



## **An Ayurvedamanagement of Vataj Kasa – A Case Study**

**Anshul Baloda<sup>1\*</sup> Aboli Patil<sup>1</sup> and Amit Kumar<sup>2</sup>**

<sup>1</sup>Department of Kaumarbhritya, Parul Institute of Ayurveda, Vadodara Gujarat, India.

<sup>2</sup>Department of Kaumarbhritya, SBMN Ayurvedic College, Rohtak, Haryana, India.

### **Authors' contributions**

*This work was carried out in collaboration among all authors. 'All authors read and approved the final manuscript.*

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**Case Study**

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### **ABSTRACT**

The *Prana and Udana* Vayu are responsible for normal functioning of *praanvahasrotas*, which can be altered due to causative factors in turn lead to manifestation of *Kasa* which is characterized by these *lakshanas* *Shuska gala*, *Shuskakasa with shuskaalpakapha*, *Swarbheda*, *ParshavShool*, *Shriashool*, *Urashool*, *Dourbalya* etc. Paediatric age groups are more prone to respiratory tract infections, immunological concerns, and social factors such as school attendance, incorrect eating, and eating habits due to anatomical and physiological characteristics. Ayurveda has a lot of drugs to cure respiratory disorder, So this case study was conducted and get the positive result in treatment.

**AIM:** To evaluate the efficacy of *ayurveda* management on *vatajakasa*.

**Study Design:** Single Case Study

**Place:** Parul Ayurved Hospital, Parul University, Limda, Vadodara, Gujarat.

**Duration Of Study:** 14 days and follow up after 7days.

**Methodology:** Internal medication to reduce the sign and symptoms of *vatajkasa*.

As a result, this article addresses the problem using Ayurvedic treatment methods like *Aparajit Avaleha*, which delivers a safe and effective solution.

**Keywords:** *Praanvahasrotas; vatajakasa; shuskakasa; swarbheda; Paediatric.*

## 1. INTRODUCTION

Ayurveda is the Indian science of how to create a long and healthy life [1]. Ayurvedic medical science is one of the world's oldest holistic healing systems [2]. Science of Ayurveda has evolved from the contemplative minds of ancient seers for the intension to heal all the humanity [3]. It deals with the dynamic changes and effects, which occurs in the body and explains methods to manage these changes. Disease can be caused by two factors internal and external, with external contributing to over 80% [4]. Outside factors include mostly infections and infestations, allergens, food and environment. Main internal factors include body immunity, genotypic susceptibility and physiological state of peculiarities at different stages of life [5].

The *Prana and UdanaVayu* are responsible for normal functioning of *praanvahasrotas*, which can be altered due to causative factors in turn lead to manifestation of *Kasa*. *Vatajakasa* which is characterized by these *lakshanasShuska gala, Shuskakasa with shuskaalpakapha, Swarbheda, ParshavShool, Shriashool, Urashool, Dourbalyaetc* [6].

Respiratory system is always in contact with the external environment from birth until death, so it is highly vulnerable to infections and in most circumstances is considered the primary victim of hyper-sensitization. In developing and developed countries around the world, Respiratory Tract Infections (RTI) reports for over 50 percent of patients attending paediatric OPD [7].

Cough is the reflex action to clear your airways of mucus and irritants such as dust or smoke. Common causes of cough are upper and lower respiratory tract infection, allergic rhinitis, bronchitis, pneumonia, hay fever, asthma, COPD, Tuberculosis. Dry cough means it is tickly and doesn't produce any phlegm (thick mucus). Dry cough includes shortness of breath, fatigability, sore and dry throat, heartburn, pain in flank region, dryness of mouth and throat, hoarseness of sound. Prevalence rate of cough is 9% in school going children worldwide. In India, mortality rate due to respiratory system disorders is increasing which is also, one of the six major categories of death and on the third position [8].

