

**THERAPEUTIC POTENTIAL OF TALISADI CHURNA IN THE MANAGEMENT OF
KAPHAJA KASA****Dr. Dakshata Anil Damare¹, Dr. Mithila Amin², Dr. Kalpana Dhuri³**¹Final Year PG Student, Department of Kaumarbritya, D.Y.Patil School of Ayurveda, Nerul.²Associate Professor, Department Of Kaumarbritya, D.Y.Patil School of Ayurveda, Nerul.³Head of Department, Department of Kaumarbritya, D.Y.Patil School of Ayurveda, Nerul.***Corresponding Author: Dr. Dakshata Anil Damare**

Final Year PG Student, Department of Kaumarbritya, D.Y.Patil School of Ayurveda, Nerul.

Article Received on 14/06/2022

Article Revised on 04/07/2022

Article Accepted on 24/07/2022

INTRODUCTION

Ayurveda is Indian system of medicine. Ayurveda is composed of two words. Ayu is that which is always moving indicating a dynamic dimension therefore, ayu means life & Veda means science. Hence ayurveda means science of life. Ayurveda contains eight branches combined called as Ashtangayurveda. Kaumarbritya is one of the most important branch of Ayurveda, which dealing with the care of the child from conception to the maturity. In Ayurveda Kasa is explained as separate disease.

Kasa is one of the commonest symptoms of respiratory diseases noticed during the pediatric practice. To and fro movement of air through Pranvaha Srotas is the vital sign of life, the normalcy of which suggest good health. Pranvaha srotas is as similar as Respiratory system in modern medicine. Human respiratory system mostly exposed to the environment and due to pollution it leads to various respiratory tract disease, Kasa is most common disease of them.

Kasa is a disease which characteristically produces a typical sound of a broken bronze vessel. In the pathogenesis of the disease, there is obstruction of Prana and Udana Vayu due to various reasons. In Ayurveda kasa is divided into five types as Vataj, Pittaj, Kaphaj, Kshayaj, Kshataj. Acharya Charak has explained in Viman sthan (8/122) as lakshanas of Kasa can correlate with the cough in modern science. The life span of a human being is divided into three phases namely Balya Avastha (Young age), Madhyama Avastha (Middle age) and Jeerna Avastha (Old age). Each phase is represented by predominance of specific Doshas, among these, Kapha is predominant during childhood so Kaphaj is most common one in all types of Kasa.

Amongst all treatment forms available in Ayurvedic literature, oral drug administration i.e. the Shamana line of management is quite important & most preferable in children mode of administration is easy and effective. By looking at the individual herbal constituents of Talisadi Churna, it appears that this combination might be effective in combating the signs and symptoms associated with Kaphaja Kasa. Therefore, the present literary review is an attempt to explore the therapeutic

potential of Talisadi Churna in the management of Kaphaja Kasa in Children.

AIMS AND OBJECTIVE

Present study has been carried out to explore the therapeutic potential of Talisadi Churna in the management of Kaphaja Kasa in Children.

MATERIALS AND METHODS

It is a literary review to understand the therapeutic potential of Talisadi churna in the management of Kaphaja Kasa in Children with the help of data collected from classical and contemporary Ayurvedic texts and published research articles.

DISCUSSION

According to Sanskrit English dictionary the word "Kasa" means cough. According to Acharya Charaka the abnormal upward course of morbid Prana Vata causing constriction of the Srotas of the Netra, Prashta, Ura, Parshva with its forceful expulsion through the mouth either alone or associated with the morbid Kapha generating hoarse sound similar to the one produced by the breaking of the bronze vessel is known as Kasa. Chakrapani Dutta comments on the word Kasa as "Uraprabuthi Shatanayo Kasa Eti Anavastha Saamya Uchyate" which means, retraction of chest wall during coughing. Acharya Sushruta defines kasa as: "Sambhinna Kaansyaswana Tulya Ghosha" the disease that produces a typical sound, which mimics the sound produced from a broken bronze vessel.

