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A comparative clinical study of *Kaasahar yog* and *Trikatu churna* in the management of *Kaphaja kaasa*

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ABSTRACT:

Background: In Charaka Samhita it is mentioned that one should treat according to severity of disease or according to dominance of doshas, Kaphaja kasa is most important to treat which if mismanaged or left untreated may lead to dreadful diseases. **Objectives:** To study the principle of management of Kaphaja kasa by katu ruksha ushna kaphaghnaishcha upaacharet using kaasahar yog. **Methods:** Total 60 patients selected by Simple Random Sampling of Kasa from OPD of the hospital of Government Ayurved Hospital. It was Randomised controlled trial. Trial group was administered Kaasahar yog while control group administered Trikatu churna in 3 gm dose for 14 days. **Discussion and Conclusion:** Maximum number of subjects were of age group, 41-50 years. It shows that the overall therapy was very effective and showed marked improvement in the patients of *kaphaja kaasa* hence the study proved to be equivalent.

Keywords: Kaphaja kasa, Kshataj Kasa, kaphaghnaishcha, Trikatu churna, Tamak Shwas

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Introduction:

Cough is the commonest respiratory symptom that has been experienced by every human being. In recent years there has been marked increase in the incidence related to respiratory system. Acharya Charaka has escribed kaasa as an independent disease. It has been observed as an independent disease as well as Symptom, complication and sequel in some diseases.[1] In Charaka samhita it is mentioned that one should treat according to severity of disease or according to dominance of doshas. kaphaja kaasa is most important to treat which if mismanaged or left untreated may lead to dreadful diseases like kshataja kaasa, kshayaja kaasa or tamaka shwas, which are emergencies and are difficult to manage.[2] *Kaasa* is very shortly detoriating disease because, if not treated early can complicate further to *shwas*, *kshay*, *chhardi*, *swarsad* etc. In charaka samhita *kaasa vyadhi* is described mainly in its *chikitsa sthana*. In Sushruta samhita description of kaasa vyadhi and its treatment is mentioned in uttar tantra.[3]

Aetiology of Kaphaja kaasa: The causative factor of *kaphaja* type of *kaasa* includes intake of heavy food, *abhishyandi ahar*, *kapha gets*

vitiated due to above mentioned reasons which causes obstruction to the channels of circulation sweet and unctuous ingredients (in excess) and Excessive sleep and indolence. The *kapha* gets aggravated because of the above-mentioned symptoms and obstructs the movement of *vayu* which gives rise to *kaphaja type of kaasa*. [4] *Kaphaj Kasa* symptoms are Suppression of the power of digestion, Anorexia, vomiting, Chronic bronchitis, Nausea and feeling of heaviness in the body, sweetness and sticking in the mouth and asthenia, spitting of thick phlegm in large quantity which is sweet in taste and unctuous, Feeling of fullness in the chest. [5]

In modern medicine there is very narrow spectrum of treatment part for this condition Antihistaminic, Anti-inflammatory, and use of steroids in such conditions can lead to several side effects. *Acharya Charaka* has given different principles for treating *kaasa* like *vamana*, *yavanna sevan*, *katu ruksha ushna upchaar*, under which he has given four special *yoga* for treating *kaphaja kaasa* and one such *kaasaharyog* out of them, has been used in this study. [6,7]

Objectives:

1. To study the principle of management of kaphaja kaasa by *katu ruksha ushna kaphaghnaishcha upaacharet* using *kaasahar yog*.
2. To study the efficacy of drug on parameter of kaphaja kaasa.
3. To compare the Kaasahar yog and Trikatu churna in the management of Kaphaja kaasa.

Materials and Methods:

Total 60 patients selected of Kasa from OPD of the hospital of Government Ayurved Hospital. It was Randomised controlled study and Method of Randomisation was Lottery method. Sampling Method was Simple Random Sampling.

Ethical clearance: An institutional ethical committee clearance report was obtained before initiation of the trial. A written consent of all patients included in the study in the language best understood by them was taken before screening.

