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Review Article

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Ayurveda Perspectives on *Kapha Vyadhi* and Role of Ayurveda Drugs in the Management of *Kapha Vyadhi*

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Abstract

In classical Ayurvedic texts, *Kaphaja rogas* mentioned specifically along with their causes, symptoms and treatment modalities, etc. *Tandra*, *Guru Gatrata*, *Alasya*, *Mukha Sarava*, *Balasaka*, *Dhamani Praticaya*, *Ati Sthaulya*, *Udarda* and *Shvetaavabhasata*, etc. are major pathological manifestations of *Kaphaja rogas*. When it comes to treating any ailment, the choice of the right, potent, and beneficial medication is crucial. Medications that possess predominantly *Tikta*, *Katu* and *Kashaya* tastes, along with qualities like *Laghu*, *Ushna*, *Ruksha*, *Tikshna*, *Vishada*, *Sukshma*, *Khara* and *Ushna Veerya* can be chosen for the effective treatment of *Kaphaja rogas*. Drugs such as; *Turmeric*, *Ginger*, *Triphala*, *Bibhitaki*, *Chitrak* and *Ashwagandha*, etc. are offers relief in *Kaphaja rogas*. This article summarizes Ayurveda perspectives on *Kaphaja Vyadhi* and role of Ayurveda drugs in the management of *Kaphaja Roga*.

Keywords: Ayurveda, *Kaphaja*, *Vyadhi*, *Roga*, *Dosha*, *Drugs*

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1. Introduction

Ayurveda presented various aspects related to the pathogenesis of diseases, in this regards Ayurveda mentioned *Doshas* as prime factor responsible for diseases. All three *Doshas* triggers disease pathogenesis

and *Kapha* imbalance play major role in disease manifestation. Emaciation, laziness, impotency, lethargy and low immune response, etc. are major issues associated with *Kapha* vitiation. (1-4) The pathogenesis of disease is depicted in **Figure 1**.

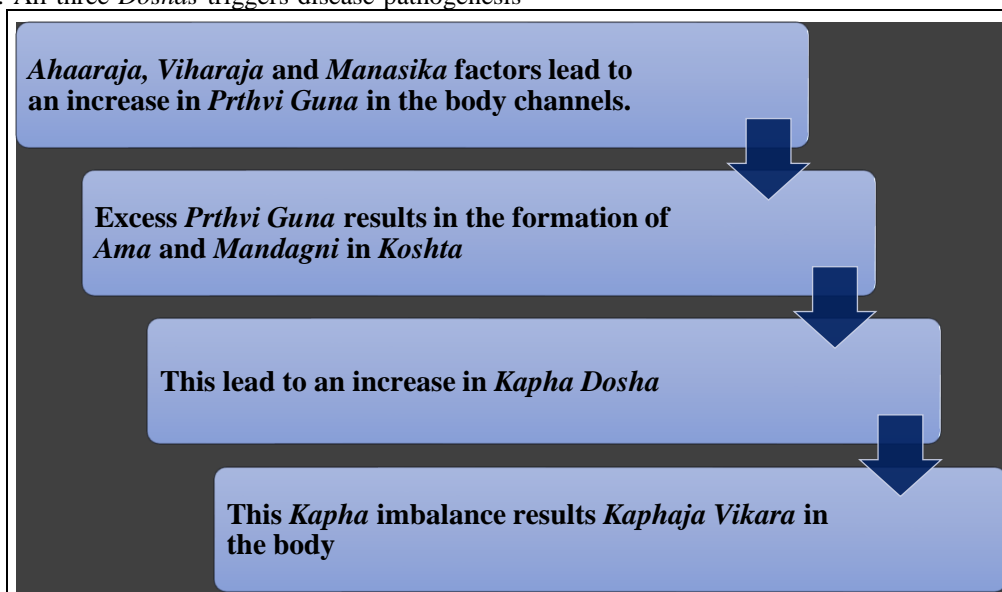


Figure 1. Pathogenesis of *Kapha Roga*

Kapha dosha imbalance may results conditions such as; obesity, congestion, coughing, diabetes, cardiovascular diseases and abnormal cell growth, etc. The various types of *Kaphaja Vyadhi* include symptoms such as; *Trupti*, *Nidraadhikya*, *Guru Gatrata*, *Mukha Sarava*, *Malaadhikya*, *Apakti*, *Ati Sthaulya*, *Sheetaagnita*, *Udarda* and *Shvetaavabhasata*, etc. (4-6)

