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A REVIEW ON SHWASAHARA DRAVYAS OF BHAVAPRAKASHA NIGHANTU

Chaya N. S.[1]*, Naveen V.[2] and Seema Pradeep[3]

[1]Final year PG Scholar, Department of Post Graduate Studies in Dravya Guna, Sri Sri College of Ayurvedic Science and Research, Bengaluru.

[2]Associate Professor, Department of Post Graduate Studies in Dravya Guna, Sri Sri College of Ayurvedic Science and Research, Bengaluru.

[3]Head of the Department, Department of Post Graduate Studies in Dravya Guna, Sri Sri College of Ayurvedic Science and Research, Bengaluru.

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***Corresponding Author**
Chaya N. S.
Final year PG Scholar, Department of Post Graduate Studies in Dravya Guna, Sri Sri College of Ayurvedic Science and Research, Bengaluru.

ABSTRACT

Bhavaprakasha Nighantu marks a remarkable contribution to *Dravyaguna*. It contains information on different drugs of *Ayurveda* along with its various indications. *Shwasa* being a *Pranavaha Sroto Dushti Vikara* can manifest as a *Vyadhi* alone or as a *Lakshana* which broadly can be considered as dyspnoea. Among the 23 *Vargas* of *Bhavaprakasha Nighantu*, a review has been done on the *Shwasahara Dravyas* that has been mentioned in the lexicon. Out of 426 drugs, 82 drugs were mentioned to have *Shwasahara* property mainly. Further, according to *Rasapanchaka*, these drugs were observed to majorly have *Madhura, Katu, Tikta Rasa, Laghu, Ruksha Guna, Ushna Veerya* and *Katu Vipaka*. However, based on the *Yukti* of a *Vaidya* and the associated conditions, the drugs can be used accordingly.

KEYWORDS: *Shwasa*, *Shwasahara Dravyas*, Dyspnoea, *Pranavaha Sroto Vikara*, *Bhavaprakasha Nighantu*.

INTRODUCTION

Bhavaprakasha Nighantu, by *Acharya Bhava Mishra* in 16th century AD., is a remarkable contribution to *Ayurveda*, specially to the field of *Dravyaguna*. With a comprehensive information on *Aushadha, Ahaara* and *Drava Dravyas*, 426 drugs have been described and it has been categorized to 23 *Vargas* in which an individual *Varga* deals with certain group of

drugs emphasizing on its basonyms and synonyms with its indication to various diseases. *Shwasa* can be considered as shortness of breath or dyspnoea which marks as one of the commonest findings of respiratory system ailments and is mentioned as a *Vyadhi* in *Bhavaprakasha Nighantu* several times.[1]

Shwasa manifests as a *Pranavaha Sroto-Dusti Vikara* which originates from the *Pittasthana* and exhibits as a *Lakshana, Vyadhi* and also as an *Upadrava*. The pathogenesis of *Shwasa* is mainly due to the *Ruksha Adi Anna Sevana, Sheeta Snaanaadi Vihara* and also other *Vyadhi*s like *Raktapitta, Atisara, Gulma,* etc., which causes *Kapha Prakopa* in the *Uras* and *Vimarga Gamana* of *Vata* leading to *Shwasa* roga.

Based on the clinical features *Shwasa* has been categorized as *Maha, Urdhva, Chinna, Kshudra* and *Tamaka Shwasa*. Among which *Maha, Urdhwa* and *Chinna* are *Asadhya*. *Acharya Charaka* has further mentioned two different stages of *Tamaka Shwasa* as further complication of disease, viz. *Pratamaka* and *Santamaka Shwasa*. Both differ from each other on the basis of intensity of attacks.[2] The therapeutic management involves the diagnosis at different level of pathogenesis and the type of *Shwasa* manifested and subsequent use of the appropriate drugs.

Dyspnoea is the 3rd most common clinical presentation in the emergency department and has a prevalence of around 6.3% in India.[3] It is mainly caused either due to conditions like pneumothorax, pulmonary embolus etc. by stimulating intrapulmonary sensory nerves, or either by increasing the mechanical load on respiratory muscles, or by hypoxia, hypercapnia or acidosis or by stimulating the chemoreceptors.[4] Medical intervention mainly consists of opioids, bronchodilators, anti-inflammatory drugs, anti-histamines, antibiotics, etc.

