

BRONCHITIS (KASA)



Tulsi



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
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What is Bronchitis (Kasa)?

Respiratory disorder characterized by discomfort in chest, productive/unproductive cough commonly occurs in winter and rainy season.

Vayu impeded from below moves to the proper channels attains character of the Udana vayu and goes to throat and chest. Further it advances to all the orifices of head and neck, stiffness in Jaws, Carotid region, orbits, eye brows, back, chest and sides. Thus dry or phlegmy cough arises "kasa."

What is the impact of Bronchitis (Kasa)?

- Irritating dry cough or hacking cough that produces mucus accompanied by pain & tightness in the chest,
- Wheezes and breathlessness,
- Low-grade fever.



Haridra

How Ayurveda manages Bronchitis (Kasa)?

Administration of unctuous preparation processed with Vata alleviating drugs, smoking, massage, sprinkling & unctuous formentations.

- **Snehana** (Oleation)
- **Vamana** (Therapeutic emesis)
- **Virechana** (Therapeutic purgation)



Kantakari

Some useful Ayurvedic Formulations:

- Sitopaladi churna
- Kantakari ghrita
- Lavangadi vati
- Khadiradi vati
- Eladi vati
- Vasavaleha
- Trikatu churna with honey



Vasa

What are the useful medicinal plants for Bronchitis (Kasa)?

- Yashtimadhu (Glycyrrhiza glabra)
- Kantakari (Solanum xanthocarpum)
- Tulsi (Ocimum sanctum)
- Pippali (Piper longum)

- Pushkaramula (Inula racemosa)
- Vasa (Adhatoda vasica)
- Haridra (Curcuma longa)



Pippali

Specific Do's ✓

Specific Don'ts ✗

Do's

- Godhuma (wheat), Mudga (green gram), old Rice
- Usage of Garlic, Turmeric, Ginger, Black pepper,
- Goat milk, Honey, Luke warm water, fruits like Amla and Draksha are beneficial
- Regular physical and respiratory exercises, Pranayama, Yoga,

Don'ts

- Sweets, chilled food items, curd, contaminated water, mustard leaves, incompatible food.
- Exposure to cold, humid atmosphere, smoke, dust, and fumes.



Pushkaramoola



Yashtimadhu