

To study the effect of *Atasi Pana* in *Kafaja Kasa*
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Abstract:

In this time of *Pandemic*, various symptoms seen regarding respiratory system. One of dominant symptom is excessive, chronic coughing with excessive expectoration. We thought of “*Atasi Pan*” a traditional therapy for relief from coughing & its related problems like excessive expectoration, chest and throat pain, heaviness in chest, etc. In this time, *Dushita Vayu* gives rise to various respiratory problems one of those is *Kasa*. And we are dealing with *Kafaja Kasa*. *Kafaj Kasa* shows various symptoms like *Mandagini*, *Aruchi*, *Chhardi*, *Pinas*. *Utklesh*, *Gaurav Lomharsh*, *Aasya Madhurya*, *Kled*, *Kafa nishthivan* (*Bahul/Madhur/Snighd/Ghan*), *Vaksha Ruja Sampurnam*. *Atasi Pan* is used from the ref. of *Bhavprakash Raj Nighantu*, *Chardik & Sushrut Samhita*. We also referred *Madhavnidan* and *Dhanvantari Nighantu*. *Atasi beej* are used in the form of *Pan*. *Atasi beja* approx 10 gm were taken and dry fried on low heat until they crackle. 150 ml (1 glass full) water added to them, 1 pinch *Lavana* added to the *Pan*. It is boiled until it gets slippery, jelly like. Approx 120 ml obtained. This *Atasi Pan* was given to patients 2 tsb (approx 20ml) twice after meals for 3 days. Observations listed according to data given by patients. As *Atasi beej*^{3, 7} itself is *Ushna tikshna gunatmaka*, *Ushna Virya*, *Katu Vipak*^{3, 7}, *Mala Vrudhikar*, *Vataghni*, so, it removes obstacles in the form of *Styan kafa* from prana and a *Pan* *vayu*'s natural way of working. Means it removes *margavarodh* by *styan kafa* in the *pranavaha strotas* with the help of its *guna*, *rasa*, *virya* and *vipak*. Hence maximum relief obtained in so many patients. *Lavana* liquefies the *kafa* and breakdown it. It expels out the liquefied cough through easiest way i.e. oral cavity - through expectoration or anal end - through purish mala.

Keywords: *Kafaj Kasa*, *Atasi Pan*, *Sthivan*, *Bahul Kasa*.

Introduction

After treating patients of *Kafaj Kasa* with *Atasi Pan*^{10, 13, 15, 16} following symptoms observed as *vyadhi mukti lakshan*¹²

1. Reduced *kasa veg*,
2. *Liquified kafa nishthivan easily with less quantity*,
3. *Vaksha laghav*,
4. *Ruchi purna bhojana*

Patients *rugna patrak* attached with *trivid* and *ashtavid pariksha padhati*.

As ingredients of this therapy i.e. *Atasi beej*, *Lavana* are easily available, non-harmful and palatable, cheaper. We proffered it.

30 patients were advised to follow the therapy as 2 tbsp (approx 20 ml) twice daily after meals for 03 days.

Among 30 patients, 24 patients get relief from excessive *kasa veg* with excessive *styan kafa nishthivan*, *vaksha sampurnam Gaurav*,

03 patients get relief from *chhardi, pinas, utklesh*,

03 patients did not get relief.

We have observed that *Atasi Pan*^{15, 16} is useful in 80% of *Kafaj Kasa lakshan*^{12, 16}, 10% moderate relief and 10% not useful.

Review and literature –

Atasi Pan^{10, 13} is used as material from the ref. of *Bhavprakash Nighanthu*.

It is useful in persons suffering from *Kafaj Kasa* specially with excessive *kasa veg* and excessive expectoration.

Various other symptoms of *Kafaj Kasa* can be relived with different combination of prolonged therapy.

Objectives :

- To study the effects of *Atasi Pan*^{10, 13} in *Kafaj Kasa*.

Materials and methods :

- After removing impurities from *Atasi beej* and *Lavana*, *Atasi beej* were dry fried on low heat until they get crackled, water and *Lavana* is added to them. It is boiled until it gets slippery.
- This *Pan* was given to all the patients suffering from *Kafaj Kasa* irrespective of age sex and forms of diet.

Procedure:

All the patients were suggested to take 2 tbsp (approx 20 ml) of *Atasi Pan*^{10, 13} twice after meals for 3 days.

Each patients was assisted with separate protocol i.e. *rugna pariksha vidhi* (case paper)

This paper is attached below.

Rugna pariksha vidhi –

Rugna pariksha vidhi is done according to *ayurvedic* method only. The required information is taken and presented in this paper.

