To study the effect of haritakyadi modak (Y.R.) in the management of Kaphaja Kas

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Abstract
In Ayurvedic texts a wide range of medicines and different lines of treatment for the management of Kaphaja Kas are suggested. Maharshi Yogratnakar described Haritakyadi Modak in Kaphaja Kas which find out a therapeutically efficacious, safer, cost effective and an easily available drug. The study has also made an attempt to co-relate Kaphaja Kas with chronic bronchitis. Kaphaja Kas is a Kapha Pradhan vyadhi with the main culprit gati of vayu because of srotas obstruction by Kapha prakopa. Acharya Charaka has explained the etiology of particular doshaj Kasa. Evaluating the effect of therapy, it was observed relief by Haritakyadi Modak in 15 patients had Moderate improvement i.e. (61.50%), in 08 patients i.e 33.32%. had Marked improvement & 01 patients i.e 4.18%. had mild improvement., it was observed that none of the patients showed complete remission, and remained unchanged.

Keywords: Kaphaja Kas, Haritakyadi Modak

Introduction
According to Sushruta, Bhavaprakasha, Yogaratnakar and Madhav Nidaan a description of kasa is that, due to the nidana sevana vitiation of prana vayu takes place and this get mixed with udana vayu which causes abnormal, forceful expulsion of vayu from the mouth creating peculiar sound which is similar to that of sound produced by broken bronze vessel. Kasa is caused by pratiloma gati of vayu because of srotas obstruction by Kapha prakopa. Kasa has been described under various categories in the classics of Ayurveda as an independent disease. Kasa has been described under various categories in the classics of Ayurveda as an independent disease. Kasa has been described under various categories in the classics of Ayurveda as an independent disease.

Aim & Objectives
To evaluate the clinical efficacy of Haritakyadi Modak with Luke warm water in Kaphaja Kas.
Material and Methods

Study Protocol

1. Conceptual study
The available literature was scrutinized for the study of Kasa w.r.t Chronic Bronchitis in various Ayurvedic and Modern texts.

2. Clinical Study
- Trial type Randomized trial
- Sample size
Total 30 were examined out of which 24 patients were fulfilling the criteria for Diagnosis of Disease.

Selection Criteria
Patients suffering from Kaphaja Kasa were selected from OPD and IPD of Dr D.Y. Patil Ayurved College, Pimpri, Pune-18

Criteria for selection of patients
A. Inclusion criteria
a) Patients in the age group between 20 to 60 years were selected.
b) Patients having sign and symptoms of Kasa as per classical texts.
c) Selection of patients was irrespective of sex, work and socio-economic class.

B. Exclusion criteria
a) Pregnant women were excluded from the trial.
b) Patients having Kasa as a symptom of other disease were excluded.
c) Patients having complications such as heart disease, pulmonary T.B. Malignancy of the lungs, pneumonia, pleural effusion, HTN, D.M. S.T.D. were excluded.
d) Patients taking allopathic or other medications were also excluded.

Criteria of assessment
Improvement in associated symptoms was assessed by scoring and gradation method based on subjective and objective parameters of Kaphaja Kasa.

A. Subjective parameters
1. Kapha Nishtivana
2. Kasa Vega.

B. Objective parameters
For the assessment of objective improvement,

<table>
<thead>
<tr>
<th>S. N.</th>
<th>Symptoms</th>
<th>N</th>
<th>Mean Score</th>
<th>Difference D</th>
<th>% Relief</th>
<th>S.D</th>
<th>S.E.</th>
<th>t</th>
<th>P</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kaph nishtivan</td>
<td>24</td>
<td>3.29</td>
<td>0.61</td>
<td>2.68</td>
<td>79.5%</td>
<td>0.95</td>
<td>0.26</td>
<td>10.25</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>2</td>
<td>Kasa veg</td>
<td>24</td>
<td>3.49</td>
<td>0.87</td>
<td>2.62</td>
<td>75.4%</td>
<td>0.77</td>
<td>0.19</td>
<td>14.46</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>3</td>
<td>Kanth ruja</td>
<td>17</td>
<td>2.27</td>
<td>0.72</td>
<td>1.55</td>
<td>68.8%</td>
<td>0.54</td>
<td>0.20</td>
<td>7.77</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

Table 2: Overall effect of therapy on 24 Patients of Kaphaj Kas.

<table>
<thead>
<tr>
<th>Drug Complete remission</th>
<th>Marked Improvement</th>
<th>Moderate Improvement</th>
<th>Mild improvement</th>
<th>Unchanged</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>00%</td>
<td>34.32%</td>
<td>61.50%</td>
<td>04.18%</td>
<td>00%</td>
<td></td>
</tr>
</tbody>
</table>

Result and Discussion
The study has also made an attempt to corelate kaphaja Kasa with chronic bronchitis. Kaphaja kasa is a kapha Pradhan vyadhi with the main culprit dosha Vata. Kasa is caused by pratiroma gati of vayu because of srotas obstruction by kapha prakopa. Acharya Charaka has explained the etiology of particular doshaj kasa. Modern science has mentioned pollution, smoking of cigarettes, allergens, pollen grains, dust, cold weather as its etiological factors etc. which can be corelated with the normal etiology of Kasa. As far as the pathogenesis is concerned, first of all hyperplasia (sanchaya) of the mucus glands occur, followed by thickness and
distension (prakopa) of the large airways. The mucus secreted by the mucus glands and the goblet cells in the large airways are coughed out (prasara) whereas in the small airways it causes obstruction of the lumen, forming a mucus plug (sthanasamsharya). Later on, Increase in the obstruction of the small airways is perpetuated causing thickening of bronchioles by fibrosis and muscular hypertrophy resulting in cough and expectoration (vyakta). If this condition is not treated, then the lesion may spread and produce complications (Bheda). In this clinical study after observing the result of subjective and objective parameters statistically, Haritakyadi Modak has yielded excellent results.

Evaluating the overall effect of therapy, it was observed relief by Haritakyadi Modak in 15 patients had Moderate improvement i.e. (61.50%), in 08 patients i.e 33.32%. had Marked improvement & 01 patients i.e 4.18%. had mild improvement, it was observed that none of the patients showed complete remission, and remained unchanged. (Table No. 2).

Conclusion
Kasa has been mentioned as a disease as well as symptom of other diseases. Kaphaja Kasa is a com- mon disease in our community. Based on etiology and symptomatology, it was correlated to Chronic Bronchitis. The disease doesn’t belong to a specific age group or any socio-economical class of society, somewhat it’s a disease which is present in all age groups. Environmental factors such as pollutants, allergens, smoke, dust etc have a great influence on this disease as these are unavoidable factors. Hence it is need of the time to ascertain an effective management of Kaphaja Kasa. The trial drug Haritakyadi Modak showed highly significant results in both subjective and objective Parameters. It is easily digested and absorbed. As Chronic bronchitis is a very common and a widespread disease, this sample size was small to generalize the result and the study was limited to the patients who attended the health check up camps, a similar study should be conducted on a large sample size and for a longer duration so as to know the lasting of the clinical effects.

References
6. ASPIF. Golwalla. Medicine for students. 7th edn. Mumbai: Published by Dr. A. F. Golwalla empress court, Eros building Church gate; Inflammation of the Bronchial tree. 209.