



## CASE REPORT OF GARBHINI KAASA IN AYURVEDA W.R.T. RESPIRATORY TRACT INFECTION

**Dr. Anukriti Sah**

P.G. Scholar, Department of Stirog-Prasutitantra, Dr. D.Y. Patil College of Ayurveda & Research Institute, Pune, Maharashtra, India.

**Dr. Pradnya Shirke**

Professor,

**ABSTRACT** Ayurveda, this ancient science deals upon its principle of 'swasthasya swasth rakshanam aaturasya vikaara prashamanam cha' i.e to maintain health of healthy and to cure disease of diseased. Dealing with and curing various diseases, the ideology of this age old science lays on balancing the normal state and pacifying the vitiated state of 'Doshas' i.e Vata, Pitta and Kapha & achieve dhatu samyata. Kaasa in garbhini (pregnant woman) may have moderate to severe consequences. Kaasa happens due to dushti of "Pranava Shrotas" and originates from aamashaya. Prana Vaayu & Udana Vayu are responsible for proper functioning of Pranava Shrotas. When Udana Vayu deviates from its normal course of path and gets urdhwagati, it blocks the way of praana vayu and both come out from moola i.e. kantha (throat) with force and is called 'Kaasa'. It also creates symptoms like dry cough, hoarsness of voice, irritation in throat, dyspnoea, headache, pain in chest etc. A case study was conducted & observed positive result in management of garbhini kaasa with ayurvedic treatment.

**KEYWORDS :** Garbhini Kaasa, Doshas, Kaasa, Shrotas, Praana vayu, Udana vayu.

### INTRODUCTION

Ayurveda serves the purpose of healing the humanity & maintaining the health. It deals with the changes occurring inside the body due to both internal and external factors. Majorly the external factors and changes play important role in causing infections, infestations, allergies. Internal factors may include compromised immunity, genotypic susceptibility and various changes in normal physiological state of body.

For Pranava Shrotas to work properly the proper functioning of Prana vayu and Udana Vayu are responsible. Vitiation of these doshas lead to "kaasa or cough or respiratory tract infection". Cough or the sputum in normal amounts has a protective function for any foreign body entering our airway, lungs etc as it has quality of being sticky so any foreign body cannot pass by and enter respiratory tract instead sticks to it. This cough or sputum then needs to get out of body as it is infected. So our body has various reflexes to serve that purpose. Whenever outside allergen enters the amount of cough increase and obstructs way of praana vayu and causes hoarsness of voice, chest pain, dyspnea, headache, generalised weakness etc When vata dosha is mainly vitiated is known as Vatika kaasa & presents symptoms such as dry cough, dryness in throat, wheezing, headache etc. When the quantity of cough increases to such extent or quality becomes more sticky, viscous, thick it becomes very difficult for reflexes to work and get it out from body. This infected sputum or cough causes congestion and infects respiratory tract. Pregnant women are at higher risk due to already compromised function of various organs throughout pregnancy and limitations for aggressive treatment.

### OBJECTIVE

To Study Efficacy of Ayurvedic Treatment in Management of Garbhini Kaasa

### METHODOLOGY

A 36 year female G2P2L1 visited OPD of stree roga & prasuti tantra from since 23rd week of parity. She presented the complaints of dry cough and difficulty breathing from since 1 week and one episode of high fever. On investigations she was diagnosed with lower respiratory tract infection.

### History of Present Illness

The female aged 36 years of age, G<sub>2</sub>P<sub>2</sub>L<sub>1</sub> with 25 weeks of pregnancy had dry cough and breathing difficulty since 15 days. Before that she was alright. Initially she took allopathic medicines but got no relief. Then she came to our OPD for further management and after our treatment she was fully relieved.

### Patient Details

Past History	-	NAD
Family History	-	NAD
Allergies	-	Not known

Obstetric History - G<sub>2</sub>P<sub>2</sub>L<sub>1</sub>

### General Examination

BP	-	110/70 mmhg
PR	-	72/min
RR	-	18/min
SPO <sub>2</sub>	-	96
Height	-	158 cm
Weight	-	57 kg
Temperature	-	99° F
Icterus	-	Absent
Pallor	-	Absent
Oedema	-	Absent

### Systemic Examination

RS -Congestion on auscultation. wheezing heard with crepitation on lower outer quadrant. Percussion note dull.	
CVS	- S <sub>1</sub> S <sub>2</sub> Normal
CNS	- Concious and oriented
PA	- Fundal Height-23 to 24 weeks
FHS	- Regular
FM	- Present

### Investigations

HB	-	10.4 gm/dl PLT-152000
RBC	-	3.24 milli/cumm WBC-4580

### USG Obstetrics

Single Live Intrauterine Foetus with GA 23 Week 3 Days. Efbw-561 gm +/-82gm Liquor-Adequate: FHS-168bpm

### USG Thorax

Right Sided Minimal Pleural Effusion. Minimal Pleural Effusion with Underlying Basal Consolidation Seen.

