

## 1. KĀSA (COUGH)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vāsā swarasa (Adhatoda vasica)	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K,1/8 Honey
2.	Ārdraka swarasa (Zingiber officinale)	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K,1/13
3.	Tulasī (Ocimum sanctum)	Swarasa	5 ml BD	Honey	C. S.Ci, 18/117
4.	Kaṇṭakārī kwātha (Solanum xanthocarpum)	Kwātha	20 ml BD	Pippalī Cūrṇa	C.D, 11/25

**B. Compound formulations**

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Tālisādi Cūrṇa	Cūrṇa	3 gm BD	Honey	S.S.Ma. K,6/132-135
2.	Agastya harītakī rasāyana	Avaleha	12 gm BD	Water/ Milk	S.S.Ma. K, 8/32-37
3.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga Cikitsā
4.	Bṛhat kastūrī bhairava rasa	Rasayoga	125 mg BD	Water	B.R. Jwara Cikitsā
5.	Trailokya cintāmaṇī rasa	Rasa Yoga	125 mg BD	Goat milk	B.R. Jwara Cikitsā
6.	Daśamūla katu trayādi kwātha	Kaṣāya	20 ml BD	Honey	S.Y. Pr. P. /171

7.	Dhanwantari Guṭikā	Vaṭī	250 mg BD	Water	S. Y. Dwitīya Prakarāṇa/ 65
8.	Khadirādi guṭikā	Vaṭī	250 mg BD	Honey	B.R. Mukharoga Cikitsā
9.	Drākṣāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	S.S.Ma. K 10/69- 72
10.	Babbūlāriṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	S.S.Ma. K,10/66- 68
11.	Elādi guṭikā	Vaṭī	1 gm BD	Water	B.R. Rakta pitta Cikitsā
12.	Kaṇṭakāryāvāleha	Avāleha	12 gm BD	Water	S.S.Ma. K, 8/5-9
13.	Kaphaketu rasa	Vaṭī	250 mg BD	Ārdraka swarasa	B.R., Jwara Cikitsā

14.	Maricyādi guṭikā	Guṭikā	500 mg BD	Water	S.S.Ma. K 7/13- 15
15.	Kāsakuṭhāra Rasa	Vaṭī	250 mg BD	Honey	B.R. Kāsa Cikitsā

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat, special varieties of rice (kodrava, sāṃvaka), barley	
Pulses	Soup of green gram (mudga)	
Fruits & vegetables	Bathuā, makoya, brinjal, paṭola, grapes	Potato and other tubers mustard leaf vegetable
Others	Light food, cow's milk, goat's milk, clarified butter, cardamom, garlic, luke warm water, harītakī, black pepper, dry ginger, long pepper, honey	Dust, smoke, cereals causing burning sensation and acidity with poor digestion (vidāhī anna), fish, contaminated / rotten food, contaminated water, cold

		food stuff, cold water, dry food
Life style	Day sleeping, sudation, therapeutic purgation (virecana), smoking, massage	Therapeutic enema (vasti), snuffing, therapeutic blood letting, physical exercise, suppression of natural urges

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.