Daytime napping, sedentary lifestyle, and consumption of foods which are sweet, salty, sour, oily and heavy in nature, *Abhishyandi* foods, eating a combination of unhealthy foods and overconsumption of cold substances, etc. are major factors that can causes imbalances of *Kapha Dosha*. The affected area exhibits swelling, slight reddishness, greasy texture, numbness, stiffness, mild pain and heaviness, etc. Diseases primarily caused by *Kapha Dosha* are categorized as *Kaphaja Nanatmaja Vyadhi*. There are descriptions of twenty different types of *Kaphaja Nanatmaja Vikaras*, although it is acknowledged that *Kaphaja Nanatmaja* diseases are, in reality, countless in number. (6-8)

2. Disease Management:

The *Nidanas* of *Kapha* aggravated diseases play a crucial role in their treatment. There are two aspects or treatment approaches when dealing with these diseases: *Nidana Parivarjana* and *Samprapthi Vikhatana*. It is imperative to have an understanding of the *Nidanas* responsible for *Kaphaja Vikaras*. When planning the treatment strategy for *Kapha Roga*, it is crucial to consider the *Rasa*, *Guna* and *Veerya* of both the food and medicinal substances to be administered. The primary treatment approach for these diseases should involve medications with the properties such as; *Katu*, *Tikta* and *Kashaya Rasa*, *Ruksham* and *Theekshanm Guna*, *Ushna Veerya* and intake of *Alpa Ahara*. (5-8)

3. Ayurveda Drugs for Various Stages of Kapha Roga:

Shwasa Roga, *Aadra Kasa*, *Shuska Kasa* and anorexia, etc. are conditions associated with *Kapha* vitiation here are some examples of drugs used for these specific conditions along with their properties:

a) Drugs for Shuska Kasa:

Medications that exhibits lubricating properties by suppressing the cough center, rectifying mucosal degeneration with substances possessing *Snighdha* and *Laghu* characteristics, such as *Yashtimadhu* and *Karkatshring*.

b) Remedies for Aadra Kasa:

Medications that facilitate the clearance of sputum, including those with *Ruksha* and *Chhedan* attribute such as *Vanshalochan*, *Marich* and *Pippali*.

c) Treatments for Shwasa Roga:

- ✓ *Avipattikara Churna* and *Tarunikusumakara Churna* induce a *Vatanulomana* effect.
- ✓ *Trikatu* and *Panchakola* bring about *Ama Pachana* effect.

d) Therapies for Anorexia:

Mustaka, *Chitraka*, *Shunthi* and *Jeeraka* provide *Deepana* and *Pachana* effects.

e) Rasa Kalpa for Shwasa Roga:

- *Shwasa Kuthara Ras*, *Abhraka Bhasma*, *Rasasindoora* and *Samirpannag Rasa*, etc. are offers improvements in *Kapha Roga*.
- Others *Rasa Kalpa* for *Kapha* vitiation are as follows:
 - ✓ *Varunadi Kwath*
 - ✓ *Dasamoola*
 - ✓ *Dasamoolakaduthrayam Kwath*
 - ✓ *Navajeevan Rasayanam*
 - ✓ *Punarnavadi Kwath*

4. Drugs for Kaphaja Vikaras:

Turmeric (Curcuma longa. L.)

