

## Understanding Kaphaja Kasa Through Ayurvedic And Modern Perspectives On Chronic Bronchitis: A Comprehensive Review



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### Abstract

Kaphaja Kasa, as described in Ayurveda, is closely related to chronic bronchitis in modern medicine. Both conditions exhibit excessive mucus production, recurrent cough, and airway obstruction. Chronic bronchitis is primarily triggered by environmental factors such as smoking, pollution, and occupational exposure, whereas Kaphaja Kasa results from the derangement of Kapha and Vata doshas. This study aims to correlate the two conditions, analyze their pathophysiology, classify chronic bronchitis in the Ayurvedic framework, and evaluate their treatment approaches from Ayurvedic and modern medical perspectives. Integrating Ayurvedic principles into chronic bronchitis management offers a holistic and sustainable approach to improving respiratory health.

**Keywords:** Chronic Bronchitis, Kaphaja Kasa, Ayurveda, Pranavaha Srotas, Kapha-Vata Dosha, Respiratory Disorders, Mucus Hypersecretion.

### Introduction

The human respiratory system plays a crucial role in maintaining life by facilitating gas exchange, providing oxygen to tissues, and expelling carbon dioxide. Disruptions in this system can lead to chronic respiratory disorders that significantly impact health and well-being. Chronic bronchitis, a key component of chronic obstructive pulmonary disease (COPD), is one such disorder characterized by persistent inflammation of the bronchial tubes, excessive mucus secretion, and airflow obstruction [1]. It is primarily caused by long-term exposure to irritants such as cigarette smoke, air pollution, and occupational hazards. Patients with chronic bronchitis experience chronic productive cough, breathlessness, and recurrent infections, which can lead to progressive deterioration in lung function [2].

In Ayurveda, respiratory disorders are broadly classified under pranavaha srotas vikara (diseases of the respiratory system), where Kasa (cough) is a common manifestation. Kasa is further divided into five types: Vataja, Pittaja, Kaphaja, Kshataja, and Kshayaja Kasa. Among these, Kaphaja Kasa shares the most similarities with chronic bronchitis, as it is characterized by excessive mucus production, heaviness in the chest, and productive cough [3]. The fundamental pathology of Kaphaja Kasa involves Kapha and Vata dosha imbalances, leading to obstruction and dysfunction of the pranavaha srotas (respiratory channels), resulting in chronic

symptoms similar to those observed in chronic bronchitis [4].

Understanding the pathophysiological correlation between Kaphaja Kasa and chronic bronchitis is essential for developing an integrative treatment approach. Modern medicine primarily manages chronic bronchitis through pharmacological interventions such as bronchodilators, corticosteroids, and mucolytics to alleviate symptoms. However, Ayurveda takes a holistic approach, aiming to address the root cause by eliminating excess Kapha through detoxification therapies like Vamana (therapeutic emesis), herbal medications, and lifestyle modifications [5]. This paper explores the similarities and differences between chronic bronchitis and Kaphaja Kasa and examines potential integrative approaches for enhanced therapeutic outcomes.

Respiratory disorders have been a major concern in both traditional and modern medical systems due to their high prevalence and significant impact on quality of life. Chronic bronchitis is one such condition, which is characterized by persistent cough and mucus hypersecretion, often leading to long-term complications such as airway obstruction and increased susceptibility to infections [1]. According to modern medicine, chronic bronchitis is a subtype of chronic obstructive pulmonary disease (COPD) that results from prolonged exposure to environmental irritants, most commonly tobacco smoke, air pollution, and occupational hazards [2].

The disease manifests as a chronic inflammatory response that thickens the airway walls, reduces lung elasticity, and impairs mucociliary clearance, ultimately leading to breathing difficulties and recurrent infections [3].

In Ayurveda, the concept of Kasa (cough) is extensively discussed in classical texts, with Kaphaja Kasa closely resembling the clinical picture of chronic bronchitis. Kaphaja Kasa arises due to an imbalance in Kapha and Vata doshas, leading to excessive mucus production, heaviness in the chest, and impaired respiratory function [4]. The accumulation of Kapha in the respiratory tract obstructs the movement of Vata, causing stagnation, breathlessness, and productive cough. Ayurvedic texts attribute this condition to dietary and lifestyle factors such as excessive consumption of heavy, oily, and cold foods, lack of physical activity, and repeated exposure to cold environments [5].