Nidana of Kaphaja Kasa

No	Nidanas Aharaja	C.	SS.	SA.	SB.	RB.	SH.	SM.	NY.	RG.	NB.	P
1	Guru ahara	+	—	—	—	+	—	—	—	—	—	—
2	Madhura ahara Sevana	+	—	—	—	+	—	—	—	—	—	—
3	Abhisyandi aahar a sevana	+	—	—	—	+	—	—	—	—	—	—
4	Snigdha ahara Sevana	+	—	—	—	—	—	—	—	—	—	—
5	Dadhi	+	—	—	—	—	—	—	—	—	—	—
6	Guda vikara	+	—	—	—	—	—	—	—	—	—	—
7	Picchila	+	—	—	—	—	—	—	—	—	—	—

Table 1: Ahar Viharaja.

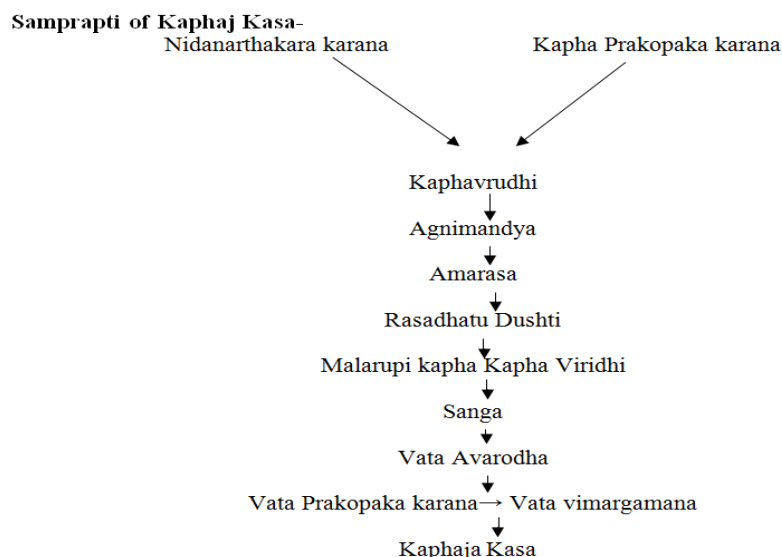
8	Hima(ambu) Snana	+	—	—	—	—	—	—	—	—	—	—
9	Divaswapana	+	—	—	—	—	—	—	—	—	—	—

Table 2: Purvaroop of kaphaj kasa.

Sr.No	Purvarupa	C.	SS.	SG.	NA.	SA.	H.	M.	NB.	P
1	Shooka purana gala	+	—	+	+	+	+	+	+	+
2	Kanthe kandu	+	+	+	+	+	+	+	+	+
3	Shooka puran asya	+	—	+	—	—	—	+	+	+
4	Bhojyanamavarodha	+	+	+	—	—	—	+	+	+
5	Sashabdha	—	+	—	—	—	—	—	—	—
6	Arochaka	—	+	—	+	+	—	—	—	—
7	Hridaya Aswashata	—	—	—	+	—	—	—	—	—
8	Vaishamya	—	+	—	—	—	—	—	—	—
9	Agnisada	—	+	—	—	—	—	—	—	—
10	Gala Lep	—	+	—	—	—	—	—	—	—
11	Talu lapa	—	+	—	—	—	—	—	—	—
12	Kavala galane Vyadha	—	—	—	—	—	—	—	+	—

Table 3: Roopa of Kaphaja Kasa from different classics.

