



## A COMPREHENSIVE REVIEW ARTICLE ON AYURVEDICE CONCEPT OF KAPHAJ KASA IN CHILDREN W.S.R. TO BRONCHIOLITIS

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<b>Article Info</b> <b>Article Received:</b> 08 November 2025, <b>Article Revised:</b> 28 November 2025, <b>Article Accepted:</b> 18 December 2025. <b>DOI:</b> <a href="https://doi.org/10.5281/zenodo.1800119">https://doi.org/10.5281/zenodo.1800119</a>	<p><b>ABSTRACT</b></p> <p>Kasa is one of the most common disease in children which affect Pranavaha Srotas. Kapha and Vata are the elements dominated in Kaphaj Kasa. Ayurveda explains the Nidana, Samprati and Treatment of Kaphaja Kasa details in many contexts. Kasa is not life threatening but it disturbs the normal life style of children. Although Kasa is not life threatening if neglected without following proper treatment may hamper the Growth and development of children. Prevalence of cough in children as 34% - 55%. Going through the details of etiopathogenesis and symptomatology of the disease, Kaphaja Kasa can be correlated with chronic bronchitis in contemporary medicine. Many number of drugs including antibiotics, cough suppressants, mucolides and expectorants are available for the treatment of the disease but their development of bacterial resistance and adverse effects have been reported time to time. So it better to seek for a safe and effective alternative treatment for the cure. In the Ayurvedic literature Nidanparivarjana, Shodhana and Shamana line of treatment forms the complete treatment of kasa. Among these procedures, the Shamana line of treatment that includes oral administration of medicine is of most importance as the administration is very easy and also effective compared to Shodhana in children.</p> <p><b>KEYWORDS:</b> Kaphaja Kasa, Pranvaha Srotas, Treatment.</p>
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### INTRODUCTION

Kasa is the most common complaint seen in children. In Ayurveda explained kasa as a disease, which involves most of the presentations related to Respiratory tract. Kapha is the dominating Dosha in Balyavastha and it is the main cause in production of Kasa so the incidence is more in this age group. Also pediatric age group is more vulnerable due to anatomical and physiological peculiarities, immature immunological defenses.<sup>[1]</sup> In the pathogenesis, Kasa has the free flow of Pran Vata in Kantha and Ura which is obstructed by vitiated Kapha. Recurrent cough is the common manifestation of recurrent respiratory tract infections which resembles Kasa explained in classics of Ayurveda. Kasaroga is of five types, among which Kaphaja Kasa is one of the common problem, frequently observed in pediatric age

group. Kasa is not life threatening but increasingly annoying and irritating to the children in their routine activity. More over when neglected they may lead to a series of complications. Recurrent attacks makes the school going child suffer and may have its adverse effects on the studies of the child. In recent years, there has been an extra ordinary increase of incidence related to respiratory system due to increased air pollution & exposure to allergens. Kasa may develop as an independent disease may be a symptom associative to other disease, sometimes may develop as complication of a disease. Prevalence of cough in children as 34% - 55%.<sup>[2]</sup> Going through the details of etiopathogenesis and symptomatology of the disease, Kaphaja Kasa can be correlated with chronic bronchitis in contemporary medicine. Chronic bronchitis is characterized by cough

associated with sputum. The initial symptoms are repeated attacks of productive cough which shows a steady increase in severity during the winter months and present all the year round with recurrent respiratory infections. Mucolyte, expectorants & antibiotics are the choice of treatments in chronic bronchitis as disease is chronic in nature. Patient has to continue their medication for long duration which develops the resistance to the medication and also leads to drowsiness as a side effect. Treatment modalities described in Ayurveda are Nidanaparivarjana, Shamanoushadhi and Shodhana with less side effects so Ayurveda have major role to treat this condition.

#### Etiology of Kaphaja Kasa

Acharya Sushruta, Vaghbata, Bhavamishra, Madhavakara and Yogaratnakara have given detail description of Nidanas for Kasa. But here we discuss causative factor related specifically to pediatric group. They could be classified as follows:

1. Samanya hetu
2. Vishesh hetu

#### Samanya Hetu<sup>[3]</sup>

##### 1) Kshayat

Dhatukshaya leadas to vata prakopa causes pranvaha strotas dushti. Atishrama increases the respiratory rate and Vataprakop results. The Atipravrtti of Rasadhatu causes the Rasarakta kshaya and the Dushti of Pranavaha Strotasa. Which increases the function of lungs and heart. In this way pranvaha strotas is affected.