In the present study, a comprehensive review of this *Nighantu* was done to identify the drugs that contribute to *Shwasahara* activity.

MATERIALS AND METHODS

Bhavaprakasha Nighantu of *Acharya Bhavamishra*, translated to Hindi by Dr. K C Chunekar was selected as the base for the review.

All the *Varga*s of the *Nighantu* where the drug having *Shwasa* as an indication were searched and were listed out. The mentioned plants' botanical source, officinal part with their properties were tabulated and were critically analysed based on the principles of *Dravyaguna*

to identify the probable action of all the *Shwasahara Dravyas*. The observations and results were tabulated and discussed accordingly.

OBSERVATIONS AND RESULTS

It has been observed to have 82 dravyas having *Shwasa* as an indication. The list of the *Dravyas* as noticed in all *Varga*s are tabulated in the table below.

Table I: Showing list of drugs with botanical sources and its properties.

Sl. No.	*Drug name*	Botanical name And Family	Parts used	*Rasa*	*Guna*	*Veerya*	*Vipaka*	*Prabhava*	*Dosha-Ghnata Karma*
Hareetakyadi Varga									
1.	*Hareetaki*	*Terminalia chebula* Retz. Combrataceae	*Phala*	*Kashaya* pradhana, alavana pancha *Rasa*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Tri dosha hara*	-
2.	*Shunti*	*Zingiber officinale* Roscoe. Zingiberaceae	*Kanda*	*Katu*	*Snigdha*	*Ushna*	*Madhura*	-	*Kapha Vata Hara*
3.	*Pippali*	*Piper longum* Linn. Piperaceae	*Phala*	*Katu*	*Snigdha*	*Anushna*	*Madhura*	-	*Vata Kapha Hara*
4.	*Pippali mula*	*Piper longum* Linn. Piperaceae	*Mula*	*Katu*	*Laghu, Ruksha*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
5.	*Maricha*	*Piper nigrum* Linn. Piperaceae	*Phala*	*Katu*	*Teekshna Ruksha*	*Ushna*	*Madhura*	-	*Kapha Hara*
6.	*Gaja pippali*	*Scindapsus officinalis* Schott. Araceae	*Phala*	*Katu*	*Teekshna*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
7.	*Dhanyaka*	*Coriandrum sativum* Linn. Umbelliferae	*Phala Patra*	*Kashaya*	*Snigdha Laghu*	*Ushna*	*Madhura*	*Tri Dosha Hara*	-
8.	*Tumburu Phala*	*Zanthoxylum alatum* Roxb. Rutaceae	*Phala*	*Tikta Katu*	*Laghu Teekshna*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
9.	*Vamsha lochana*	*Bambusa arundinacia* Willd. Poaceae	*Mula Patra Phala*	*Madhura Kashaya*	*Laghu Ruksha*	*Sheeta*	*Madhura*	–	*Vata Hara*
10.	*Katuki*	*Picrorhiza kurroa* Royle ex Benth. Scrophulariaceae	*Rhizome*	*Tikta*	*Ruksha Laghu*	*Sheeta*	*Katu*	-	*Kapha Pitta Hara*
11.	*Kirata Tikta*	*Swertia chirata* karst. Gentianaceae	*Mula Pancha-anga*	*Tikta*	*Ruksha Laghu*	*Sheeta*	*Katu*	-	*Kapha Pitta Hara*
12.	*Rasna*	*Pluchea lanceolata* Oliver and Hiern. Compositae	*Patra Mula*	*Tikta*	*Guru*	*Ushna*	*Katu*	-	*Kapha Vata Hara*
13.	*Tejovati*	*Xanthoxylum alatum* Roxb. Rutaceae	*Phala Twak*	*Katu Tikta*	*Laghu*	*Ushna*	*Katu*	-	*Vata Hara*

