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***Kasa* An Ayurvedic Perspective with Special Reference to Cough.**

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Abstract

Kasa (chronic bronchitis), *Shwasa*, and *Hikka* are classified as *Pranavaha Sroto-vikaras* (Respiratory Disorders) in Ayurvedic texts because they have a similar genesis, pathophysiology, and therapy. Symptoms of *kasa* include coughing and dyspnea, and it is a major cause of respiratory illness mortality worldwide. Since *Kasa* might result in *Kshaya* (secondary illnesses), early intervention is essential. Tuberculosis is a key linked condition with the prevalence of cough in India. Respiratory illnesses are caused by environmental factors such as allergies, pollution, and substandard housing. Dietary practices (such as eating cold, dry foods) and lifestyle decisions (such as dust exposure and excessive exercise) are examples of etiological factors. *Vata* and *Kapha doshas* are important pathological components. Affected *srotas* are *Pranavaha Srotas*, which result in *srotodushti* (congestion) and *mandagni* (diminished digestive ability).

KEYWORD: *Kasa*, Cough. URTI,

1. Introduction

Three main illnesses are described under *Pranavaha Sroto-vikaras* (Respiratory Disorders) in Ayurvedic classics: *Kasa*, *Shwasa*, and *Hikka*. They have been explained later in classics because of their identical aetiology, pathophysiology, and treatment. *Pranavaha Sroto Vikaras* (Respiratory diseases) includes chronic bronchitis (*kasa*), which has major symptoms including coughing and dyspnea (*shwasakricchrata*). In most nations, up to one-third of deaths are caused by respiratory diseases. Since *Kasa* is a potential *Nidanarthakara Vyadhi* (illness with a propensity to produce secondary diseases) that could result in *Kshaya*¹, early management is required. In India, 5–10% of people have a cough.² In the top care setting, it is one of the most common complaints (30%).³ In India, where it affects 2.79 million

people, it is also a common sign of tuberculosis. The most common causes of respiratory infections in urban areas are the use of wood and coal, poor housing, open cooking, unsanitary conditions, and low living standards. In urban areas, airway hyperactivity has been linked to pollution from vehicles and industry, tobacco, smoke, and allergens.

2. AIM AND OBJECTIVES:

- 1) To study the concept of Kasa with Special Reference to Cough
- 2) To study management Kasa with Special Reference to Cough as per modern and Ayurved

3. MATERIAL-METHODE:

- 1) For this study we referred samhita for various references of Kasa with Special Reference to Cough
- 2) Related modern textbooks also referred for modern references.

4. Literature review:

Nirukti - Definition of *Kasa*:

Kasa was described by *Acharya Sushruta* because the illness was associated with a common sound, similar to the sound produced by a broken bronze pot.⁴

Nidana (Etiological Factors)

Table No. 1

<i>Aharaja Nidana</i>
<i>Rukshannasevana</i> : consuming dry foods such as <i>Shushka Shaka</i> , <i>Shushka Mamsa</i> ,

<i>Harenu</i> , baked goods, junk food, and prepared foods can raise <i>Vatadosha</i> .
<i>Guru, Snighdha</i>
<i>Madhura, Utkleshakaahara, Picchila</i>
<i>Abhishyandiaharas</i>
<i>Atisheetha Ahara Sevana's</i> intake of frozen and cold foods, such as milk shakes and ice cream
<i>Alpaaharasevana, Anashana</i>

Table No. 2

<i>Viharaja Nidana</i>
<i>Diwaswapna</i>
<i>Rajasevana</i> means exposed to wind and dust.
<i>Dhoomopagatha</i>
<i>Ratrijagarana</i> (waking in the night)
<i>Hasya</i> (excessive laugh)
<i>Vyayama</i> (indulgence in heavy exercise)

Samprapti Ghataka

- *Dosha – Vata, Kapha*
- *Dushya – Rasa*
- *Srotas – Pranavaha Srotas*
- *Srotodushti – Sanga*
- *Agni – Mandagni*
- *Adhithana – Kantha & Ura*