Rugna pariksha patrika –

OPD No./ IPD No. -

Date –

Name of the patient –

Age -

Religion –

Sex -

Education –

Address –

Vedana vishes –

Vartaman vyadhi vrutta –

PurvotPanna vyadhi –

Kula vrutta – 1) matru kula 2) pitru kula 3) swakul

Hetu – A) aharta – shaka-ahar / mansa-ahar / Mishra-ahar

i) Breakfast ii) Lunch iii) Dinner iv) JalaPan v) Vishesh hetu

B) Viharata – i)Nidra ii) vyayam

C) *vyasanta*
Samanya pariksha –
 i) *Nadi (pulse)* –
 ii) *Rakta Dab (BP)* –
 iii) *Jivha (tongue)* –
 iv) *Sparsha (touch)* –
 v) *Netra (eyes)* –
 vi) *Nakha (nails)* –
 vii) *Mala pravrutti (bowel habit)* –
 viii) *Mutra pravrutti (urination)* –
Vikrut strotas parikshan –

A) Pranavaha strotas –

Pluse rate	
Respiratory rate	
Respiratory sound- Rales/rochoni/crepts	
Heart sound	
Throat examination	
Udar parikshan	

Prakruti vinishchay –

- *Vyadhi* – *Kafaj Kasa*
- *Chikitsa* – *Atasi Pan*^{10, 13}
- *Matra* – 2 tbsp(20 ml) twice after meals for 03 days.

Vritta patrika –

Lakshana	0	03	05
<i>Kasa veg</i>			
<i>Kafa nishthivan</i>			
<i>Chhardi</i>			
<i>Gourav</i>			
<i>Utklesh</i>			
<i>Mandagini</i>			
<i>Aasya madhurya</i>			
<i>Aruchi</i>			
<i>Lomharsh</i>			
<i>Pinas</i>			

Criteria of assessment –

1. Subjective – all symptoms of *Kafaj Kasa* i.e. *kasa veg*, *kafa nishthivan* – *bahul* / *Madhur* / *ghan* / *snigdha*, *mandagini*, *aruchi*, *utklesh*, *aasya madhurya*, *chhardi* etc.

2. Objective –

- Total coughing before and after treatment.
- Total expectoration in each coughing.
- Chhardi*
- Physical exam of sputum.

Patients were asked for follow up after 03 days and then after 05 days.

Grading for objective parameters –

- No *lakshana* present – 0
- At least 05 *lakshana* present – 1
- All *lakshana* present – 2

Assessment of subjective and objective criteria with gradation done regularly.

Observation and result –

Observation made on the basis of the data collected from the patients.

It is presented in the form of table and graphs.

Total 30 patients were treated with *Atasi Pan*¹⁵.

Discussion –

After analyzing the observation, we came to know that –

- Females responded quickly to this treatment.
- Persons with elder age group are prone for this *vyadhi*.
- This *Atasi Pan*^{10, 13} also helpful for smooth defecation.

Karya karan bhar –

Mode of action

- Kasa veg* was reduced in 95% patients drastically within 03 days as *margavarodh janya samprapti* resolved.
- Kafa nishthivan* symptoms resolved in 92% patients as *styan*,

bahul, ghan, kafa was dissolved by *Atasi*'s¹³ *ushna-tikshna guna, katu vipak*¹², *usha virya, Lavana* also added its *ksharan guna* to this action.

- 3) *Chhardi, utklesh* symptoms reduced in patients as *kafa* shaman occurred and *anuloman* achieved.
- 4) *Aruchi* resolved in patients within 05 days due to lavan effects.
- 5) *Mandagini, gourav, kled, lomharsha* symptoms resolved in patients only, those needs further treatment plan or prolonged therapy.

Conclusion:

While studying the effect of *Atasi Pan*^{10, 13} in *Kafaj Kasa*, we came across the following conclusion-

According to dravyagnna shastra – *Atasi beej*¹⁰ and *Lavana* having *usha, tikshna guna, ushna virya* and *katu vipak*^{3, 7}, it resolved the *styanatva* of *kafa*. Hence obstruction in the natural way of working of prana and aPan vayu has resolved This *kalpa* not only resolved *styanatva* but also removed it smoothly from the closer and easier way i.e. through expectoration or through pourish mala. *Lavana* also worked in *ksharanat kshar* : manner.

It means this *kalpa* worked in *hetu vyadhi viparitarth kari* manner.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

To study the effect of Atasi Pana in Kafaja Kasa
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Ayurline: International Journal of Research In Indian Medicine 2022; 6(3):01-05