14.	*Pushkara mula*	*Inula racemose* Hook. F. Compositae	*Moola*	*Tikta*	*Laghu Ruksha*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
15.	*Karkata shrungi*	*Pistacia integerrima* Stew. Ex Brandis Anacardiaceae	*Shringa kosha*	*Kashaya Tikta*	*Laghu Ruksha*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
16.	*KatPhala*	*Myrica esculenta* Buch. Myricaceae	*Twak*	*Kashaya Tikta*	*Laghu*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
17.	*Bhargi*	*Clerodendrum serratum* Spreng. Verbenaceae	*Mula*	*Katu Tikta*	*Ruksha Laghu*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
18.	*Bakuchi*	*Psoralea corylifolia* Linn. Fabaceae	*Beeja*	*Madhura Tikta*	*Ruksha Sara*	*Sheeta*	*Katu*	-	*Kapha Hara*
19.	*Chakramarda*	*Cassia tora* Linn. Piniaceae	*Beeja Patra*	*Madhura*	*Laghu Ruksha*	*Sheeta*	*Katu*	-	*Pitta Vata Hara*
20.	*Lashuna*	*Allium sativum* Linn. Liliaceae	*Kanda*	*Katu Madhura*	*Snigdha Sara Teekshna*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
21.	*Yava kshaara*	Impure carbonate of potash	-	-	*Laghu Snigdha Atyanta Sukshma*	-	-	-	-
Karpuradi Varga									
22.	*JaatiPhala*	*Myristica fragrans* Houtt. Myristicaceae	*Phala*	*Tikta*	*Teekshna Laghu*	*Ushna*	*Katu*	-	*Kapha Vata Hara*
23.	*Jati Patra*	*Myristica fragrans* Houtt. Myristicaceae	*Patra*	*Madhura*	*Laghu*	*Ushna*	*Katu*	-	*Kapha Hara*
24.	*Lavanga*	*Syzygium aromaticum* Linn. Myrtaceae	*Pushpa*	*Katu Tikta*	*Laghu*	*Sheeta*	*Katu*		*Kapha Pitta Hara*
25.	*Sthula ela*	*Amomum subulatum* Roxb. Zingibearaceae	*Phala*	*Katu*	*Laghu Ruksha*	*Ushna*	*Katu*		*Kapha Pitta Hara*
26.	*Ela*	*Ellettaria cardamomum* Maton. Zingiberaceae	*Phala*	*Katu*	*Laghu*	*Sheeta*	*Katu*		*Vata Hara*
27.	*Gandha palashi*	*Heydychium spicatum* Ham. Zingiberaceae	*Kanda*	*Tikta*	*Teekshna*	*Anushna*	*Katu*		*Kapha Hara*
28.	*Granthi parna*	*Polygonm aviculare* Linn. Aviculaceae	-	*Tikta*	*Teekshna Laghu*	*Ushna*	*Katu*		*Kapha Vata Hara*
29.	*Taalisa Patra*	*Abies webbiana* Lindl. Pinaceae	*Patra*	*Tikta*	*Laghu Teekshna*	*Ushna*	*Katu*		*Kapha Vata Hara*
Guduchyadi Varga									
30.	*Guduchi*	*Tinospora cordifolia* Willd. Menispermaceae	*Kanda Mula*	*Tikta Katu Kashaya*	*Laghu*	*Ushna*	*Madhura*	-	*Tridosha Hara*
31.	*Bruhat*	-	-	*Tikta*	*Laghu*	*Ushna*	-	-	*Kapha*

