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Case Study

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## Effect of *Samasharkara Churna* in the management of *Vataja Kasa*: A case study

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### ABSTRACT

Respiratory illness is one of the most important and challenging area of general practice and its now mainly in the present pandemic situation COVID-19. *Prana* is related with life therefore any abnormality in its function leads to disturbance of all the body functions as *Prana* is *Sarvagata*. A 27 year old female patient was presented with *Vataja Kasa Lakshanas*. The *Samasharkara Churna* 6gm with *Madhu* twice a day is given for 7 days and good reduction seen in subjective & objective parameters in result assessment. *Samasharkara Churna* has Antimicrobial, Antiviral, Antitussive property and balances *Dushita Doshas* does *Sroto Shodana*. *Samasharkara Churna* proved to be an efficient measure in *Vataja Kasa*.

**Keywords:** *Vataja Kasa*, *Kasa*, Simple Pulmonary Eosinophilia, *Samasharkara Churna*.

### INTRODUCTION

*Vataja Kasa* is a *Pranavaha Srotasa Dushti Vikara* and it is described as *Shighra Prana Hara* in the *Ayurvedic* texts, *Prana* is related with life therefore any abnormality in its function leads to disturbance of all the body functions as *Prana* is *Sarvagata*. *Acharya Sharangadhara* says *Pranavayu* acts as *Amrutha* to nourish the body. So it is most vital for the substance of life from the first breathe to the last breathe. As a result of “*Dhuma*” and “*Raja*” the main causes of *Pranavahasroto Dusti*, which have become unavoidable. *Kasa* the most common disease of total diseases being recorded as its prevalence in india is 5%-10%.

*Acharya Charaka* explained the *Nidana* as *Samanya* & *Vishesh Nidana* i.e *Dhooma*, *Dhooli*, *Raja*, *Rukhsya Anna Sevana*, *Bhojana vimargaman*, *Chavathu-Vegadharana*. Further he explained *Samprapti* of *Vataja Kasa* – as because of *Vata Prakopa*, *Adhogamana* of *Pranavayu* is obstructed and thus attains *Urdhwagamana* with *Udana Vayu* and located in *Kantha*, *Uraha Pradesh*. This *Avarodha* at the level of *Uraha And Kantha Pradesh*

forces them to get filledup in the *Srotas* of *Shira* and *Kantha*, after that sudden extension in the *Hanu*, *Manya* and whole body accompanied by contraction of thoracic cage and eyes leading to increase in the intrathoracic cage and eyes leading to increase in the intrathoracic pressure, all directed towards glottis. Then there is forceful expulsion of air because of the sudden opening of glottis producing a typical sound is called *Kasa*. which results in *Shwasakruchrata Pranavaha Srotas*, *Annavaha Srotas* and *Udakavaha Srotas* are also involved in the *Vataja Kasa*, a condition, which in modern parlance is known as Simple Pulmonary Eosinophilia. Definition of Eosinophilic lung diseases is Heterogenous group of pulmonary disorders characterized by pulmonary parenchymal or peripheral blood eosinophilia.

Hence *Shamana* treatment as directed in *Ayurveda* and their therapeutic effect is proved in some researches works, so in this study *Samasharkara Churna* is selected. Its properties like *Ushna*, *Snigdha Guna*, *Madhura*, *Katu*, and *Tikta Rasa* which alleviates *Vata* and does the *Vatanulomana* hence breaks the *Samprapti* of *Vataja*

*Kasa*. In this study, the efficacy of drug *Samasharkara Churna* is analyzed.

## CASE REPORT

A female patient aged 27 years, presented at Kayachikitsa OPD of BVVS AMCH Bagalkot, Karnataka with chief complaints of dry cough, throat irritation, and headache since 5 days. Associate complaints were generalized weakness. The body weight was 62kgs. Occupationally, she was student. No significant personal history and No any respiratory illness in family. There was no history of diabetes mellitus or hypertension and COVID-19. No any travel history in recent 15 days. Her vitals were within normal limits. All vital parameters were within normal limits.

## GENERAL EXAMINATION

Built: Medium  
Cyanosis: Absent  
Lymphadenopathy: Absent  
Pallor: Absent  
Clubbing: Absent  
Icterus: Absent  
Edema: Absent

## LOCAL EXAMINATION

## INVESTIGATIONS

- a. Radiological examination
- Chest X-ray PA view:

## Inspection

Shape: Bilaterally Symmetric  
RR-19/min  
No scars  
Thoraco abdominal respiration seen  
Movements of Chest Wall- Accessory Muscles of Respiration

## Palpation

Trachea Position-Midline  
Respiratory Movements-AEBE  
Vocal Fremitus -Equal on both sides  
Expansion of Chest- Symmetrical  
Tenderness-Absent

## Percussion

Chest- Resonant

## Auscultation

Vocal Resonance- Equal on both sides  
Breathing Sounds- Vesicular  
Added Sounds-Present  
Crackles on both sides

## METHODS AND MATERIALS

Patient was treated with *Samasharkara Churna* with *Madhu* 6gm BD for 7 days.

