



ISSN (E): 2277- 7695

ISSN (P): 2349-8242

NAAS Rating: 5.03

TPI 2019; 8(7): 401-403

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www.thepharmajournal.com

Received: 04-05-2019

Accepted: 06-06-2019

Dr. Prakash Mane

Associate Professor Dept of
Rognidan, Dr D.Y. Patil Ayu.
College & Hosp, Pune,
Maharashtra, India

Dr. Santosh Kamble

Assistant Professor Dept of
Swasthritta, Dr D.Y. Patil Ayu.
College & Hosp, Pune,
Maharashtra, India

Dr. Prashant Khade

Associate Professor, Sanskrit
Samhita Dept., Dr. D.Y. Patil
Ayu. College & Hosp, Pune,
Maharashtra, India

Dr. Sanjay Babar

Associate Professor, Dept of
Shalyatantra, Dr D.Y. Patil
Ayu. College & Hosp, Pune,
Maharashtra, India

Dr. Dushyant Patil

Assistant Professor, Dept of
Sharirkriya, Dr D.Y. Patil Ayu.
College & Hosp, Pune,
Maharashtra, India

Dr. Pryanka Patil

Assistant Professor, Dept of
Shalyatantra, Dr D.Y. Patil
Ayu. College & Hosp, Pune,
Maharashtra, India

Correspondence

Dr. Prakash Mane

Associate Professor Dept of
Rognidan, Dr D.Y. Patil Ayu.
College & Hosp, Pune,
Maharashtra, India

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

Dr. Prakash Mane, Dr. Santosh Kamble, Dr. Prashant Khade, Dr. Sanjay Babar, Dr. Dushyant Patil and GV Bhaskar Reddy

Abstract

In Ayurvedic texts a wide range of medicines and different lines of treatment for the management of Kaphaja Kasa are suggested. Maharshi Yogratnakar described Haritakyadi Modak in Kaphaj Kasa 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 Kasa with chronic bronchitis. Kaphaja Kasa is a Kapha Pradhan vyadhi with the main culprit dosha Vata. Kasa is caused by pratiloma 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: Kaphaj 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^{1,2,3,4}. Kasa has been described under various categories in the classics of Ayurveda as an independent disease. Prana is related with life; therefore any abnormality in its function leads to disturbance of all the body functions as prana is sarvagata. Prana flows along with rakta throughout the body providing nutrition to all body tissues, so its significance in this disease is of utmost importance, though kasa has remained only as a minor and neglected problem in this era, it is one of the most common disease and one of the pranavaha srotodusti vikara. Kasa may develop as an independent disease, may be a lakshana associative to other disease and sometimes may develop as upadrava of a disease. Breathing is the most important action of prana vaha srotas, without which one cannot survive; we exchange the respiratory gases with the exothermal atmosphere almost 16 times per minute, that makes prana vaha srotas to be one of the exposed srotas of our body and hence vulnerable to dushti. Depending upon nature of Kasa it can be classified into two important varieties, Shushka Kasa and Ardra Kasa. The Kasa, which is not associated with kapha nishtivana, comes under shushka Kasa whereas Ardra Kasa is associated with kapha nishtivana or expectoration. The Kaphaja Kasa comes under Ardra variety of Kasa. Vata and Kapha are the two key pathological factors involved in the samprapti of Kaphaja Kasa. The clinical features of Kaphaja Kasa mimic very well with chronic bronchitis which is characterized by productive cough due to excessive mucus secretion in the bronchial tree not caused by local broncho pulmonary disease on most of the days for at least three months of the year, for at least two consecutive years.

In Ayurvedic texts a wide range of medicines and different lines of treatment for the management of Kaphaja Kasa are suggested. Maharshi Yogratnakar described Haritakyadi Modak in Kaphaj kasa which find out a therapeutically efficacious, safer, cost effective and an easily available drug.

Aim & Objectives

To evaluate the clinical efficacy of Haritakyadi Modak with Luke warm water in Kaphaja Kasa.

Material and Methods

Study Protocol

1. Conceptual study

The available literature was scrutinized for the study of Kasa w.s.r.to 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

- Patients in the age group between 20 to 60 years were selected.
- Patients having sign and symptoms of Kasa as per classical texts.
- Selection of patients was irrespective of sex, work and socio-economic class.

B. Exclusion criteria

- Pregnant women were excluded from the trial.
- Patients having Kasa as a symptom of other disease were excluded.
- 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.
- 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.
3. Rug Vedana.

B. Objective parameters

For the assessment of objective improvement,

Hb %

1. WBC Count.
2. RBC Count.
3. E.S.R.

Method of preparation of drug: Haritakyadi Modak

Haritaki, Shunthi, Marich, Pimpili all taken equal parts and with Gud made Modak. Each modak will net 3gm in weight.

Anupan: Luke warm water

Dose and Duration: Haritakyadi Modak 3 times a day with Luke warm water. Up to 15 days

Criteria for Assessment

The patients were examined weekly and their status was noted. Assessment was done on the basis of progress in Rogabala, Dehabala, Chetasabala and Agnibala by specific scoring pattern. The results were analyzed statistically by Paired t-test.

Total effect of therapy

The obtained results were measured according to the grades given below,

- Complete Remission 100% relief
- Marked Improvement 76% to 99% relief
- Moderate Improvement 51 % to 75 % relief
- Mild Improvement 26 % to 50 % relief
- Unchanged = & 0.05 Insignificant P

Statistical Analysis: The Paired t-test is applied to the statistical data for evaluating the difference in the B.T. and A.T. scores of subjective parameters. The obtained results were interpreted as: P >0.05 Insignificant P.

Probable Mode of action of drug

Since Samhita period, Haritakyadi Modak has been used as medicine. Yogratanakar have described wide range of therapeutic properties of this drug and have indicated it in Kasa, Shwasa, Jeerna jwara. Kasa is a kapha vataja disease and Haritakyadi Modak has been mentioned as Kapha vata shamaka, tikta, kashsaya rasa which is also kaphahara. The ushna veerya and katu vipaka of the drug is also responsible for its kapha hara as well as vata hara action, which reduces the avarodha and aids in vatanulomana and owing to this vata anulomaka action it rectifies the pratiloma gati of vayu.

Table 1: Effect of therapy on signs and symptoms of Kaphaj Kas

S. N.	Symptoms	N	Mean Score		Difference D	% Relief	S.D	S.E.	t	P	Significant
			BT	AT							
1	Kaph nisthivan	24	3.29	0.61	2.68	79.5 %	0.95	0.26	10.25	<0.001	S
2	Kas veg	24	3.49	0.87	2.62	75.4%	0.77	0.19	14.46	<0.001	S
3	Kanth ruja	17	2.27	0.72	1.55	68.8%	0.54	0.20	7.77	<0.001	S

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

Drug Complete remission	Marked Improvemrnt	Moderate Improvement	Mild improvement	Unchanged
00%	34.32%	61.50%	04.18%	00%

Result and Discussion

The study has also made an attempt to correlate kaphaja Kasa with chronic bronchitis. Kaphaja kasa is a kapha Pradhan vyadhi with the main culprit dosha Vata. Kasa is caused by pratiloma 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 correlated 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 common 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.

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