

A REVIEW ON PHYSIOLOGY OF KAPHA PRAKURTI IN HEMET RUTU AND ITS  
IMPACT ON ALLERGIC CONDITIONSDr. Maya A. Gandhe\*<sup>1</sup> and Dr. Prajakta Kapate<sup>2</sup><sup>1</sup>Professor & H.O.D, Kriya Sharir Department, Pharate Patil Ayurvedic Medical College & Hospital, Mandvagan Pharata, Taluka-Shirur, District-Pune, India.<sup>2</sup>Professor & H.O.D, Kaumar Bhrutya (Balrog) Vibhag, Dr.VJD Gramin Ayurved College, Patur, Dist. Akola, India.**\*Corresponding Author: Dr. Maya A. Gandhe**

Professor &amp; H.O.D, Kriya Sharir Department, Pharate Patil Ayurvedic Medical College &amp; Hospital, Mandvagan Pharata, Taluka-Shirur, District-Pune, India.

Article Received on 20/11/2022

Article Revised on 10/12/2022

Article Accepted on 30/12/2022

**ABSTRACT**

The primary Vyadhi of Pranavaha Strotasa is Shwasa, the symptoms of Shwasa Vyadhi are closely related to the general characteristics of Pranavaha Strotodushti, which are related to irregular respiration. Shwas, Kasa and Hikka, etc. are common symptoms of Shwasa Vyadhi of Pranavaha Strotasa. Tamak Shwas is one such type of disease which involves obstruction by Kapha, which further hinders normal Vata Gati and causes it to become Pratiloma (opposite). The vitiation of Vata and Kaphadosha play vital role in disease pathogenesis. Strotovaigunyakar factors, Vataprakopaka Nidana and Kapha provoking factors triggers disease pathogenesis. Kapha Dosha along with Vata governs disease pathogenesis and this type of allergic situation becomes worsen in susceptible season. The tendency of vitiated Kapha especially in Hemant Ritu significantly affects disease progression. Considering this fact present article summarizes Ayurveda review on Tamak Shwas W.S.R. to the role of Kapha Prakurti and Hemet Ritu in disease pathogenesis.

**KEYWORDS:** Ayurveda, Tamak Shwas, Kapha, Hemet Ritu, Prakurti.**INTRODUCTION**

*Tamak Shwasa* is condition that can be correlated with the asthma as per the modern science characterized by frequent coughing episode or breathlessness, etc. *Tamasa* is the *Sanskrit* word for night, during an attack of this type, a *Shwasa*, darkness appears in front of the eyes. Since it is a particular kind of *Shwasa*, every *Nidana* of *Shwasa Roga* are relevant to *Tamak Shwasa*. Therefore, *Vyanjaka Hetu* has a bigger part in this illness as stimulating, precipitating and exacerbating element. *Vyanjaka Hetu* is associated with *Megha* (cloudy weather), *Pragvata* (East-sided wind), *Ambu* (rainy season), *Kapha* aggravating elements, and *Shitasthana* (winter season or cold atmosphere). The climatic variation significantly affects severity of *Tamak Shwasa* and in winter season the severity of disease increases due to the accumulating behavior of *Kapha*.

According to Ayurveda, asthma is caused due to imbalanced *Kapha Dosha* with symptoms like wheezing, coughing, fever and irritability. Asthma caused by *Vata Dosha* can be acknowledged by wheezing, dry mouth, thirst, dry cough, dry skin, anxiety and constipation.

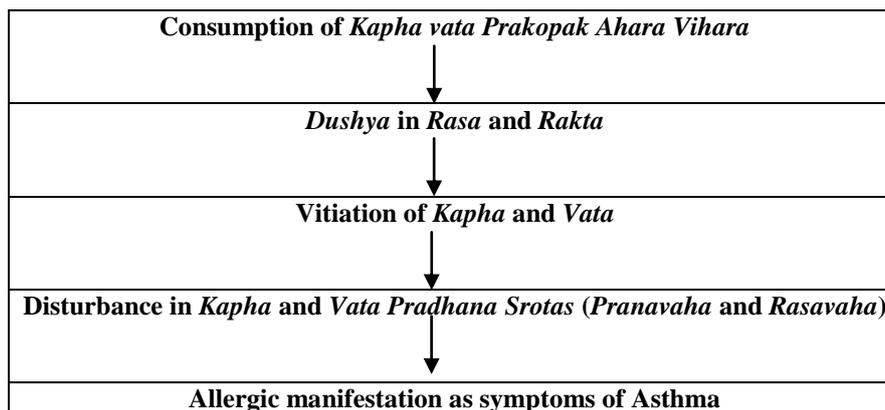
**Role of Kapha Prakriti**

Coughing and wheezing with an abundance of white or clear phlegm or mucous are symptoms of *Kapha* type asthma. Instead of wheezing, there will be a railing sound generated by fluid in the lungs. Attacks happen in the morning and evening, which is the *Kapha* time of day.

*Kapha*-pacifying diet, avoiding mucous forming foods such as milk, cheese, and yogurt mainly advises for such types of conditions. The use of pungent spices such as pepper, ginger, cayenne, mustard is particularly good to include in the diet. A mustard or ginger paste can be applied to the chest.

Ayurveda herbs for asthma associated with predominant *Kapha* include bronchodilators such as *Ephedra*, Thyme and *Vasa*. An effective treatment includes a milk decoction with *Pippali*.

### Role of *Kapha* in *Samprapti*



Pathogenesis of disease is brought on by the aggravation of *Vata* and *Kapha Dosha* in the head and upper respiratory tract as a result of the indulgence in etiological factors (*Kapha vata Prakopak Ahara Vihara*). When the *Pranavaha* and *Rasavaha Srotas* are impacted, the vitiated *Vata*, together with other *Doshas*, causes allergic manifestation.

