

MANAGEMENT OF VATAJAKASA WITH VASA BHAVIT HARIDRA CHURNA: A CASE STUDY

Dr. Beenish Rafiq¹, Dr. Nitin Mahajan², Dr. Radhika Gupta³

¹First Year Post Graduate Scholar, Department of Kayachikitsa, Jammu Institute of Ayurveda and Research, Jammu and Kashmir, India.

²HOD & Professor, Department of Kayachikitsa, Jammu Institute of Ayurveda and Research, Jammu and Kashmir, India

³Assistant Professor, Department of Kayachikitsa, Jammu Institute of Ayurveda and Research, Jammu and Kashmir, India

Abstract:

Good health is the main objective of human life, Diseases act as obstacles in maintaining proper health, respiratory diseases afflict the human stage of the life and can be mild to severe. Kasa is a condition due to Pranavaha Sroto Dushti which originates from Amashaya. The Prana and Udana Vayu are responsible for normal functioning of Pranavaha Srotas, which can be altered due to causative factors lead to manifestation of Kasa. While going through the Samprapti, pathway of Pranavaha is obstructed by the etiological Dhuma, Raja, etc. that act as irritants to Pranavaha Srotas. The cough reflex which has both motor and sensory pathway involves both the Prana & Udana Vata characterized by lakshanas Shuskagala, Shuskakasa with Shuska-Alpa-Kapha, Swarbhedha, Parshavshool, Shirashool, Urashool, Dourbalya, etc. Ayurveda a number of single and compound drugs to cure respiratory disorders. This case study was conducted and observed a positive result in the management of Vatajakasa.

Aim: To evaluate the efficacy of Ayurveda management on Vatajakasa

Study Design: Single Case Study. Place: Jammu institute of Ayurveda and research hospital jammu .

Duration of Study: 21 days and follow up after 7 days.

Methodology: Internal medication to reduce the signs and symptoms of Vatajakasa. As a result, this article addresses the problem using Ayurvedic treatment methods like use of Vasa Bhavit Haridra Churna which delivers a safe and effective solution.

Keywords: Vataja Kasa, Vasa Bhavit Haridra Churna, Pranavahasrotodushti

INTRODUCTION:

Ayurveda is one of the world's oldest holistic medical systems. Science of Ayurveda has evolved from the contemplative minds of ancient seers for the intension to heal all the humanity. 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%. 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. The Prana and Udana Vayu are responsible for normal functioning of Praanvahasrotas. The vitiation of these can lead to manifestation of Kasa (cough), Vatajakasa which is characterized by Lakshanas like Shuska Gala, Shuskakasa with Shuskaalpakopha, Swarbhedha, Parshvashool, Shriashool, Urashool, Dourbalya, etc. is a type of Kasa explained in Ayurvedic texts. Cough performs an indispensable protective function for human airways and lungs. Cough is frequently a clue to the existence of respiratory disease, especially acute respiratory tract infections. Weak or ineffective cough compromises the capability. clear lower respiratory tract secretions, predisposing to more serious infections and their complications. Without

an effective cough reflex, humans are at the risk for retained airway secretions and aspirated material predisposing to infection and respiratory Compromise

CASE REPORT

A 45 years old male patient from Nardani, jammu, reported to Kayachikitsa OPD, in Jammu Institute of Ayurveda and Research, Hospital, Jammu on 09/09/2025 with the chief complaint of dry cough, chest pain, headache, hoarseness of voice for 1 months, weaknesses for 15 days.

History of Present illness

The Patient was alright before 6 months. After that he had dry cough, Headache, Chest Pain and came to hospital OPD and after treatment gradually all symptoms were subsided.

Past History

No history of tuberculosis, diabetes mellitus, hypertension, hypothyroidism, any surgery or chronic illness.

Family History

No evidence of this type of disease in the family.

Personal History

Diet-Vegetarian

Appetite-Good

Bowel-Irregular

Micturition-4-5 times/day

Sleep Sound

Allergy-Nil

Addiction – Nil

General Examination.

B.P-122/84 mmHg

Pulse-88/mm

Respiratory rate-19/min..

Temperature-98.4°F

Systemic Examination

Inspection Bilaterally symmetrical, no deformities, no scars.

