

Effect of *Sadyo Vamana* using *Tylophora indica*, *Peenas Kashaya* and *Dhumapana* using *Gymnema sylvestre* in the management of *Kaphaja Kasa* – A single case report

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ABSTRACT:

Ayurveda describes five types of *Kasa* and one of them is *Kaphaja Kasa*. It can be correlated with productive cough. Sri Lankan traditional physicians treat *Kaphaja Kasa* with *Vamana Karma* using *Tylophora indica* (*Bin Nuga*), *Peenas Kashaya* and *Dhumapana* using *Gymnema sylvestre* Retz. (*Masbedda*) with effective results. A 48 years old female patient with 14 days history of *Kaphaja Kasa* with complaints of productive cough, pain in the left side of the head, stickiness in the oral cavity, anorexia, heaviness in the body and running nose was treated for 10 days. *Sadyo Vamana* using *Tylophora indica* (*Bin Nuga*) was conducted on day 1 and followed by *Samsarjana Krama*. From day 4 to day 10 she was treated with oral administration of *Peenas Kashaya* along with *Dhumapana*. The response to the treatment was recorded and therapeutic effects were evaluated through symptomatic relief. After *Vamana Karma*, it was observed that the feelings of heaviness in the body, running nose and stickiness in the oral cavity were completely relieved. After the entire treatment, the cough and headache were also completely relieved and other symptoms such as loss of appetite and anorexia were partially relieved. Based on results it is concluded that *Sadyo Vamana* using *Tylophora indica* (*Bin Nuga*) followed by oral administration of *Peenas Kashaya* and *Dhumapana* using *Gymnema sylvestre* Retz. (*Masbedda*) is effective in the treatment of *Kaphaja Kasa* (productive cough).

KEY WORDS: *Bin Nuga*, *Dhumapana*, *Gymnema sylvestre*, *Masbedda*, *Tylophora indica*, *Vamana Karma*.

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INTRODUCTION:

Ayurveda describes five types of *Kasa* namely; *Vataja*, *Pittaja*, *Kaphaja*, *Kshataja* and *Kashayaja Kasa*.^[1] Clinical features of *Kaphaja Kasa* are *Pralipyamanena Mukhena* (mouth full of saliva), *Seedagnna*

(weakness), *Shirorujak* (Headache), *Kaphapoornadeha* (accumulation of *Kapha* all over the body), *Abhyakta* (anorexia), *Rug* (pain), *Gaurava* (heaviness), *Kandu* (itching/irritation in the throat) and *Kase Bhrusham Sandra Kaphena* (heavy cough)

followed by thick sputum being expectorated).^[2] Ashtangahrdaya recommends to conduct *Shodhana Karma* (*Vamana Karma*, *Virechana Karma* and *Nasya Karma*) for strong patients suffering from *Kaphaja Kasa*.^[3] According to Ashtangahrdaya, *Shamana Dhuma* (inhalation of smoke which mitigate vitiated *Dosha*) should be carried out and *Shodhana Dhuma* should be carried out when there is thick *Kapha*.^[4]

Gymnema sylvestre Retz. (Family: Asclepiadaceae; Sanskrit name: *Meshashrunji*; Sinhala name: *Masbedda*) is a perennial woody vine that grows in tropical areas of India, Sri Lanka, Africa, and Australia. The root bark of *G. sylvestre* is used in *Dhumapana* (inhalation of smoke) in the treatment of respiratory ailments such as cough, bronchial asthma, coryza and cold.^[5]

Tylophora indica (Family: Asclepiadaceae; Sanskrit name: *Arkaparni*; Sinhala name: *Bin Nuga*) is a semi shrubby, a perennial vine that occurs in the plains of India, Burma, Ceylon, Malaya and Mauritius (Image 1). A decoction of leaves and roots is given as a remedy for dysentery, asthma, coughs and incipient tuberculosis. The powdered roots or expressed juice of the leaves with cows' milk is given as an emetic.^[6]

Peenas Kashaya is a traditional preparation that acts effectively in *Peenasa* as well as *Kaphaja Kasa*. No known scientific study has been conducted to evaluate the effect of *Vamana Karma* using *Tylophora indica* (*Bin Nuga*), *Peenas Kashaya* and *Dhumapana* using *Gymnema sylvestre* Retz. (*Masbedda*) on *Kasa Roga*. Hence the present study was undertaken.

CASE HISTORY:

A 48 years old, housewife with 14 days history of *Kaphaja Kasa* with complaints of productive cough, pain in the left side of the head, stickiness in the oral cavity, anorexia, heaviness in the body and running nose was selected from Ayurveda Teaching Hospital, Borella, Sri Lanka. The selected patient was thoroughly examined. Total Leukocyte Count (TLC), Differential Leukocyte Count (DLC), Sputum for AFB and X-ray in chest were carried out before and after treatment. The severity of the symptoms was recorded using a specially prepared grading scale as given in Table 1.