Inclusion Criteria:

1. Patients having classical signs and symptoms of kaphajakaasa irrespective of sex, religion were selected for study.
2. Patient in the age group of 20-60 years having kasa from less than 10 days.

3. Patients having no infective pathology were selected for study.

Exclusion Criteria:

1. Patients already diagnosed or suspected of Chronic Obstructive bronchitis, Pleurisy,
2. Pulmonary tuberculosis, Bronchiectasis, Pneumonia, Lung abscess and asthma.
3. Patients with any other major systemic, metabolic disorders were excluded from study
4. Patient discontinuing the treatment were considered as drop out and excluded from the study.
5. Patients participating in any other clinical trials (since last 6 months).

CRITERIA OF ASSESSMENT

Assessment was done by Subjective criteria

1) Mandagni-

0- *Prakrut agni*.

1-feeling of hunger after interval of 6hrs from previous meal.

2-feeling of hunger after interval of 8hrs from previous meal

3-feeling of hunger after interval of 10hrs from previous meal.

2) Kaasa-

0- Mild.

1-Intermittent.

2- Moderate.

3-Worsened.

3) Utklesh-

0- No *Utklesh*

- 1-*Utklesh* only after meals
- 2-*Utklesh* on coughing
- 3-Continuous feeling of *utklesh*

4) Nishthivan-

- 0-No *Kaphashtivan*
- 1- Serrous expectoration
- 2- Moderately thick white expectoration
- 3- Thick large quantity of solid white sputum.

5) Pinas-

- 0-Absent
- 1-Mild intermitently
- 2-Moderate at specific time period.
- 3-Severe throughout day .

6) Aruchi-

- 0- Normal desire for food
- 1-Eating timely at much desire for specific food
- 2-Desire of food only after long interval for most liking food.

- 3- No desire at all

7)Gaurav-

- 0- Absence of *gaurav* .
- 1-Frequency of *gaurav* 2-3 times a day.
- 2-Frequency of *gaurav* 4-5 times a day.
- 3- Feeling of *gaurav* throughout the day.

8) Asyamadhurya-

- 0- Only in morning.
- 1- Even after brushing.
- 2 - After meals.
- 3-Continuous

Drugs: *Kaasahar yog* contains Deodar, Haritaki, Musta, Pippali, Sunthi and Trikatu contains Sunthi, Mire and Pippali.

MANAGEMENT OF GROUPS:**Table No.1 Management of groups**

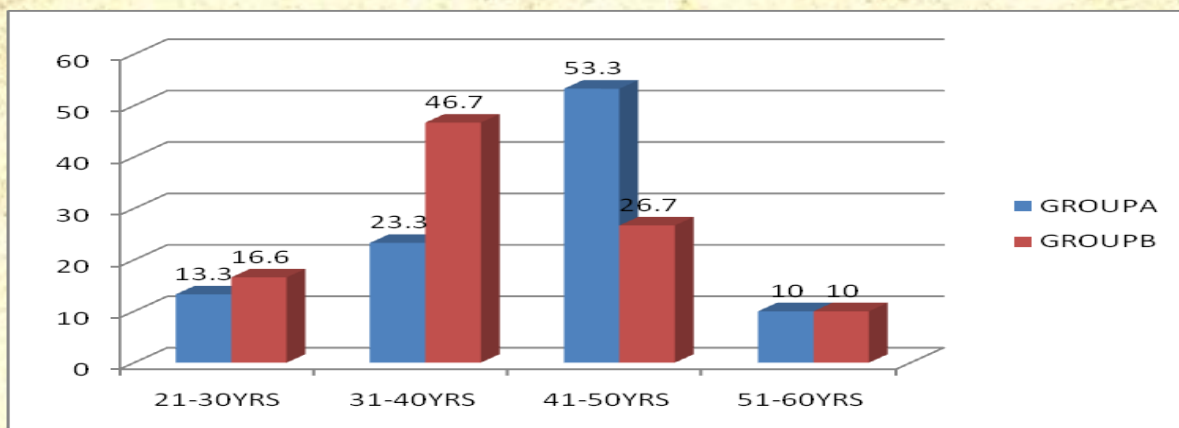
	Trial group	Control group
Name of drug	<i>Kaasahar yog</i>	<i>Trikatu churna</i>
Dose	3gm qid	3gm qid
Duration	14 days	14days
Anupan	<i>Madhu</i>	<i>Madhu</i>
No.of patient	30	30
Follow up	After every 7 days	After every 7 days