## 1.1 Aim and Objectives

To evaluate the efficacy of *ayurvedi* management- on *vatajakasa*

## 1.2 Objective

### 1.2.1 Primary objective

To find efficacy of *AprajitaAvaleha* in management of *vatajakasa*

### 1.2.2 Secondary objective

To find ayurvedic cure in respiratory disorder.

## 2. CASE DESCRIPTION

On 24/02/2020, a male patient aged 12 years, OPD reg. no. 20004991, visited OPD of *Kaumarbhritya, ParulAyurved hospital, withShushkaKasa*(dry cough), *Shuska Gala* (dry throat), *Swarbheda, Parshavshool* and frequent waking at night due to coughing. They took medicine from nearest medical centre but did not got relief. So, they presented to OPD of *Kaumarbhritya, Parul Ayurved hospital* for management of symptoms of *ShuskaKasa* (dry cough).

## 3. HISTORY OF PRESENT ILLNESS

Apparently patient was healthy before 6 dayshe gradually acquired some bout of dry cough in the night and day with dry throat, *Parshavshooland swarbheda*. The patient was unconcerned about it and ignored it, but after some time, his mother noticed continuous bouts of dry cough with some roughness in his voice. After that patient's parents took her nearby hospital. There he was diagnosed with dry cough (*vatajakasa*) and given suitable medicine to him. Patient took 4 days of treatment but he didn't getfull relief. In order to get a suitable solution for above said complaints they visited our hospital *ParulAyurved hospital* for further management.

**Associated Symptoms:** Dry mouth and dry throat from 4 days

**Past History:** No any history of allergic disorder, any metabolic disorder, Asthma, TB.

**Family History:** Her grandmother was suffering with allergic bronchitis. She expired 3 years back.

**Immunization Status:** Immunized as per WHO schedule.

**Personal history:**

Bowel:- Constipation  
 Urine :- approx. 1300 ml /Day  
 Sleep :- Sound  
 Krida :-Outdoor

**Social History -**

Residential Area:- Rural  
 Personal Hygiene :- Poor  
 Sanitation :- Poor  
 Drinking Water :- Tubewell  
 Family:- Joint  
 Behaviour :- Normal

**Developmental History:**

Gross Motor:- Achieved  
 Fine Motor :- Achieved  
 Personal And Social :- Achieved  
 Language :- Achieved  
 Toilet Training :- Achieved

**Dietetic History:-**vegetarian diet

**A) General examination:**

GC- Fair  
 BP-100/60 mm of hg  
 Height- 145 cm  
 Weight- 28 kg

**Assesment Criteria:**

**Subjective Parameters:**

**Table 2.**

Parameters	Grading
<b>1. KASA VEGA</b>	Grade 0:- absent Grade 1:- 1-5 episodes in a day Grade 2:- 2-10 episodes in a day Grade3 :- more than 10 episodes in a day
<b>2.SWARBHEDA</b>	Grade 0:- absent Grade 1:- present
<b>3.SHUSKA MUKHA AND GALA (DRYNESS OF MOUTH AND THROAT)</b>	Grade 0:- no dryness Grade 1:- mild thirst Grade 2:- thirst can be controlled Grade 3:- thirst that cannot be controlled

**BMI-**

Heart Rate :- 88/M  
 Temperature :- 98.8 F  
 Respiratory Rate :- 20/M

**B) Systemic Examination:**

Respiratory System:-AEBE Normal  
 Cardiovascular System:- S1S2 Normal  
 GIT System :- P/A Soft And Non Tender  
 Central Nervous System:- Patient Was Concious And Oriented

**Local Examination:**

**Pallor:-** Absent  
**Jaundice :-** Absent  
**Clubbing:-** Absent  
**Lymphnodes:-**Not Palpable  
**Skin :-** Normal  
**Hair , Nails :-** Normal