##### 2) Sandharanat

In pediatric age group especially school going children generally control their urine and stool. This process creates strain on abdomen. It is a Dushti Hetu of Prana, and leads to Vata Prokop.

**Table no. 1: Vishesh Hetu of kaphaja kasa.<sup>[4]</sup>**

Aharaj nidanas	Viharaja nidanas
Bhojya manavarodha	Dhooma sevana
Rooksha ahara sevana	Shrama
Vimargagamana of ahara	Raja sevana
Atisheetha ahara sevana	Vegavarodha
Alpa ahara sevana	Divaswapna
Guru, singdha, madhura ahara atisevana	

#### Samprapti<sup>[5]</sup>

Kapha prakopaka nidana i.e. Ahara and vihara will leads to Kapha vridhi which results in Agnimandhya. Due to Agnimandhya - Amarasa will be formed which results in Rasadathu dushti. Rasadathu dushti may lead to malarupi Kaphavrudhi, which will cause srotosangha (Pranavaha), due to which Vatavarodha occurs; this leads to Vimarga gamana of vata resulting in occurrence of Kaphaj Kasa.

#### 3) Roukshyat

Ruksha Guna Aahar vihar causes vata vridhi. The alveoli are covered by the smooth Kapha but when its Kshaya occur, the alveoli become dry i.e. Ruksha. Hence the function of respiration is not done properly.

#### 4) Vyayamat

Physically heavy work is included in Vyayama, during this body needs, Ambarpiyush in large scale and the function of lungs and heart needs to be more. It causes the dushti of Pranavaha Strotasa.

#### 5) Kshuditasya

It is a type of malnutrition. The nutrition of Prana is compromised when the patient is Kshudita or he has not got enough food. If this happens continuously it does not nourish Prana and ultimately affect the Pranavaha Strotasa.

#### 6) Vimarggatwach Bhojanasya

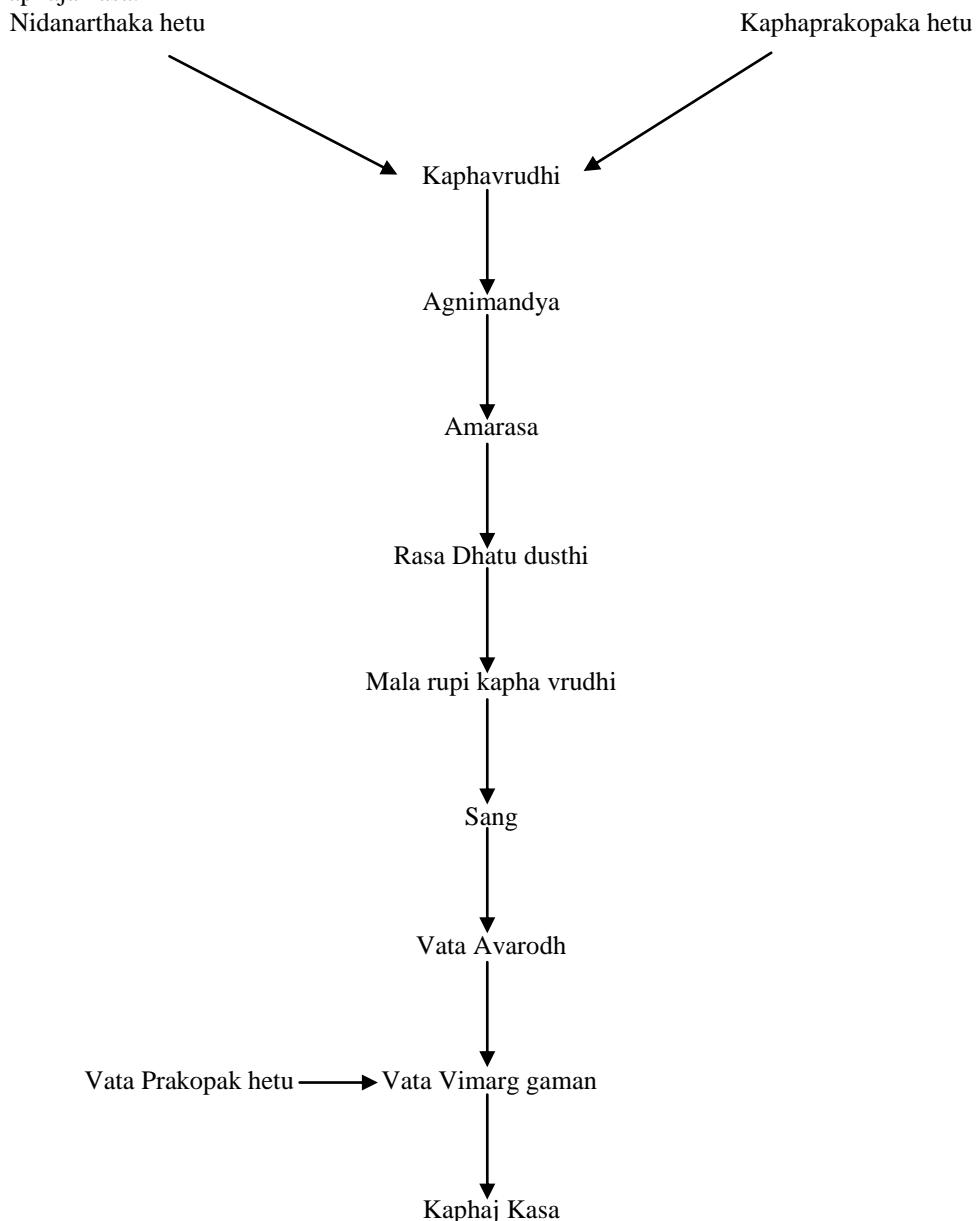
While eating, food particles going into the respiratory tract causes obstruction to the airway leads to cough.

