck and head. This can be dry or with sputum.

Prodromal Symptoms

Itching sensation in throat and pharynx

Difficulty in deglutition.

A filling of congestion on throat.

Types of kas

According to doshik predominance, five different types of coughs are described in Ayurveda.

1. vataja
2. pittaja
3. kaphaj
4. kshayaja
5. kshataja.

Symptoms

Vata Type:

Aggravated Vata causes intense pain in cardiac region, sides of the chest, head and produces cough, which is usually dry, hacking type with little expectoration. There may be dryness in the mouth with hoarseness of voice. The person may start coughing continuously and this paroxysm diminishes only when little mucous comes out with difficulty.

Pitta Type:

Aggravated Pitta causes this type of cough, which has yellow sputum sometimes with streaks of blood. There is fever, thirst, burning sensation, fainting, anorexia, giddiness and dryness in the mouth.

Kapha Type:

This is with thick expectoration. It is slimy and white in colour.

Patient complains of sweet taste in mouth, heaviness in the body, loss of appetite, anorexia, vomiting. His lungs are full of mucous, hence he brings out huge amount of mucous, which is sweet, unctuous and without any difficulty.

Kshataja Type:

If the lungs of an undernourished person get affected due to Vata vitiation, this type of cough is developed. Initially there is dry cough but later on there is sputum with intense pain in throat and chest. There may be fever, dyspnoea and thirst.

Kshayaja Type:

It is due to vitiation of all doshas. The patient brings out excess sputum, which is foul smelling, and green colour with pus and sometimes blood. There is fever, pain in the chest and severe weakness.

Treatment

This disease can be divided in two types: Dry cough and cough with expectoration.

Dry cough is only due to Vata vitiation while all other types can be included in cough with expectoration.

If the patient is strong and there is lot of mucous in the lungs, the best treatment is medicated emesis. For dry cough one must adopt oleation and svedana as important methods of treatment along with anti-vata herbs and foods.

Vata Type:

External massage with sesame oil and wet fomentation of chest should be done. Patient should be given food mixed with ghee, and should be asked to drink warm water and drinks only.

For internal oleation it is advisable to use ghee medicated with antivata herbs.

Pippali, maricha, talispatra, pushkarmula, jatamansi, ginger and kantakari are medicines of choice.

If these herbs are not available, use demulcent expectorants like licorice.

If vatika kas patient has constipation then treat with medicated oil enema.

Dhoomapana - Smoking therapy

If there is headache, running nose and arrhythmia of the heart in a patient suffering from Kasa and Pratishyaya (Rhinitis), then should administer Dhooma (smoking therapy).

The patient suffering from Kasa should smoke the fume emanating from this tube through his mouth. After the smoke pervades the entire chest (lungs), it is smoked out through the mouth.

Ingudi Tvagadi Dhuma

Bark of Ingudi - *Balanites aegyptiaca*

Bruhati - *Solanum indicum*,

Kantakari - Yellow berried nightshade (whole plant) - *Solanum xanthocarpum*,

Manah-Sila,

Seeds of Karpasa - Gossypium herbaceum

Asvagandha - Withania somnifera cures vatika type Kasa.

Prepared Medicines:

Talisadi Churna- -Contains talispatra, trikatu, vansha lochana, ela, cardamom and raw sugar. Patient should be asked to take this powder frequently with honey.

Yashtimadhu: Powder of licorice should be taken with warm water.

Diet for Vataja Kasa:

Intake of shali type of rice, barley, wheat and swastika type of rice along with the soup of the meat of animals who are domesticated or aquatic animals, or along with the soup (yusa) of Masa (black gram) is cure the vatika kas.

Intake of the Peaya prepared with [rice etc and] equal quantity of sesame seed, and boiled by adding milk

Similarly, intake of the peya prepared with [rice etc and] equal quantity of sesame seed, and added with rock -salt (saindhava)

Peaya prepared by cooking [rice etc] with the meat of fish, chicken or pig, and by adding ghee and Saindhava.

Pitta Type:

When Kapha is associated with Pitta, medicated emesis should be done after proper internal oleation with ghee.

The Phlegm is thin then the patient is given Virechana (purgation) therapy with Trivrt - Operculina turpethum mixed with sweet drugs.

If the phlegm is thick, then Trivcit - Operculina turpethum mixed with bitter drugs and given for purgation

All substances used for palliation should be of cold and liquid quality. The herbs of choice are vasa, licorice, amalaki and sandalwood.

Powders:

Sitopaladi:

Contains pippali 4 parts, vanshalochana, ela, tvak each 1 part and raw sugar 16 parts. Dose 1 to 3 gm. with ghee.

