



“Effect of *shiladi churna* on *kaphaj kasa* – case study.”

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ABSTRACT :

Kasa is itself a system but when it persist for long time it becomes Disease. There are 5 types of kasa (vataj , pittaj , kaphaj , kshayaj , kshataj)⁽¹⁾

Various shodhana and shamana therapies are mentioned for treatment of kaphaj kasa in classics . There are various medications used over the kaphaj kasa but shiladi churna is a n unique formulation which is under practice of vaidyas .

So in the present study single patient study taken .The result of the study was assessed on clinical improvement. After completion of the therapy it was found that shiladi churna is very effective for management of kaphaj kasa wiyhout any adverse effect.

KEY WORDS :- Kaphaj kasa ,Shiladi churna, Shodha, Shaman, Productive cough

INTRODUCTION : –

A man wishing to be healthy throughout life has to be healthy everyday as well. Human being is continuously attatched with external environment through respiratin .

As prana is sarvagata as ‘Kasa’ is one of the primary disease of pranvaha strotas if neglected can affect ‘sarvagata prana’ and can hence cause disturbance in other body function.

Common cold, pollution ,chronic postnasal drib, smoking, environmental irritants, noxious gases, dust, pollen grains etc. are the commonest causes which produces cough reflex .

संप्राप्ति –

“प्राणो हुदानानुगतः प्रदुष्टः स
भिन्नकांस्यस्वनतुल्यघोषः |

निरेति वक्त्रात्सहसा सदोषो मनीषीभीः कास
इति प्रदिष्टः || ”

(माधवनिदान - ११/२)⁽²⁾

We can relate kaphaj kasa with productive cough . Prevalance of productive cough is 2.7 % in India ⁽³⁾.

Shiladi churna includes 8 contents and every content have Laghu ,Ruksha ,Tikshna ,Ushna Guna and Kaphaghna ,Tridoshghna , Kaphahar karma .

कफज कास लक्षण -

“ मन्दाग्नित्वारुचिच्छर्दिपीनस्रोत्वलेशगौरवैः |

लोमहर्षास्यमाधुर्यवलेदसंसर्दयैर्युतम् |

बहुलं मधुरं स्निग्धं निष्ठीवति घनं कफम् |

कासमानो हारुग् वक्षः संपूर्णमिव मन्यते ||”

(च.चि. १८/१६-१७)⁽⁴⁾

MATERIAL AND METHODS :

Name-XYZ

OPD NO: 19/G4468

Age -22yr **Sex** – M

weight -65kg

Add- Kodoli ,Kolhapur

Patient came (since 5 days) in Kayachikitsa OPD with **complaints** of -

- Kaphashtivan (cough bouts)
- Mandagni
- Aruchi
- Pinasa
- Gaurava

Past history:-

No H/O – DM/HTN/IHD/COPD

Family history:- No

Personal history :- No

Current medication :- No

Allergy history :- No

O/E - NADI – 78 /min

SHABDA-Spashta

MALA – Samadhankarak

SPARSHA- Anushnsa

MUTRA – Prakrut

DRUKA -Prakrut

JIVHA - Niram

AAKRUTI-Madhyam

S/E :-

RS – AEBE bil. Crepts

CVS – s1s2 N

P/A – Soft

CNS – Concious and Oriented

Diagnosis :- KAPHAJ KASA

Treatment(for 7 days) :- Shiladi churna

2gm QID (4 times a day).

Anuapana- kosha jal

Follow up after 7 days –

C/O -Kaphashtivan ↓,Pinasa ↓, Gaurava↓

O/E :- all vitals stable

S/E :- RS- BIL crepts ↓, CVS – s1s2 N ,

CNS – Conscious and oriented

Treatment :- continued the drug - Shiladi

churna 2gm QID (4 times a day)

.Anuapana- kosha jal for 7 days .

Follow up after 15 days –

No any further compalints

O/E :- All vitas stable

S/E :- RS – AEBE clear ,CVS -s1s2N

,CNS- conscious & oriented .

A) SHILADI CHURNA–⁽⁵⁾

शिला व्योषाभया हिङ्गु विडगं सैन्धवं समम् |

लेहं साज्यमधु श्वासहिवकाकासेषु शस्यते ||

Drug – Shiladi churna content –

Drug content	Guna	Karma
<i>Shilajit</i> ⁽⁶⁾	<i>Laghu, Ruksha</i>	
<i>Sunthi</i> ⁽⁷⁾	<i>Laghu, Snigdha</i>	<i>Kaphahar</i>
<i>Marich</i> ⁽⁷⁾	<i>Laghu, Tikshna</i>	<i>Kaphghna</i>
<i>Pippali</i> ⁽⁷⁾	<i>Laghu, Tiksha, Snigdha</i>	<i>Tridoshghna</i>
<i>Haritaki</i> ⁽⁷⁾	<i>Laghu, Ruksha</i>	
<i>Hingu</i> ⁽⁷⁾	<i>Laghu, Tikshna, Snigdha</i>	
<i>Vidanga</i> ⁽⁷⁾	<i>Laghu, Ruksha, Tikshna</i>	
<i>Saindhava</i> ⁽⁷⁾	<i>Laghu, Sukshma</i>	

Drug Name- Shiladi churna

Dosage- 2gm 4 times a day

Kala- Before Break fast, lunch, evening, dinner

Anupana – kosha jal

Duration – 15 days

Result –

In the present study it was observed that the patient get good relief and relieves the symptoms

Discussion -

In kaphaj kasa, kapha dosha obstructs the vata gati and thereby vata takes abnormal path ,so while treating one should focus on kapha Nirharan as well as normalizing vata gati .

Shiladi churna is having Ushna, Tikshna, Ruksha Guna which Mitigate (supress) the vata & kapha and also shiladi churna have Tridoshghna and Kaphahar karma (properties)hence which helps in controlling and expectorate the Kapha .

The aim of the present study was evaluate the effect of an ayurvedic formulation

shiladi churna in patient of kaphaj kasa symptomatic relief was observed in 80 to 85% .

- *Shilajit -has Laghu Ruksha guna so it acts a Kaphaghna, also act as yogvahi.*
- *Shunthi- due to its Ushna,Tikshna guna it acts as a Kaphaghna and reduces symptoms like shiro Gaurav and shir shul.*
- *Pippali- has Snigdha and Ushna guna it act as Mucolytic property which reduces the Kleda.*
- *Marich- has Ushna,Tikshna,Ruksha guna so act as a Kaphnisarak and Kaphshodhak .*
- *Haritaki- has Ushna,Snigdha,Tiksha guna so act a kaphaghna.*
- *Hingu- has Tikshna,Ushna ,Snigdha guna so act a Kaphanissarak and Kaphavatahar.*

- *Vidanga- has Katu,Ushna,Tikshna guna so act Kaphaghna .*
- *Saindhav – has Laghu, Snigdha ,sukshma guna so it act as a Kaphahar.*

Conclusion –

Kaphaj kasa is simple productive cough associated with cold and throat infection with Recent origin .

Shiladi churna was highly significant reliving Kaphshtivan , Mandagni , Gaurav ,Lomharsh probably these shaman drugs acts as cough Suppressant , expectorants and Mucolytics .

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