



Review Article

**A CONCEPTUAL STUDY ON THE ROLE OF VASA BHAVIT HARIDRA CHURNAM IN VATAJA KASA (DRY COUGH) W.S.R. TO ALLERGIC BRONCHITIS: A REVIEW**

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**Article info**

**Article History:**

Received: 01-12-2021

Revised: 20-12-2021

Accepted: 02-01-2022

**KEYWORDS:**

Vataja Kasa, Allergic Bronchitis, VBHC, Respiratory Disorders.

**ABSTRACT**

In the present era of COVID-19, management of respiratory disorders is becoming a challenge to the world. Ayurveda, the science of life, provides a lot of hope in the present condition by assuring better results in the field of prevention and management of respiratory diseases. Cough carries out an essential protective function for the respiratory tract and lungs. *Kasa* (cough) is one of the commonest complaints in day-to-day life and it is also a symptom of various diseases of the respiratory system. In Ayurveda, Acharyas have explained *Kasa* in detail. They have described five types of *Kasa*. Among the various respiratory diseases, *Vataja Kasa* (dry cough) has been selected here. In the contemporary science, it can be correlated to Allergic Bronchitis, which is one of the common problems throughout the world. In the present study *Vasa Bhavit Haridra Churnam* (VBHC) has been selected from *Siddh Bhaisajya Manimala* and further details regarding the ingredients were collected from various text books, PubMed, research articles, previous works done etc. As per the data collected, Allergic Bronchitis when treated with *Vasa Bhavit Haridra Churnam* will be effective in relieving the symptoms. Ayurveda has a vital role to play in the field of respiratory ailments.

**INTRODUCTION**

Ayurvedic science originated more than 5000 years ago in India and is often called the - "Mother of all Healing". The word Ayurveda means "The science of Life", which not only cures the disease but also promotes a positive approach towards life. This helps in preservation, prolongation and maintenance of joyful and healthy life. Due to development of contemporary civilization man is moving away from the nature and his lifestyle got changed, irregular diet habits, irregular working nature, sedentary lifestyle, increased pollution of natural resources, etc. have led to changes in the atmosphere and quality of life of human beings. Environmental issues such as global warming, etc., contributes to various health problems such as respiratory diseases, skin diseases etc.

*Kasa* (cough) is one of the commonest complaints in day-to-day life and it is also a symptom of various diseases of respiratory system.

It is an attempt by the human body to expel the excess secretions, foreign bodies and other harmful materials from the throat and lungs. *Kasa* (cough), as explained by various Acharyas, is of five types- *Vataja kasa*, *Pittaja kasa*, *Kaphaja Kasa*, *Ksataja Kasa* and *Ksayaja Kasa*. In the present study, *Vataja kasa* (*Sushka kasa*/dry cough) is considered. *Vataja kasa* may originate due to *Nidanas* (etiology) like intake of *Vata Prokopaka aharas* (dry, cold and astringent food items), *Vegdharana* (suppression of natural urges), other causes like dust, smoke or pollen grains etc. Due to vitiated *Vata dosha*, *Swarbheda* (hoarseness of voice), *Urahshool* (pain in chest), *Parshvashool* (pain in flanks), *Shirahshool* (headache), *Shushka Kasa* (dry cough), etc., are produced. Thus, the drug which pacifies *Vata dosha* should be selected for the treatment. Here, in this study *Vasa Bhavit Haridra Churnam* has been selected for managing *Vataja Kasa* symptoms.

In modern science, cough is the most common and persistent symptom of respiratory diseases and caused by stimulation of sensory nerves in the mucosa of the respiratory tract. Acute sensitization of the normal cough reflex occurs in a number of conditions and it is typically induced by exposure to irritants, such

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<https://doi.org/10.47070/ijapr.v10i2.2210>

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as dust, cigarette smoke, pollen, changes in climate or atmospheric temperature, etc. Initially, it is a symptom but when it continues for a long time it becomes a disease. In these conditions of respiratory illness, Ayurvedic medicines can provide miraculous results.

**Literary Review:** It is divided into two parts.

### Disease Review

#### Ayurvedic Concept

##### • Production of Coughing Sound (*Kasa Utpatti*)

Differences in the pain and sound associated with various types of *Kasa* are caused by the specific nature of the obstruction to the strongly moving *vayu*.<sup>[1]</sup>

##### • Etiology of *Kasa* (*Nidana*)

Inhalation of smoke, dust, excessive exercise, foods which are dry, food particles entering the wrong pathway (trachea), suppression of natural urges, etc. are the causes of *Kasa roga*.<sup>[2]</sup>

##### • Pathogenesis of *Kasa* (*Samprapti*)

The causative factors lead to the vitiation of *Prana* and *Udana vata* which come out from the mouth suddenly producing a sound which resembles that coming from a broken bronze vessel, which is known as *Kasa* (cough).<sup>[3]</sup>

##### • Prodromal Features (*Purvarupa*)

Sensation of the throat and mouth as being filled with thorns along with itching and feeling of obstruction to the movement of food in the gullet are the prodromal features of cough.<sup>[4]</sup>

