



Review Article

## COMMON KAPHAJ VYADHI IN CHILDREN AND ITS TREATMENT PRINCIPLE AND MANAGEMENT

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### ABSTRACT

Ayurvedic deals with the physical, biological, social, and spiritual well-being of every individual. Ayurveda has its principles for justification based on *Dosha*, *Dhatu*, and *Mala*, called *Tridosha* (the three basic principles) having quality and function. The *Tridosha* principle forms the foundation of Ayurveda. It has been postulated that whatever physiological and pathological processes occur in the body, they are under the influence of three basic elements known as *Vata*, *Pitta*, and *Kapha*. Common *Kapha* dominant disorders in children are mainly breast milk-vitiated disorders. **Aim and Objective:** To collect and compile *Kaphaja vyadhi* in children and its treatment. **Material and Methods:** A literary study has been conducted through the various ancient texts of Ayurveda and contemporary textbooks. Various websites are also referred to in this context. **Review method:** literary research. **Discussion and Conclusion:** classical reference can be very well used to understand common *Kaphaja vyadhi* in children and its treatment.

### INTRODUCTION

Ayurveda is eternal and omnipotent in the world. It deals with the physical, biological, social, and spiritual well-being of every individual and group in the universe. Ayurveda has its principles for justification based on *Dosha*, *Dhatu*, and *Mala* having quality and function. The *Tridosha* principle forms the foundation of Ayurveda. It has been postulated that whatever physiological and pathological processes occur in the body, they are under the influence of three basic elements known as *Vata*, *Pitta*, and *Kapha*. In other words, *Doshas* are considered to form the backbone of Ayurvedic physiology and pathology.

When *Vata*, *Pitta* and *Kapha* breach the norms by becoming excessive or deficient they produce disequilibrium (*Dosha-vaishamya*) and individuals suffer from illnesses. Assessment of *Dosha* in the disease state of an individual is a prime objective for a practitioner of Ayurveda as the treatment policy revolves around pacification of the involved *Dosha*. *Doshik* involvement is understood based on the expression of specific *Guna* of the involved *Dosha*. Hence the sphere of *Guna* is wider than the pharmacological properties. *Guna* in *Dosha*, *Dravya*, *Ritu*, *Chikitsa*, etc aspects convey different aspects contextually hence, a broader view of understanding *Guna* as biophysiochemical properties is needed. Among *Tridosha* *Kapha* *Dosha* lends structure, solidity, and cohesiveness to all things and is therefore associated primarily with the earth and water elements. *Kapha* also hydrates all the cells and systems, lubricates the joints, moisturizes the skin, maintains immunity, and protects the tissues. Seven attributes namely *Guru*, *Shita*, *Mrudu*, *Snigdha*, *Madhura*, *Sthira*, and *Picchila* have been depicted as the attribute of

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*Kapha Dosha*<sup>[1]</sup>. *Manda Guna* of *Kapha* is mentioned by *Acharya Vagbhata*<sup>[2]</sup>.

## Review of Literature

**Derivation and Etymology of Kapha** - *Kapha* word shows *Apa* (water) component in predominance and *Slisha* which means to embrace, to cohort, to keep together. This indicates *Kapha* plays an important role in conjugation between two cells or molecules in the body to form any tissue, organ, or system. (Su.S. 21/5)

## Physical Constitution of Kapha

*Sleshma* is *Panchabhautik* with the dominance of *Apa* and *Pruthvi Mahabhuta*. (A.S.S 20/3)

**Physical characteristics/Properties (Guna of Kapha):** Following are the physical properties of *Kapha*

- **Colour** - Whitish & transparent. (Su. S. 21/5, A.H.S 1/12)
- **Taste** - *Madhura* (sweet) when it is well formed and *Lavana* (salty) when not well formed. (Ch. Su. 1/61, Ch. Vi 8/96, Su. Su. 21/15)
- **Touch** - *Sita* (cool), *Mrudu* (soft), *Mritsna* (yielding), *Snigdha* (unctuous), *Picchila* (slimy) and *Slakshna* (smooth). (Ch. Su. 1/61, Ch. Vi 8/96, Su. Su. 21/15, A.H.S.1/12)
- **Consistency** - *Sthira* (firm), *Sandra* (dense & compact), *Sara* (stable and sturdy). (Ch. Su. 1/61, Ch. Vi 8/96, Su. Su. 21/15, A.H.S.1/12)