Modern research has identified a wide range of signs and symptoms such as blocked nasal passages, heavy sneezing, congestion and continuous coughing episodes. The manifestation of disease is more prevalent in winter season. As per modern science the causes of disease includes involvement of pollen, dust mites, smoke, and chemicals, etc. The hypersensitivity of disease appears when weakened immune system exposed.

#### Effects of *Kapha Dosha* in *Hemant Ritu*

The *Kapha* predominantly manifested symptoms of disease especially in late winter and during early spring. Congestion, productive cough, heaviness, and headaches are symptoms associated with vitiated *Kapha Dosha* and these becomes severe in *Hemant Ritu* due to the aggravation of vitiated *Kapha* and *Vata*.

Essentially, earth and water elements make up the *Kappa*. It is bulky, sluggish, chilly, smooth, delicate, steady, yucky, and clouded. *Kapha* is frequently linked to the water element and responsible for the overproduction of mucus and other milky discharges. The *Kapha* aggravation causes obstruction of respiratory passage by mucous.

The characteristics of *Kapha Dosha* include moderate appetite, deep sleep, moderate sweating, tendency to put on weight and overproduction of mucous or accumulation of watery discharge. These altogether enhances sensitivity towards the etiological invasion of *Tamak Shwas*.

According to Ayurveda, the common allergy symptoms of *Hemant Ritu* include congestion, runny noses, watery eyes, sneezing, heaviness in head and sinuses, etc. Sluggishness and fatigue are further signs. There

are a number of quick and easy treatments that can ease the acute symptoms of the typical *Kapha*-type allergic symptoms. The conduction of *Pathya Ahara-Vihara* play vital role to avoid the severe manifestation of *Tamak Shwas* in *Hemant Ritu* associated with *Kapha Prakriti*.

Allergies, which usually affect the respiratory system, are brought on by *Vata* vitiation and *Kapha* aggravation. These conditions become severe in *Hemant Ritu* with the symptoms of congestion and persistent cough.

#### Ayurveda Management

The *Tamak Shwas* associated with *Kapha Dosha* can be best managed by regular *Nasya* using medicated liquids. This also reduces associated symptoms of sinusitis infection. The turmeric milk and raw honey help to get acclimated to sensitivities from the environment. These also boost immune response thus suppress allergic infections.

Various Ayurveda formulations offer desirable therapeutic responses in respiratory allergies in winter season. *Kwatham* and *Agasthyarasayanam* or *Indukantham Ghritam* helps in intense sneezing and relieves throat discomfort.

*Vasa*, *Dashamula*, *Tulsi*, and *Trikatu* infusion recommended for the treatment of congestion associated with *Kapha*, these Ayurveda drugs relieves symptoms associated with thick and white phlegm.

*Amrutharistham*, *Vasaristham*, and *Kaishorevatakam*, etc. helps to suppress respiratory infections and *Guduchi* along with *Turmeric* control infective stage of disease.

*Sitopladi*, *Talisadi*, *Ashwagandha*, *Yashtimadhu*, and *Chyawanprash* are other formulations for treating allergic symptoms mainly prevalent in winter season.

#### CONCLUSION

*Tamak Shwas* is disease associated with obstruction of respiratory tract and vitiated *Kapha* along with *Pratiloma Vata Gati* triggers disease manifestation. The vitiation of

*Kaphadosha* due to the *Strotovaigunyakar* factors and *Kapha* provoking factors stimulates disease pathogenesis. *Kapha Dosha* along with *Vata* produces allergic symptoms and these symptoms become sever in some specific seasonal conditions. The aggravation of vitiated *Kapha* especially in *Hemant Ritu* influences disease severity thus special preventive measures recommended for such types of patients in early winter season. The aggravated *Kapha* predominantly manifested symptoms of disease especially in late winter and during early spring. There are many treatments that can helps in the management of allergic symptoms associated with *Kapha* aggravation. The Ayurveda approaches along with *Pathya Ahara-Vihara* play vital role in the prevention and treatment of *Tamak Shwas* in *Hemant Ritu* associated with *Kapha Prakriti*.

## REFERENCES

1. Pt. Kashinath Shastri, Charak samhita of Agnivesha with elaborated Vidyotini Hindi commentary, chikitsasthana Hikkash was chikitsaadyaya 17/62, Chaukhambha Bharati Academy, revised edition 2018, 516p.
2. Dr. Keval Krushna Thakaral, Sushrut Samhita of Sushruta with Dalhana tika and Nyayachandrika tika hindi commentary part 1, Sutrasthana Vranaprashnaadyaya 21/36, Chukhambha oriyantaliya, Revised edition 2016, 260p.
3. Anirudhan, Roshni, & Shankar, S. V. (2019). Bronchial Asthma in Children- an Ayurvedic Perspective. International Journal of Ayurveda and Pharma Research, 7(5), 68-72.
4. Pravin, M., Vedika, A., K. S, P., & S., R. (2015). An Evidence Based Review on Ayurvedic Management of Tamaka Shwasa (Bronchial Asthma). International Journal of Ayurveda and Pharma Research, 3(2).
5. <https://artoflivingretreatcenter.org/blog/ayurveda-spring-allergies/> accsed on 15/12/2022.
6. Madhavkarar Madhav Nidan textbook with Hind Translation based on critical Exposition of Madhukosha Tika Edited by Yadunandan Upadhay Choukhamba Prakashan Varanasi Part 1st, 2013; 324.
7. Viswanathan R, Prasad M, Thakur AK. Epidemiology of asthma in an urban population: Random morbidity survey. J Indian Med Assoc, 1996; 46: 480-3.
8. <https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/health-guides/allergy-guide/> accessed on 15/12/22.