“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 वहतानागुत्वं प्रदुष्टः स फिनकांस्यवन्दुविन्योः | निःधीर्मिव कवग्रस्तस्य सदृशो मलीप्रीयः कस वति प्राप्तिः: ||”
( माधवनिलाल - २२ )2
We can relate kaphaj kasa with productive cough. Prevalence 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 लक्षणे

“मन्दाप्तननत्त्वारुप्तिच्छप्तदिपीनसोत्क्त्लेशगौरवै:
लोमहषािस्यमाधुयिक्त्लेदसंसदनैयुितम
बहुलं मधुरं प्तस्ननधं प्तनष्ठीवप्तत
घनं कफम्
कासमानो ह्यरुग्
वक्ष:
संपुणिप्तमव मन्यते ||”

(व.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 – Samadhankaraka
SPARSHA- Anushnasa
MUTRA – Prakrut
DRUKA - Prakrut
JIVHA - Niram
AAKRUTI-Madhyam

S/E :-
RS – AEBE bil. Crepts
CVS – s1s2 N
P/A – Soft

CNS – Conscious and Oriented

Diagnosis :- KAPHAJ KASA

Treatment (for 7 days) :- Shiladi churna 2gm QID (4 times a day).
Anuapana- koshna jal

Follow up after 7 days –
C/0 - 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- koshna jal for 7 days.

Follow up after 15 days –
No any further complainst

O/E :- All vitals stable
S/E :- RS – AEBE clear ,CVS -s1s2N ,CNS- conscious & oriented .

A) SHILADI CHURNA – \(^{(5)}\)

Salil व्योधामवा हिंदुः विज्ञन सेिनगं समम्
| तेवं साज्यमु व्यासिताकारोपुश्यं शर्यते ||
Drug – Shiladi churna content –

<table>
<thead>
<tr>
<th>Drug content</th>
<th>Guna</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shilajit[^1]</td>
<td>Laghu,Ruksha</td>
<td></td>
</tr>
<tr>
<td>Sunthi[^2]</td>
<td>Laghu,Snidha</td>
<td>Kaphahar</td>
</tr>
<tr>
<td>Marich[^3]</td>
<td>Laghu,Tiksha</td>
<td>Kaphghna</td>
</tr>
<tr>
<td>Pippali[^4]</td>
<td>Laghu,Tiksha,Snidha</td>
<td>Tridosghna</td>
</tr>
<tr>
<td>Haritaki[^5]</td>
<td>Laghu,Ruksha</td>
<td></td>
</tr>
<tr>
<td>Hingu[^6]</td>
<td>Laghu,Tiksha,Snidha</td>
<td></td>
</tr>
<tr>
<td>Vidanga[^7]</td>
<td>Laghu,Ruksha,Tiksha</td>
<td></td>
</tr>
<tr>
<td>Saindhava[^8]</td>
<td>Laghu,Sukshma</td>
<td></td>
</tr>
</tbody>
</table>

Drug Name- Shiladi churna
Dosage- 2gm 4 times a day
Kala- Before Break fast, lunch, evening, dinner
Anupana – koshna 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, Tiksha, Ruksha Guna which Mitigate (supress) the vata & kapha and also shiladi churna have Tridosghna 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,Tiksha 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,Tiksha,Ruksha guna so act as a Kaphnisarak and Kaphshodhak .
- Haritaki- has Ushna,Snigdha,Tiksha guna so act a kaphaghna.
- Hingu- has Tiksha,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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