Kapha Type:

In strong patient medicated emesis should be given followed by dry, astringent, pungent food and inhalation of smoke.

Diet for kaphaj kas

The patient should take light food with the soup of Kulattha mixed with the powder of Pippali and alkalies (Yava-Kshara) or with the juice of radish or with the soup of the meat of animals prepared by adding pungent drugs, or with the oil of mustard and Bilva – Bael.

Herbs of choice are camphor, trikatu, triphala, guggulu and shilajatu

Medicated powders:

Marichadi Powder Contains maricha, pippali. dadima, jaggery and yavakshara.

Any one of these can be given in dose of 1 to 3 gm a day with warm water.

Prepared Medicines:

Lavangadi Vati

Khadiradi Vati

Eladi vati

Kshataja Type:

This is very serious disorder.

The patient should be given tonifying food and drinks.

Laksha with praval should be given in dose of 500 mg. three times a day for one month along with chyavanaprasha.

Kshayaja Type:

This is also serious disorder and if all the symptoms have developed, treatment is not successful.

SHWASA-ASTHMA

Definition

It is a condition marked by recurrent attacks of paroxysmal dyspnoea, with wheezing, due to spasmodic contraction of bronchi, inflammation or allergy.

It is called as shwasa a condition where number of respirations per minute increases and there is difficulty in respiration also.

Causative Factor

Long continued inhalation of dust, poisonous smoke.

Dry wind, pollens, chemical dyes, colours, petrol fumes, working in a very cold and damp atmosphere.

Dry, cold, and heavy food like cheese, stale meat, fermented foods, aerated cold drinks, fish, and other sea-foods can cause asthma.

Various debilitating diseases like heart disease, kidney disease, and brain disease may be causative factors.

Depletion of the body's resources from excessive purification by purificatory procedures (such as panchakarma practices) and severe weakness due to loss of plasma, blood, and ojas also result in asthma.

Often asthma may be result of trauma, either emotional or physical, accompanied by the suppression of emotional expression.

The asthmatic may suppress anger or attachment and become plagued by unfounded fears related to past trauma, not necessarily relevant to the present situation.

Pathogenesis -Samprapti

Vitiation of Vata and Kapha, low digestive fire resulting in the production of ama and weakness of respiratory channel are the main factors.

The disease originates in stomach and manifests in the respiratory channel.

Prana and udana types of Vata are vitiated.

Aggravated Vata enters weak pranavaha srotas and dislodges avalambaka Kapha from there.

Hence, the bronchioles become very hard and rough and get constricted.

At the same time if there is excess formation of Kapha and ama in intestines, avalambaka kapha also becomes slimy and sticky.

This causes obstruction in the pranavaha so resulting into shwasa.

Types

Ayurveda has classified this disease in 5 types:

1. tamak shwas
2. urdhwa shwas
3. chinna shwas
4. maha shwas
5. kshudra shwas

Of these types, tamak can be labeled as bronchial asthma, while maha, chinna and urdhwa are different types of dyspnoea that are complications of other diseases.

Kshudra is a minor type due to over eating and drinking, working.

Symptoms

Tamak Shwasa:

Stage of Attack (Vegavastha):

When the attack starts the person gasps for breath, accompanied by a wheezing sound with cough, as the expiration becomes longer than the inspiration.

During the attack, the respiratory rate increases from normal 18 to 20 per minute to 40 to 50 per minute. The respiration is very difficult and there is sensation of suffocation in the chest.

The patient due to severe sudden attack faint, coughs and brings out small sputum with difficulty.

He suffers from hoarseness of voice and cannot speak easily.

He feels comfortable while sitting and in leaning front posture.

There is perspiration on the forehead with dry mouth and severe pain in the chest and throat.

After the Attack (Avegavastha):

When the attack subsides, there is slight cough and pain in the chest and abdomen. Weakness and breathlessness also remain after the acute attack.

Maha shwasa, Urdhwa shwasa & Chinna shwasa:

These are very serious conditions and they often develop as the complication of some other disease.

In maha shwasa the patient there is obstruction to the air passage and hence big sound can be heard when the patient is breathing.

He loses all sorts of knowledge and has rolling eyes with abnormal face and eyes.

There is retention of urine and feces. This is fatal condition.

In urdhwa shwasa the patient has difficulty in breathing his air passages are full of mucous and there is pain in the chest with dry mouth and the patient becomes restless. He faints often and becomes unconscious and finally dies.

In chinna shwasa the respiration is with difficulty and there is pain in all vital parts of the body. There is burning sensation in pelvis, eyes rolling, perspiration, redness in eyes. dryness in mouth and delirium. The patient does not survive for long in this condition.

Treatment

In acute attack, oleation and sudation should always be performed.