Understanding the correlation between Kaphaja Kasa and chronic bronchitis is crucial for developing integrative treatment approaches that combine the strengths of both Ayurveda and modern medicine. While conventional treatments focus on symptom relief through bronchodilators, corticosteroids, and mucolytics, Ayurvedic management aims to address the root cause by eliminating excessive Kapha, improving Agni (digestive fire), and restoring the balance of doshas through herbal formulations and detoxification therapies [6]. This paper explores the similarities and differences in the pathophysiology, classification, and management of these conditions to highlight the potential benefits of an integrated therapeutic approach.

### Correlation between Kaphaja Kasa and Chronic Bronchitis

Both Kaphaja Kasa and chronic bronchitis involve excess mucus accumulation, airway obstruction, and compromised respiratory function. The similarities can be categorized as follows:

**Etiological Factors:** Chronic bronchitis is commonly caused by smoking, air pollution, and occupational dust exposure [4], while Kaphaja Kasa results from excessive intake of guru (heavy), snigdha (oily), and sheeta (cold) foods, leading to Kapha aggravation [5].

**Pathogenesis:** Both conditions involve obstruction of respiratory channels due to excessive mucus production and inflammation.

**Clinical Features:** Symptoms such as chronic cough, heaviness in the chest, breathlessness, and wheezing are shared by both conditions [6].

### Pathophysiology of Kaphaja Kasa and Chronic Bronchitis

#### Ayurvedic Pathophysiology of Kaphaja Kasa

The *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* extensively discuss Kasa, categorizing it into five types based on doshic predominance: Vataja, Pittaja, Kaphaja, Kshataja, and Kshayaja Kasa. Among them, Kaphaja Kasa is associated with excessive Kapha accumulation, leading to mucus congestion, a productive cough, and heaviness in the chest [6].

The *Charaka Samhita* attributes the development of Kaphaja Kasa to the excessive consumption of guru (heavy), snigdha (oily), and sheeta (cold) foods, along with a sedentary lifestyle, which aggravates Kapha dosha. As Kapha accumulates within the pranavaha srotas, it obstructs Vata movement, resulting in symptoms such as chronic mucus expectoration, chest discomfort, and breathlessness [7].

Pranavaha srotas, the Ayurvedic equivalent of the respiratory system, are responsible for the transport of prana (life force) and oxygen throughout the body. When Kapha accumulates within these channels, it leads to stagnation, inflammation, and respiratory congestion, similar to the pathophysiological changes observed in chronic bronchitis [8].

#### Modern Pathophysiology of Chronic Bronchitis

Chronic bronchitis is classified under COPD and is defined by the *Global Initiative for Chronic Obstructive Lung Disease (GOLD)* guidelines as a persistent productive cough lasting at least three months in two consecutive years. It is commonly triggered by exposure to smoking, air pollutants, and occupational dust [9].

Pathophysiologically, chronic bronchitis involves prolonged inflammation of the airway lining, hypersecretion of mucus due to goblet cell hypertrophy, thickening of the bronchial walls, and impaired mucociliary clearance. These changes contribute to airflow limitation, recurrent infections, and progressive decline in lung function [10]. The condition is primarily managed through bronchodilators, anti-inflammatory drugs, and pulmonary rehabilitation programs.

#### Etiology (Nidana) of Kaphaja Kasa (Chronic Bronchitis)

In Ayurveda, Nidana (causative factors) of any disease is classified into Samanya Nidana (general causes) and Vishesha Nidana (specific causes). Although *Charaka* does not describe Samanya Nidana for Kasa in particular, considering Kasa as a Pranavaha Srotas Dusti-originated disease—alongside similarities with *Hikka* and *Shwasa*—the Samanya Nidana of these conditions can be applied to Kaphaja Kasa as well.

