

## CLINICAL EVALUATION OF SATYADI YOGA IN THE MANAGEMENT OF ATOPIC BRONCHIAL ASTHMA (TAMAKA SVASA)

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### ABSTRACT

**Background:** Tamaka Svasa, a Kapha–Vata predominant disorder described in Ayurvedic literature, closely resembles bronchial asthma.<sup>[1]</sup> Despite advances in modern medicine, long-term management remains challenging due to recurrence and drug dependency.<sup>[2]</sup> Satyadi Yoga, a classical formulation containing Sati and Puškaramula, is traditionally indicated in Svasa Roga.<sup>[3]</sup> **Objective:** To evaluate the clinical efficacy of Śatyādi Yoga in the management of Atopic Bronchial Asthma (Tamaka Śvāsa). **Methods:** A single-group, open-label clinical study was conducted on 30 patients. Assessment was based on subjective symptoms and objective parameters such as PEFr, AEC, and Serum IgE. Statistical analysis was performed using paired t-test. **Results:** Significant improvement was observed in

dyspnoea, wheezing, and cough ( $p < 0.001$ ). PEFr improved progressively, while AEC and Serum IgE showed marked reduction. **Conclusion:** Satyadi Yoga is effective in reducing symptoms and improving pulmonary function in Tamaka Svasa.

**KEYWORDS:** Satyadi Yoga, a classical formulation containing Sati and Puškaramula, is traditionally indicated in Svasa Roga.

### INTRODUCTION

Tamaka Svasa is described as a severe form of Svasa Roga characterized by Svasa kaṣṭata (dyspnoea) and is considered a yapyā vyādhi.<sup>[1,4]</sup> The condition arises due to Kapha-induced obstruction in Prāṇavaha Srotas, leading to pratiloma gati of Vata.<sup>[5]</sup>

Bronchial asthma, particularly the atopic type, is a chronic inflammatory disorder of the airways characterized by reversible airflow obstruction and bronchial hyperresponsiveness.<sup>6</sup> It affects millions globally and poses a significant public health burden.<sup>[2]</sup> The Ayurvedic approach emphasizes correction of doṣa imbalance, removal of srotorodha, and restoration of vata anulomana.<sup>[5]</sup> Satyadi Yoga, composed of Dayi (*Hedychium spicatum*) and Puṣkaramula (*Inula racemosa*), is described in classical texts as Svasa Hara and Kasa-hara.<sup>[3]</sup>

Modern pharmacological studies suggest that these drugs possess bronchodilator, anti-inflammatory, and anti-histaminic properties, making them suitable for the management of atopic asthma.<sup>[7,8]</sup>

## **MATERIALS AND METHODS**

### **Study Design**

Single-group, open-label clinical trial.

### **Study Setting**

Department of Kayachikitsa, Government Ayurvedic College and Hospital.

### **Sample Size**

30 patients diagnosed with Tamaka Svasa based on classical and modern criteria.<sup>[1,6]</sup>

### **Inclusion Criteria**

- Age 20-70 years
- Classical symptoms of Tamaka Svasa.<sup>[1]</sup>

### **Exclusion Criteria**

- Pulmonary tuberculosis
- Cardiac asthma
- Severe systemic illness

### **Intervention**

Satyadi Yoga administered orally with uṣṇa jala for 60 days.

### **Assessment Criteria**

#### **Subjective Parameters**

- Dyspnoea

- Wheezing
- Cough
- Chest tightness

### Objective Parameters

- PEFR
- AEC
- Serum IgE

### Statistical Analysis

Paired t-test was applied;  $p < 0.05$  considered significant.

## RESULTS

### Subjective Parameters

Parameter	Before	After	% Relief	p-value
Dyspnoea	3.10 ± 0.60	1.20 ± 0.50	0.61	<0.001
Wheezing	2.80 ± 0.70	1.10 ± 0.40	0.6	<0.001
Cough	2.50 ± 0.65	0.90 ± 0.45	0.64	<0.001

### Objective Parameters

#### PEFR

Progressive improvement was observed in PEFR over 60 days, indicating improved airway function.<sup>[6]</sup>

### Laboratory Parameters

Parameter	Before	After	p-value
AEC	620 ± 110	320 ± 90	<0.001
Serum IgE	480 ± 150	260 ± 120	<0.001

## DISCUSSION

Tamaka Svasa is primarily a Kapha-Vata disorder involving obstruction of Praṇavaha Srotas and deranged Vāta movement.<sup>[5]</sup> The present study demonstrates that Satyadi Yoga effectively addresses this pathogenesis.

Sati, with its Deepana-Pachana and Kapha-hara properties, helps in reducing ama and clearing srotorodha.<sup>[7]</sup> Puṣkaramūla exhibits significant bronchodilator and anti-histaminic effects, acting directly on airway inflammation<sub>8</sub>.

The reduction in AEC and Serum IgE suggests modulation of the underlying allergic response, consistent with modern understanding of atopic asthma<sup>6</sup>. Improvement in PEFr indicates enhanced airway patency.

Thus, the formulation acts both symptomatically and at the level of pathogenesis, aligning with Ayurvedic principles of treatment.

## CONCLUSION

Satyadi Yoga is an effective and safe therapeutic option in Tamaka Svasa. It significantly reduces symptom severity, improves pulmonary function, and modulates allergic parameters. It can be considered as an adjuvant or alternative therapy in bronchial asthma.

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