Results :**Table No 2 : Showing age wise distribution of patients in both the groups**

Age in years	Group-A		Group-B	
	No. of patients	Percent	No. of patients	Percent
21-30	4	13.3	5	16.7
31-40	7	23.3	14	46.7
41-50	16	53.3	8	26.7

51-60	3	10	3	10
Total	30	100	30	100

Graph.1 Showing age wise distribution of patients in both the groups



Age : In a study of total 60 patients 15 % were in age group 21-30,35% were in age group 31-40 ; 57% patients were of age group 41-50 ,10% of patients were of age group 51-60.

CLINICAL OBSERVATIONS:

Effect of Therapy on Symptoms of *kaphaja kaasa* in Group A and B Statistically:

All symptoms mentioned in tables and graphs given below were

Table No.3 Comparison of Mean scores of Mandagni before and after treatment

graded as per the assessment criteria described. All the symptoms which do not follow the normal distribution hence non-parametric test such as Wilcoxon’s Ranked Sign test was used to evaluate difference between two treatments or conditions where the samples are correlated or repeated measurements on a single sample.

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	0.86	0.63	1.2	0.80
SD	0.86	0.66	0.94	0.55
Median	1	1	1	1
Range	0-3	0-2	0-3	0-2
Z-value	2.646		3.153	
p-value	0.0082, HS		0.0016, HS	

Assessment of *Mandagni* : In the study of total 60 patients Mean score of patients having complaint of mandagni in group A was 0.86 and Group B was 1.2 after treatment which was reduced to 0.63 and 0.8 in group A and Group B

respectively. After statistical analysis Z was 2.646 at P-0.0082 ,indicates significant reduction in mandagni while in group B Z value is 3.153 at P-0.0016 which also indicates significant reduction in mandagni .

Table No.4 Comparison of Mean scores of *Kaasa* before and after treatment.

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	1.96	0.56	2.06	0.33
SD	0.61	0.62	0.64	0.48
Median	2	0.5	2	0
Range	0-3	0-2	1-3	0-1
Z-value	4.818		4.901	
p-value	<0.0001,HS		<0.0001,HS	

Assessment of *kaasa* : Mean score of patients complaining of kaasa in group A was 1.96 which was reduced to 0.56 after treatment and the Z value is 4.818 at P 0.0001 which indicates significant reduction in the symptom kaasa in

group A .In group B the mean score was 2.06 wich was reduced to 0.33 after treatment and Z value 4.901 at P-0.0001, which shows that the changes were highly significant in both the groups.

Table No.5 Comparison of Mean scores of *Utklesh* before and after treatment .

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	0.83	0.33	0.83	0.13
SD	0.79	0.54	0.83	0.43
Median	1	0	1	0
Range	0-2	0-2	0-2	0-2
Z-value	3.445		3.475	
p-value	0.0006, HS		0.0005, HS	

A

assessment of *Utklesh* : In group A regarding the symptom *utklesh* the mean score was 0.83 before treatment which was changed to 0.33 after treatment and the Z value was 3.445 at P -0.0006 which indicates highly

significant change in group A . In group B mean score is 0.83 before treatment which was reduced to 0.13 after treatment ,Z value is 3.475 at p-0.0005 which means the changes are highly significant .

Table No.6 Comparison of Mean scores of *Nishthivan* before and after treatment

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	1.43	0.30	1.67	0.20
SD	0.62	0.46	0.75	0.40
Median	1.5	0	2	0
Range	0-2	0-1	0-3	0-1
Z-value	4.743		4.895	
p-value	<0.0001, HS		<0.0001, HS	

Assessment of *Nishthivan* : In group A mean score of symptom *Nishthivan* was 1.43 which reduced to 0.30 after treatment and Z value is 4.743 at P-0.0001 ,while in group B mean score

was 1.67 which changed to 0.20 after treatment and the value of Z is 4.895 at p- 0.0001 which proves that the change is highly significant in both the groups.