**Other qualities** - *Guru* (heavy), *Manda* (inactive or dull) & *Stimita* (stable). (Ch. Su. 1/61, Ch. Vi 8/96, Su. Su. 21/15, A.H.S.1/12)

## Functions of Kapha

### Biological

- 1) Confers unctuousness to the body, and facilitates free and easy movements of different joints and organs of the body by the virtue of *Snigdha Guna* and *Picchila Guna*.
- 2) Confers stability, firmness, and sturdiness through weight and bulk by the virtue of *Sthir, Sara, Manda,* and *Guru Guna*.

- 3) Confers sexual stamina and productivity including growth by the virtue of *Mrudu, Guru, Snigdha, Sita Guna*.
- 4) Confers strength to perform work and resistance to diseases and decay by the virtue of *Guru, Picchila, Sthir, Manda* and *Sara Guna*.
- 5) Control hunger and thirst by *Sita, Guru, Madhur, Manda,* and *Mrutsna Guna*.
- 6) Confers tenderness to hair, skin, eyes, etc. by *Slakshana, Sita, Picchila, Snigdha, Sara, Mrudu* and *Guru Guna*.

## II) Psychological

- 1) Forbearance (*Kshama*)
- 2) Fortitude (*Dhuti*)
- 3) Greedlessness (*Alobha*)
- 4) Enthusiasm (*Utsaha*)
- 5) Intelligence (*Dhi*)

It is *Soma* (water), the element which is a component of *Kapha* that gives rise to beneficial consequences i.e., creation of strength against diseases, stamina to work, capacity to reproduce, growth and maintenance of stable characteristics of the body by *Visarga Karma* of *Soma* element.

## Significance of Kapha

*Kapha* is known by several synonyms such as *Sleshma, Bala, Ojas, Mala,* and *Papma*. The former three refer to a state of normal functioning, the *Mala* and *Papma* are known for normal state. *Ojas* is the most stable and vital part of all fundamental principles of the body physiology, it is known for the essence of all *Sapta Dhatu's*; *Rasa Dhatu* to *Shukra Dhatu*. It is identical to the term *Bala*. (Ch.Su.17/117, Su.Su. 15/24)

Here *Ojas* in respect of *Kapha* means that *Kapha* plays a vital role in *Upachaya* of *Dhatu*s by its virtue. *Upachaya Lakshanas* that is *Sarata* of *Dhatu*s are also dependent upon *Prakruta Karmas* of *Kapha* for their growth, stability, and normal function. *Bala*, on the other hand concerning *Kapha* means once power to lift and bear heavy loads, stamina, and strength to perform various physical activities.

Characteristics features of *Dosha-Vridhhi* and *Kshaya*

S.N.	<i>Kapha Vridhhi Lakshana</i>	<i>Kapha Kshaya Lakshana</i>
1	<i>Shaukalya</i>	<i>Rukshata</i>
2	<i>Saitya</i>	<i>Antardaha</i>
3	<i>Sthairya</i>	<i>Amashayetarashleshma Sunyata</i>
4	<i>Gaurava</i>	<i>Sandhi Saithilya</i>
5	<i>Avasada</i>	<i>Trushna</i>
6	<i>Tandra</i>	<i>Daurbalya</i>
7	<i>Nidra</i>	<i>Prajagarana</i>
8	<i>Sandhi Vishlesha</i>	<i>Asayam Shunyatvam</i>