#### 7) Other hetu

Dhum (smoke or air fumes), Dhul (Dust), Ativyyayam (Excessive exercise), Ruksha Anna Sevan, Abhishyandi (like curd), Kledakarak Aahar, cold drinks, Vidahi Dravya, KashayaRasa, Kshar Dravya (salty foods), Kshavathuvegavarodh (prevention of sneezing), to produce unrequired sneezing, dry and cold climate, excessive working, to carry heavy loads, trauma, day sleeping, late nights, Langhan, Dhatukshaya, Atimaithun (abuse of sex) accumulate Doshas leading to vitiation of Doshas mainly Kapha and Vata Dosha in Pranavaha-Strotasa resulting in the disease Kasa.

**Flow chart no: 1**

Samprapti of kaphaja kasa:

**Kaphaja Kasa Samprapti elements**

- **Dosha** - Kapha, Vata.
- **Dushya** – Rasa
- **Strotasa** - Pranavaha, Rasavaha Strotasa Dushti.
- **Adhishtana** - Urah, Kanthanadi, Kantha.
- **Sanchar Kshetra** - Hriday, Shankha, Parshwa and Shira Pradesh.
- **Agni** - Jathragni Mandya.
- **Ama** - Saam
- **Udbhavastana** - Amashya.
- **Vyaktha Sthan** - Mukh
- **Vyadhi-marga** – Abhyanta

**Clinical feature of Kaphaja Kasa<sup>[6],[7],[8]</sup>**

Kasavega (cough) is cardinal symptom of Kasaroga, which will be present in all types of Kasa. The differentiating symptoms of Kaphaja Kasa help to make more precise diagnosis. Clinical symptoms of Kasa can

be again divided as Avasthika Lakshana and Vegakalen Lakshana. Even symptoms can be segregated as Sarvdiheka Lakshana and Urdvagathrogatha Lakshana. Bahala, Madhura, Snigdha, Ghana, Nishtivana is the Pratyatama Lakshana of the Kaphaja Kasa. These Lakshana are in accordance with Kaphadosha Guna like Guru, Manda, Snigda, Slakshna, Sandra etc.

**Table no 2: Showing Visisthalakshanas of Kaphaja Kasa.**

1.	Mandagni (loss of appetite)
2.	Aruchi (Tastelessness)
3.	Chhardi (vomiting)
4.	Pratishyaya (Running nose)
5.	Utklesha (Excitation)
6.	Gaurav (Heaviness)
7.	Aasyamadhurya
8.	Angasada
9.	Kanthoplep ( stickiness in throat)
10.	Shirashula (Headache)
11.	Lomharsha (shivering)
12.	Urah alpa rujatwa (Mild chest pain)
13.	Hridaya stimitata
14.	Kanthe kandu (Itching sensation in throat)
15.	Swara Bhed (Hoarseness of voice)
16.	Vaksha Kapha Sampurnamiva Manyate (Fullness of chest)
17.	Bahul, Madhur, Ghana, Snigdha, Shweta Kaphanishtivan (Expectoration)

**Chikitsa of kaphaja kasa**

According to Acharya Charaka, in the management of kaphaja kasa initially Vamana has to be performed followed with Pathya consisting of kaphanashaka katu, Rooksha and Ushna Ahara.<sup>[9]</sup> Management of Kaphaja Kasa in children has not discussed in detail anywhere. Based on Rogi and Roga bala the mode of treatment (Shodhana or Samana) of Kaphaja Kasa has to be decided. Though Shodhana therapy was mentioned for Kaphaja kasa, it was better to implement Shamana line of management in children by considering their tender age.