Table No.7 Comparison of Mean scores of *Pinas* before and after treatment.

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	0.63	0.06	1.06	0.10
SD	0.80	0.36	0.69	0.40
Median	0	0	1	0
Range	0-3	0-2	0-3	0-2
Z-value	3.714		4.737	
p-value	0.0002,HS		<0.0001, HS	

Assessment of *Pinas* : In group A mean score of symptom *Pinas* is 0.63 which reduced to 0.06, after statistical analysis of mean scores Z value is found as 0.63 at P -0.0002 which proves that the changes are highly significant, while in group A mean score

was 1.06 before treatment which was reduced to 0.10 after treatment after statistical analysis of the score Z value was found to be 4.737 at P-0.0001 which indicates significant reduction in *Pinas* .

Table No.8 Comparison of Mean scores of *Aruchi* before and after treatment

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	0.73	0.50	0.93	0.46
SD	0.69	0.51	0.78	0.62
Median	1	0.5	1	0
Range	0-2	0-1	0-2	0-2
Z-value	2.447		3.066	
p-value	0.0144,S		0.0022,HS	

Assessment of *Aruchi* : In group A mean score of patients with *Aruchi* was 0.73 before treatment which was 0.5 after treatment. After statistical analysis the Z value is 2.447 at P-0.0144 which shows significant reduction in *Aruchi* While in group B

mean score of patients with *Aruchi* was 0.93 which reduced to 0.46 after statistical analysis Z value was found 3.066 at p-0.0022 which means there is highly significant reduction in the score of *Aruchi* in group B.

Table No.9 Comparison of Mean scores of Gaurav before and after treatment.

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	1.03	0.73	0.93	0.46
SD	0.80	0.74	1.14	0.77
Median	1	1	0	0
Range	0-2	0-2	0-4	0-2
Z-value	2.641		2.992	
p-value	0.0083,HS		0.0028,HS	

Assessment of Gaurav : In group A while grading symptom Gaurav mean score was 1.03 before treatment which was then reduced to 0.73 after treatment . On statistical analysis of the mean score Z was 2.641 at P -0.0083 which is highly significant and shows significant reduction in the symptom

Gaurav in group A . In group B the mean score of symptom Gaurav was 0.93 before treatment which was reduced to 0.46. After statistical analysis the Z value is found to be 2.641 at P- 0.0083 which is highly significant and shows marked reduction in the symptom gaurav.

Table No.10 Comparison of Mean scores of Asyamadhurya before and after treatment

	Group-A		Group-B	
	BT	AT	BT	AT
Mean	1.36	0.90	0.93	0.36
SD	0.99	0.71	0.93	0.61
Median	1	1	0.5	0
Range	0-3	0-2	0-3	0-2
Z-value	3.301		2.990	
p-value	0.0010,HS		0.0028, HS	

Assessment of Asyamadhurya : In group A the mean score of symptoms asyamadhuryata was 1.36 before treatment which was reduced to 0.9

after treatment ,after applying statistical test the Z value is found to be 3.301 at P-0.0010 which is highly significant and in Group B the mean