9	<i>Agni Sadana</i>	<i>Hridadrava</i>
10	<i>Praseka</i>	<i>Bhrama</i>
11	<i>Alasaya</i>	<i>Dvestanam</i>
12	<i>Slathangatva</i>	<i>Angamarda</i>
13	<i>Shvasa</i>	<i>Pariplosa</i>
14	<i>Kasa</i>	<i>Toda</i>
15	<i>Sthaulya</i>	<i>Dava</i>
16	<i>Srotah Pidhana</i>	<i>Daha</i>
17	<i>Murcha</i>	<i>Sphotanam</i>
18	<i>Hrillasa</i>	<i>Vepana</i>
19	--	<i>Dhumayana</i>

### Importance of *Dosha* in the development of diseases

*Dosha*, if aggravated, manifests signs and symptoms by the degree of aggravation i.e., excessive, moderate, and slight aggravation of the *Dosha* reflects itself in the form of excessiveness, moderateness, and slightness (weakness) in the signs and symptoms. *Dosha*, if diminished manifests signs and symptoms feebly or ceases to manifest even their normal signs and symptoms. The diminished state of *Doshas* is not capable of vitiating other *Dhatu*, as a result, the disease will not manifest. But once *Dosha* ceases their normal functions, it will disturb the entire physiological functions and as a result, may cause disease or may not be capable to counteract the pathogenic causative agents thus also resulting in disease. An equilibrium state of *Dosha* where there is normal function, represents a healthy state of body and mind. Sixty-two varieties of permutation and a combination of *Dosha* manifest symptomatology. *Dosha* recognizes a unique part of the foreign target and tags a microbe or an infected cell for attack by other parts of the immune system, or can neutralize its target directly and attach them to prevent the manifestation of diseases. Three different *Dosha* perform different roles and help direct the appropriate immune response for each different type of foreign object they encounter. There is a great deal of synergy between the three *Dosha* and defects in either *Dosha* can provoke illness or disease, such as autoimmune diseases, immunodeficiency disorders, and hypersensitivity reactions. The specific components of *Dosha* may termed antibodies because these are supposed to identify and neutralize disease-producing foreign objects such as bacteria, fungi, parasites, and viruses. If *Kapha* aggravates and vitiates in the body that may lead to 20 types of *Kapha Nanatmaja Vikaras (Kaphaja Diseases)*. *Kashyap Sutra Sthan- 27/ 41-43* [3]

### Food Habits for *Kapha Dosha* Vitiation- Rules of taking food

- Consume fresh and warm food: Warm food breaks up the mucus in gastric secretions<sup>[4]</sup>.
- Should not consume unctuous food: The unctuous food, being eaten, gives relish and on being consumed, excites the inactive gastric fire, is rapidly digested, stimulates the peristaltic movement, makes the body plump, strengthens the sense organs, increases the vigor and brightens the complexion<sup>[5]</sup>.
- Consume in proper quantity: The food eaten in the measure does not disturb the balance of *Vata*, *Pitta*, and *Kapha*<sup>[6]</sup>.
- Should not eat before digestion of previous: Eating after the digestion of the previous meal not vitiating any of the body elements, serves the sole purpose of promoting life<sup>[7]</sup>.
- Should not eat in a hurry and do not talk or laugh while eating. It is liable to suffer the same disorders as the one who eats too hastily<sup>[8]</sup>.
- Do not spend too much time chewing and swallowing while eating: Do not eat too leisurely because it is not satisfactory even if eat much. The food gets cold and is digested irregularly<sup>[9]</sup>.

### *Kapha Dosha* and *Kriya Kala*

- Symptoms of accumulation of *Dosha*: Heaviness in the body, lassitude, and aversion to work are symptoms of accumulation of *Kapha Dosha*.<sup>[10]</sup>
- Symptoms of vitiating: By aggravation of *Kapha*, aversion to food and nausea are manifested<sup>[11]</sup>.
- Symptoms of spread: Aggravated and spreading *Kapha Dosha* manifests anorexia, indigestion, lassitude, and vomiting<sup>[12]</sup>.
- Symptoms of localization: The disease originates at the site where, due to abnormality of channels, the

aggravated *Dosha* while circulating in the body sticks<sup>[13]</sup>.