**Samanya Nidana (General Causes)**

These include general lifestyle and environmental factors that affect the respiratory system and vitiate the doshas:

- Exposure to dust and smoke (Raja, Dhuma)
- Bathing with cold water (Sheeta Snana)
- Drinking cold water (Sheetambu)
- Daytime sleep (Divaswapna)
- Sedentary habits and lack of physical exertion
- Repeated respiratory infections [3,4,5]

**Vishesha Nidana (Specific Causes for Kaphaja Kasa)**

These primarily contribute to Kapha and Vata vitiation, leading to Pranavaha Srotas Dushti:

- Intake of Guru (heavy), Abhishyandi (channel-clogging), Madhura (sweet), and Snigdha (unctuous) foods
- Divaswapna (daytime sleep)
- Avyayama (lack of exercise)
- Excessive indulgence in cold foods or drinks
- Exposure to cold, moist climates

In modern terms, cigarette smoking, occupational exposure to dust (e.g., coal mines, cotton industries),

air pollution, and recurrent respiratory tract infections are major etiological factors for chronic bronchitis.

**Pathogenesis (Samprapti) of Kaphaja Kasa**

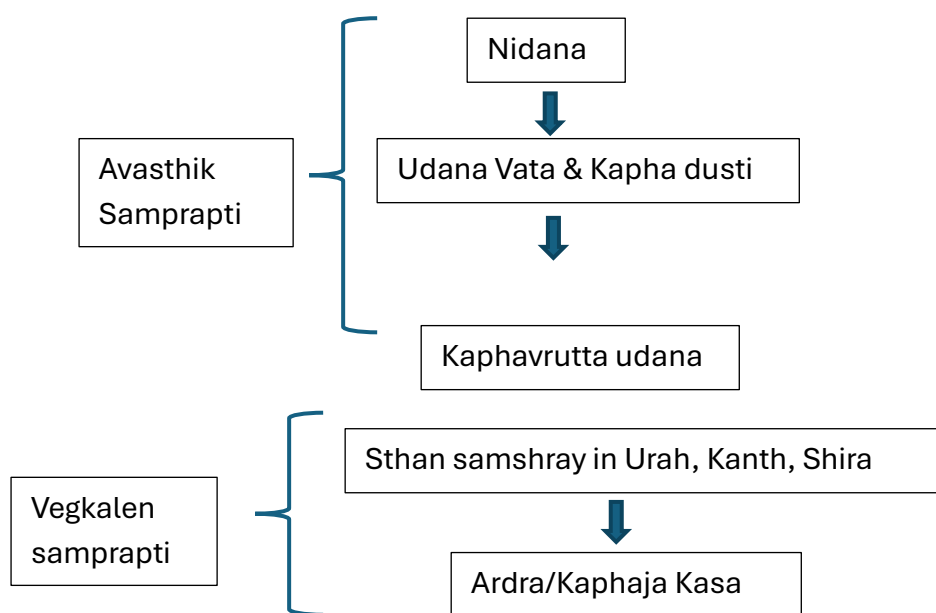
Samprapti can be classified into:

**1. Avasthika Samprapti (Sequential Progression):**

- The Nidana leads to simultaneous vitiation of Vata and Kapha doshas.
- Udana Vata, responsible for respiratory functions, gets obstructed by vitiated Kapha.
- The doshas localize in the Ura (chest), Kantha (throat), and Shira (head).
- This leads to symptoms like heaviness in the chest, productive cough, and throat discomfort.

**2. Vegakala Samprapti (Trigger-Induced Exacerbation):**

- When exposed to triggering factors such as dust (Raja), smoke (Dhuma), or cold drinks (Sheetambu), the dormant condition flares up.
- This results in an acute attack of Kaphaja Kasa, usually presenting as Aardra Kasa (wet cough) with Nishtivana (excessive sputum expectoration).



**Flow chart no 1 : Etiopathogenesis of Kaphaja Kasa**

**Clinical Features of Kaphaja Kasa (Chronic Bronchitis)**

Kasa, or cough, is the cardinal symptom in all types of Kasaroga. In **Kaphaja Kasa**, the clinical manifestations are influenced predominantly by vitiated Kapha, often with associated Vata involvement. The symptoms can be classified into:

**A. Avasthika Lakshana (State-wise Symptoms)**

These symptoms occur due to the natural progression of the disease:

- **Mandagni (Weak digestive fire):** Resulting from Dravyata and Gunata Kapha dusti in the Aamashaya (stomach), leading to impaired digestion.