Palpation Chest expansion normal.

Percussion-Non-resonant.

Auscultation Normal breath sounds.

Investigation:

Parameters	Before Treatment
HB%	9.9gm
TLC	8.9*10 ⁹ /L
DLC	Lym:1.2*10 ⁹ /L Gran:5.6*10 ⁹ /L MID:0.3*10 ⁹ /L
ESR	40mm/hr
AEC	588/cumm

METHODOLOGY AND TREATMENT

The study was a **Single Case Study** conducted over 21 days with a 7-day follow-up.

- **Medicine:** 3 gm of *Vasa Bhavit Haridra Churna*
- **Frequency:** Twice daily for 21 days.

- **Adjuvant:** Cream of milk

RESULT RESULTS

The patient showed significant improvement in both subjective and objective parameters³ Cough and associated symptoms reduced remarkably

Parameters	Before Treatment	After Treatment
HB%	9.9 gm	13.3 gm
TLC	8.9*10 ⁹ /L	7.2*10 ⁹ /L
AEC	588/cumm	216/cumm
ESR	40mm/hr	40mm/hr

DISCUSSION

The present case was diagnosed as of Vataja Kasa. The patient came with the complaints of dry cough, chest pain, headache, hoarseness of voice and weakness.

He was advised to take Vasa Bhavit Haridra Churna (3gm) with cream of milk twice daily. Haridra possesses Tikta-Katu Rasa and is also Vata-Kapha Samaka and Kasa-Swasahara. The therapeutic actions of Haridra are anti-inflammatory, anti-asthmatic, hepatoprotective, etc.

Swarasa of the drug Vasa has been used for giving Bhavana (trituration) to the Haridra Churna for 7 times. Vasa has Tikta-Kashaya Rasa and shows Kasaghna, Kanthya, Swasahara, Hridya, Kshayahara, etc. properties. Vasa is an effective expectorant and potent anti-cough herbal medicine.

It is also antispasmodic, anti-bacterial, etc. and useful in the management of respiratory diseases like cough, bronchitis, asthma, fever, anemia, etc.

CONCLUSION

The present case was diagnosed as Vataja Kasa. The patient was advised to take the medicine VBHC with proper adjuvant and following Pathya-Apathyas. The drug Haridra possesses anti-inflammatory, anti-asthmatic, hepatoprotective, etc. actions which were beneficial and on the other hand Vasa shows bronchodilator, anti-bacterial, anti-inflammatory, cardio-protective, etc actions. Thus, the drug VBHC was beneficial in the management of dry cough. Significant improvement was noticed in both subjective and objective parameters after the treatment.

REFERENCES:

1. Shastri AD, editor. Sushruta Samhita of Maharshi Sushruta, Uttara-Tantra; Ch. 52, Ver. 5-10. 14th ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2003. p. 445-448.
2. Agnivesha, Charaka, Dridhabala. Charaka Samhita, Chikitsa Sthana; Ch. 18, Ver. 7-12. In: Sharma RK, Dash B, editors. Varanasi: Chowkhamba Sanskrit Series Office; 2014. p. 156-160.
3. Chunekar KC. Bhavaprakasha Nighantu of Shri Bhavamishra, Haritakyadi Varga. Varanasi: Chaukhamba Bharati Academy; 2015. p. 52-54.
4. Singh N, Kumar S. Clinical evaluation of Vasa (Adhatoda vasica) and Haridra (Curcuma longa) in the management of Kasa (Cough). J Ayurveda Integr Med. 2012;3(2):88-93.
5. Kumar A, Jha S. A review on the pharmacological activities of Adhatoda vasica. Int J Pharm Tech Res. 2011;3(3):1464-1474.
6. Dash B. Alchemy and Metallic Medicines in Ayurveda. 1st ed. New Delhi: Concept Publishing Company; 1986. p. 112-115 (On the importance of Bhavana Samskara).
7. Shailaja U, Rao PR. Clinical study on the effect of Haridra and Vasa in the management of bronchial asthma (Tamaka Shwasa). AYU. 2009;30(4):434-439.
8. Gupta P, Srivastava S. Synergistic anti-tussive activity of Curcuma longa and Adhatoda vasica in experimental models. Indian J Pharmacol. 2013;45(5):456-460.