Samprapti (Pathogenesis)⁵

*Purvaroop*a^{6,7}

According to *acharya charaka* and *sushushruta* *porvroopa* of *Kasa* are as follows

Table No. 3

<i>Shooka Poorna Gal Asya</i> (sensation of in throat and mouth)
<i>Kanthe Kandu</i> (itching in throat)
<i>Bhojyanam Avarodh</i> (obstruction to the normal flow of food)
<i>Gala Talu Lepa</i> (coating in the throat and palate)
<i>Kanth Kandu, Bhojanavrodha</i>
<i>Arochaka</i> (anorexia)
<i>Swasabda Vaishmya</i> (hoarseness of voice)
<i>Agnisada</i> (reduced appetite)

Classification of Kasa

According to *Charaka*

1. *Vataja Kasa*
2. *Pittaja Kasa*
3. *Kaphaja Kasa*
4. *Kshataja Kasa*
5. *Kshayaja Kasa*

1. Vataja Kasa

Vata Dosha aggravation causes *Vataja Kasa*, which results in dry respiratory tracts. Since *Vata* irritates and roughens the throat and chest, the cough is usually dry and unpleasant. The patient has a dry cough, headache, chest pain, hoarseness of voice (*Svarabheda*), and little to no sputum.

2. Pittaja Kasa

Pitta Dosha vitiation results in *Pittaja Kasa*, which causes heat and irritation in the respiratory tract. *Pitta* is hot, thus burning sensations and fever are common symptoms. Coughing with yellow or greenish sputum, burning in the chest and throat, extreme thirst, fever, bitter taste in the mouth, and hoarseness of voice are the symptoms that patients present with.

3. Kasa Kaphaja

Aggravation of *Kapha Dosha* causes excessive mucus collection in the respiratory tract, which leads to the development of *Kaphaja Kasa*. Usually, the cough produces viscous sputum. Frequent coughing with thick, white, sticky sputum, chest heaviness, nausea, sluggishness, and a feeling of obstruction in the throat are among the symptoms. Because of *Kapha* dominance, the cough is typically deep and sluggish.

4. Kūataja Kasa

Injuries to the chest or lungs cause *Kṣataja Kasa* (*Urah Kṣata*). Excessive physical activity, trauma, lifting large weights, excessive sexual activity, or a chronic cough that damages lung tissue can all cause it. The patient exhibits a severe cough, dyspnea, weakness, hoarseness of voice, hemoptysis (blood in sputum), and chest pain. This kind denotes respiratory tissue structural injury.

5. Kṣayaja Kasa

Chronic illness processes and *Dhatu Kshaya* (tissue depletion) are the causes of *Kṣayaja Kasa*. It is frequently linked to chronic respiratory conditions that cause weakness and wasting. Chronic cough, bloodstained

sputum, fever, emaciation, weakness, hoarseness of voice, and increasing debility are among the symptoms. This kind is similar to long-term lung conditions like *Rajyakshma* (tuberculosis), which is mentioned in Ayurveda.

KASA CHIKITSA: ^{8,9,10}

VATAJ KAS:

The *vataja* form of *kasa* should be treated with unctuous therapies (*snehika upacharas*) since dryness (*rukshata*) will be more noticeable. *Vataghna dravya* should be used to prepare and administer *ghrita pana, basti, peya, yusha, ksheera, mamsa rasa*, etc.

It is important to adhere to *abhyanga, parisheka* (sprinkling or pouring), *snigdha sweda*, etc.

Basti should be used to treat it if it is linked to constipation and flatulence. The patient should be administered medicated *ghrita* after eating if he has dryness in the upper body and it is linked to worsened pitta. *Snigdha virechan* should be used if the patient has upper body dryness linked to *kapha* aggravation.