### **Kapha Dosha and breast milk vitiation**

The child consuming breast milk of different tastes or colors may have the following symptoms.

- The child has excessive feces and urine if consumes sweet milk, retention of urine and feces in astringent, good strength in oil-colored milk, and becoming rich in *Ghrita*-coloured milk; in smoke colored becomes very famous and attains all the qualities if ingested pure milk<sup>[14]</sup>.
- Concerning the excellence of milk: It should have natural color, smell, taste, and touch and when poured into a pot of water, it should mix at once and perfectly with the water, being of natural kind. Such milk is both strengthening and health-giving, such type of milk is known as pure milk<sup>[15]</sup>.
- The breast milk of the wet nurse should also be examined in water. If it is cold, clean, thin, resembling a conch shell, becomes one when put in water without froth or sheds, neither floats nor sinks, should it be known as pure. It provides health, physical development, and promotion of strength to the child<sup>[16]</sup>.
- The breast milk which put in water becomes one with it, is pale, sweet, and free from abnormal color should be known as normal<sup>[17]</sup>.

### **The general treatment principle of Kapha Dosha-**

#### **Acharya Kashyap**

- The wise physician should treat the disorders with astringent, acrid, pungent, dry, and hot substances considering their doses and period<sup>[18]</sup>.
- Among all *Panchkarma* procedures, emesis is best for *Kapha Dosha*<sup>[19]</sup>.

#### **Acharya Vagbhatt**

- To effectively manage *Kapha Dosha*, it is advisable to promptly employ potent emesis, nasal medicine, and other therapeutic measures. Additionally, consuming easily digested and dry meals, engaging in physical exercise, receiving dry massages, and engaging in gentle trampling can also aid in controlling *Kapha Dosha*.<sup>[20]</sup>
- After successfully defeating the *Kapha Dosha*, the individual should proceed to cleanse themselves by taking a bath and applying a mixture of *Karpur*, *Chandan*, *Agaru*, and *Kumkum* onto their body.<sup>[21]</sup>
- Individuals with a dominant *Kapha Dosha* are recommended to undergo therapeutic emesis and purgation treatments, (i.e., *Vaman* and *Virechan*), following the prescribed procedure. They are also advised to consume non-fatty foods, in small quantities, penetrating, and hot, with pungent, bitter, and astringent tastes. Additionally, they

should indulge in very old wines, be involved in sexual activities, stay awake without sleep, do various forms of exercise, dry body massages, especially during emesis therapy, drink soups, use honey, take fat-reducing medications, inhale medicated smoke, fasting, and using mouth gargles, as all of these practices are beneficial for them.<sup>[22]</sup>

