

CONCEPTUAL STUDY OF TRYUSHANADI GHRITA IN THE MANAGEMENT OF VATAJ  
KASA W.R.T PRANVAHA STROTAS<sup>1</sup>\*Dr. Jayanti Chittaranjan Dutta and <sup>2</sup>Dr. Ashish Mhatre<sup>1</sup>Final Year PG Scholar, Dept. of Kayachikitsa, D.Y. Patil School of Ayurveda, Nerul, Navi-Mumbai.<sup>2</sup>M.D. (Kayachikitsa), PhD (Scholar Kayachikitsa), Associate Professor, Dept. of Kayachikitsa, D.Y. Patil School of Ayurveda, Nerul, Navi-Mumbai.**\*Corresponding Author: Dr. Jayanti Chittaranjan Dutta**

Final Year PG Scholar, Dept. of Kayachikitsa, D.Y. Patil School of Ayurveda, Nerul, Navi-Mumbai.

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**ABSTRACT**

Currently, Kasa has been considered as the most common disease that affects a large population. Kasa is one of the Pranava StrotodusthijanyaVyadhi. The vitiated Prana Vayu along with Udana Vayu gets aggravated in association with other Doshas and is expelled out with intensity like a 'coughing sound' similar to that of broken-bronze vessel, called as Kasa. Ayurveda described many herbomineral formulations for management of Kasa. One such formulation is Tryushanadi Ghrita mentioned in Charak Samhita, which consists of Trayushna i.e Sunthi, Pippali, Maricha, Amlaki, Pushkara, Devdaru ETC. Kasa is one such disease, which is identified by the hoarse phonetic sound, produced due to the pathological process of dosha dushti (vitiation of dosha), vimarga gamana (diverted movement) of pranavata and avarana (occlusions) of vayu by the kapha. The main pathology is in chest region with reduced functioning of the respiratory system.

**KEYWORDS:** Tryushanadi Ghrita, Vataj Kasa, Pranava Strotas.**INTRODUCTION**

Kasa is Pranava Strotodusthijanya Vyadhi. It is one of the independent diseases. 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 today life. Cough occurs in association with acute upper respiratory infection, acute pharyngitis, acute bronchitis and chronic sinusitis, Kasa caused due to vitiation of Tridoshas. The vitiated Prana Vayu along with UdanaVayu which further gets aggravated in association with other Doshas and expelled out abruptly with a 'coughing sound' like the broken- bronze vessel, called as Kasa.

Vata being obstructed in the lower region of the body, moves upwards, afflicts the channels of circulation in the upper part of the body, takes over the function of udana vayu and gets localized in the throat and chest. Then entering all the cavities in the head, fills them up and causes hunching and convulsive movements of the body, jaws, sides of the neck and eyes. Thereafter this obstructed vata causes contraction and stiffness of the eyes, back, chest and sides of the chest, gives rise to kasa which may be dry or with phlegm.

Kasa is the debilitating disease of Pranava strotas, when untreated, it may lead to dreadful diseases like Shwasa (Asthma), Shosha (cachexia), Rajyakshama (tuberculosis), Urakshata (chest injury) and Rakttapitta (bleeding like haemoptysis) (1). Kasa may develop as an independent disease, symptom or complication of a disease.

The Prana and UdanaVayu are responsible for normal functioning of praanavasrotas, which can be altered due to causative factors in turn lead to manifestation of Kasa. Vatajakasa which is characterized by these lakshanas Shuska gala, Shuskakasa with shuskaalpakapha, Swarbheda, ParshavShool, Shriashool, Urashool, Dourbalyaetc.

**NEED FOR STUDY**

As Pranava Strotas conveys Prana, any disease affecting this Strotas has to be treated with priority. Vataj Kasa may not be life threatening but increasingly annoying and irritating to the individual in his routine activity. When neglected it may lead to a series of complications later. In recent years, there has been surprisingly increase of incidence related to Respiratory system because of the exposure to both active and passive smoke, air pollution, occupational hazards. Therefore their is need for study in this field, hence Tryushanadi Ghrita is selected for the study.

## MATERIAL AND METHODS

### Material

Kasa is one of pathological conditions explains in many contexts of ayurveda texts. Kasa may develop as an independent disease may be a lakshana associative to other disease, sometimes may develop as upadrava of a disease. Kasa is broadly classified as Ardrakasa & Shushkakasa. Shamanoushadi, Shodhana are different modes of treatments. In contemporary medicines system mucolytics expectorants & antibiotics are the choice of treatments in chronic bronchitis as disease is chronic patient has to there medication for long duration due to disease modification from time to time has create resistance to which medication so ayurveda have major responsibility to treat this conditions. As rukshata is more prominent in vataja type of kasa it should be treated with snehika upacharas. Ghrita pana, basti, peya, yusha, ksheera, mamsa rasa etc should be prepared with vataghna dravyas and is to be administered properly.