Sr. NO.	Lakshanas	C.	SS.	SA.	HA.	SB.	PM.	NB.	S
1.	Bahula, Madhura, Snigdha, Ghana, Swetha kapha	+	—	—	—	—	—	—	—
2.	Urah alpa rujtwa	—	+	—	—	+	+	—	—
3.	Hridaya stimitha	—	—	—	+	—	—	—	—
4.	Vaksha kapha sampurnamiva Manyate	+	—	—	—	—	—	—	—
5.	Swara bheda	—	—	—	—	+	—	—	—
6.	Kanth kandu	—	—	—	—	—	—	+	—
7.	Peenasa	+	—	—	+	+	—	—	—
8.	Utklesha	+	—	—	—	—	—	—	—
9.	Chardi	+	—	—	+	—	—	—	—
10.	Aruchi	+	+	+	—	—	—	+	—
11.	Mandagni	+	—	—	—	—	—	—	—
12.	Shira shola	—	+	—	—	—	+	+	—
13.	Asya madhuryarta	+	—	—	—	—	—	+	—
14.	Gourava	+	—	—	+	—	+	—	—
15.	Angasada	—	+	—	—	—	—	—	—
16.	Romaharsha	+	—	—	+	—	—	—	—
17.	Mukhalepa	—	+	—	—	—	—	—	—
18.	Kledata	—	—	—	+	—	—	—	—



Management of Kaphaja Kasa

Kaphaja kasa chikitsa

In the management of kaphaja kasa Initially vamana has to be performed. For Vaman Procedure Madan Phal, Vacha, and Yastimadhu these kaphagna aushadhi

dravyas are used. Vamana followed by pathya consisting of kaphanashak katu, rooksha and ushna ahara. Other procedures like Virechana, Nasya, Dhum, Kaval Dharan and Gandush is mostly useful.

Table 4: Kaphaja kasa chikitsa.

Kaphaj kasa chikitsa	Shamana	Shodhana	Anubandhi dosha
Abhyantara	Lehya	Vamana or	Pittanubandha
	Choorna	Virechana with	Causing
	Griha	Kaphaghna	Tamaka shwasa-
	Kalka	Dravyas	Treat Like Pittaja kasa
	Kavalagra		
			Vata kaphajanya –
			Rooksha
			Annapana.
			Shushka Kapha -
			Snigdha Annarasa.

Table 5: Shamana Aushadhi for Kaphaja Kasa.

	KAPHAJA
Churna	Yavaksharadi churna (C.S)
	Talisadi churna(B.R)
	Panchakoladi churna (B.R)
Leha	Pippalyadi leha(Y.R)
	Kantakaryadi leha (Y.R)
	Pushkaradi leha(B.R)
Ghrita & Taila	Dashamuladi ghritha(Y.R)
	Kulathadhi ghritha(C.S)
	Kantakaryadi ghrita (Y.R)
Dhuma	Haridradi dhuma (Y.R)
Vati Rasayoga Kshreera and Kwatha	Katphaladi kwatha(C.S Chi.)
	Kantakaryadi Kwatha
	Kaphaghna vati
	Lavangadi vati
	Marichadi gutika
	Pippalyadi Kwatha
	Pushkaradi kwatha

Talisadi churna as a shamana chikitsa**talaIsaadi caUNa-** |

talaISap~M maircaM naagarM ipPplaI SauBaa |
 yaqaa%trM BaagavaRd\Qyaa %vagaolao caaQa-
 Baaigako || 145 ||
 ipPpYTgauNaaM caa~ p`doyaa isatSak-ra |
 kasaSvaasaa\$icahrM tccaUNaM- dIpnM prma\ || 146 ||
)%paNDuga`hNaIdaoYaSaaoYaPlahjvaraphma\ |
 vamyatIsaarSaUlaGnaM maUZvaatanaulaomanama\||
 147 ||
 klpyad\gauiTka caOtccaUNa-M p@%vaa isataoplaama\
 |
 gauiTka (ignasaMyaagaaccaUNaa-IlaGautra : smaRta: ||
 148 ||

[it talaISaad\yaM caUNa-M gauiTkaSca |
 cark icaik%saa sqaana 8 / 145 – 148

Table 6: Content.

NO.	Ingredients	Parts Used
1	Talisa	Leaf
2	Maricha	Fruit
3	Shunti	Root
4	Pippali	Fruit
5	Vanshalochan	Niryas
6	Ela	Seed
7	Twak	Stem Bark
8	Sharkara	-

Table 7 Rasapanchak.

