

CHILDHOOD KASA - AN AYURVEDIC REVIEW

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ABSTRACT

In the present era *Kasa* is the most common disease affecting a large number of population. *Kasa* is one of the *Pranava Strotodusthijanya Vyadhi*. As rightly explained by *Acharya Charak* the main vitiating factors in the disease *Kasa* are *Kapha* and *Vata*. The increased *Kapha* forms a sort of *Upalepa* in *Pranava Strotas* obstructing the normal pathway of *vayu*, leading to its vitiation. *Acharyas* have described definition, etiological factors, prodromal symptoms, types of *Kasa* along with all *Pathya* (wholesome) and *Apathya* (unwholesome) and therapeutic measures. It is the disease or symptom of respiratory tract occurring due to obstruction of *Vata Dosha* and its reverse movement. *Kasa* is one of the most frequent complaints in day to day practise, which is also a symptom of several systemic diseases. *Kasa* has been described as an independent disorder as well as symptom in several diseases. In the present review *Kasa* is correlated with Upper Respiratory Tract Infection (URTI), a term for almost any kind of infectious disease process involving the nasal passages, pharynx and bronchi. It is characterized by upper airway inflammation and edema, sometimes accompanied by a cough. Upper respiratory tract infections can be caused by a wide range of bacteria and viruses and involves the nose, sinuses, pharynx, larynx, and the large airways.^[1]

KEYWORDS: *Ayurveda, Kasa, Pranava Strotodusthijanya, Pathya, Apathya, Vata Dosha, Acharya Charaka.*

INTRODUCTION

Kasa is one of the most common problems in *Balyavastha*. *Kasa* in *Ayurveda* is of 5 types.^[2] It occurs due to *Virudha Ahara* and *Virudha Vihara*. It is the disease or symptom of respiratory tract occurring due to obstruction of *Vata Dosha* and its reverse movement. *Kasa* has been defined as a symptom of numerous diseases as well as an individual disease. If left untreated, it can lead to a disease with a poor prognostic condition.

Cough occurs due to irritation of respiratory mucosa and the mechanism of respiratory system helps to bring out secretion from trachea and bronchi. Recurrent attacks makes one suffer and may have its adverse effects on the day to day life. It may be classified as productive or dry as well as acute sub-acute or chronic. On an average, children suffer around 6-7 episode of URIs per year whereas adults develop two to three per year.^[3] Acute respiratory infections patient in OPD is high as 20-40 % of all OPD patient and 12.35% of indoor patients.^[4] In this context different *Lakshanas* (symptoms) of *Kasa* in children are explained by *Acharyas* which can be used for diagnosis as well as prognosis of the disease. Thus, with help of this study

alternate safe methods of treatment in children can be employed. So, its identification as *Kasa* can be a ray of hope for the diagnosis.

Ayurveda offers a holistic approach to treating *Kasa*, aiming not only to alleviate symptoms but to restore harmony to the body and mind.

MATERIAL AND METHODS

The materials were collected from the classical *Ayurvedic* literatures and modern text books.

Upper respiratory tract infection (URI) represents the most common acute illness evaluated in the outpatient setting. In 2015, 17.2 billion cases of URIs are estimated to have occurred. As of 2016, they caused about 3,000 deaths, down from 4,000 in 1990.

While specific nationwide incidence rates for URIs in India can vary and may not always be well-documented, the country experiences a significant burden of upper respiratory tract infections, particularly among children and during certain seasons. Public health efforts often focus on promoting vaccination, improving hygiene

practices, and addressing environmental factors to reduce the impact of these infections. Several Ayurvedic Classics refer to *Kasa* as an individual entity. It is also described as *Nidana*, *Lakshana*, *Updrava* of various disease. It is also described as *Nidanarthakara Vyadhi* to various disease, and has *Vata – kapha* dominance with its involvement of *Tridosha*.

NIRUKTI^[5,6]

Shusko Va Sakpho Vaapi Kasnaat kasa Ucchyate / (Ch.Chi 18/11)

Expulsion of restricted *Vata* with the production of abnormal sound is called as *Kasa*. *Kasa* may be dry or productive.

Sabhinna kansya swan tulya ghosha (Su. Uttar 52/5)

The disease associated with a typical noise that sounded like a broken bronze vessel.