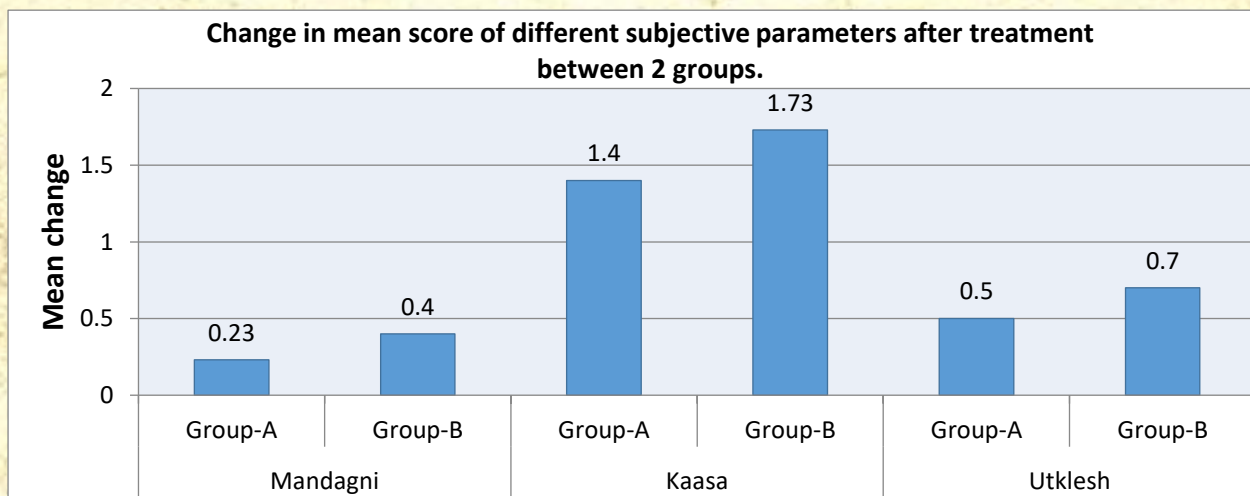
value is 0.93 which was reduced to 0.36 after treatment after applying statistics

the Z value is 2.990 at P- 0.002 which is highly significant.

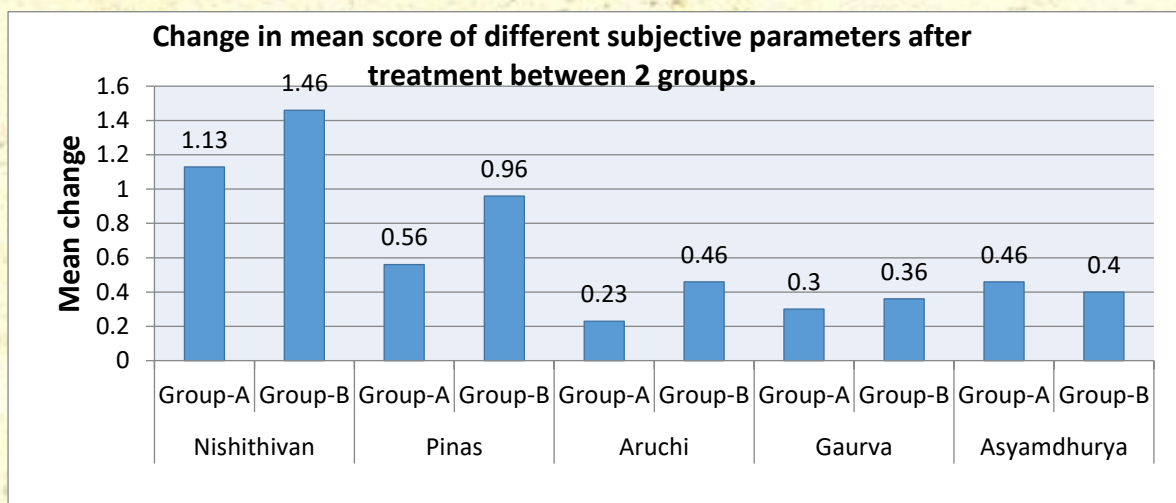
Table No 11. Comparison of change in mean score of different subjective parameters after treatment between 2 groups.

Symptoms	Group	Mean change	SD	Median	% Relief	Z-value	p-value
Mandagni	Group-A	0.23	0.43	0	26.74	0.979	0.3275,NS
	Group-B	0.40	0.62	0	33.33		
Kaasa	Group-A	1.4	0.72	1	71.43	1.679	0.0932,NS
	Group-B	1.73	0.64	2	83.98		
Utklesh	Group-A	0.50	0.68	0	60.24	1.119	0.2630,NS
	Group-B	0.70	0.95	1	84.34		
Nishithiva n	Group-A	1.13	0.68	1	79.02	1.532	0.1256,NS
	Group-B	1.46	0.73	1	88.02		
Pinas	Group-A	0.56	0.67	0	90.48	2.427	0.0152,S
	Group-B	0.96	0.61	1	90.57		
Aruchi	Group-A	0.23	0.50	0	31.51	1.465	0.1429,NS
	Group-B	0.46	0.73	0	50.54		
Gaurva	Group-A	0.30	0.59	0	29.13	0.536	0.5923,NS
	Group-B	0.36	0.61	0	44.58		
Asyamdh urya	Group-A	0.46	0.68	0	33.82	0.480	0.6309,NS
	Group-B	0.40	0.67	0	52.63		