	panchamula			*Kashaya Madhura*					*Vata Hara*
32.	*Shala parni*	*Desmodium gangeticum* DC. Fabaceae	*Mula Panchanga*	*Tikta*	*Guru*	-	*Madhura*	-	*Tri Dosha Hara*
33.	*Prishniparni*	*Uraria picta* Desv. Fabaceae	*Mula Panchanga*	*Madhura*	-	*Ushna*	-	-	*Tri Dosha Hara*
34.	*Vartaki*	*Solanum indicum* Linn. Solanaceae	*Mula Patra*	*Katu Tikta*	-	*Ushna*	-	-	-
35.	*Kantakari*	*Solanum xanthocarpum* Schrad. Solanaceae	*Panchanga*	*Tikta Katu*	*Ruksha Laghu*	*Ushna*	*Katu*	-	*Kapha Vata Hara*
36.	*Gokshura*	*Tribulus terrestris* Linn. Zygophyllaceae	*Mula Phala*	*Madhura*	-	*Sheeta*	*Madhura*	-	*Vata Hara*
37.	*Eranda*	*Ricinus communis* Linn. Euphorbiaceae	*Patra Phala*	*Katu*	-	Ati *Ushna*	*Katu*	-	*Kapha Vata Hara*
38.	*Shukla arka*	*Calotropis gigantea* Linn. Asclepiadaceae	*Pushpa*	-	*Laghu*	-	-	-	*Vata Kapha Hara*
39.	*Rakta arka*	*Calotropis procera* Ait. Asclepiadaceae	*Mula twak Patra Pushpa*	*Madhura Tikta*	-	-	-	-	*Kapha Hara*
40.	*Atarusha*	*Adathoda vasica* Nees, Acanthaceae	*Patra*	*Tikta Kashaya*	*Laghu*	*Sheeta*	*Katu*	-	*Kapha Pitta Hara*
41.	*Mahanimba*	*Melia azedarach* Linn. Meliaceae	-	*Tikta Kashaya*	*Ruksha Laghu*	*Sheeta*	*Katu*	-	*Kapha Pitta Hara*
42.	*Paata*	*Cissampelos pareira* Linn. Menispermaceae	*Mula*	*Katu*	*Teekshna Laghu*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
43.	*Sharapunkha*	*Tephrosia purpurea* Linn. Fabaceae	*Mula Panchanga*	*Tikta Kashaya*	*Laghu*	*Sheeta*	*Katu*	-	*Kapha Pitta Hara*
44.	*Sareeva*	*Hemidesmus indicus* R. Br. Asclepiadaceae	*Mula*	*Madhura*	*Snigdha Guru*	*Sheeta*	*Madhura*	-	*Tri Dosha Hara*
45.	*Bhrungaraja*	*Eclipta alba* Hassk. Asteraceae	*Panchanga*	*Katu*	*Teekshna Ruksha*	*Ushna*	*Katu*	-	*Kapha Vata Hara*
46.	*Mesha shrungi*	*Dolichandrone falcata* Seem. Bignoniaceae	*Phala*	*Tikta*	*Ruksha*	*Ushna*	*Katu*	-	*Kapha Pitta Hara*
47.	*Droni*	*Leucas cephalotes* Spreng. Labiatae	*Panchanga*	*Madhura* Lavana	*Guru Ruksha Teekshna*	*Ushna*	*Madhura*	-	*Kapha Hara Vatapitta Kara*
48.	*Suvarchala*	*Cleome viscosa* Linn. Capparidaceae	-	*Tikta Kashaya*	*Laghu Ruksha Sara*	*Ushna*	*Katu*	-	*Kapha Pitta Hara*