DRUG	LATIN NAME	RASA	VIRYA	VIPAK	GUNA	KARMA
Talisa	Abies Webbiana	Madhura ,Katu,Tikta	Usna	Katu	Laghu Tikshna	Dipana,Hrdya ,Vatakaphapham
Maricha	Piper Nigrum	Katu, Tikta	Usna	Katu	Laghu Ruksha, Tiksna	DipamaMedohara,Pittakara, Ruchya,Vatahara, Chedana,Hrdroga
Shunti	Zingiber Officinale	Katu	Usna	Madhura	Laghu Snigdha	Anulomana Dipana ,Hrdya,
Pippali	Piper Longum	Madhura ,Katu,Tikta	Anusna	Madhura	Laghu, Snigdha	Dipana,Hrdya Kaphahara, Ruchya,Tridoshara, Vatahara, Rasayan Rechana
Vanshalochan	Bamboo Manna	Madhura ,Kashay	Sheeta	Madhura	Ruksha Laghu, Tikshna	Vata-Pitta Shamak,Balya ,Swashhar,Mutrala, Kushthahar
Ela	Elettaria Cardamomum	Madhura , Katu	Sheeta	Madhura	Laghu	Anulomana, Dipana Hrdya, Mutrala,Rocana
Tvak	Cinnamon Zeylanium	Madhura ,Katu,Tikta	Usna	Katu	Laghu Ruksha Tikshna	Kaphavatahara Ruchya ,Kanthashuddhikara
Sharkara	Cane Sugar	Madhura	Sheeta	Madhura	Laghu Saraka	Ruchikar,vatapittahar, dahahar Shukrakar

Contemporary Aspect of Kasa (Cough)

As per pathology of cough the micro organisms and environmental factors like dust, smoke, irritant gasses are the cause for inflammation to the mucous membrane, stimulates mast cells which release histamines, bradykinines, prostaglandins etc irritate the mucous membrane result in over production of mucus secretions in to the lumen of respiratory tract. Collection of these secretions causes obstruction to the bronchus. Histamine etc also act as a bronchoconstrictor and interfere with the clearance of mucus. Irritation (in dry cough) and over production of mucus stimulates the cough centre, as a defense mechanism cough reflex is produced by the body to expel excessive secretions. If the secretions are sticky it is difficult to expel it out.

As per previous research works ingredients of Talisadi Churna have been widely explored through in Vivo and In vitro studies and shown various therapeutic activities for e.g. Shunthi has anti-inflammatory effect which is comparable to prednisolone. (Sharma & singh; 1980)

This helps to combat pathology & prevents further infection. Pippali also has shown anti-allergic activity (Dahanukar et al, 1981). It was also found useful in childhood asthma (Dahanukar et al, 1986). Sharkara is having soothing effect over the throat, prevents irritation and there by prevents stimulation of cough centre. All other ingredients of Talisadi Churna also shown various activities such as hepato protective, Antitubercular etc. which are useful in counteracting the cough pathology. As per Ayurveda Kapha and Vata are the predominant Dohas involved in the Samprapti of Kaphaja Kasa and the Srotas involved are Pranavaha, Rasavaha, Annavaha and Udakavaha. Vitiated Kapha settles in the place of Khavaigunya (in pranavaha Srotas) and obstructs the normal movement of Vata. The combination of drugs from Talisadi Churna taken for present study helps in Samprapti Vighatana of Kaphaja Kasa. These drugs synergistic act by Agni-Deepana, Aampachana, Vatanulomana, Hridya, Lekhana, Chedana, Kaphanissarana, Srotoshodhana and Vyadhi-Pratyanika properties.