##### • Specific Signs and Symptoms of *Vataja Kasa* (*Lakshana*)

Excruciating pain in the cardiac region, in the sides of the chest and headache, excessive hoarseness of voice, dryness in the chest, throat and mouth, horripilation and fainting; resonant sound during coughing, feeling of prostration, hollow sound during coughing, weakness, agitation and unconsciousness, dry cough, the phlegm that comes out with pain is semi-solid (dry), the coughing gets alleviated by food and drinks that are unctuous, sour, saline and warm, and the upward moving *Vayu* gets aggravated after the digestion of food.<sup>[5]</sup>

##### • Treatment principle for *Vataja Kasa* (*Chikitsa Sutra*)

In the event of dryness pervading the body of the patient suffering from *Vatika kasa*, unctuous material and medicated ghee should be administered first. Medicated enema, *Peya* (thin gruel), *Yusa* (vegetable soup), milk and *Rasa* (meal soup) prepared by boiling with *Vayu* alleviating drugs. The patient should be given unctuous diet, smoking linctus

(medicated recipes), massage, *Pariseka* (sprinkling of warm water) and unctuous fomentation appropriately.

If the *Vatika kasa* is associated with constipation and flatulence, then the patient should be treated with *Vasti* (medicated enema). If the upper part of the patient's body has dryness and the condition is associated with aggravated *Pitta*, then he should be given medicated ghee after the intake of food (*Urdhwa bhaktika ghrita*). In the same condition, if the ailment is associated with aggravated *Kapha*, then he should be given *Sneha virechan* (unctuous purgative).<sup>[6]</sup>

Acharya Charaka explains *Kasa roga* in *Chikitsa sthana* 18<sup>th</sup> chapter, in which the complete pathogenesis of *Kasa roga* along with treatment are explained as above. The other references are:

- **Susruta Samhita:** *Nidan* and *Chikitsa* are explained in *Uttara Tantra* chapter -52.
- **Ashtanga Hridaya:** Detailed description is given in 3<sup>rd</sup> chapter of *Nidana Sthana* and 3<sup>rd</sup> chapter of *Chikitsa sthana*.
- **Ashtanga Sangraha:** *Nidan sthana*- 3<sup>rd</sup> and *Chikitsa Sthana*- 4<sup>th</sup> chapter.
- **Siddh Bhesaja Manimala:** *Chaturth Guksh*
- **Madhav Nidana:** Chapter -11
- **Yogratnakar:** Chapter -12
- **Harit Samhita:** *Tritiye Sthan* -chapter-12
- **Chakradatta:** Chapter -11

#### Modern Concept

Cough performs an essential protective function for human airways and lungs. Without an effective cough reflex, humans are at risk for retained respiratory tract secretions and aspirated material leading to infection, atelectasis and respiratory compromise. Cough is often a clue to the existence of respiratory disease. Spontaneous cough is activated by stimulation of sensory nerve endings that are thought to be primarily fast adapting receptors. Both chemical (capsaicin, etc.) and mechanical (particulates in air pollution) stimuli may initiate the cough reflex.<sup>[7]</sup>

Allergic Bronchitis involves inflammation of the bronchi caused by an allergen, or something to which you are allergic. Airway irritants like pollen, dust, smoke and mold, can trigger the symptoms. Cigarette smoking almost always leads to Allergic Bronchitis. The symptoms of allergic bronchitis may last for a long time or keep recurring. Allergic bronchitis that lasts more than 3 months is often termed as Chronic Bronchitis, which is a type of Chronic Obstructive Pulmonary Disease (COPD). Chronic bronchitis is mainly caused by cigarette smoking. Symptoms of allergic bronchitis include cough that produces mucus, wheezing, chest tightness and tiredness.<sup>[8]</sup>

**Drug Review****Ayurvedic Concept**

In *Siddh Bhesaja Manimala*, Acharya Mahakavi Sri Krishnaram Bhatta described [9]:

"सिंहास्यरससंसिद्धहरिद्राखण्डचूर्णकम्

दुग्धसंतानिकालीढं शुष्ककासनिबर्हणम्" | -सि.भै. मणिमाला - ४ गुच्छ/१५.

Sanskrit Name	Hindi Name	Botanical Name	Family	Use parts
Haridra	Haldi	<i>Curcuma longa</i>	Zingiberaceae	Kand
Vasa	Adusha	<i>Adhatoda vasica</i>	Acanthaceae	Leaf