- *Triphala*, *Trikatu*, *Panchkola*, *Mahat Panchmula*, and *Madhyam Panchmula* are examples of drugs mentioned for the management of vitiated *Kapha Dosha* by Acharya Vagbhatta.<sup>[23]</sup>
- All salts have *Vishyandi* capabilities, meaning they stimulate the production of fluids in the tissues. They also have *Sukshma* properties, which allow them to enter into *Sukshama Srotasa* (micro channels). These salts aid in digestion and facilitate the easy flow of feces. Due to these features, they can alleviate *Vata Dosha*, while exacerbating *Kapha* and *Pitta Dosha*.<sup>[24]</sup>
- *Guduchi* (*Tinospora cordifolia*), *Padmaka* (*Prunus Cerasoides*), *Arista* (*Azadirachta indica*), *Dhanyak* (*Coriandrum sativum*), and *Rakta-chandana* (*Pterocarpus santalinus*) has properties that can effectively decrease the degrees of *Pitta* and *Kapha* in the body. These substances are beneficial in alleviating symptoms such as fever, vomiting, burning sensation, and thirst. Furthermore, they can improve the process of digestion.<sup>[25]</sup>
- The *Aragvadhadi* group, consisting of *Aragvadh* (*Cassia fistula*), *Indrayava* (*Holarrhena Antidysentrica*), *Patala* (*Stereospermum suaveolens*), *Kiratikt* (*Swertia Chirata*), *Nimba* (*Azadirachta indica*), *Amrta* (*Tinospora cordifolia*), *Madhuras* (*Marsdenia volubilis*), *Sruvavrksa* (*Butea monosperma*), *Patha* (*Cissampelos pareira*), *Bhanimba* (*Andrographis paniculata*), *Sairyaka* (*Barleria prionitis*), (*Barleria prionitis*), *Patola* (*Tricosanthus dioica*), *Karanja* (*Pongamia pinnata*), *Puti-karanja* (*Holoptelia integrifolia*), *Saptachada* (*Alstonia scholaris*), *Agni* (*Plumbago zeylanica*), *Susavi* (*Momordia charantia*), *Phala* (*Randia Spinosa*), and *Ghonta* (*Zizyphus Oenoplia*) possesses the ability to treat vomiting, leprosy (as well as other skin diseases), poison, fevers, *Kapha* imbalances, itching, diabetes, and effectively cleanse severe wounds.<sup>[26]</sup>
- The *Asanadi* group, consisting of *Asana* (*pterocarpus marsupium*), *Tinisa* (*Ougenia Oojeinensis*), *Bhurja* (*Betula utilis*), *Swetavaha* (*Terminalia arjuna*), *Prakirya* (*Holoptelea Integrifolia*), *Khadira* (*Acacia catechu*), *Kadara* (*Acacia suma*), *Bhandi* (*Albzzia lebeck*), *Simsipa* (*Dalbergia Sissoo*), *Mesarsngi* (*Gymnema Sylvestre*), *Swetachandan* (*Santalum album*), *Rakta-chandana* (*Pterocarpus santalinus*)

*Tala* (*Borassus flabellifer*), *Palasa* (*Butea monosperma*), *Jongaka* (*Aquillaria agallocha*), *Saka* (*Tectona grandis*), *Sala* (*Shorea Robusta*), *Kramuka* (*Acacia Catechu*), *Dhava* (*Anogeissus latifolia*), *Kalinga* (*Holarrhena Antidysentrica*), *Chhaga-karna* (*Vateria Indica*), and *Asvakarna* (*Dipterocarpus turbinatus*) can treat leukoderma, leprosy, and other skin diseases. It also helps to reduce *Kapha*, and treat worm infestations, anemia, diabetes, and diseases related to fat accumulation.<sup>[27]</sup>