**Nidana Parivarjana**

It is most important aspect of treatment. Person with Kaphaja Kasa has to avoid triggering factors like smoke, dust inhalation etc. Parents/ patients should be more conscious in cold/winter seasons and during travel to cold atmosphere.

**Samshamana**

There are many single drugs, Kastoushadhi and Rashushadis are indicated for Kaphaja Kasa. These have Katu, Ushna, Tikshna, Sukshma, Chedana, Kaphanissaraka, Kasagnaguna.

**Table no 3: Shamanaaushadi used in kaphaja kasa.**

Sigle drugs	Different yogas for Kaphaja kasa
Madhuka	Yavaksharadi churna
Pippali moola	Talisadi churna
Bibhitaki	Sitopaladi Churna
Kantakari	Pushkaradi churna
Pooshkara mool	Panchakoladi churna
Karkatashrungi	Lavangadi vati
Ativisha	Marichadi gutika
Gambhari	Haritakyadi gutika
Haritaki	Kantakaryadi leha
Prushniparni	Agastya Haritaki Avaleha
Bharangi	Pippalyadi leha
Gokshura	Vyaghryadi avaleha
Bruhati	Pushkaradi leha
Shunthi	Kantakaryadi ghritha
Maricha	Kulathadhi ghritha
Tankana	Katphaladi kwatha
Yavakshara	Kantakaryadhi kwatha

**Shodhana**

The first line of Shodhana in Kaphaja Kasa is Vamana. Vamana will expel the Dushita Kapha and relieve the Aavarana to Vata giving more and effective result in Kaphaja Kasa. The Virechana can be planned in Vaata, Pittanubandha. Here Vata should be controlled to relieve Vedana in Urah and Parshva. Nasya Karma is helpful

because the Sthnasamshraya is in Urdhvajatrugata. Virechana and Nasya have minimal role in Vegkalen and Bahudosha Kaphaja kasa. In Avasthika Kala these can be adopted as per the Yukthi of Physician. If Bahudosha and Amashyagatha Kaphaja Lakshana are noticed Sadhyavamana can be adopted rather than classical Vamana. Kavalagraha, Dhumapana are also helpful in

condition of Kaphaja Kasa. After the Vamana Tikshana Dhumapana will helpful in Kaphaja Kasa.

#### **Pathya- Apathya in kaphaja kasa<sup>[10]</sup>**

##### **Pathya**

##### **Aahara**

Laghu, Drava, Balvardhak Aahar, Old mature Shali Shashtika Rice, Wheat, Muga, Pulses, Kulith, Mula, Bimbiphala, Jowshak, Manuka, Garlic, Lahya, Trikatu. Hot Water, Honey, Goat Milk, Ghee, Soup of Jangal Animals.

##### **Vihar**

Sleep during night, Warm weather, Pollutant free environment.

##### **Apathya**

##### **Aahara**

Rasa: Madhura Rasa (sweet).

Guna: Snigdha (unctuous), Guru (heavy), Picchila (slimy).

Anna: Pistanna (Dishes prepared out of flour of cereals).

Payasa (food prepared with milk).

Jala varga: Dusta Jala, Sheeta Jala.

Mamsa varga: Matsya (Fish).

##### **Vihara**

Vayu Sevan, Rajo Marga Nishevana.

#### **CONCLUSION**

Kaphaja Kasa is one of Pranvaha Srothodusti Janita Vyadhi described in Ayurveda. Along with Causative factors, age is the most important triggering factor for the pathogenesis of Kaphaj kasa in children. Kaphaja kasa can be correlated to Chronic Bronchitis on the basis of Nidana, samprati and lakshana. Nidana Parivarjana, different Shamnoushdhi and different modes of Shodana will help in treating the Kaphaja kasa. Shamana drugs act as Kaphashamaka (cough suppressant), Kaphanissaraka (mucolytic) and Agnidipaka (Digestive). Actions of these Shamana drugs can be further studied for their clinical and pharmacological effects.

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