**Vasa Bhavit Haridra Curna and Pharmacological Action of drug in Vataja kasa**

Drug	Rasa	Guna	Virya	Vipaka	Karma	Pharmacological action
Haridra <sup>[10]</sup> ( <i>Curcuma longa</i> )	Tikta, Katu	Ruksha, Laghu	Usna	Katu	Kaphavatasamaka, Tvakdosaghna, Pramehaghna, Raktadosahara, Sothaghna, Pandughna, Vranaropana, Uttejaka, Sugandhi, Dipana, Grahi, Kaphaghna, Vataghna, Visaghna.	Anti-asthmatic, anti-diabetic, anti-diarrheal, anti-inflammatory, hepato-protective, hypo-lipidemic, anti-cancerous. <sup>[12]</sup>
Vasa <sup>[11]</sup> ( <i>Adhatoda vasica</i> )	Tikta, Kasaya	Laghu, Ruksha	Sita	Katu	Kaphapittasamaka, Vatakaraka, Svaryahradya, Kaphaghna, Pittaghna, Raktapitta, Trsasamaka, Swasaghna, Kasaghna, Krimighna, Sothahara, Vedanasthapana, Stambana, Kantya, Swedajanana.	Anti-tussive, anti-tubercular, anti-viral, anti-bacterial, anti-fungal, anti-ulcer anti-inflammatory, anti-oxidant, thrombolytic, hepatoprotective. <sup>[13]</sup>

**Modern Concept**

Treatment for Allergic Bronchitis may include Bronchodilators, Steroids, Mucolytic drugs, Oxygen Therapy, Pulmonary Rehabilitation, etc. Bronchodilators are medications that relax the muscles around the airways. Both short-acting and long-acting bronchodilators are available, among which short-acting bronchodilators act quickly to decrease symptoms, but the effects do not last for long time while long-acting bronchodilators do not reduce symptoms a quickly but may control symptoms for a long duration. Eg: Salbutamol, etc. Steroids, like prednisolone, may help to decrease inflammation in the bronchi which can reduce coughing and help in the air-flow. Administering them using inhaler in cases of bronchitis allow quicker and more effective delivery of drugs into the area of requirement. Mucolytic agents make the mucus thin and less sticky, which help to expel mucus easily from the lungs by coughing. People with severe allergic bronchitis may have reduced oxygen levels in the blood, so oxygen therapy may be prescribed. Pulmonary rehabilitation includes supervised exercises, etc. which helps reduce the incidence or recurrence of the disease condition thereby improving the quality of life of the patient.<sup>[14]</sup>

**DISCUSSION**

On analysing the above facts, it may be concluded that *Vasa Bhavit Haridra Churna* will be an excellent choice in treating *Vataja Kasa* (Allergic Bronchitis). *Tikta rasa* of both the ingredients has

*Kapha shamana* and *Kledahara gunas* (properties). The drug which has *Katu rasa*, *Ushna virya* and *Katu vipaka* are helpful in providing *Srothosodhana* (clearing the channels). *Ushna virya* helps in broncho-dilation which improves the air circulation in the respiratory passages. It also helps in strengthening the *Agni* (digestive fire) which is necessary for the normal metabolism of body. *Sothahara guna* (anti-inflammatory action) will be helpful in reducing inflammation of the airways and makes the breathing effortless. *Vasa* has *Swasahara* and *Kasahara* properties while *Haridra* has *Kaphavtahara*, *Vishaghna*, etc. properties that can act as anti-allergic in the management of *Vataja kasa* (Allergic bronchitis). Pharmacological or therapeutic actions of drugs in *Vasa Bhavit Haridra Churna* which are significant in treatment of *Vataja Kasa* are:

- Anti-inflammatory action decreases airway mucosal inflammation.
- Anti-asthmatic action reduces asthma attacks or relieves the symptoms.
- Bronchodilator action widens the airways by relaxing the lung muscles.
- Antitussive action relieves coughing.
- Antihistaminic and anti-allergic action pacifies symptoms of allergy.
- Antioxidant action helps in protecting the cells from the damage caused by the free radicals.

- Immunomodulatory action regulates or normalizes the immune system of the body.

From this, it is very clear that *Vasa Bhavit Haridra Churna* can play an important role in the management of *Vataja Kasa*.

### CONCLUSION

*Vataja Kasa* is a disease affecting the *pranavaha srotas*. The drugs of *Vasa Bhavit Haridra Churna* are *Haridra* and *Vasa*. These drugs are *Kapha-vatasamaka* and *Kapha-pittasamaka* respectively and are having *Tikta rasa* and *Laghu-ruksha guna* which will act in the efficient management of *Vataja Kasa*. The pharmacological actions of the drugs of *Vasa Bhavit Haridra Churna* like anti-inflammatory, anti-histaminic, anti-allergic, bronchodilator, anti-tussive, etc., show the potency of the medicine, providing all the essential qualities required for a medicinal formulation in the management of *Vataja kasa*. Thus, we can conclude that the use of *Vasa Bhavit Haridra Churna* will be beneficial in improving the pulmonary functions and thus provide better improvement in the quality of life of patients suffering from Allergic Bronchitis. In this pandemic situation, the role of Ayurvedic management is important and can provide a better alternative to other contemporary medications in treating *Vataja Kasa* (Allergic Bronchitis).

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#### Cite this article as:

Surendra Kumar, Megha Murali, Sujeet Kumar. A Conceptual Study on the Role of Vasa Bhavit Haridra Churnam in Vataja Kasa (Dry Cough) w.s.r. to Allergic Bronchitis: A Review. International Journal of Ayurveda and Pharma Research. 2022;10(2):69-72.

<https://doi.org/10.47070/ijapr.v10i2.2210>

Source of support: Nil, Conflict of interest: None Declared

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