- The *Varunadi* group, consisting of *Varuna* (*Crataeva nurvala*), *Sairyaka* (*Barleria prionitis*), *Satavari* (*Asparagus racemosus*), *Dahana* (*Plumbago zeylanica*), *Bilva* (*Aegle marmelos*), *Visanika* (*Gymnema sylvestre*), *Brhati* (*Solonum indicum*), *Karanja* (*Pongomia pinnata*), *Jaya* (*Premna Corymbosa*), *Bahalapallava* (*Moringa Oleifera*), *Darbha* (*Desmostachya bipinnata*), and *Rujakara* (*Semecarpus anacardium*), can control *Kapha*, obesity, and dyspepsia. It also treats *Adhyavata* (stiff thigh), headaches, tumours, and abdominal abscesses.<sup>[28]</sup> *Usaka* (alkaline earth/salt), *Tutthaka* (purified copper sulphate), *Hingu* (extract of *Ferula Asafoetida*), *Kashisa* (purified ferrous sulfate), *Saindhava* (rock Salt), and *Shilajatu* (*asphaltum*) are effective in treating dysuria, urinary calculus, abdominal tumors, obesity, and subjugation *Kapha*.<sup>[29]</sup>
- The group consisting of *Rodhra* (*Symplocos Racemosa*), *Sabaraka-rodhra*, *Palasa* (*Butea Monosperma*), *Jingini* (*Lannea Coromandelica*), *Sarala* (*Pinus roxburghii*), *Katpha* (*Myrica Esculenta*), and *Mocha* (*Bombax malabaricum*, collectively known as *Rodhradika*, possesses medicinal properties that can treat diseases associated with *Kapha*, such as *Kutsitamba Kadali*, *Gatasoka*, *Elavalu*, *Paripelava*, *Meda* (fat) and *Kapha*, as well as *Yoni dosha* (feminine disorders). It also acts as an obstructive agent for the movement of *Dosha* and *Mala*, enhances complexion, and has anti-poisonous properties.<sup>[30]</sup>
- The *Arkadi Gana*, consisting of *Arka* (*Calotropis Procera*), *Alarka* (*Calotropis Gigantea*), *Nagadanti* (*Croton Oblongifolius*), *Vishalya* (*Tinospora cordifolia*), *Bharngi* (*Clerodendrum Serratum*), *Rasna* (*Pluchea lanceolata*), *Vrscikali*, *Prakirya*, *Pratyakpushpi* (*Achyranthes aspera*) etc possesses the ability to alleviate *Kapha*, fat, poison, worms, leprosy, and various skin disorders. Additionally, it is particularly effective in cleansing ulcers.<sup>[31]</sup>
- The *Surasadi Gana*, consisting of *Surasa* (*Ocimum sanctum*), *Phanijja* (*Cleodendrum serratum*), *Kalamala* (*Ocimum basilicum*), *Vidanga* (*Embelia ribes*), *Kharabusa* (*Origanum Majorana*), *Katphala*

(*Myrica esculenta*), *Kasamarda* (*Cassia occidentalis*), *Ksavaka* (*Centipeda minima*), *Sarasi* (*Limonia crenulata*), *Bharngi* (*Clerodendrum serratum*), *Karmuka* (*Areca catechu*), *Kakamachi* (*Solanum nigrum*), *Kulahala* (*Mundika sphaeranthus indicus*), *Visamusti* (*Medlia azedarach*), *Bhutrna* (*Gudaka* or *Tumbaru* of *Dalhana*), and *Bhutakesi* it is known for its ability to alleviate anorexia, dyspnoea, and cough, as well as wound-cleansing properties.<sup>[32]</sup>

- The group consisting of *Muskak*, *Srug*, *Vara*, *Dvipi*, *Palasha*, *Dhava*, and *Simsipa* is known to effectively treat abdominal tumours, diabetes, renal calculi, anaemia, obesity, haemorrhoids, as well as illnesses related to *Kapha* and *Veerya*.<sup>[33]</sup>
- *Vatsaka*, *Murva*, *Bharngi*, *Katuka*, *Maricha*, *Ghunapriya*, *Gandira*, *Ela*, *Patha*, *Ajaji*, *Katvanga Phala*, *Ajamoda*, *Siddhartha*, *Vacha*, *Jiraka*, *Hingu*, *Vidanga*, *Pasugandha* and *Pancakola*- drugs of this group cures disorders of *Vata*, *Kapha* and *Meda*, rhinitis, abdominal tumor, fever, colic, and haemorrhoids.
- *Vatsaka*, *Murva*, *Bharngi*, *Katuka*, *Maricha*, *Ghunapriya*, *Gandira*, *Ela*, *Patha*, *Ajaji*, *Katvanga Phala*, *Ajamoda*, *Siddhartha*, *Vacha*, *Jiraka*, *Hingu*, *Vidanga*, *Pasugandha*, and *Pancakola* are effective in treating problems related to *Vata*, *Kapha*, and *Meda*, such as rhinitis, abdominal tumours, fever, colic, and haemorrhoids.<sup>[34]</sup>