The reference of Tryushanadi Ghrita is in **Charaka Samhita, Chikitsa Sthana chapter 18, Tryushanadi Ghrita verse 39-42.**

त्र्यूषणं त्रिफलां द्राक्षां काश्मर्याणि परूषकम् | द्वे पाठे  
देवदार्वृद्धिं स्वगुप्तां चित्रकं शटीम् ||३९||

ब्राह्मी तामलकीं मेदां काकनासां शतावरीम् | त्रिकण्टकं विदारीं  
च पिष्ट्वा कर्षसमं घृतात् ||४०||

प्रस्थं चतुर्गुणे क्षीरे सिद्धं कासहरं पिबेत् |  
ज्वरगुल्मारुचिप्लीहशिरोहृत्पाश्वशूलनुत् ||४१||

कामलाशीऽनिलाष्ठीलाक्षतशोषक्षयापहम् | त्र्यूषणं नाम  
विख्यातमेतद्धृतमनुत्तमम् ||४२||

इति त्र्यूषणाद्यं घृतम् |

This is an effective kasahara formulation. It acts like vatahara, Shwasahara, Deepan, Pachana. Thus helps in reducing Rukshata with the help of snehika upchara.

### Methods

#### Tryushanadi Ghrita contains

Drug	Latin Name
Sunthi	Zingiber officinalis
Pippali	Piper longum
Maricha	Piper nigrum
Haritaki	Terminalia chebula
Amalaki	Emblca officinalis
Draksha	Vitis vinifera
Kashmarya	Gmelina arborea
Devdaru	Cedrus deodara
Chitraka	Plumbago zeylanica
Brahmi	Bacopa monnieri
Parushaka	Grewia asiatica
Shatavari	Asparagus racemosus
Kakanasa	Martynia annual
Trikantaka	Euphorbia tirucalli
Vidari	Pueraria tuberosa

**Preparation of Tyushanadi Ghrita:** One prastha of ghrita should be cooked by adding four prasthas of milk and the paste of one karsha each of tryushana, triphala, draksha, kashmari, parushaka, dve patha (patha, raja patha), devdaru, rddhi, swagupta, chitraka, shati, brahmi, tamalaki, meda, kakanasa, shatavari, trikantaka, vidari.

### MODE OF ACTION

Tryushana ie Shunti Pippali Maricha chiefly works by stimulating 'Agni', i.e. the digestive fire, improves the assimilation of nutrients in the body and reduces Kapha. It is also famed as a rejuvenator and tonic which helps pacify the aggravated Kapha in the respiratory and digestive tract and also regulates the path for the Vata. Haritaki have many medicinal properties including antiallergic, antimicrobial and anti-inflammatory actions.

**Amalaki** possesses anti-inflammatory, anti allergic properties. It nourishes body tissue and organs. Amalaki acts like rejuvenative and protective for the heart and respiratory system.

**Devdaru** helps to relieve cough by removing mucus from the respiratory tract due to its expectorant property.

**Parushaka** acts like vatahara, hridya and has brihana property.

**Vidari** has properties like kasahara, shwasahara, balya and deepan pachan etc.

### CONCLUSION

A prominent diagnostic feature of Vataj Kasa is the Shushka Kasa, Kapha Shushkataa, Alpa and krucchra Kapha, Hrutshoola, Parshwashool, Urashoola, Shirashoola, Swarabhed, Shushka Ura, Shushka Kantha, Shushka Vaktra, Lomharsha, Nirghosha, Deenata, Dourbalya, Kshobha, Moha, Udara shoola, Mahavega, Talu Shosh, Shyaava Netra, Varna Bheda.

Almost all the acharyas emphasized on the importance of Pranavaha stotasa as Kasa is one of the diseases of Pranavaha stotasa in recent era we see many serious diseases related to vataj kasa like tuberculosis, covid 19 etc. which are harmful to human as well as may cause death if ignored. hence early and proper treatment needed in vataj kasa the treatment of vataj kasa aims to give right direction to udana vayu by vata shamana reducing other symptoms by correction in pathology i.e., Samprapti Bhang. As per Ayurveda the main events occur in the Samprapti of Vataj kasa are vitiation of Vatapradhan tridosha, Pranavaha.

Strotasudusti and development of Vataj Kasa. Tryushanadi Ghrita having Vatahamak as well as Kaphashamak property. The effects of ingredients of Tryushanadi Ghrita i.e., effect of Tryushana is Dipan, Kaphahar, Pachan, Ruchya, Vatahar, Shwashara, Brahmi acts like rasayan thus helps in improving immunity.

Devdaru acts as cough expectorant. Effect of Kashmarya is Kasahar, Kaphavatahar, UrdhvaVatajit, Hikkanigrahan. Thus Tryushanadi Ghrita offers Samprapti Vighatana of Vataj kasa along with expectorant effect which acts on vataj kasa.

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