**4. MATERIAL AND METHOD**

**Centre of Study:** This study was carried out in *Kaumarbhritya* department of PARUL AYRVED HOSPITAL, LIMDA,VADODARA.

**Study Design:** Simple and Single Case Study.

**Samprapati Ghataka:**

**Table 1.**

DOSHA	Vata
DUSHAYA	Rasa
ADHISTHANA	PranvahaSrotus

**4. SHIRASHOOL, PARSHVASHOOL AND UROSHOOL**

Grade 0: No Pain  
 Grade 1: Pain present only during coughing  
 Grade 2: Pain present intermittently, irrespective of cough, not affect routine work  
 Grade 3: Pain present continuously, irrespective of cough, affect routine work

**5. TIME TO RELIEF FROM COUGH AND THROAT IRRITATION**

Grade 0:- relief within 0-15 min  
 Grade 1:- relief within 16-30 min  
 Grade 2:- relief within 31-60 min  
 Grade 3:- relief > 61 min

**5. COUGH SYMPTOMS SCORE(CSS): DAY TIME**

Grade 4:- no relief  
 Grade 0:- no cough during day  
 Grade 1:- cough for one short period  
 Grade 2:- cough for more than two short periods  
 Grade 3:- frequent coughing, which did not interfere with usual daytime activities  
 Grade 4:- frequent coughing, which did interfere with usual daytime activities

**6. COUGH SYMPTOMS SCORE(CSS): NIGHT TIME**

Grade 5:- distressing coughs most of the day  
 Grade 0:- no cough during night  
 Grade 1:- cough on waking only  
 Grade 2:- wake once or early due to cough  
 Grade 3:- frequent waking due to coughs  
 Grade 4:- frequent cough most of night  
 Grade 5:- distressing coughs preventing any sleep

**Objective Parameters:****Table 3.**

**CBC:-** Complete blood count  
**AEC-** Acute eosinophil count

**Treatment:****Table 4. line of treatment [9]**

Day	<i>AparajitAvaleha</i>
0 <sup>th</sup> Day	10 gm In Three Divided Doses AF
7 <sup>th</sup> Day	10 gm In Three Divided Doses BF
21 <sup>st</sup> Day	Follow up period

Medication has given to the patient for 14 days with 1 follow up after 7 days done on 21<sup>st</sup> day. *Aparajit Avaleha* [10] given to the patient for reducing the above said sign and symptoms of *vatajakasa*.

**5. OBSERVATION AND RESULTS**

Regular oral use of *AparajitAvaleha* was observed. Which help in reducing the sign and symptoms of *vatajakasa* (dry cough).

After administration of drug patient got good symptomatic result i.e. *esushkakasa*, *swarbheda*, *parshavshoola*, *Shushkamukha* and *gala*, time to relief in cough and throat irritation, CSS day time, Csx Night time. As *Vatajakasa* is *sukhasadyavyadhi* explained by Acharya Kashyap.

**6. DISCUSSION****6.1 Aparajit Avaleha**

- *Aparajit Avaleha* contains *Sati*, *Karkatshringi*, *Pippali*, *Bharangi*, *Nagarmotha*, *Yavasa*, *Tilataila* and *Guda (jaggery)*, in which *Sati* [12] has anti-inflammatory, anti-asthmatic and Aromatic properties. These properties help this *Avaleha* in relieving the symptoms like swelling, breathing difficulty and better smelling is easy to take *Avaleha* by children. *Krimi Ghana*, *UsnaVirya* and *Vatasamaka* property provide relief in *Vatajadoshasamana*, *kasa* and kill microorganisms responsible for *Kasa*.
- *Karkatshringi* [13,14], has properties like relief in thirst, *Parshavshool*, loss of appetite and also provide relief in