### TREATMENT

Initially she took allopathic drugs i.e-

Inj PCM	1GM
Inj Emset	4mg IV BD
Inj Monocef	1gm IV BD
Inj Hydrocort	100 ml TDS
Inj Pan 40	IV BD
TAB Azee	500 OD
Syp Honitus	5ml TDS
NEB Foracort	BD
Tab Iron	1 OD
Tab Calcium	1 OD

She was given these medicines for 7 days and symptoms were relieved she was discharged on following medicine course for 5 days.

Tab Augmentin 625 Mg BD

Cap Vibact DS BD  
 Tab Levocet 5 Mg OD  
 Tab Pan 40 mg OD  
 Syp Honitus 5 ml TDS  
 Tab Galcal OD

Tab Hemoplus OD

According to patient symptoms were relieved to some extent but not fully relieved .The symptoms reoccurred and hence they came for ayurvedic treatment.

### MANAGEMENT

Date	Complaints	Treatment Given	Anupan	Purpose
18/10/2023	Dry Cough, Breathlessness	1.lakshmilvas 250 mg BD 2.Sukshma triphala 250 mg BD 3.Sitopaladi churna 2gm + yashti madhu churna 1 gm + vasa churna 1 gm + tankan churna 250 mg TDS with Honey	Water Water Honey 7 Days	Deepana, pachana, kaphaharan, shrotoshodhan
25/10/2023	Cough and Breathlessness Reduced	1.Sitopaladi churna 2gm + Yashti madhu churna 1 gm + Vasa Churna 1 gm +Tankan Churna 2 gm TDS	With Honey 7 Days	Lekhana, kapha-haran, srotoshodhan
28/11/2023	1.Constipation Symptoms of cough relieved	Triphala Churna 2 gm HS	Water 7 Days	Anuloman
30/11/2023	Nil	-	-	-
06/12/2023	Nil	-	-	-

### PATHYA-APATHYA

1. Drink Lukewarm water
2. Gargles 3-4 times/day
3. Steam inhalation 4-5 times/day
4. Proper light food, lots of protein.
5. Avoid sour and fatty food, ice creams, iced water
6. Avoid wind exposure, exposure to pollens, dust etc
7. Avoid exertion both mental and physical.

### OBSERVATION AND RESULTS

Results observed after treatment showed marked improvement and complete relief of symptoms. Chest got clear with bilateral normal air entry .Patient was fully satisfied and very happy with the results as the treatment she received in form of allopathic medicines costed too much but little results .on the contrary the 14 days course of ayurvedic treatment cured her with very little cost and without having to get admitted.

### DISCUSSION

The course of 14 days of ayurvedic treatment gave remarkable results in treatment of kaasa. In state of pregnancy teekshana and aggressive treatment in form of "Shodhana Chikitsa" could not be given due to contraindications. Hence "Shamana Chikitsa" was opted and Ushna, Lekhana, Kaphahara, Shrotoshodhak drugs were chosen. The drugs worked against the guna of vitiated Kapha dosh i.e excessive shlakshna (sticky), guru, sheeta etc .The drugs proved their efficacy henceforth. Along with proper pathya and apathya followed in view of ahaara and vihaara worked as Nidana Parivarjana (avoiding things which add on to the causes), the patient was fully relieved.

### CONCLUSION

Getting into the root cause of pathology and then inacting and deciding the line of treatment is the basis of treatment of any disease. Ayurveda is all about maintaining dosh-dhatu samyata. So the aggravated dosh has to be decreased to normal state likewise the decrease in any dosh would be worked upon to increase it to normal state. Hence balance is maintained. Doshas are basics which play a pivotal role in the course of life. So any disorder is directly related to imbalance in doshas state. Rather than curing the symptoms our primary aim becomes to balance the causative factors, other symptoms automatically subside.

Kapha is said to be the mala (waste) of Rasa dhatu. So getting into the reason behind vitiation of kapha (increased amount) is improper formation of rasa dhatu of which cause could be many but again "Mandaagni" is said to be prime cause which is due to disturbance in doshas again. So what we observe is one way or other everything is linked. So breaking this cycle of vitiation becomes important .Treatment may vary in different individuals but principle remains same i.e to achieve dosha-dhatu samyata.

### REFERENCES

- [1]. Jadavji Trikamji Acharya, Chakrapani Charaka Samhita by Agnivesha, Chikitsa Sthan, Chaukhamba Publications, New Delhi, Reprint 2017, 187.
- [2]. Brahmanand Tripathi, Ashtanga Hridaya Chaukhamba Sanskrit Pratisthana , Delhi, Reprint 2014, 5.
- [3]. Chakrapani, Charaka Samhita by agnivesha, edited by vaidya Jadavji trikamji Acharya, New Delhi, reprint 2018
- [4]. Acharya Priyavrat Sharma, Text book of dravyaguna vigyan, Chaukhamba Bharti Academy Varanasi, Reprint 2009, 275-278, 365-366, 383-384, 403-404
- [5]. Professor Ajay Kumar Sharma , Kaya Chikitsa, kaasa chikitsa adhyaya , Chaukhamba orientalia, Varanasi, Reprint 2017.