- **Chardi (Vomiting):** Repetitive bouts of cough increase intra-abdominal pressure, causing emesis due to accumulated Kapha.
  - **Pinasa (Rhinitis):** As explained by Dalhana, this arises from Prana Vayu Prakopa. Vitiating of Prana Vayu and dusti of Pranavaha Srotas lead to nasal congestion and discharge.
  - **Gaurava (Heaviness):** The heaviness of chest and body results from the Snigdha, Picchila, and Guru gunas of Kapha.
  - **Asyamadhurya / Mukhapralepa / Kantaupalepa:** Sweet taste in mouth and sticky sensation in oral cavity or throat occur due to Kapha vriddhi and its Picchila guna.
  - **Kasamanoruk Vaksha (Chest pain during coughing):** Despite Kapha predominance, Vata's involvement causes pain in the chest, sore throat, and headache.
  - **Shiroruja (Headache):** Prakupita Vayu, due to Vegavarodha, travels in Pratiloma gati (reverse direction) and accumulates in Murdhni (head region), causing headache.
  - **Kanthakandu (Throat itching):** Increased Kleda and Sheetatwa due to Kapha aggravation produce itching sensation in the throat.
  - **Swarabheda (Voice change):** Coating of Kapha on the pharynx along with Udana Vayu vitiation leads to hoarseness of voice.[15,16,17,18]
- B. Vegakalen Lakshana (Symptoms during Exacerbation)**
- **Bahala Madhura Snigdha Ghana Nishtivana:** Profuse, sweet, thick, and sticky expectoration is the hallmark symptom of Kaphaja Kasa. The sputum characteristics reflect Kapha qualities such as Guru (heavy), Manda (slow), Snigdha (unctuous), Slakshna (smooth), and Sandra (dense).[19]

### Management of Kaphaja Kasa

The treatment strategy involves both **Shodhana (purificatory therapy)** and **Shamana (palliative therapy)** depending on the stage and severity of the disease.

#### 1. Nidana Parivarjana (Avoidance of Etiological Factors)

It is the primary and most crucial step in managing Kaphaja Kasa. Patients must avoid triggers such as:

- Smoking
  - Dust and industrial pollutants
  - Exposure to cold or air-conditioned environments
  - Changes in seasons, especially winter
- Occupational changes or protective measures like mask usage may be necessary to avoid recurring exposure.

#### 2. Shamana Chikitsa (Palliative Therapy)

Herbal and herbo-mineral preparations with **Katu (pungent)**, **Tikshna (sharp)**, **Ushna (hot)**, and **Chedana (expectorant)** properties are beneficial:

- Trikatu
- Pippali
- Kantakari Avaleha
- Agastya Haritaki Avaleha
- Kapha Ketu Rasa
- Vyaghri Haritaki Avaleha

Pippali and Agastya Haritaki are also administered as **Rasayana (rejuvenators)** in chronic cases.

#### 3. Shodhana Chikitsa (Purificatory Therapy)

- **Vamana (Therapeutic emesis):** Considered the first-line treatment in Kaphaja Kasa, particularly when there is Bahu Kapha or Aamashaya Gata Kapha. It removes the vitiated Kapha and alleviates the Avarana of Vata.
- **Virechana (Purgation):** Indicated when there is associated Vata or Pitta involvement to relieve pain in the chest and flanks.
- **Nasya Karma:** Especially useful in Urdhvajatrugata conditions (diseases above the clavicle), where Kapha dosha is localized in the head and neck region.
- **Dhumapana (Medicated smoking) & Kavala Graha (Gargling):** Post Vamana, Dhumapana with Tikshna Dravyas helps prevent Kapha accumulation and strengthens respiratory passages.