Pushpa Varga									
49.	*Sthala kamala*	*Clerodendrum indicum* Linn.	-	*Katu Tikta Kashaya*	*Laghu*	An*Ushna*	-	-	*Kapha Vata Hara*
Vatadi Varga									
50.	*Shami*	*Prosopis spicigera* Linn. Mimosaceae	*Tvak Phala*	*Tikta Katu Kashaya*	*Laghu*	*Sheeta*	*Katu*	-	*Kapha Vata Hara*
51.	*Saptaparna*	*Alstonia scholaris* R.Br. Apocynaceae	*Twak Pushpa Ksheera*	*Kashaya*	*Snigdha*	*Ushna*	-	-	*Kapha Vata Hara*
Amraadi Varga									
52.	*Madhuka*	*Madhuka indica* J. F. Sapotaceae	*Pushpa Phala Patra*	*Madhura*	*Guru*	*Sheeta*	*Madhura*	-	*Vata Pitta Hara*
53.	*Draksha*	*Vitis vinifera* Linn. Vitaceae	*Phala*	*Kashaya*	*Guru*	*Sheeta*	*Madhura*	-	*Vata Hara*
54.	*Kharjura*	*Phoenix sylvestris* Roxb. Arecaceae	*Phala*	*Madhura*	*Guru Snigdha*	*Sheeta*	*Madhura*	-	*Vata Pitta Hara*
55.	*Beejapura*	*Citrus medica* Linn. Rutaceae	*Phala*	Amla	*Laghu*	-	*Madhura*	-	*Vata Kapha Hara*
56.	*Madhu karkati*	*Citrus decumana* Watt. Rutaceae	*Phala*	*Madhura*	*Guru*	*Sheeta*	*Madhura*	-	*Vata Pitta Hara*
57.	*Amlavetasa*	*Garcinia pedunculata Roxb.* Guttiferae	*Phala*	*Amla*	*Laghu Ruksha*	-	-	-	*Vata Kapha Hara*
Dhatvaadi Varga									
58.	*Tamra*	Copper Latin – cuprum	-	*Kashaya Madhura Tikta Amla*	*Laghu*	*Sheeta*	*Katu*	-	*Kapha Hara*
59.	*Vanga*	-	-	-	-	-	-	-	-
60.	*Yashada*	-	-	-	-	-	-	-	-
61.	*Shilajatu*	-	-	*Katu Tikta*	*yogavahi*	*Ushna*	*Katu*	-	*Kapha Hara*
62.	*Manashila*	Red arsenic		*Katu Tikta*	*Snigdha Guru*	*Ushna*	*Katu*	-	*Kapha Hara*
Dhanya Varga									
63.	*Rakta shaali*	-	*Beeja*	*Madhura*	-	-	-	-	*Tri Dosha Hara*
64.	*Maasha*	*Phaseolus mungo* Linn. Papilionaceae	*Beeja*	*Madhura*	*Snigdha Guru*	*Sheeta*	*Madhura*	-	*Kapha Pitta Kara*
65.	*Kulattha*	*Dolichos biflorus* Linn. Fabaceae	*Beeja*	*Kashaya*	*Laghu*	*Ushna*	*Katu*	-	*Vata Kapha Hara*
Shaaka Varga									
66.	*Palakya*	*Spinacia oleracea* Linn. Chenopodiaceae	*Beeja Patra*	-	*Guru*	*Sheeta*	-	-	*Vata Kapha Kara*

67.	*Loni*	*Portulaca quadrifida* Linn. Portulacaceae	-	*Lavana Amla*	*Ruksha Guru*	*Ushna*	*Madhura*	-	*Vata Kapha Hara*
68.	*Shitivari*	*Marsilea minuta* Linn. Marsileaceae	-	*Madhura Kashaya*	*Laghu Ruksha*	*Ushna*	*Madhura*	-	*Tridosha Hara*
69.	*Raja koshataki*	*Luffa acutangula* Roxb. Cucurbitaceae	*Phala Pushpa Patra*	*Madhura*	-	*Sheeta*	*Madhura*	-	*Vata Kapha Kara*
70.	*Shobhanjana*	*Moringa oleifera* Lam. Moringaceae	*Twak Patra Beeja*	*Madhura Kashaya*	-	*Ushna*	*Madhura*	-	*Vata Kapha Hara*
71.	*Karkoti*	*Momordica dioica* Roxb. Cucurbitaceae	-	*Katu*	*Laghu*	*Ushna*	*Katu*	-	*Vata Kapha Kara*
72.	*Mulaka*	*Raphanus sativus* Linn. Cruciferae	*Mula*	*Katu*	*Laghu*	*Ushna*	*Katu*	-	*Tri Dosha Hara*
Mamsa Varga									
73.	*Prushata*	-	-	*Madhura*	*Laghu*	*Sheeta*	*Katu*	-	*Tri Dosha Hara*
74.	*Mundi*	-	-	-	-	*Sheeta*	-	-	*Pitta Kapha Hara*
75.	*Sedhu*	-	-	-	-	-	-	-	*Tri Dosha Hara*
76.	*Krishna tittiri*	-	-	-	-	-	-	-	*Tri Dosha Hara*
Krittanna Varga									
77.	*Angara karkati*	-	-	-	*Laghu*	-	-	-	*Kapha Hara*
78.	*Vedamika*	-	-	-	*Guru*	*Ushna*	-	-	*Pitta Kapha Kara*
Mutra Varga									
79.	*Go mutra*	-		*Tikta Kashaya*	*Teekshna Laghu*	*Ushna*	*Katu*	-	*Pitta Kara*
Takra Varga									
80.	*Pakwa takra*	-	-	-	-	-	-	-	*Kapha Hara*
Dadhi Varga									
81.	*Aja dadhi*	-	-	-	*Laghu*	-	-	-	*Tri Dosha Hara*
Ikshu Varga									
82.	*Naveena guda*	Saccharum officinaru Linn. poaceae	-	-	-	*Ushna*	-	-	*Kapha Hara*

RESULT

A total of 82 drugs were found to have *Shwasahara* properties.

