



# *Pathyapathya Ahara in Kasa and Swasa Chikitsa applicable for emerging respiratory infections: A review*

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**Abstract:** Respiratory disorders impose an immense worldwide health issue. There were emergence of newly recognized Coronavirus, Severe Acute Respiratory Syndrome (SARS), Middle Eastern Respiratory Syndrome (MERS) and novel H1N1 Influenza. Kasa (Cough) and Swasa (Asthma) are two pathological conditions which are related to *Pranavaha srotas* (Respiratory System) in Ayurveda. One of the main principles of Ayurveda disease management is following wholesome (*pathya*) food and avoiding unwholesome (*Apathya*) food. This study was done to focus on *Pathayapathya Ahara* in Kasa and Swasa which are applicable in emerging Respiratory infections and to analyze the pharmacodynamic properties of that *Pathyapathya Ahara*. The relevant literature has been collected from the diverse Ayurvedic authentic texts, research journals, authentic internet sources and most mentioned *Pathyapathya* were analyzed. According to the data, the prominent taste is *Madhura* (Sweet), *Katu* (Pungent) and *Tikta* (Bitter) and prominent *Veerya* (Potency) is *Ushna* (Hot) *Veerya* which leads to pacified *Vata Dosa*. The prominent *Guna* are *Laghu* (Light), *Guru* (Heavy), *Snigdha* (Unctuous) and *Theekshna* (Sharpness). Furthermore, the main actions are *Krimighna* (anti-microbial), *Vataghna*, *Kasahara* (antitussive), *Kanta Shodhana* (beneficial to the throat), and *Swasahara* (anti-asthmatic). *Dadhi* (Curd), *Kanda* (Tubers) and *Sheeta Veerya Anna* have been mentioned as *Apathya* for both and *Sarshapa*, *Mathsya* have been mentioned as *Apathya* for *Swasa*. The proved scientific evidence regarding *Pathya* food in *Kasa* and *Swasa* show anti-inflammatory action. The emerging respiratory disorders cause hyper-inflammation in Respiratory system and this anti-inflammatory action will balance that condition. Therefore, it can be concluded that the *Pathyapathya Ahara* in *Kasa* and *Shwasa* can be applicable as the wholesome and unwholesome food for emerging Respiratory infections.

**Keywords:** Infections, *Kasa*, *Pathyapathya*, Respiratory, *Swasa*