VISHISHTA LAKSHNA (Symptoms)^[8,9,10]

Vataja Kasa Lakshana

S.NO	RUPA	CHARAKA	SUSHRUTA	ASHTANGHRIDYA
1	Shushka Kasa	+	+	+
2	Prasakta Vega	+	+	+
3	Shira Shoola	+	+	+
4	Hridya Shoola	+	+	-
5	Parshwa Shoola	+	+	-
6	UrahShoola	+	+	+
8	Ksheena Oja	-	+	-
9	Ksheena Bala	-	+	+
10	KsheenaSwara	-	+	-
11	ShushkaUrah	+	+	-
12	ShushkaVaktra	-	+	-
13	ShushkaKantha	+	-	-
14	Moha	+	-	-
15	Kshobha	+	-	-
16	AngaHarsha	+	-	-
17	Daurbalya	+	-	-
18	Ruja	+	-	-

Pittaja Kasa Lakshna

S.NO.	RUPA	CHARAKA	SUSHRUTA	ASHTANGHRIDAYA
1	Peeta Nishteevna and Peeta Netra	+	+	+
2	Tikta Asyata	+	+	+
3	Urodhoomayana	+	-	-
4	Trishna	+	+	+
5	Daha	+	+	-
6	Moha	+	-	-
7	Aruchi	+	+	-
8	Bhram	+	-	+
9	Pratatam Kasa	+	-	+
10	Shleshmana Pitta Samsrustam	+	-	-
11	Jwara	-	+	+
12	PanduVarnaSharira	-	+	-
13	Pitta and Rakta Vamana	-	+	+
14	Mukha Shosha	-	-	+

NIDAN OF KASA^[7]

In the 18th chapter of *Charak chikitsa sthana* provide the complete description of its etiological factors. *Nidana* (etiology) of *Kasa* mentioned in the classics can be categorized as *Samanya and Vishesh Nidana*. *Samanya Nidana* mentioned by *Acharya Sushruta* and *Acharya Madhava are Dhoom, Dhooli, Raja, Vyayama, Rukhsya Anna Sevan, Bhojanvimargaman, Chavathuvegavarodh, Vishesh Nidana*.

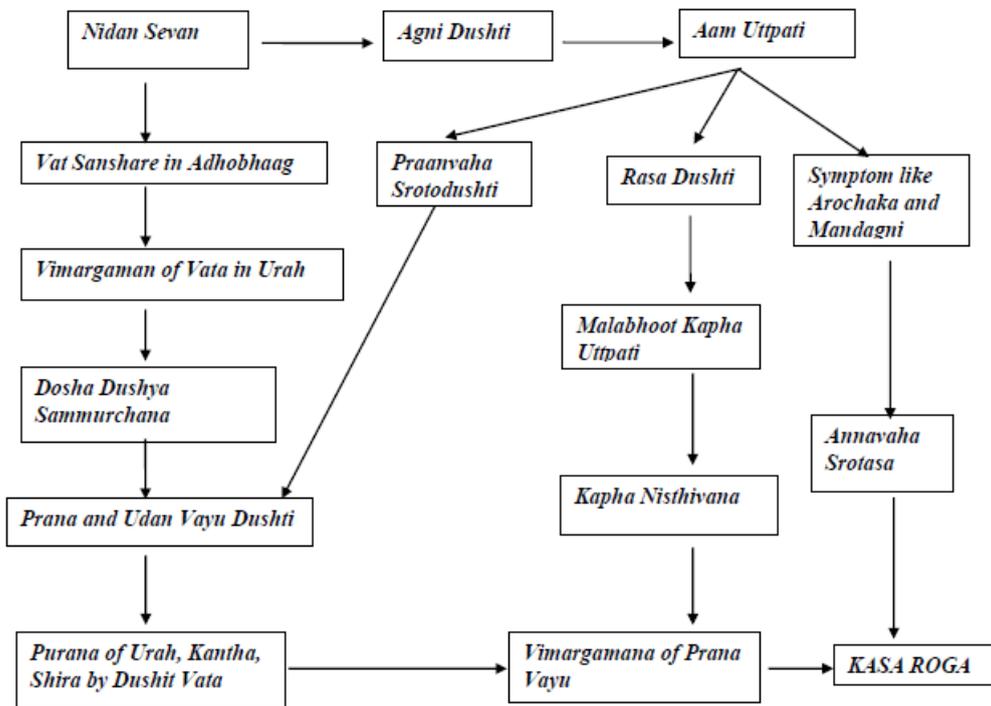
TYPES OF KASA: (According to *Brihatrayee* and *Laghutrayee*)

- 1) *Vataja Kasa*
- 2) *Pittaja Kasa*
- 3) *Kaphaja Kasa*
- 4) *Kshaja Kasa*
- 5) *Kshaja Kasa* and *Kshaja Kasa*, are produced by aggravation of all of the 3 *Doshas*.