Findings: There are no cavitations, consolidation or nodular pattern. There are no fibronodular changes.

- b. Haematological examinations
- CBC Count:

TABLE NO 1: Reports of haematological Examination

PARAMETER	VALUES
Hb%	11.7gm%
WBC	9500 cells/cumm
NEUTROPHILS	76%
LYMPHOCYTES	18%
EOSINOPHILS	04%
BASOPHILS	0%
MONOCYTES	02%
ESR	75mm/hr
A.E.C	480 cells/cu.mm

## TREATMENT PROTOCOL

TABLE NO 2: QUANTITY OF INGREDIENTS OF *SAMASHARKARA CHURNA*

SL.NO	Ingredients	Latin Name	Family	Quantity
1	<i>Lavanga</i>	<i>Syzygium aromaticum</i>	Myrtaceae	1 part
2	<i>Jatiphala</i>	<i>Myristica fragrans</i>	<i>Myristicaceae</i>	1 part

3	Pippali	Piper longum	Piperaceae	1 part
4	Maricha	Piper nigrum	Piperaceae	½ part
5	Shunti	Zingiber officinale	Scitamineae	16 part
6	Sharkara			21 part

TABLE NO 3: TREATMENT PROTOCOL

Medicine	Samasharkara Churna
Dose	6gm twice a day, after food
Anupana	Madhu (Q.S)
Duration	7 days
Follow Up	10 <sup>th</sup> day

## RESULTS

TABLE NO 4: Gradeings of assessment criteria for subjective &amp; objective parameters

SL. No	a) Subjective	B.T	A.T	F/U
1	Shushka Kasa	2	1	1
2	Shirashoola	3	2	0
3	Kanth Ura Vaktra Shushkata	0	0	0
4	Swarabheda	0	0	0
5	Hrithshoola	0	0	0
6	Parshwashoola	0	0	0

SL.No	a) Objective	B.T	A.T
1	A.E.C	0	0
2	E.S.R	3	0

## DISCUSSION

### Mode of action of Samasharkara Churna

The presence of *Katu Rasa* of Lavanga, Pippali, Jatipahala, Maricha Shunti, Samasharkara Churna acts as Krimihara, Kanduvinishayati, and Shrotoshodhana. The effect of Tikta Rasa of Lavanga, Pippali, Jatipahala, Maricha Shamasharkara Churna acts as Krimihara, Kanduhara and Lekhana property. The effect of Ruksha Guna, Ushna Virya of Maricha, Jatipahala, and Shunti acts on the site of affected Doshas and does the Srotoshodhana. The Krimihara and Kasahara property of Lavanga, Jatipahala, Maricha and Pippali helps in the reduction of vitiated Doshas. In the Vataja Kasa Madhu is selected as Anupana because Madhu act as Pittajit because Vataja Kasa Utpatti Satana is Pitta Sthana, Vatanulomana action is on Prana and Vyana Vata because of Madhura Rasa, Guru Guna, and Ushna Veerya thus breaks the Samprapti of Vataja Kasa. So based on the studies, It is observed that in this present study there is reduction in the ESR i.e Before treatment it was 75mm/hr and after treatment 15mm/hr, AEC count Before treatment it was 480cells/cu.mm and after treatment 480cells/cu.mm and reduction in subjective parameters i.e Shushka Kasa BT it was Grade 2 and AT Grade 1, Shirashoola BT it was Grade 3, AT it was Grade 2.

The Shirashoola is Vata Pradana Lakshana i.e Chala Guna is increased in Shira, because of the drugs having Ushna Veerya this might be reduce. The Shushka Kasa is Vata Pradana Vyadhi and here

increased Khara Guna (dryness of mouth) of Vata in Kantha Pradesh is pacified by Madhura Vipaka and Madhura Guna of Sharkara and Chala Guna(Kasa). The reduction in Objective parameters (ESR) suggests that the formulation acts as Krimihara (Antimicrobial, Antiviral), Svasakasahara, Immunomodulator. The patient followed Pathya and Apathya as per instructions, i.e Goghrita, Goduddha, Ushna Jala Pana was advised along with medication. The Madhu is used as Anupana here because it is Pittanut, Svasa Kasajit, Tridosha Shaman, Guru Guna, Laghu Vipaka, it does Vatanulomana, Vataghna, Pittaslemaghna, Chedana, Yogavahi qualities, So this might be also a noticeable point for changes in results. Overall the Drugs containing Guru Snigdha Guna, Ushna Veerya & Madhura Vipaka are known to be Vatahamaka and Vatanulomaka and Madhu removes the Sroto Avarodha in Pranavaha Srotas. Srotas vitiated is Pranavaha Srotas, which is corrected by all the drugs, as they are Kasahara and Swasahara. Srotodusti is Sanga, which is relieved by Ushna Veerya and Srotoshodaka properties of the drugs. Hence this formulation helps to breaks the Samprapti of Vataja kasa.

## CONCLUSION

After analysis of all data, it is concluded that Samasharkara Churna is effective in treating this case study of Vataja Kasa (Simple Pulmonary Eosinophilia) gives better relief to the patient. There were no adverse effects found during the Ayurvedic medication.

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