Graph. 2 Change in mean score of different subjective parameters after treatment between 2 groups



Graph. 3 Change in mean score of different subjective parameters after treatment between 2 groups



For the purpose of evaluation of better drug in the comparison of both groups in this study, Mann-Whitney test was applied on the scores of Symptoms. While comparing the drugs in this study such as Drug in Group A and Group B, Mean score in the table indicates that Group B drug had better

result on Mandagni, kaasa, Utklesh ,Aruchi,Pinas Gaurava, Nishthivan, while Drug in group A had better result on Asyamadhuryata. But after statistical analysis the all the parameters were found insignificant except pinas.

Table. 12 Statistical evaluations of Comparative of Effect of drug in group A and Group B on parameters of kaphaja kaasa

Subjective parameters	Name of group	Statistical significance	Percentage of relief
Effect on Mandagni	Group A	Statistically not significant as $p > 0.05$ i.e 0.3275	2.74
	Group B		33.33
Effect on kaasa	Group A	Statistically not significant as $p > 0.05$ i.e.0.0932	71.43
	Group B		83.98
Effect on Utklesh	Group A	Statistically not significant as $p > 0.05$ i.e.0.2630	60.24
	Group B		84.34
Effect on Nishthivan	Group A	Statistically not significant as $p > 0.05$ i.e 0.1256	79.02
	Group B		88.02
Effect on Pinas	Group A	Statistically significant as $p < 0.05$ 0.0152,S	90.48
	Group B		90.57
Effect in Aruchi	Group A	0.2630,NS Statistically not significant as $p > 0.05$ i.e.0.1429,NS	31.51
	Group B		50.54
Effect on Gaurav	Group A	Statistically not significant as $p > 0.05$ i.e 0.5923, NS	29.13
	Group B		44.58
Effect on Asyamaedhurya	Group A	Statistically not significant as $p > 0.05$ i.e 0.6309, NS	33.82
	Group B		52.63

Discussion:

Age wise in a study of total 60 patient 15 % were in age group 21-30,35% were in age group 31-40, 57% patients were of age group 41-50 ,10% of patients were of age group 51-60. Gender wises Out of total 60 patients 45% were males, and remaining 55% were females. Out of total 60 patients in study 14 patients were vegetarian and 46 patients were having mixed type of diet .

In group A, 6.7% patients were having complete remission, 10% patients were having marked improved, 30% patients were having moderate improved, 40% patients were having Mild improved, 13.3 patients were unchanged. In group B, 10% patients

were having complete remission, 13.3% patients were having marked improved, 46.7% patients were having moderate improved, 10 % patients were having mild improved. In the study of whole 60 patients 6.7% were unchanged ,25% showed minor improvement, 38.33% showed Moderate improvement ,whereas 21.66% showed marked improvement and 8.33% patients showed complete remission. After statistical analysis it is found highly significant and shows that the overall therapy was very effective and showed marked improvement in the patients of kaphaja kaasa and the study proved to be equivalent type.

Conclusion:

Maximum number of subjects were of age group, 41-50 years that is out of total 60 patients 45% were males, and remaining 55% were females. Mean score in the table indicates that Group B drug had better result on *Mandagni, kaasa, Utklesh, Aruchi, Pinas, Gaurava, Nishthivan* while Drug in group A had better result on *Asyamadhuryata*. But after statistical analysis to compare the effect of both the drugs on parameters of *kaphaja kasa* the changes were insignificant except the parameter *pinas* was significant. It shows that the overall therapy was very effective and showed marked improvement in the patients of *kaphaja kaasa* hence the study proved to be equivalent.

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