PROCEDURE OF TREATMENT:

Patient was treated for 10 days. On the morning of day 1 at 9.00 a.m, *Sadyo Vamana* was conducted by giving decoction of *Tylophora indica* (*Bin Nuga*) on an empty stomach. On the evening of day 1, day 2 and day 3 patient was made to follow *Samsarjana Krama*. Dietec Protocol after *Vamana Karma* is given in Table 2. From day 4 to day 10, 120ml of *Peenas Kashaya* was administered orally twice a day after meals and *Dhumapana* was carried out in the morning using powder of roots of *Gymnema sylvestre* (*Masbedda*) by inhaling three puffs of smoke through each nostril once a day.

Method of preparation of decoction of *Tylophora indica* (*Bin Nuga*) for *Sadyo Vamana*

120gm of fresh entire plant of decoction of *Tylophora indica* (*Bin Nuga*) cleaned well and cut into small pieces. It was kept in a clay pot and mixed with 3840ml (16 *Patha*) of water and boiled down to 480ml (2 *Patha*) under slow fire. The decoction was strained using a cotton cloth. The resultant decoction was used as an emetic for conducting *Sadyo Vamana*.

Method of preparation of *Peenas Kashaya*:

12gm of each of all the ingredients (roots of *Cinnamomum zeylanicum* and *Amaranthus viridis* Linn, bulb of *Allium cepa* Linn, stem of *Glycyrrhiza glabra* Linn and rhizome of *Smilax glabra* Roxb) were taken and mixed with 1920ml (8 *Patha*) of water and boiled down to 240ml (1 *Patha*) under slow fire.

Method of preparation of *Dhumavarti* :

Roots of *Gymnema sylvestre* Retz (*Masbedda*) was collected and dried. 5gm of finely powdered roots were mixed with 5ml of ghee to make a pellet. It was wrapped with a piece of gauze (10cm x 7.5cm) and rolled to prepare the *Dhumavarti*.

Procedure of *Sadyo Vamana*:

Sadyo Vamana was carried out according to the Sri Lankan traditional method. It is to be noted that the patient was not subjected to *Purva Karma* (*Snehapana* and *Sweda Karma*) as per classical Ayurveda practices. According to astrology, these physicians consider the location of *Visha Kalava* (inauspicious time) on the relevant day of performing *Vamana Karma*. If *Visha Kalava* is situated in *Udara* (abdomen), then the *Vamana Karma* will not be performed on that day.

The patient was advised to take easily digestible light food such as over boiled rice with snake gourd curry and sleep well in the night before the day of *Vamana Karma*. The next day morning, she was told not to consume food and void bowels and urine. The patient was advised to observe religious rites early in the morning. After that patient was made to lie down on the

bed with her face upwards extending her arms and legs downwards. External oleation was carried out using sesame oil before administration of the emetic drug. The patient was made to sit facing east and made to consume one litre of decoction of *Glycyrrhiza glabra* Linn (*Velmee Kashaya*) as *Akanthapana*. *Akanthapana* was prepared by boiling 100gm of powder of stem of *Glycyrrhiza glabra* mixing with 3000ml and boiling down to 750ml. Then *Vamana Aushadha* that is 360ml of decoction prepared with *Tylophora indica* (*Bin Nuga*) was given. After that patient was made to consume 240ml of thin *Yavagu* (gruel) prepared with rice at a time, many times until *Samyak Vamana Lakshana* appeared. After completion of *Vamana Karma*, *Gandusha* was carried out using warm water as *Pashchat Karma*. The patient was then made to follow *Samsarjana Krama* for 3 days and light, easily digestible food was given as Table 2. Further, she was advised not to take bathe, avoid drinking cold water, avoid eating curd and cold food and avoid exposure to cold breeze and sun.

Procedure of conducting *Dhumapana*:

Dhumavarti was lit at one end and the patient was made to inhale medicated smoke through *Dhuma Yantra*. A fresh leave of *Ficus benghalensis* was used to prepare *Dhuma Nadi* by rolling it to the shape of a cone. The patient was advised to inhale the smoke through the nose and to expel it through the mouth.^[7] The patient was made to inhale three puffs of smoke through each nostril. *Dhumapana* was performed for 7 days [day 4 to day 10].

Table 1: Grading scale of symptoms:

Symptoms	Grades	Severity of symptoms
<i>Kasa/ Shirorujak/ Guru/ Mandagni /Aruchi / Pralipyamanena Mukhena</i> (Cough/ Headache/ Feeling of heaviness / impaired appetite/	Normal= 0	No
	Mild = 1	Occasional
	Moderate= 2	Intermittent
	Severe= 3	Often

Anorexia / Stickiness in the oral cavity)	More severe= 4	Always
Peenasa (running nose)	Normal= 0	No nasal discharge
	Mild = 1	Nasal discharge in less quantity
	Moderate= 2	Nasal discharge in moderate quantity
	Severe= 3	Yellowish nasal discharge in large quantity
	More severe= 4	Yellowish nasal discharge in large quantity with fever

Table 2: Dietic Protocol (*Samsarjana Krama*) after *Vamana Karma*:

Day	Morning	Lunch	Evening
Day 1	None	None	Salted rice gruel (<i>Lunu Kenda</i>)
Day 2	Salted rice gruel (<i>Lunu Kenda</i>)	Over cooked rice (<i>Beri Bath</i>) and <i>Thambum Hodi</i> (spicy soup like <i>Rasam</i>)	Salted rice gruel (<i>Lunu Kenda</i>)
Day 3	Salted rice gruel (<i>Lunu Kenda</i>)	Rice and Curry	Normal diet

Table 3: Reduction of clinical symptoms due to treatment:

Symptoms	Before treatment	After treatment			
		After <i>Vamana Karma</i>		After Entire treatment	
		Grade	% of Relief	Grade	% of Relief
<i>Kasa</i> (Cough)	3	2	33.3%	0	100%
<i>Shirorujak</i> (Headache),	2	1	50%	0	100%
<i>Guru</i> (Feeling of heaviness)	4	0	100%	0	100%
<i>Mandagni</i> (Impaired appetite)	3	3	0%	1	66.7%
<i>Aruchi</i> (Anorexia)	3	3	0%	1	66.7%
<i>Peenasa</i> (Running nose)	3	0	100%	0	100%
<i>Pralipyamanena Mukhena</i> (Stickiness in the oral cavity)	1	0	100%	0	100%


Images 1: *Tylophora indica* (Bin Nuga)

RESULT AND DISCUSSION:

After *Sadyo Vamana*, *Guru* (feeling of heaviness in the body), *Peenasa* (running nose), and *Pralipyamanenamukhena* (stickiness in the oral cavity) were completely relieved and *Kasa* (cough), *Shiroruja* (headache) were partially relieved. After the entire treatment, it was observed that *Mandagni* (impaired appetite) and *Aruchi* (anorexia) were partially relieved by 66.7% and all other symptoms were completely relieved as tabulated in Table 3.

Total Leukocyte Count (TLC) was in upper level (10,000/mm³) but within normal limit before treatment. Sputum for AFB was negative and X-ray in chest was normal before treatment. This may be due to the fact that patient was suffering from a mild disease and only for 14 days. However, Total Leukocyte Count (TLC) was reduced down to 7500/mm³.

In *Kaphaja Kasa*, *Kapha* and *Vata Dosha* are vitiated. *Ashtangahrdaya* describes to conduct *Vamana Karma* with drugs having properties of *Theekshna*, *Ushna* and *Katu*.^[3] *Tylophora indica* (*Bin Nuga*) contains *Laghu Guna*, *Theekshna Guna*, *Ushna Veerya* and *Katu Vipaka*.^[8] Therefore, it helps to pacify vitiated *Kapha Dosha* and *Vata Dosha*. Anti-microbial, Anti-asthmatic and Immunomodulatory properties of *Tylophora indica* (*Bin Nuga*) are scientifically proven.^[9] Therefore, it is effective in the treatment of *Kaphaja Kasa* (productive cough).

Ingredients of *Peenas Kashaya* possess *Madhura Rasa*, *Tikta Rasa*, *Katu Rasa*, *Laghu Guna*, *Ruksha Guna*, *Theekshna Guna*, *Snigdha Guna*, *Ushna Veerya*, *Madhura Vipaka* and *Katu Vipaka* which help to pacify vitiated *Vata* and *Kapha Dosha*.^[10-11] Anti-viral, Anti-bacterial, Anti-oxidant, anti-inflammatory, and Anti-allergic properties of ingredients of *Peenas Kashaya* are scientifically proven.^[12-16] Therefore, *Peenas*

Kashaya is beneficial in the treatment of *Kaphaja Kasa* (productive cough).

Ashtangahrdaya recommends *Dhumapana* (inhale medicated smoke) as a treatment modality to prevent the diseases above the shoulders due to the increase of *Kapha* and *Vata Dosha* and also as a treatment.^[4] *Charaka* mentions that properly administered *Dhumapana* cures cough, dyspnoea, common cold and diseases of *Vata* and *Kapha Dosha*.^[17]

Gymnema sylvestre Retz. (*Masbedda*) possess *Kashaya Rasa*, *Tikta Rasa*, *Laghu Guna*, *Ruksha Guna*, *Ushna Veerya* and *Katu Vipaka*. These properties make *Gymnema sylvestre* beneficial in the treatment of *Kaphaja Kasa* (productive cough).^[10] Anti-inflammatory and Antimicrobial activities of *Gymnema sylvestre* Retz. (*Masbedda*) are scientifically proven.^[18] Therefore, *Dhumapana* with *Gymnema sylvestre* Retz. (*Masbedda*) is beneficial in the treatment of *Kaphaja Kasa* (productive cough).

CONCLUSION:

Based on this single case study, it can be concluded that *Sadyo Vamana* using decoction of *Tylophora indica* (*Bin Nuga*) along with oral administration of *Peenas Kashaya* and *Dhumapana* using powder of roots of *Gymnema sylvestre* Retz. (*Masbedda*) is effective in the treatment of *Kaphaja Kasa* (productive cough).

LIMITATION OF STUDY:

This is a single case study and this research should be carried out with larger sample which will make results more acceptable

PATIENT CONSENT:

The patient gave the informed consent for reporting of the case study in the journal.

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