Pittaj Kas:

If *pittaja kasa* is linked to the aggravation of *kapha, ghrita or kashaya* made from *madana, kashmari*, and *madhuka* should be used to counsel *vamana karma*. Along with *vidari* and *ikshurasa*, the *klaka* of *madanaphal* and *madhuyashti* can also be used to induce *vamana*. He should receive treatment with *sheeta* and *madhura aharas* once severe *doshas* have been eliminated.

It is recommended to use *trivrita* combined

with *madhura dravyas* for *virechana* if the phlegm in *pittaja kasa* is thin, followed by *snigdha* and *sheeta ahara*. In contrast, *trivrita* should be combined with *tiktha dravyas* if the phlegm is thick, then *ruksha* and *sheeta dravyas*.

A person should have *snigdha leha kalpanas* treatment following appropriate *shodhana* therapy.

Together with *ghrita* and *kshoudra*, the following five formulas have been suggested for *pittaja kasa* and formed into *leha*:

1. *Shringataka, padma beeja, sara of nili, and pippali*
2. *Pippali, musta, yashtimadhu, draksha, murva, mahoushadha*
3. *Laja, amritapahala, draksha, tavaksheeri, pippali, sita*
4. *Pippali, padmaka, draksha, brihati phalarasa*
5. *Kharjuara, pippali, vamshalochana, shwadamshtra*

Kaphaj kasa

In *kasa* connected with *vata* and *kapha*, along with *madhu* and *hingu*, a decoction made by boiling medications such *katphala, kuttrana, bharangi, musta, dhanyaka, vacha, abhaya, shunthi, parpata, shrungi*, and *surahva* is to be utilized. Additionally, *kantharoga, mukha roga, shoola, shwasa, hikka, and jwara* benefit from this. *Kasa* is cured by taking *patha, shunthi, shati, murva, gavakshi, musta*, and *pippali* paste with hot water and adding *hingu* and *saindhava*.

In a similar vein, administering *nagara, ativisha, musta, karkatashringi*,

haritaki, and *shati* is advantageous. *Sitopala* should be combined with one *aksha* of *pippali* paste that has been fried in oil. This recipe treats *kaphaja kasa* when consumed with *kulattha yusha*. When combined with *madhu* and *taila*, a powder made from *devadaru*, *shati*, *rasna*, *karkatashringi*. *Madhu* and *taila* work well for *vatanuga kaphaja kasa*, as do *pippali*, *nagara*, *musta*, *haritaki*, *amalaki*, and *sitopala*. *Madhu* should be added to *pippali*, *pippalimula*, *chitraka*, and *gaja pippali* to transform them into *leha* form. This treats *kaphaja kasa* when consumed. Similarly, *kaphajakasa* is cured by combining *pathya*, *tamalaki*, *dhatri*, *bhadra-musta*, and *pippali* with *madhu*. *Trivrit*, *musta*, *pippali*, and *vishala* should be consumed with honey in *kaphaja kasa*. *Kasa* produced by *vata* and *kapha* is cured by consuming the powder made from *souvarchala*, *abhaya*, *dhatri*, *pipplai*, *kshara*, and *nagara* combined with *ghrita*.

5. Discussion

Kasa, *Shwasa*, and *Hikka* are recognized as *Pranavaha Sroto-vikaras* (Respiratory Disorders) in *Ayurveda* due to similarities in their genesis, pathophysiology, and treatment. *Kasa*, characterized by coughing and dyspnea, is a leading cause of respiratory morbidity and mortality globally, necessitating early intervention.

6. Conclusion

Key contributing factors include environmental pollutants, dietary choices, and lifestyle habits, with *Vata* and *Kapha* doshas playing significant roles in its pathology. The pathogenesis of *Kasa* involves congestion of the *Pranavaha Srotas* leading to diminished digestive ability. It is

classified into various types based on dosha vitiation—*Vataja*, *Pittaja*, *Kaphaja*, *Kṣataja*, and *Kṣayaja Kasa*—with specific treatments recommended for each type. Treatment approaches incorporate dietary changes, herbal medicines, and therapies aimed at managing dosha imbalances and relieving symptoms

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