Table II: Showing number of *Shwasahara Dravyas* in each *Varga*.

Varga	No. of drugs mentioned
Hareetakyadi	21
Karpuradi	08
Guduchyadi	19
Pushpa	1
Vatadi	2
Amradi	6
Dhatvadi	5
Dhanyadi	3
Shaka	7
Mamsa	4
Kritanna	2
Mutra	1
Takra	1
Dadhi	1
Ikshu	1
TOTAL = 82	

Table III - Showing values of predominant *Rasa panchaka* of *Shwasahara Dravyas*.

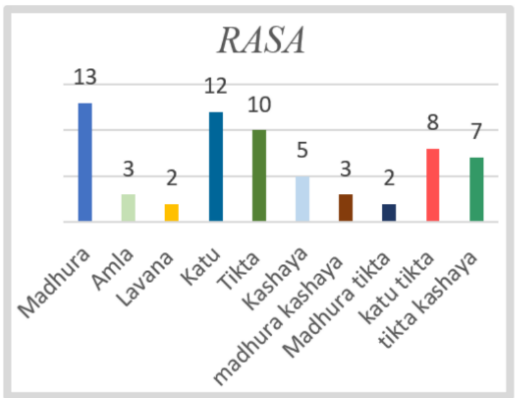
RASA	***Madhura***	***Amla***	***Lavana***	***Katu***	***Tikta***	***Kashaya***	***Madhura Kashaya***	***Madhura Tikta***	***Katu Tikta***	***Tikta Kashaya***
	13	3	2	12	10	5	3	8	7	7

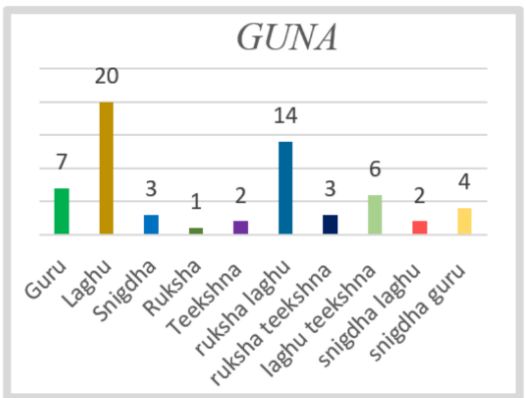
GUNA	***Guru***	***Laghu***	***Snigdha***	***Ruksha***	***Teekshna***	***Ruksha Laghu***	***Ruksha Teekshna***	***Laghu Teekshna***	***Snigdha Laghu***	***Snigdha Guru***
	7	20	3	1	2	14	3	6	2	4

VEERYA	***Ushna***	***Sheeta***	***Anushna Sheeta***
	28	21	3

VIPAKA	***Madhura***	***Katu***
	29	30

DOSHA GHNA KARMA	***Vata hara***	***Pitta Hara***	***Kapha hara***	***Vatapitta Hara***	***VataKapha hara***	***Kaphapitta Hara***	***Tridosha hara***
	6	3	13	4	29	11	12