#### 4. Rasayana Chikitsa (Rejuvenative Therapy)

Since **Kaphaja Kasa is a chronic disease**, sustained and long-term treatment is essential. To reduce the **Leena Dosha (deeply seated dosha)** and to prevent recurrent exacerbations, **Rasayana therapy** plays a vital role. The use of **organ-specific Rasayanas** and immunomodulatory herbs strengthens the respiratory system and helps maintain long-term control over the disease. Recommended Rasayana formulations include:

- **Pippali Kalpa** – Enhances respiratory immunity and supports lung function
- **Agastya Haritaki Rasayana** – An ideal classical Kalpa for respiratory ailments
- **Chyavanprasha Avaleha** – Improves Ojas and enhances respiratory and systemic immunity
- **Pushkarmoola** – Acts as Hrudya and Kaphanissaraka
- **Yashtimadhu** – Exhibits soothing, anti-inflammatory, and Rasayana properties for upper respiratory health

Proper use of these Rasayana formulations helps reduce the frequency and severity of **disease exacerbations**, provides **symptomatic relief**, and supports **prevention of recurrence**. Hence, Rasayana therapy should be considered an **integral**



**component** of the long-term management of Kaphaja Kasa.

### Types of Chronic Bronchitis and Ayurvedic Correlation

**Simple Chronic Bronchitis:** Characterized by excessive mucus secretion without significant airflow obstruction. This can be correlated with mild Kaphaja Kasa, where Kapha predominates without Vata aggravation.

**Corpulent Chronic Bronchitis:** Involves mucus mixed with pus, indicating infection and inflammatory changes. This corresponds to Kapha-Pitta Kasa, where the vitiation of Pitta causes excessive inflammation.

**Obstructive Chronic Bronchitis:** Leads to persistent airflow limitation due to airway remodeling and fibrosis. This can be linked to Kapha-Vata Kasa, where Vata's involvement causes structural airway changes, leading to chronic obstruction and breathlessness [11].

In chronic bronchitis, where the disease often presents with repeated exacerbations and long-standing symptoms, Rasayana therapy offers a unique advantage by addressing the root causes and strengthening the body's resilience. According to Ayurveda, chronic conditions like Kaphaja Kasa are characterized by **Leena Dosha**, where the doshas become deeply seated in the tissues. Rasayana drugs not only help pacify the aggravated Kapha and Vata doshas but also rejuvenate the weakened respiratory channels (Pranavaha Srotas), thereby preventing recurrence and enhancing overall vitality. These formulations support immune modulation, promote tissue repair, and improve the body's resistance to allergens and infections—common triggers in chronic bronchitis.

Importantly, **Rasayana acts not only on the entire body (sarvanga) but also on specific organs (organ-specific Rasayana)**, ensuring targeted and holistic healing. Through the process of **Dhatu Poshana**, Rasayana nourishes the body tissues at a cellular level and promotes the formation of **Saar Bhaga**, the most refined essence of each dhatu. This eventually leads to the enhancement of **Ojas**, the vital essence responsible for immunity, endurance, and vitality. Improved Ojas directly contributes to better disease resistance and significantly elevates the **quality of life (QOL)** of individuals suffering from chronic bronchitis. Therefore, incorporating Rasayana therapy as a supportive and long-term measure is not only therapeutically valuable but also essential for sustained health and wellbeing.

### Discussion

The comparison of Kaphaja Kasa with chronic bronchitis offers valuable insights into

understanding how ancient and modern medical frameworks approach similar disease presentations. Ayurveda identifies Kaphaja Kasa as a disorder arising from Kapha dominance, resulting in excessive mucus production and airway obstruction. This aligns closely with the pathophysiology of chronic bronchitis, where chronic inflammation leads to excessive mucus secretion, airway remodeling, and obstruction.

Ayurvedic treatment focuses on eliminating the root cause rather than merely addressing symptoms. Detoxification procedures like Vamana (therapeutic emesis) directly eliminate excess Kapha, while herbal remedies such as Lavangadi Vati and Elakanadi Kashaya provide expectorant and bronchodilatory effects. Modern treatments, on the other hand, emphasize bronchodilation, mucolysis, and inflammation control, primarily through pharmacological agents.

A significant limitation in modern medicine is the lack of approaches that target the disease's underlying cause, making Ayurveda an attractive complementary therapy. Future interdisciplinary studies should explore the integration of Ayurvedic therapies into chronic bronchitis management. The incorporation of personalized doshic analysis may enhance patient outcomes by offering tailored treatments. Furthermore, validating Ayurvedic formulations through rigorous clinical trials will help establish their efficacy and expand their acceptance in mainstream medicine.

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