Kaphaja Kasa Lakshna

S.NO.	RUPA	CHARAKA	SUSHRUTA	ASHTANGHRIDYA
1	Bahula, Madhura, Snigdha, Ghana, Sandra Kapha	+	-	-
2	Urah Kshya, Alpa Rujatwa	-	+	-
4	Kapha Sampurnamiva Vaksha	+	-	-
5	Peenasa	+	-	-
6	Utklesha	+	-	-
7	Chhardi	+	-	-
8	Aruchi	+	+	-
9	AsyaMadhuryata	+	-	-
10	Shira Shoola	-	+	-
11	Mandagni	+	-	-
12	Gaurava	+	-	-
13	Angasada	-	+	-

SAMPRAPTI CHAKRA



SAMPRAPTI GHATAKA

Dosha	Kapha Vata Pradhana
Dushya	Rasa Dhatu
Srotasa	Pranvaha, Rasavaha, Annvaha
Srotodusti	Sanga, Vimarga Gamana
Adhishthana	Urah, Kantha
Vyadhi Swabhava	Ashukari
Rogmarga	Abhyantra

According to modern science, Upper Respiratory Tract Infection (URTI) is a term for almost any kind of infectious disease process involving the nasal passages, pharynx and bronchi. The etiological agent may be bacterial or viral.^[11]

- Upper Respiratory Tract Infection (URTI) is a term for almost any kind of infectious disease process involving the nasal passages, pharynx and bronchi.
- Upper Respiratory Tract Infection involve direct invasion of the mucosa lining the upper airway. Inoculation of bacteria or viruses occurs when a person’s hand come with the contact with pathogens and the person then touches the nose or mouth or when a person directly inhales respiratory droplets from an infected person who is coughing or sneezing.
- The etiological agent may be bacterial or viral. Most

of the URTIs are caused by viruses. More than 200 viruses can cause URTIs such as Rhinovirus, Para-influenza virus, Respiratory Syncytial Virus (RSV). Influenza virus, compose most of the cases.

- Different climatic condition like rainy season, winter, low humidity conditions and immunological condition have also been responsible for the occurrence of the disease.
- The pathophysiological mechanism has been attributed to the binding of the pathogen with Human Intracellular Cell Adhesion [ICAM-1]

receptor after invading, causing the release of inflammatory mediators, ultimately leading to the occurrence of disease symptoms.

- Onset of the symptoms occurs 1 to 3 days after exposure to the infectious agent and usually starts with thin nasal discharge and sneezing.
- On 2nd or 3rd day, the nasal discharge becomes thicker. Sneezing, sore throat and night time cough is common. Most systemic symptoms subside within 5-7 days.^[19]

CLASSIFICATION^[12]

A) On The Basis Of Duration

Acute cough	Sub-acute cough	Chronic cough
Sudden onset and present for <3weeks	Present between 3 to 8 weeks	Persist more than 8 weeks

B) The Basis Of Quality Of Mucous

Dry Cough	Productive cough
Minor irritations in the throat can start the reflex, even when there is no mucus secretion in the bronchial tree.	Cough associated with profuse secretion of bronchial mucosa.

DISCUSSION

The diagnosis of *Kasa* (cough) is difficult since it might manifest as either *Updrava* or *Pradhan Vyadhi*, depending on the illness. It is crucial to fully understand the *Nidana*, *Lakshana*, *Purvaroop*, *Roopa Samprapti* (pathophysiology) of every disease in order to make an accurate diagnosis. Method of diagnosis mainly depends upon the understanding of *Dosha* and *Dushya*. As *Charaka* said that *Kasa* is a potential *Nidanarthakara Vyadhi* (disease itself become causative factor for other disease) to produce *Kshaya* (tuberculosis), from this we can understand that in its acute form it may be easily curable with the help of *Nidana Parivarjana* and by following *Pathya ahara- vihara*. However, when it progresses from the acute to the chronic form, it can cause *Kshaya*, starting from depletion or *Kshaya of Dhatus* (damage or depletion of bodily tissues) takes place in the direction of their nourishment i.e. *Rasa* (plasma) then *Rakta* (blood) then *Mamsa* (muscle tissue) and so on and ultimately leads to depletion of all the *Dhatus* (bodily tissues). Once these elements are understood, one can try to treat the illness. Additionally, we can treat disease by changing our eating habits, adhering to *Pathya* (wholesome), and avoiding *Apathya* (unwholesome) during the initial stages of the illness.

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