For external oleation, apply a warm mixture of sesame oil with rock salt to the chest.

For local sudation of the chest, attach a tube to a pressure cooker containing herbs and water and carry out the sudation with the vapor coming out of the tube.

If necessary, a whole-body sudation should be done in a sauna or specially prepared steam chamber. The sudation helps to liquefy the mucous in the respiratory tract and then it can easily be removed.

For internal oleation give only sesame oil or ghee or give decoction of licorice with ghee.

If the patient is strong, and there is excess accumulation of Kapha in the respiratory system, then a medicated emesis is the treatment of choice.

Before medicated vomiting give some kaph vardhak diet like fish or crud.

Ask the patient to inhale medicated steam after medicated vomiting.

Medicated steam use curcuma longa or dry barely with ghee.

In dry type of asthmatic attack due to Vata vitiation, the patient should be asked to take 5 ml. warm narayan oil every five minutes internally until the attack subsides.

Also drink brinjal, moringa, radish soup with lemon, black pepper, ghee, green gram. although meat soup also can be taken.

Sitopaladi powder should be given with warm water or honey repeatedly.

Some important herbs are kantakari, vasa, talispatra, Bibhitaki, camphor, tulsi, and trikatu.

Combination of any three herbs in equal parts in dose of 1 to 2 gm. a day for fifteen days gives beneficial results.

Rasayana Treatment-Apunarbhava chikitsa

To avoid recurrence of the disease, and to give strength to the respiratory channel, proper rejuvenative treatment is useful.

1. Vata Type:

A special type of rejuvenating method called 'unit increase and unit decrease' should be used.

This is known as vardhamana rasayana. The procedure is as follows: Take 50 cc. of milk and 50 cc. of water, add one piper longum fruit and boil for ten minutes. Take out pippali and drink the mixture.

On second day put two piper longum fruits in the mixture and repeat the procedure.

Every day, increase the piper longum by one until seventh day, and then reduce piper longum by one each day.

Piper longum gives strength to the respiratory tract and prevents the severity of attacks.

The upper limit of 7 piper longum fruits can be increased to 9, 11 or 13 depending on constitution.

2. Kapha Type:

Use black pepper as above, (by unit increase and unit decrease method).

Use mixture of Talisadi powder 1 gm. + mica oxide 10 mg. with deer horn oxide 10 mg. twice, a day for one month to prevent recurrence.

If this is not available, use westering tonics like comfrey root, slippery elm each 1 gm. with honey for one month.

Diet

Pathya (beneficial and wholesome things) in Shwasa

- Old Rice
- Red Rice
- Horse Gram
- Wheat
- Barley
- Flesh / Meat Of Rabbit, Peacock, Cock, Parrot Etc
- Meat Of Birds
- Old Ghee
- Goat Milk
- Ghee Derived From Goat's Milk
- Fermented Alcoholic Herbal Drink
- Honey
- Pointed Gourd
- Brinjal
- Garlic
- Ivy Gourd
- Amaranthus Spinousus
- Raisins
- Cardamom

Apathya (non-beneficial and unwholesome things) in Shwasa

- Bloodletting
- Wind Or Breeze Blowing from The East
- Sheep Milk
- Ghee Extracted from Sheep Milk
- Contaminated Water
- Fish
- Tubers
- Mustard
- Dry Foods
- Cold Things, Foods and Comforts
- Foods Which Are Heavy to Digest

Some of Useful Ayurvedic drugs for Asthma

- Talisadi Churna or Sitopaladi churna: 1 to 3 gms to be taken twice a day with honey
- Somalata churna: 1 to 3 gms to be taken twice a day with honey 2
- Kanakasava: 5 to 10 ml with equal quantity of Luke warm water after food
- Shringyadi churna: 1 to 3 gms to be taken twice a day with honey
- Trikatu Churna: 1to 2 gms with honey
- Vasavalehyam : 12 to 24 gms twice daily
- Kantakaryavalehyam: 12 to 24 gms twice daily
- Vyaghriharitaki Avaleha: 12 to 24 gms twice daily
- Agastya Haritaki Avaleha: 12 to 24 gms twice daily
- Lavangadi vati: 1 tablet for chewing 3 times a day
- Swasakutara ras: 125 to 250 mg twice daily
- Mahalakshmvilas ras: 125 to 250 mg twice daily

Useful medicinal plants for Asthma

- Kantakari (*Solanum xanthocarpum*)
- Vasa (*Adhatoda vasica*)
- Sunthi (*Zingiber officinalis*)
- Bharangi (*Clerodendrum serratum*)
- Pushkaramoola (*Innula racemosa*)
- Karkataka Shringi (*Pistacia inergerrima*)
- Haridra (*Curcuma longa*)