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A REVIEW ON *VYAGHRI CHOORNA* IN *KAPHAJA KASA*

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ABSTRACT

Cough is the second most common symptom in the primary care practice in India. According to Ayurveda, *Kasa*(cough) is not only a symptom (*paratantravyadhi*) but also a separate disease entity which is having its own pathogenesis (*swatantravyadhi*).

Kasa is a disease having its predominant manifestation in *pranavahasrotas*. *Kasa* is of 5 types. *KaphajaKasa* is one among them. Though a very common disease, it is not life threatening but if improperly managed or left untreated it can lead to serious conditions like *kshayajakasa* and *tamakaswasa* which are difficult to manage. Therefore timely management is necessary.

Treatment of *Kasa* includes *sodhana* and *samana*. Many formulations had been mentioned under *samanachikitsa* for *Kasa*. Besides these formulations, Ayurveda mentions a good number of single drug remedies. Use of a single herb as a source of medicine was in practice among yore physicians. In *AstangaHrdya Uttarasthana* while mentioning *Agryas*, the drug *Vyaghri* (*SolanumXanthocarpum*) is said to be the *Agryoushadha* for *Kasa*.

Keywords–*Kaphajakasa*, *Pranavahasrotas*, *Vyaghri*, *Solanum Xanthocarpum*

INTRODUCTION

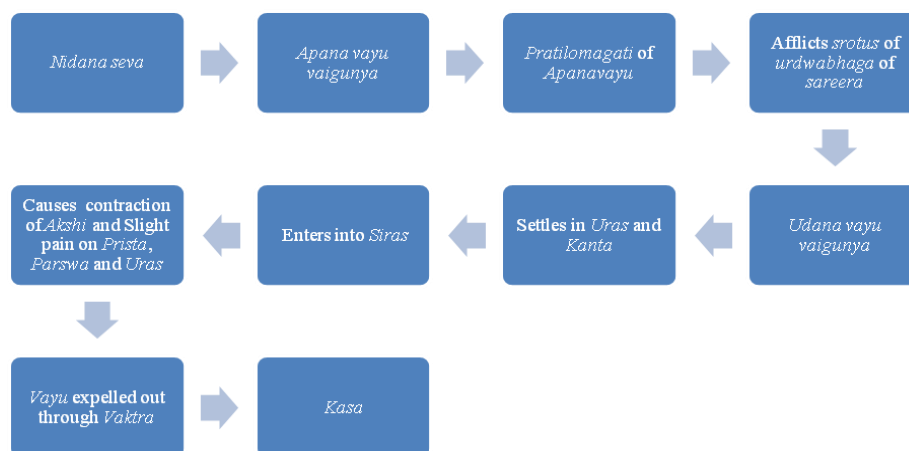
Cough is the most frequent reason for patients to visit primary care physicians accounting for around 8% of all consultations. The annual prevalence of coughing general population is reported as 10-33%¹.

According to Ayurveda, *kasa* (cough) is not only a symptom (*paratantravyadhi*) but also a separate disease entity which is having its own pathogenesis (*swatantravyadhi*). *Kaphajakasa* is one among the five types of *kasa* mentioned in Ayurveda literature. If not properly treated, *kaphajakasa* may result in serious disease conditions such as *kshayajakasa* and *tamakaswasa* which are difficult to manage². Therefore intervention in the early stage itself is very important.

Kasa is one of the diseases having its predominant manifestation in *pranavahasrotus*. According to *Acharya Charaka* and *Acharya Vagbhata*, due to *nidanasevana*, *apanavayu* gets deranged which moves upwards, afflicts the channels of upper part of body. It upsets the functions of *udanavayu* and settles in *uras* and *kandapradesha*. Then it enters the head and causes contraction of *anga* and *akshi*, causes slight pain in *prista*, *uras* and *parswa* followed by forceful expulsion of *vayu* through mouth which results in a particular sound which resembles that of a broken bronze utensil when it fall down³.

Acharya Susruta explains the involvement of *pranavayu* and *udanavayu* in the manifestation of the disease *kasa*⁴.

In *kaphajakasa*, the obstruction of *vata* is caused by the vitiated *kapha*⁵.



Samprapti of Kasa

Acharya Caraka mentions the signs and symptoms of *kaphajakasa* as *agnimandya*, *aruchi*, *chardi*, *peenasa*, *utklesha*, *gourava*, *lomaharsha*, *asyamadhurya*, *bahala madhura snigdha nisteevana of ghana kapha*⁶.

In *Ayurveda* classics, treatment of *kasa* includes *shamana* and *shodhana*. *Shamana* therapy is the convenient method which is usually adopted if the *roga* is having *alpabala*, if the patient is not fit for *shodhana* and if there is remnant *doshas* even after *shodhana*. *Choornakalpana* explained in *Sarngadhara Samhita* is a good choice among *shamana* therapies owing to its indications in *kaphaja vyadhis* and ease of administration⁷.

