

A Management of Chronic Frequent Hiccup by Kankasava

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Abstract

Hikka is a disease of serious nature and can cause death if not treated properly. The general causative factors include dietary and environmental pathogens and specific pathogenesis is due to involvement of *vata* and *kapha* as major *dosha*. Thus five types of *Hikka* are elaborated. The classification is based upon clinical presentation of disease and includes three types each of *Hikka* with bad prognostic signs pointing to worse condition. The description comprehends basic principles of management focused on removing obstruction of *kapha* and allowing proper flow of *vata* by means of purification therapies, sudation, nasal errhines, medicated smoking and various formulations. The management emphasizes on nourishment and pacification therapies to successfully treat and prevent the *Hikka* conditions. Depletion therapies are strongly contraindicated as they may worsen the condition of patient and disease. A 60 years old patient came in opd with complaint of frequent hiccup since 1 month. He has taken allopathic medicine for this but found no result. The condition was managed by *Kankasav* 40 ml BD with leuke warm water before meal internally and got instant result. Within one day he became normal.

Keywords: Ayurveda, hiccups, *Hikka*

Introduction

Vayu (*udana* and *pranavaha*) moves upward accompanied with sound causing shaking of the liver, spleen and intestines, comes out of the mouth with loud sound and causes troubles to life, hence it is called *Hikka* (hiccups).ⁱ *Hikka* and *shwasa* are two diseases of serious nature and can cause death if not treated properly. The etiological factors, site, origin of both *Hikka* and *Shwasa* are same, and hence the line of treatment is also common. The etiological factors related to food, regimen and mental faculties lead to the aggravation of *vata* in the *pranavahasrotas* and derangement of *kapha* situated in the chest region producing lethal blockage of *prana vayu*. In *Bruhatatrayee Hikkavyadhi* (hiccup) is mentioned under *pranavahasrotasa* (respiratory system). As compared to the other *vyadhi*'s *Hikka*. In *Hikkavyadhi* "hikhi" sound is produced, hence it is named as Disease *Hikka*.ⁱⁱ Vitiated *vata* dosha along with *kapha* dosha obstructs the *pranavaha*, *udakavaha* and *annavahasrotasa* (respiratory system, watery elements & digestive system) and produces different types of *Hikkavyadhi*.ⁱⁱⁱ

Hikka can be correlated in modern science with hiccup. A hiccup is an involuntary contraction (myoclonic jerk) of the diaphragm that may repeat several times per minute.^{iv} It is clear that to treat *Hikka* and

Swasavyadhi as early as possible is needful to avoid further complications as well as possibility of death of the patients.

Acharya *Charaka* described five types of *Hikkavyadhi*'s i.e. *Maha*, *Gambhira*, *vyapeta*, *kshudra*, and *Annaja*.^v *Yamala* is mentioned by *Madhavakara* instead of *vyapeta*.^{vi} *Acharya vaghbhata* had described *kshudra* and *Annaja*. *Hikka* are *sadhya* (curable) and *Mahati* and *Gambhira* are *asadhya* (uncurable) or presented with all symptoms in *yamala* it can be *asadhya* (uncurable).^{vii}

Ayurvedic classical texts had described different *kalpa* as well as *Ekaldraya* for the management of *Hikkavyadhi*. According to modern medicine management of hiccups many drugs are being used but not particular treatment is known to be especially effective.^{viii} But it is observed many times that the disease like *Hikka* is relieved immediately by certain Ayurvedic drugs. Here we observed immediate effect of *Kanakasava*^{ix} on *Hikka* in Ayurveda

PATIENT INFORMATION

Patient 60 years old presented in OPD of *Shalakyadept*. ITRA Jamnagar, with complaint of frequent Hiccup since 1 month. Patient, said to be asymptomatic 1 month back sudden patient started to *hiccups*. He consulted physician and took medicine as anta-acid, muscle relaxant. For the above complaints he went to multiple doctors and took various treatments for hiccups resulting in no relief.

On arrival to our OPD, his general condition was good. With this clinical presentation, on the basis of visual inspection the patient was diagnosed as a case of *Hikka*. He came here for Ayurvedic management. Meanwhile initial and routine blood investigations like Complete Blood Count, Urine Routine & Microscopic and Blood Sugar levels were sent to the labs which were within normal limits.

Family history: No member of the family had history of such illness.

Personal history: Diet vegetarian, Micturition - Normal, Appetite – Good, Sleep - Normal, Bowel habit - Regular, Addiction - Tea

DISCUSSION

Kankasava is a classical ayurvedic decoction has been mentioned in several ancient scriptures of *Susruta* and *Charaka* for following indication including *Kasahara*, *kapha-Vata hara* (treat *kapha* and *Vata* imbalances), *Balya* (increasing strength), *anulomana* (improves breathing), *Ama nashak* (removes toxins), *swash hara* (treat Asthma), *Jwara hara* (reduce fever), *Deepana* (enhance stomach fire), *Pachana* (help in digestion), *Rochana* (stimulate appetite), *Hikkanigrhana* (treat incessant hiccups), *Kantya* (improves voice), *Rasyani* (rejuvenates the whole body).

Rasatantarsara has mentioned *Kankasava* as emergency medicine in chronic and worse condition of *Hikka* for instant result.

Conclusion

By the above works we can conclude that *Kanakasava* act in different mechanisms to perform their activity. It acts by bronchodilator activity, some by anti-histamine activity, some by antitussive properties, some by mast cell stabilizing activity, antibacterial/viral properties etc.

Declaration of patient consent

Authors clarify that they have obtained patient consent form, where the patient has given his consent for reporting the case with the photographs and other clinical information in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

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Conflict of Interest

There are no conflict of interest

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