- breathing difficulties. UshnaVirya help in vatadosha.
- *Pippali* [15,16,17] has anti-inflammatory, antibacterial, antispasmodic, and Immuno-stimulator properties. These properties help this Avaleha in relieving the symptoms like swelling, breathing difficulty, spasm of respiratory system and in boosting immunity of body. Krimi Ghana, UsnaVirya, Madhura Vipaka and Vatasamaka property provide relief in Vatajadoshasamana and kill microorganisms responsible for Kasa.
  - *Bharangi* [18,19,20] has anti-inflammatory, antibacterial, antispasmodic, anti-allergic and expectorant properties. These properties help this Avaleha in relieving the symptoms like swelling, breathing difficulty, spasm of respiratory system, swarbheda and in boosting immunity of body. UsnaVirya, Vatasamaka property provide relief in Vatajadoshasamana, kasa and kill microorganisms responsible for Kasa.
  - *Nagarmotha* [21,22,23] has antipyretic, dipana and pachana which cures fever and improves appetite and digestion.
  - *Yavasa* [24,25] has anti-inflammatory, analgesic, anti-pyretic, thirst affection and expectorant properties. These properties help this Avaleha in relieving the symptoms like swelling, fever, shiroshool, parshavshool, uroshool, shuska gala and mukha. Madhura rasa and vipaka and guru, snigdha provide relief in VatajaDosha and Kasa.
  - *TilaTaila* [26,27,28] have properties snigdha, usna, madhura, guru and Guda have properties madhuravipka and ruchya in nature. These properties help in vatadoshasamana and easy to digest and makes avaleharuchikarka.

**Table 5. Observation during treatment (Subjective Parameter)**

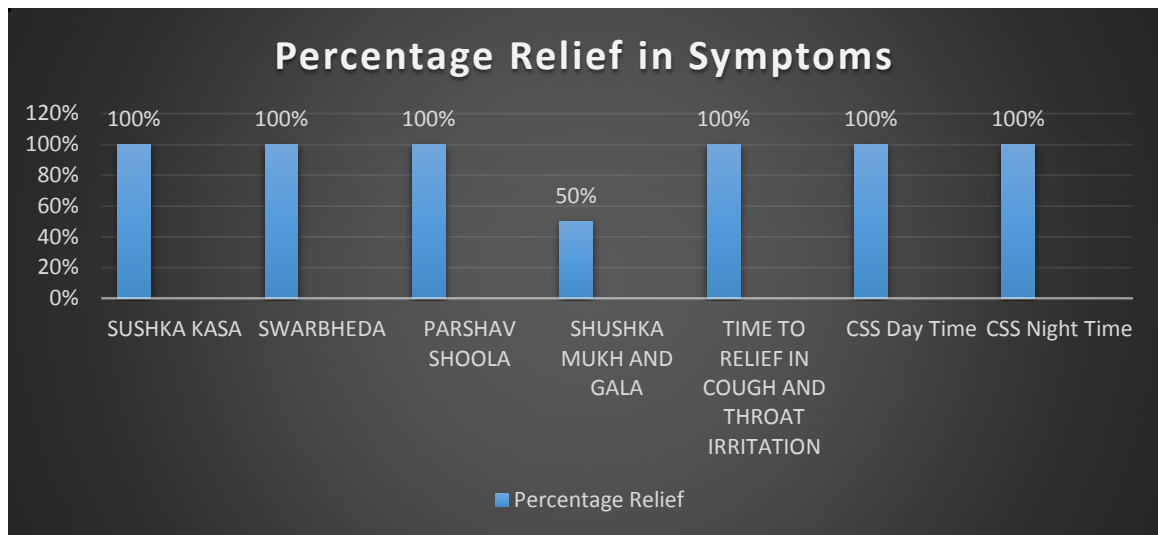
SYMPTOMS	GRADING		
	0 <sup>TH</sup> DAY	7 <sup>TH</sup> DAY	14 <sup>TH</sup> DAY
<i>Sushkakasa</i>	2	1	0
<i>Swarbheda</i>	1	0	0
<i>Parshavshoola</i>	1	0	0
<i>Shirashoola</i>	-	-	-
<i>Shushkamuka and gala</i>	2	1	1
Crepitation and wheezing	-	-	-
Time to relief in cough and throat irritation [11]	4	2	0
Cough symptoms score [11]			
Day time	1	1	0
Night time	3	2	0

