

REVIEW ARTICLE ON KASA

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ABSTRACT

Background: In the present era Kasa is the most common disease affecting a large aged population. Kasa is one of the Pranava Strotodusthijanya Vyadhi. The vitiated Prana Vayu along with Udana Vayu which further gets aggravated in association with other Doshas and expelled out forcefully with a 'coughing sound' like the broken-bronze vessel, called as Kasa. In this disease, Pran Vayu gets UdanGati. Due to PratilomaGati (Reverse direction) of Prana Vayu, Apan Vayu gets UrdhwaGati (Upward direction) and make obstruction in PrakrutaGati(Normal direction) of Udan Vayu result in obstruction and Pran Vayu gets expel out by mouth. **Aim and Objective:** To evaluate, elaborate and discussion of Hetu, Purvarupa, Rupa, Doshasanghatan. **Material and Methods:** This review article is based on NidanaPanchaka(Five tools of treatment) Kasa Roga from Ayurvedic text (Samhitas) such as Charaka Samhita, Sushruta Samhita, AstangaHridaya, Madhava Nidana and others. **Observation and Result:** A detailed review of Nidanapanchaka of above paves way for clear understanding of minute aspects connected to disease.

KEYWORDS: Kasa, NidanPanchak.

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, all of which rank among the top 10 reasons for visiting family physician.^[1] Kasa caused due to vitiation of Tridoshas (Three body constituent). 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.^[2] If it is neglected and not treated properly at proper time then the condition worsen. The detailed review of KasaVyadhi on the basis of NidanPanchak and Chikitsaclears the minute aspects and history about the disease. Thus, in this review article, KasaVyadhiis reviewed from variousSamhitas and other Ayurvedic text.

Historical review – The historical review of disease Kasa in Poorva Kala(Early time) (Veda Kala, Puran Kala and Samhita Kala), Madhyam Kala(Middle time)and

Adhunik Kala(Modern time). Kasa is separate disease entity was described by Charak and SushrutaNidan of Panchvidha (Five types) of Kasa in his famous treatise Charak Samhita and Sushruta Samhita dealing with the signs, symptoms, complication and prognosis.^[3]

MATERIAL AND METHODS

This article is based on review on Nidanapanchaka of Kasarogafrom Ayurvedic text such as Charakasamhitha, Sushruta Samhita, Astanga Hrudaya, Astanga Sangraha, Madhava nidanaand so many a long with commentaries. References have been collected and relevant matter is compiled from available literature. Available commentaries of present era are also reviewed. All Compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusion.

OBSERVATIONS

Ayurvedic literature found following etiological derivation – The component Kasa is derived from 'Kasru' Dhatu, which means unpleasant sound. In the description of Kasa as 'Bhinnaswara' when gather Paryayis added to the root 'Kas' which means Gati-movement.^[2] Kasaderivd from 'Kas' and give meaning as 'Gat Shatnayaoh' mean to fall.^[3] The word 'Nidana' is

used in Ayurvedic classics in broad term. This word derived from Sanskrit word 'Ni' means to determine. Nidan is most important as the avoidance of etiological factor for first line of treatment.(Table 1) Samprapthior Pathogenesis of Kasa roga according to Bruhatrayees can be traced as follows. Kasa roga results due to VataPrakopain Pranavahasrotas.^[4] Sanchay: When person exposed to causative factors like ViruddhaAhar and ViruddhaVihar causes DoshaPrakopa, mainly Vata Dosha Prakopa (Apan Vayu). Prakopa : Due to Prakopa of Apan Vayu, it get obstructed and instead of moving in normal direction, it moves in reverse direction i.e. upward direction. ApanVayuh control all other types of Vata. Prasar: This Apan Vayu moving in upward direction and accelerate Udan Vayu. This Udan Vayu moving in upward direction and resist the normal Prana Vayu moving in inward, downward direction. This cause friction between Prana Vayu and Udan Vayu. Sthansamshraya: When Prana Vayu starts moving towards chest, larynx, trachea, it gets provoked over there. Vyakti: It exhaled forcefully through pharynx and mouth, produced a sound similar to broken bronze vessel. Poorvaroopo(prodomal symptoms) of Kasa roga includes Shook Purana Gala and asya, Kanthe kandu, Bhojanya Avarodha, Arochaka, Sashabdha, Vaishamy, Agnisada, Gala and talu Lepa, Hridaya Aswasthata. (Table 2) Kasarogais classified into five subtypes by Charaka^[5], Sushruta^[6], Astangahrudaya^[7], Madhava nidana^[8], Bhavprakash^[9] and Yogratnakar^[10] as VatajaKasa, pittajakasa, KaphajKasa, Kshayaja Kasa and Kshataja kasa. Their Roopa or Lakshan as(signs and symptoms) are enlisted as follows. (Table 3-7) Only Haritaclassified eight types of Kasa namely^[11], VatajaKasa, PittajaKasa, Kaphajkasa, vata-PittajaKasa, Kapha-PittajKasa, Sannipataj Kasa, RaktajaKasaand KshayajKasa. Upashayaand Anupashayais not separately explained in Kasa chapter in Samhitas. Kashtaja and Kshayajaare Asadhya. Hence role of Upashayaand Anupashaya does not have significance.

DISCUSSION

Kasa is one of the most prevalent health conditions which triggers day to day activities. If patient of Kasa drops the treatment, disease aggravates again with more severity. The Bruhatrayi which forms the basic Ayurveda literature have enlisted detail knowledge of Kasa Vyadhi. While considering Hetu of Kasa it can be classified as Aaharaj and Viharaj. Improper dietary habits, various allergens can lead to manifestation of various types of Kasa. Purvaroopo which is considered as unique feature of Ayurveda are also described and can be used in early diagnosis of disease. Taking into consideration the Dosha-Dushyaof Kasa Acharyas have considered it Dosha predominant. The lakshanas of Kasa are specific which will help in proper diagnosis of disease. Studies related to different respiratory diseases are available. Dhar et al reported on Bronchiectasis in India.^[13,14] Salampuria et al reported a case setries on Acute Respiratory Distress Syndrome during Pregnancy and Post-Partum.^[15] Studies were also reported on acute

respiratory infections and distress.^[16,17] Studies on post-tubercular respiratory problems were also reported.^[18-20]

CONCLUSION

Kasa Vyadhi is a condition where Prana Vayu Dusthi occurs. It causes due to ViruddhaAhar and ViruddhaVihar. First line of treatment is Nidan Parimarjan. There is detailed and specific knowledge explained for diagnosis and management of various types of Kasa.

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