

**UNRAVELING THE ETIOPATHOGENESIS OF TAMAK SWASA:  
INSIGHTS FROM AYURVEDA THROUGH NIDANPANCHAK****\*<sup>1</sup>Dr. Motiur Rahman and <sup>2</sup>Dr. Shyamanta Kalita**<sup>1</sup>PG Scholar, Department of Kayachikitsa,<sup>2</sup>Associate Professor & HOD, Department of Kayachikitsa,  
Govt. Ayurvedic College & Hospital, Guwahati, Assam.Article Received on  
11 June 2024,Revised on 01 July 2024,  
Accepted on 22 July 2024

DOI: 10.20959/wjpr202415-33376

**\*Corresponding Author****Dr. Motiur Rahman**PG Scholar, Department of  
Kayachikitsa, Govt.  
Ayurvedic College &  
Hospital, Guwahati, Assam.**ABSTRACT**

Tamaka Shwasa, identified in Ayurveda as a form of Bronchial Asthma, is a chronic inflammatory disease of the airways characterized by severe breathing difficulties. It manifests with symptoms like extreme respiratory distress, weakness, fatigue, and mental gloom, particularly worsening at night. The pathogenesis involves the vitiation of Vata and Kapha doshas, with Prana Vayu being obstructed by Kapha, leading to labored breathing, wheezing, and cough. The disease is exacerbated by factors like cold, humidity, and Kapha-aggravating substances, and patients find relief in warm environments and sitting postures. This study aims to explore the etiopathogenesis (Nidanpanchak) of Tamaka Shwasa through a comprehensive review of Ayurvedic texts, highlighting the causative factors, symptoms, and treatment principles. Understanding these aspects is crucial for managing the disease effectively, focusing on lifestyle modifications

and therapeutic interventions to mitigate symptoms and improve patient quality of life.

**KEYWORDS:** Ayurveda, Tamak Swasa, Nidan Panchak.**INTRODUCTION**

According to modern medical science, Bronchial Asthma is primarily a chronic inflammatory disease affecting the airways, leading to labored breathing. The inflammation is mainly caused by chronic irritation due to the hyper-reactivity of the lung immune system, triggered by various external and internal allergens.

Tamak Shwasa is a type of Shwasa where the patient experiences excessive difficulty in breathing, feeling as if they are drowning in darkness. This disease presents severe symptoms of respiratory distress, including extreme weakness, fatigue, and mental gloom. The name "Tamaka Shwasa" derives from the fact that the symptoms or attacks often occur at night, and during these attacks, the breathing difficulty is so severe that the patient feels as if they are entering into darkness (Tama Pravesh).

Both the Vata and Kapha doshas are considered the primary factors involved in the pathogenesis of Tamaka Shwasa. Among the five types of Sharira Vayu, the Prana Vayu becomes vitiated during this disease. When Vata is obstructed by vitiated Kapha, it reverses and affects the Prana Vaha Srotas, leading to symptoms such as dyspnea associated with wheezing, cough, and labored breathing.

Due to constant coughing, the patient may become unconscious, greatly distressed, and feel temporary relief when sputum is expectorated. The throat is severely affected, making it difficult to speak. The patient feels discomfort in a lying-down position, making sleep difficult, and finds comfort in sitting or a propped-up posture. They prefer hot things and exhibit symptoms such as protruded eyes, a forehead covered with sweat, and constant distress. The mouth becomes dry, and these symptoms are intensified by cloudy, humid, and cold weather, easterly winds, foul smells, and consuming Kapha-increasing substances.

Tamaka Shwasa (Bronchial Asthma) is considered Yapya, meaning it is manageable and can be cured if it is of recent origin.

## AIM

- To study about the etiopathogenesis of Tamak Swasa.

## OBJECTIVE

- To take various references related to nidana panchaka of Tamaka shwasa in various Ayurvedic Samhitas.

## MATERIALS AND METHODS

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

## Review Of Literature

### Swasa<sup>[1]</sup>

Acharya Susruta, in his Uttara Tantra, verse 35, provides a concise definition of Swasa roga.

विहाय प्रकृतिं वायु प्राणोऽथ कफसंयुतः ॥ श्वासयत्यूर्ध्वगो भूत्वा तं श्वासं परियक्षते ॥ (Su.Utt.51/4)

"When the Prana vayu, combined with Kapha, deviates from its natural state, and moves upward, obstructed, it causes Swasa roga." This definition clarifies that Swasa roga occurs when the Prana vayu fails to function normally due to obstruction by Kapha, leading to upward movement and respiratory distress.