**Table 6. Observation Bt-At treatment (objective parameters)**

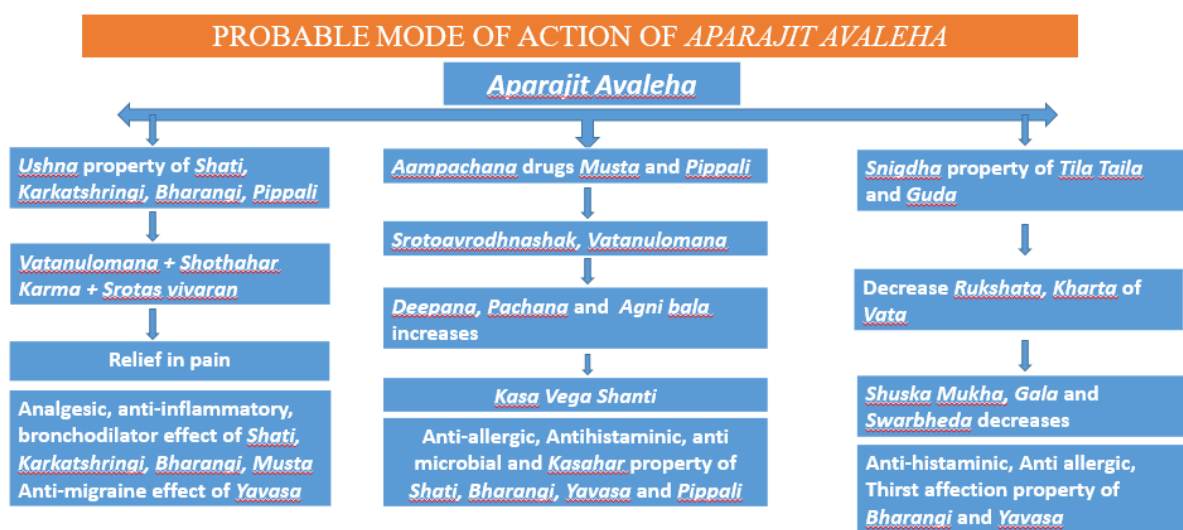
INVESTIGATIONS	BT		AT
	0 <sup>TH</sup> DAY	14 <sup>TH</sup> DAY	14 <sup>TH</sup> DAY
Hb%	11.1 gm/dl	11.3	
AEC	568	356	
ESR	-	-	
TOTAL	12,400	8700	
WBC (CELL,MM <sup>3</sup> )			
DIFFERENTIAL COUNT (%)	NEUROPHILS	75	48
	EOSINOPHILS	18	16
	BASOPHILS	4	4
	LYMPHOCYTES	3	2
	MONOCYTES	0	0

**Table 7. Symptomatic Relief**

Symptoms	Percentage
SUSHKA KASA	100%
SWARBHEDA	100%
PARSHAV SHOOLA	100%
SHIRSHOOLA	-
SHUSHKA MUKH AND GALA	50%
TIME TO RELIEF IN COUGH AND THROAT IRRITATION	100%
COUGH SYMPTOMS SCORE	100%
DAY TIME	100%
NIGHT TIME	100%



**Fig. 1. Graphical presentation of symptomatic relief**



**Fig. 2.**

## 7. CONCLUSION

*VatajaKasa* is a prominent feature of vitiation of *Vata* and it is of more concern especially in children about respiratory disorder. Ayurveda remedies may have high potential to control the *VatajaKasa* without any complication. In this study encouraging results were obtained in *VatajaKasa*. There is significant reduction in the symptoms of *Kasa* with the use of *AparajitAvaleha* and is found to be safe and effective.

## DISCLAIMER

The products used for this research are commonly and predominantly used products in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.

## ETHICAL APPROVAL

As per international standard or university standard written ethical approval has been collected and preserved by the author(s). IEC: - Approved ( PU/PIA/IECHR/2019/163)

## CONSENT

As per international standard or university standard, patient's written consent has been collected and preserved by the author(s).

## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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