According to the Samanya – Vishesa Principle

Drugs (maricha & tejpatra) with the opposite Gunas like Katu Rasa, Laghu, and Tikshna Guna, causes alleviation of Kapha Dosha, with opposite properties like Madhura, Guru, Manda, and so on, of Kapha Dosha. Pippali & dalcini with Tikshna Guna causes Bhedana of Kapha, which is stuck to the Srotasa by Picchila and Sandra Guna. Once the Dosha is separated from the Srotasa, the Ushna Guna of the drug Twak, shunti and Tejpatra causes Vilayana of Kapha and generates easy expectoration. Sharkara again causes Chedana of Kapha, thus acts as mucolytic agent. Kaphanishthivana causes Srotoshuddhi, and hence, Vata Sanga and Vimargagamana are corrected. That leads to Vyadhi Shamana. Pippali is Tridosahara specially Kaphavatahara and is Rasayana which prevent further recurrent attacks of Kas

CONCLUSION

Present study reveals that Talisadi Churna is appropriate for Kaphaja Kasa in children because the formulation is well designed in Gunas as required for pediatric use. In children Shodhana Chikitsa administration is difficult to practice so Shaman Aushadha play main role to bring back normal harmony of the Srotas. Hence it can be concluded that Talisadi Churna is safe and effective in curing signs and symptoms of Kaphaja Kasa.

REFERENCES

1. Mugabasav Praveen. Efficacy of Duralabadi Leha v/s Talisadi Choorna in treatment of Kaphaja Kasa- a randomized comparative clinical study. [Dissertation]. KLE University, Belgaum, 2015.
2. Agnivesha. Charaka Samhita, Commentary, Chikitsa Sthana, Kasa Chikitsa Adhyaya (18/11) In: Yadavji Trivikramji Acharya., editor. Varanasi: Chaukhambha Sanskrit Sansthan, 2009; 540.
3. Vaman Shivaram Apte. Sanskrit-English-Dictionary. 4th ed. Madras: Motilal banarsidass, 1985; 355.
4. Agnivesha, Charaka Samhita revised by Charaka & Dridabala, with Ayurveda Dipika comentary by Chakrapanidatta, foreword by Acharya Yadav ji Trikam ji. 5th edition. Varanasi: Choukhamba Sanskrit Sansthan, 2001; 539-47.
5. Sushruta, Sushruta Samhita, with Nibhandha Sangraha comentary by Dalhana, foreword by Acharya Yadav ji Trikam ji. 8th edition. Varanasi: Choukhamba Sanskrit Sansthan, 2005; 765.
6. Agnivesha, Charaka Samhita revised by Charaka & Dridabala, with Ayurveda Dipika comentary by Chakrapanidatta, foreword by Acharya Yadav ji Trikam ji. 5th edition. Varanasi: Choukhamba Sanskrit Sansthan, 2001; 539-47.
7. Dr.veena.k h. Dr. shrinidhi k acharya. effect of amritadi lozenges in the treatment of Kaphaja kasa in children. Rguhs, 2009.
8. Agnivesha, Charaka Samhita revised by Charaka & Dridabala, with Ayurveda Dipika comentary by Chakrapanidatta, foreword by Acharya Yadav ji Trikam ji. 5th edition. Varanasi: Choukhamba Sanskrit Sansthan, 2001; 539-40.
9. Dr.k.nishanth pai. Dr. G.shrinivasa acharya. clinical evaluation of vyaghri haritaki in the management of kaphaja kasa(chronic bronchitis) RGUHS, 2010-11.
10. Sushruta, Sushruta Samhita, with Nibhandha Sangraha comentary by Dalhana, foreword by Acharya Yadav ji Trikam ji. 8th edition. Varanasi: Choukhamba Sanskrit Sansthan, 2005; 768-69.
11. Kaviraj Rasiklal. Bhaishjya Ratnavali. Bombay: Narayan Press; Arsha Roga Adhikara, 1964; 306 – 310.
12. Dr. Bharat sethi. To Study The Efficacy of Samsharkara Churna In The Management of Kaphaja Kasa In Annadavastha. [Dissertation]. Barkatullah University, Bhopal, 2017.
13. Dr.veena.k h. Dr. shrinidhi k acharya. effect of amritadi lozenges in the treatment of Kaphaja kasa in children. Rguhs, 2009.
14. Dr. Bharat sethi. To Study The Efficacy of Samsharkara Churna In The Management of Kaphaja Kasa In Annadavastha. [Dissertation]. Barkatullah University, Bhopal, 2017.