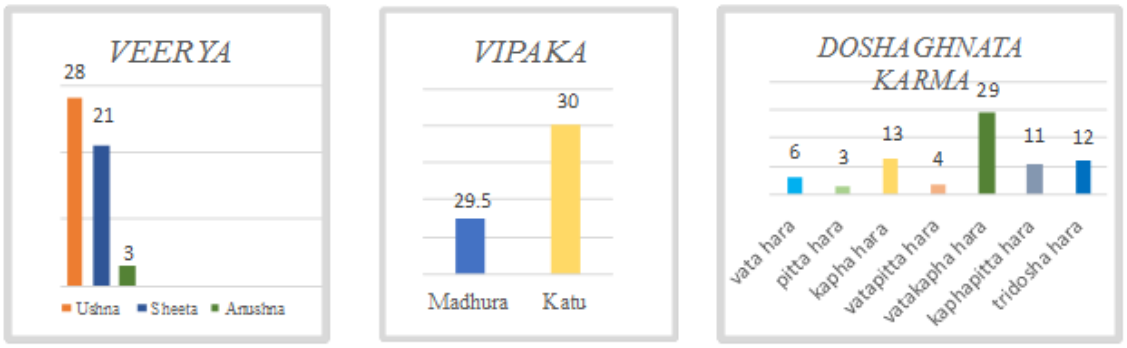


Figure 1: - Showing graphs of predominant *Rasa panchaka* of *Shwasahara Dravyas*.

From the observations obtained in the above list, out of 426 drugs, 82 drugs have been mentioned to have *Shwasahara* action and most of these *Dravyas* have *Tikta, Katu* and *Madhura Rasa, Laghu, Ruksha Guna, Ushna Veerya* and *Katu Vipaka*. They also majorly have *Vata Kapha hara Karma*.

DISCUSSION

Management of *Shwasa* is mainly based on bringing back the vitiated *Vata* and *Kapha* back to normalcy. Since the *Vyadhi* originates from the *Pittasthaana*, measures have to be taken to pacify *Pitta* too based on the *Lakshanas* seen. General line of treatment for *Shwasa roga* as per *Acharya Charaka* is with the use of *Ushna, Vata-Kaphaghna* and *Vatanulomaka Dravyas*.

Probable mode of action of *Shwasahara Dravyas*

Based on *Samprapti Vighatana*

- When *Dosha Prakopa* takes place at *Pitta Sthana* drugs having *Tikta, Kashaya Rasa* will help in *Shoshana* of the vitiated *Dosha*. Drugs like *Vasa, Karkatashrungi, Katphala, Mahaniba* etc., can be chosen.
- Drugs having *Kashaya, Tikta, Katu Rasa* and *Ushna Veerya* which facilitates the *Vilayana* of *Kapha* would be ideal when there is *Lakshanas* of *Kapha Prokopa* in the *Uras*. Drugs like *Hareetaki, Maricha, Bharangi, Ela* etc. can be used.
- When there is *Vimarga Gamana of Vata*, drugs having properties like *Madhura Rasa, Snigdha Guna, Ushna Veerya* and also acting as *Vatanulomana* can be chosen. Drugs like *Gokshura, Ela, Draksha*, etc. can be given.

Based on *Rasa* panchaka

BASED on *RASA*

- *Madhura, Tikta* and *Katu Rasa* were predominantly seen in the above list. Drugs having *Madhura Rasa*, like *Draksha, Karjura, Gokshura, Sareeva* soothens the respiratory tract and thus helps in pacifying the *Vata* which causes the dryness of the same.
- Drugs like *Katuki, Kiratatikta, Rasna, Jaatiphala, Taleesa Patra* have *Tikta Rasa* which acts as *Sroto Shodhaka* and removes the vitiated *Kapha* that is present in the respiratory tract.
- Drugs having *Katu Rasa*, like that of *Shunti, Pippali, Maricha, Gajapippali, Ela* etc. locally generates adequate heat which helps to liquify the *Kapha* in the respiratory tract.

BASED ON *GUNA*

- *Laghu* and *Ruksha Guna* were predominantly observed from the above list. They mainly act as *Kapha Pitta hara* and also on the *Udbhavasthana* of *Shwasa*. *Laghu Guna* have the *Sroto Shodhaka* property acting as *Kapha hara* whereas *Ruksha Guna* helps to dry up the *Kapha* in the *Srotas* thus facilitating easy breathing. Hence, *Dravyas* like *Hareetaki, Katuki, Pushkaramula, Ela, Bharangi* etc., can be used.
- Drugs like *Kharjura, Maasha, Sareeva, Saptaparna,* etc., having *Snigdha Guna* locally helps in providing a coating to the *Srotas* thus helps to pacify the *Rukshatva* of *Vata* by providing a soothing effect on the same.