### Classification of Swasa Roga<sup>[2]</sup>

On the basis of clinical features, 5 types

1. Maha Swasa
2. Urdha Swasa
3. Chinna Swasa
4. Tamak Swasa
5. Kshudra Swasa

### Tamaka Swasa<sup>[3]</sup>

When vata becomes reverse in course, reaches the srotas, involving the neck and head, increasing the slesma produces peenas. Obstructed by peenas it produces a variety of dyspnoea associated with ghur ghur sabda (wheezing) and is pranapeedaka (painful). Due to acute paroxysmal dyspnoea, patient becomes sad, coughs and gets fainted due to constant coughing. Due to inability to expectorate, patient gets greatly distressed and on the sputum being expectorated he feels comfort for a while. Patient's throat gets badly affected and he can speak hardly.

The patients cannot sleep because vata presses upon both his parsva (sides) while lying flat on bed. Patients feels comfort in sitting or propped up position. He likes to take warm things. Patient's eyes are swollen; forehead is covered with sweat and feels distressed all the times. His mouth becomes dry.

The paroxysm are intensified by megha (cloudy weather), ambu (cold water), pragvata (wind from eastern direction) and after taking slesma aggravating ahara and vihara. This disease tamaka swasa is generally palliable, but is curable in its primary stage. Tamaka swasa has a close resemblance with bronchial asthma as described by allopathic system of medicine.

Its Nidana (aetiology/causative factors), purvarupa (prodromal symptoms), samprapti (pathogenesis), upasaya (diet, drugs and practices useful to patient), anupsaya (diet, drugs and practices harmful to patient), Samanya cikitsa (principles of treatment) and cikitsa (treatment/medication) are discussed in detail in this study.

### Pratamaka and Santamaka Swasa

Pratamaka and Santamaka swasa are the two different condition of tamaka swasa. If a patient suffering from tamaka swasa gets afflicted with fever and fainting. then the condition is called Pratamaka swasa. This is marked by udavarta (upward movement of vayu in abdomen), raja (inhalation of dust), ajeerna (indigestion), vridhavastha (old age) & kaya nirodh (suppression of natural urges). It gets aggravated in darkness (at night) and gets alleviated instantaneously by cooling regimens.

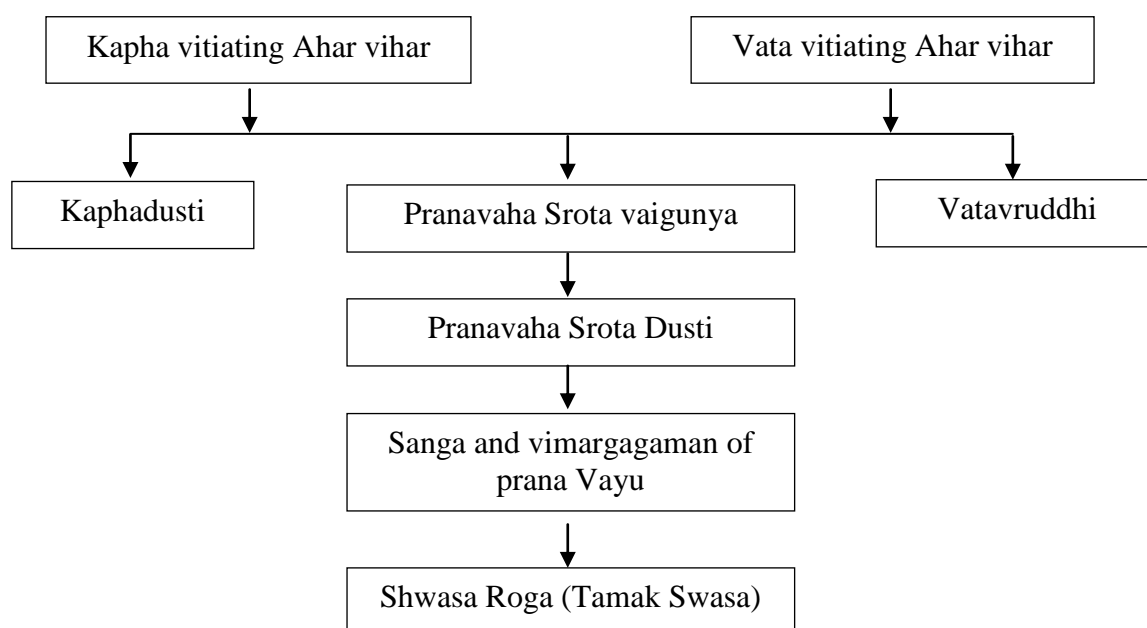
### Nidana

In this disease, one or more etiological factors can produce it. In Ayurvedic texts nidanas of Tamaka Swasa are not described separately, but the nidana of Swasa roga in general are given bel.