#### Acharya Charak

- The physician should administer the following medications as emetics in gastro-genic diseases that are characterized by abnormal accumulations of *Kapha* and *Pitta Dosh*; *Madanphala* (*Randia dumetorum*), *Madhuyashti* (*Glycyrrhiza glabra*), *Neem* (*Melia azedarach*), *Jeemutaka* (*Luffa echinata*), *Krutavedhanam* (*Luffa acutangula*), *Pippali* (*Piper Longum*), *Kutaja* (*Holarrhena antidysenterica*), *Ishkvaku* (*lagenaria siceraria*), *Ela* (*Elettaria cardamomum*) and *Dhamargava* (*Luffa cylindrica*).<sup>[35]</sup>

#### Time of Administration of Medicine

Medicament should be administrated

- Empty stomach - In a condition of diseases arising from increased *Kapha*/severe condition and strong persons;
- At the commencement of meals- In the disorders of *Apana Vata*
- At the end of the morning meal in disorders of *Vyana Vata*
- At the end of evening meal- in disorders of *Udan Vata*

- At the end of each morsel- in disorders of *Prana Vata*
- With different kinds of tasty foods- In diseases produced by poison, vomiting, hiccup, thirst, dyspnea and cough it shall be mixed<sup>[36]</sup>.

### Prevention and contraindications

#### Acharya Vagbhata

- *Kapha*- aggravating/promoting food articles, life style should be avoided by persons suffering from aggravation of *Kapha* or indigestion or who just undergone purificatory therapies like *Vaman* (emesis) and *Virechana* (purgations) etc.<sup>[37]</sup>
- The particular *Dosha* is responsible for growth of the body when present in a normal state, but the same *Dosha* turns to a causative factor when present in an abnormal state i:e more or low or abnormal. Hence by adopting suitable measures, the body should be protected by keeping the *Dosha* in a balanced from<sup>[38]</sup>.
- Those who are very obese, strong and have a predominance of *Pitta* and *Kapha*, or suffering from *Ama Dosha*, fever, vomiting, diarrhea, heart disease, constipation, feeling of heaviness, excess of belching, nausea etc can be treated by the administration of sadhana process. Those who are moderately obese can be treated first by administration of digestive and carminative medicaments generally. Those, who are slightly obese can be treated by control of hunger, and thirst.
- Those who are troubled by *Dosha* can be treated by medicament. Those who have poor strength, weak body can be treated by exposure to breeze, sunlight and exercise<sup>[39]</sup>.

#### Treatment of *Kapha* vitiated breast milk

- Powdered *Pippali* (*Piper longum*) taken with *Sringvera* (*Zingiber officinale*) and *Patola* (*Trichosanthes dioica*) as a wholesome soup is light and *Tikshan*, helpful in treating vitiated *Kapha*.<sup>[40]</sup>
- *Ghrita* treated with breast milk purifying drug (galactic-depurants) should be given with honey in vitiation of *Kapha*, however, others contraindicate as *Ghrita* is a place of *Kapha* and milk formed from *Kapha*<sup>[41]</sup>.
- *Patha* (*Cissampelos pareira*), *Sringvera*, *Deodar* (*Cedrus Deodara*), Nut-grass (*Cyperus rotundus*), *Murva* (*Marsdenia tenacissima*), *Guduchi*, *Vatsak* (*Holarrhena antidysenterica*), *Kiratikta*, katuki (*Picrorhiza Kurrooa*), and *Sariva* (*Hemidesmus indicus*) - these ten drugs are galactic-depurants<sup>[42]</sup>.

#### Treatment of *Stanya kshaya*

- Acharya Charaka described ten Galactagogues drugs- *Cuscus grass*, *Sali*, *Sashtika*, *Ikshu valika*,

sacrificial grass, small sacrificial grass, thatch grass, elephant grass, *Itkata* and ginger grass roots.<sup>[43]</sup>

### CONCLUSION

Ayurveda is the life-science. Three *Doshas* is one of the basic principles of Ayurveda. *Kapha* is predominating in childhood. Children are prone to *Kapha*-dominant diseases. Ayurvedic classical reference could be very helpful in understanding common *Kaphaja vyadhi* and their treatment.

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