BASED ON *VEERYA*

- *Ushna Veerya Dravyas* were found in the above list. Since *Vata* and *Kapha* doshas contribute for causing *Shwasa*, *Ushna Veerya* helps to pacify the both.
- When *Shwasa* becomes a symptom like that in *Rajayakshma,* causing *Sosha*, drugs like *Gokshura, Sareeva, Vasa, Madhuka, Kharjura, Maha Nimba, Masha* etc having *Sheeta Veerya* (as they are considered as *Balya*)[5] can be used to relieve *Shwasa* and might as well help to provide sufficient strength to the respiratory muscles.

BASED ON *VIPAKA*

- Majority of the drugs are observed to be of *Katu Vipaka* indicating its *Kapha Vata hara* property systemically.

BASED ON DOSHAGHNA KARMA

- When *Vata* is predominantly vitiated, drugs like *Vamshalochana, Tejovati, Kharjura* etc having *Vata hara* property can be used to pacify the *Vata*. When there are symptoms caused predominantly by *Kapha*, drugs like *Bakuchi, Jatipatra, Rakta Arka, Manshila* etc. can be used. When there is involvement of both *Kapha* and *Vata*, which is seen majorly, drugs like *Trikatu, Rasna, Pushkaramula, Lashuna, Kantakari* etc. can be used which due to its *Ushna Guna* pacifies both *Kapha* and *Vata*.
- Drugs like *Hareetaki, Dhanyaka, Guduchi, Shalaparni*, etc. can be used in any condition involving all the three *Doshas* as it acts as *Tridosha hara*.
- Among the *Ahara Varga*, it has been observed that the drugs like *Rakta Shali, Kulattha* in *Dhanya Varga, Shobhanjana, Mulaka* etc in *Shaka Varga* having *Vata Kapha hara* action has been mentioned. Also, *Aja Dadhi* having *Tridosha hara* property and *Pakwa Takra* among the *Drava Dravya* has been mentioned indicating that it can be used in the dietary regimen for the *Shwasa* conditions.

Based on pharmacological approach

Dyspnoea is a symptom and not an illness. It is an indication of inadequate oxygen in the circulating blood. It is mainly due to the mismatch between the efferent and the afferent signals. A disturbance in the ventilatory response due to weakness, paralysis or increased mechanical load generating afferent information from the vagal receptors in the lungs to the sensorimotor cortex results in dyspnoeic sensation.[6]

It involves mechanoreceptors, central and peripheral chemoreceptors. Mechanoreceptors provide the sensory information to the brain through the vagal nerve controlling the rate and volume of breathing. Peripheral chemoreceptors monitor partial pressure of arterial oxygen in the blood whereas central chemoreceptors function through sensing pH changes in the CNS.[7]

Normal respiration depends upon the levels of carbon dioxide in the blood that are detected through the change in pH by the chemoreceptors. In general air hunger, work/effort and chest tightness can be observed as the three distinct sensations. Opioids and anxiolytics are used as respiratory depressants, alkalizing agents such as sodium bicarbonate are also used when there is decrease in ventilatory drive. Other pharmacological interventions include bronchodilators, corticosteroids and antibiotics.[8]

In the present list from above, drugs like *Rasna, Ela, Shunti, Lavanga*, etc having terpenoids broadly as the major chemical component acts as bronchodialators and help in easy breathing. Drugs like *Kantakari, Brihati, Vasa, Talisa Patra*, etc. have anti-tussive property thus helping in supressing the coughing reflex. Drugs like *Yava Kshara*, *Vamshalochana* have alkaline property which might help in maintaining the pH thereby may regulate the chemoreceptors.

CONCLUSION

Shwasa is one such *Yapya Vyadhi* affecting the *Pranavaha Srotas* in which the pathogenesis starts with the vitiation of *Vata* and *Kapha* and lodges in the respiratory channels causing breathing difficulties. As it is a *Lakshana* and a *Vyadhi*, it can be co-related with dyspnoea. *Bhavaprakasha Nighantu* gives a list of 82 *Dravyas* from plant, mineral and animal sources as therapeutic agents. It has also been found that *Ahara Dravyas* are also been emphasized on. This marks the importance of usage of *Ahara* along with *Aushadha Dravyas* in *Yapya* conditions. However, based on the *Yukti* of the *Vaidya* and the doshic predominance, these drugs can be used accordingly.

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