Turmeric boasts remarkable anti-inflammatory and antioxidant properties that make it effective in the prevention and treatment of various health conditions. It's bitter, astringent and pungent tastes offers heating quality, particularly considered useful in balancing excessive *Kapha*. Protects the liver and reduce elevated blood cholesterol levels, thus prevent chances of obesity, alleviates pain and stiffness, soothes the digestive system and inhibits the growth of bacteria in case of infections, etc.

Ginger (Zingiber officinale):

Ginger is a commonly used herb in Ayurveda, especially in the treatment of *Kapha* disorders such as sluggish digestion, obesity, sinus congestion and eliminates accumulated toxins. Prevents nausea, dizziness and vomiting, assists in regulating metabolism and reducing the risk of diabetes.

Triphala:

It possesses sweet, pungent, sour, astringent and bitter taste; additionally *Amalaki* imparts cooling effect while *Bibhitaki* gives heating effect. *Triphala* helps to balance *Kapha Dosha* and possess potent healing and purifying properties. *Triphala* gently cleanses and detoxifies the body without causing irritation to the colon. *Triphala* strengthens and nourishes the bones and nervous system, etc.

Bibhitaki (Terminalia bellirica):

Bibhitaki is well-known for its therapeutic properties and is traditionally used to address throat infections and hair-related issues. *Bibhitaki* is notable for its strengthening and astringent qualities. It possesses strong heating qualities and is rich in antioxidants, making it effective in relieving stress and improving gastrointestinal function. The *Guna* and *Rasa* of *Bibhitaki* contributed significantly towards the management of *Kapha* disorders including obesity and diabetes, etc.

Chitrak (Plumbago zeylanica Linn.):

Chitrak's potent roots are recognized for their anti-atherogenic, neuroprotective and cardio-tonic properties. It strengthens the *Agni*, supports healthy digestion and effectively balances *Kapha Dosha*. *Chitrak* is also an

excellent source of antioxidants and possesses therapeutic properties against respiratory ailments.

Ashwagandha (*Withania somnifera*):

Ashwagandha, often referred to as Indian Ginseng, is renowned for providing strength and stability to the nervous system. It has bitter and astringent qualities, making it suitable for pacifying *Kapha Dosha*. *Ashwagandha* improves metabolic efficiency, promotes muscle growth and offers relief from chronic stress.

Pippali (*Piper longum*):

Pippali plays a crucial role in harmonizing *Dosha* due to its *Katu*, *Teekshana* and *Ushna* properties. This herb is instrumental in alleviating conditions such as *Shwaas*, *Kaas*, *Jalodara*, *Kushta* and *Prameha*, etc.

Chironji (*Buchanania cochinchinensis*):

Chironji possesses qualities of *Snigdha* and *Guru*, along with a *Madhura* taste and *Sheeta veerya*. These attributes make *Chironji* an excellent *Kapha nisaraka*, it aids in expelling *Kapha dosha* from the body, providing relief from conditions associated with the accumulation of mucus.

Shati (*Hedychium spicatum*)

Shati contain *Kapha shamaka* property such as; *Katu*, *Tikta*, *Teekshna* and *Ushna*. It is effective in managing conditions like *Kaas*, *Shwaas* and other conditions associated with *Kapha Dosha* vitiation.

5. Conclusion

Ayurveda mentioned conditions like *Tandra*, *Alasya*, *Mukha Sarava*, *Ati Sthaulya*, *Udarda*, *Shvetaavabhasata* and *Balasaka* as pathological manifestations of *Kaphaja rogas*. Effective treatment for *Kaphaja rogas* often involves medications with predominant *Tikta*, *Katu*, and *Kashaya* tastes, coupled with qualities like *Laghu*, *Ushna*, *Ruksha*, *Tikshna*, *Sukshma*, *Khara* and *Ushna Veerya*. Some beneficial drugs for managing *Kaphaja rogas* include Ginger, *Triphala*, *Bibhitaki*, Turmeric, *Ashwagandha* and *Chitrak*, etc.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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