The drug *Vyaghri* (*Solanum xanthocarpum*) is widely used in *Ayurveda* formulations. *Vyaghri* is mentioned as the *Agryoushada* for *Kasa*⁸. It is also included under *kasahara*, *swasahara*, *angamardaprasamana*, *hikkanigrahana*, *kantya* and *seethaprasamana dasaimanis* by *Acharya Caraka*⁹. The drug is having *katu-tikta rasa*, *laghu-ruksha-tikshnaguna*, *usnaveerya*, *katuvipaka* and *vata-kaphahara karma*¹⁰.

Anupana is of great relevance while administering a medicine. Honey is said to be the best that can be used in *kaphajavyadhis* owing to its *rasapancaka*.

Name and details of the drug

Table No.1.1

Drug	Botanical Name & Family	Malayalam Name	Part Used	Quantity
<i>Vyaghri</i>	<i>Solanum xanthocarpum</i> , <i>Solanaceae</i>	Kantakarichunda	Whole plant	12 gms

Table No.1.2

Properties and actions of <i>Vyaghri</i>	
<i>Rasa</i>	<i>Katu, tikta</i>
<i>Guna</i>	<i>Laghu, ruksha, tikshna</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha karma</i>	<i>kaphavatasamaka</i>

Anupana

Madhu or honey is one of the most extensively used food product all over the world. It is said to be one among the best *anupanas* in many of the medications of *Ayurveda*.

Table No 1.3

Properties and actions of <i>Madhu</i>	
<i>Rasa</i>	<i>Madhura, kashaya</i>
<i>Guna</i>	<i>laghu,ruksha, pichila and yogavahi</i>
<i>Virya</i>	<i>Seeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha karma</i>	<i>Pitta kaphasamana</i>
<i>Any karma</i>	<i>chakshushya, agnideepna, vishaghna, sandhana and ropana.</i>

DISCUSSIONS

Vitiated *kapha* and *vata* plays an important role in the *samprapti* of the disease. Therefore the line of treatment should include *kaphasamana* and *vatanulomana*. Acharyas advise to use drugs which are having *katu*, *ruksha*, *ushnaguna* and *Kaphaghna karma*.

The drug *Vyaghri* is *vatanulomana*, *vatakaphahara* and *Agryaoushadha* for *kasa*. Anti tussive action of *Solanum Xanthocarpum* (*Vyaghri*) by reducing the histamines from lungs has been studied and proved¹².

Other symptoms of *Kaphajakasa* include *bahala*, *madhura*, *snigdha*, *Ghana kapha nisteevana*, *peenasa*, *gourava of sareera*, *utklesha*, *asyamadhurya*, *aruci etc*.

All these symptoms are caused due to the deranged *kapha* caused by the intake of *kaphavardhaka nidanas* such as *guru*, *abhishyandi*, *madhura* and *snigdha aharas* and *viharas* such as *divaswapna* and *vicheshtana*¹³. This *prakupita kapha* obstructs *vayu* and results in the manifestation of the disease.

Vyaghri is having *katu* and *tikta rasa*. *Katu rasa* has *kaphahara karma* and *tikta rasa* has *ruksha guna* by which it provides *kanta vishodhana karma* and has special indications in *aruci* and *utklesha*. Both *katu* and *tikta rasa* helps in *kledasoshana*¹⁴.

The drug is also having *laghu*, *ruksha* and *tikshna guna*. *Laghu guna* helps in easy digestion and reduces the *gourava* and thus provide lightness to the body. *Ruksha guna* helps in *soshana* of *kapha* in the *srotas*. *Tikshna guna* helps in cleansing the *srotas*¹⁵.

Ushnavirya and *katuvipaka* helps to pacify the increased *kapha* in the *srotas* and thus helps in the *samprapti vighatana* of the disease

The drug is also having *deepana*, *pacana*, *amadoshanasaka*, *kasahara*, *kanthya*, *swasahara*, *jvaraghna*, *krimighna*, *sothahara* and *vedanasthapana* property¹⁶.

The expectorant, anti-inflammatory and *Kaphasamana* property of the drug *Solanum Xanthocarpum* due to the presence of chemical constituents such as solanidine, α -chaconine α - solanine and inorganic nitrogen content has been already studied and proved¹⁷.

Acharya Caraka has included the drug under *kasahara*, *sothahara*, *hikkanigrahana*, *kanthya*, *seetaprasamana* and *angamardaprasamana gana*¹⁸. The drug thus encourages respiratory health by maintaining a clear respiratory tract.

Since *kasa* is a disease having *vegaswabhava*, medicines given as *muhurmuhur*(intermittently) helps to pacify the same.

CONCLUSION

Kasa is the very common disease attending general OP departments. *Ayurveda* considers *Kasa* as a symptom of many diseases (*paratantravyadhi*) and also as a separate disease entity (*swatantravyadhi*). Many formulations are mentioned in classics for *kasa chikitsa*. Selecting appropriate medicine according to the *avastha* of the patient depends upon the *yukti* of the physician. Managing the condition with apt and minimum medication is very essential. In *kaphajakasa*, *Acharya* mention to use the drugs having *katu*, *ruksha*, *ushnaguna* and *kaphaghna* in action. *Vyaghri*, which is mentioned as the *agryoushadha* for *kasa* is having these gunas and has a specific action in *pranavahasrotus* and in *urahpradesha*. So the drug itself can be given in *choorna* form with honey as a suitable *anupana*.

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