Factors	Ca. Sa <sup>[4]</sup>	Su.Sa <sup>[5]</sup>	As.San <sup>[6]</sup>	As Hr <sup>[7]</sup>
<b>Vataprakapak Ahara</b>				
Rukhsana - dry food	+	+	-	-
Vishamashana - irregular eating habits	+	+	-	-
Adhyasana- Frequent eating	-	+	-	-
Anasana - very long gap between 2 meals	-	+	-	-
Sheetashana- cold foods	-	+	-	-
Visha - food poisoning	+	+	-	-
Sheetapana- cold drinks	-	+	-	-
<b>Vataprakapa vihara</b>				
Rajas - Dust, pollens	+	+	+	+
Dhuma - Smoke	+	+	+	+
Vata - cold breeze	+	+	+	+
Sheeta Sthana - Cold places	+	+	-	-
Sheeta Ambu - Cold water	+	+	+	+
Ativyama- Excessive exercise	+	+	-	-
Gramya Dharma - Excessive sexual intercourse	+	-	-	-
Apatarpana - Excessive emaciating	+	-	+	-
Shuddhi Atiyoga- Excessive purification	+	+	-	-
Kanth/ Urah Pratigraha - Injury to throat/ chest	+	-	-	-
Bhrakaristha - Emaciating due to lifting heavy weights	+	+	-	-
Adhwahata - Excessive walking	+	+	-	-
Karnahata - Excessive work	+	+	-	-
Veganirodh - Suppression of natural urges	-	-	+	-

Abhigata - Injury	-	+	+	+
Marmaabhigata- Injury to vital structures	+	-	-	-
<b>Pittaprakapa Ahar</b>				
Tila taila - sesame oil	+	-	-	-
Vidahi - food causing burning sensation	+	+	-	-
Katu - spicy food	-	-	-	+
Ushna - Hot food	-	-	-	+
Amla - Sour	-	-	-	+
Lavana - Salt	-	-	+	+
<b>Pittaprakapa vihara</b>				
Ushna - hot environment	-	-	-	+
<b>Kaphaprakopaka ahara</b>	+	-	-	-
Nishpava - Dolichos lab lablab	+	-	-	-
Masa - Vigna radiates	+	-	-	-
Pistanna - Food prepared using very fine flours	+	-	-	-
Shalaka- Rhizome of lotus	+	-	-	-
Guru Dravyas - Food prepared using very fine flours	+	+	-	-
Jalaja Mamsa- Meat of aquatic animal	+	-	-	-
Anupa mamsa- Meat of marshy animal	+	-	-	-
Dadhi - curd	+	-	-	-
Amakshir - Un boiled milk	+	-	-	-
Utkleda - food that generates more waste products	+	+	-	-
Visthambhi - food that generates constipation	+	+	-	-
<b>Kaphaprakapa vihara</b>				
Abhishyandi Upchara - Administration of substances which obstructs the channels	+	-	-	-

### SAMPRAPTI<sup>[8]</sup>



**Samprapti Ghatak<sup>[9]</sup>**

The Samprapti Ghataka or the components of pathogenesis of swasa Roga has been depicted as follows.

1. Dosha - kapha Pradhan vata
2. Dushya - Rasa Dhanu
3. Agni. - Jatharagni, Dhatavagni
4. Agnidusti - Mandagni
5. Srota - Pranavaha Srota, Udakavaha Srota, Annavaaha Srota
6. Srota Dusti. - Sanga, Vimargagaman
7. Udbhavasthana - Amasayayottha (pitta sthana)
8. Vyaktaasthana - Asya, Griva, Prista, Parsva
9. Sancharasthana - Pranavaha Srota Avayava
10. Adhistan - uras
11. Roga Marga – Abhyantara

**PURVARUPA**

Sl No	Prodromal symptoms	Ca. Sa. <sup>[10]</sup>	Su. Sa <sup>[11]</sup>	As. Sang <sup>[12]</sup>	As Hr <sup>[13]</sup>
1	Anaha - Distension of the abdomen	+	+	+	+
2	Arati (restlessness)	-	+	-	-
3	Bhaktadwesa (aversion to take food)	-	+	-	-
4	Vadanasya vairashya (abnormal taste in mouth)	-	+	-	-
5	Parsha shoala (pain in the side of the chest)	+	+	+	+
6	Peedanam Hridyayashya (Tightness in the chest)	+	+	+	+
7	Pranashya Vilomata (Sinusitis or Rhinitis)	+	-	+	+
8	Shankha Nistoda (Temporal headache)	-	-	+	+

**RUPA**

Sl no	Symptoms	Ca. Sa. <sup>[2]</sup>	Su. Sam. <sup>[14]</sup>	As. Sang. <sup>[15]</sup>	As. Hrd <sup>[16]</sup>
1	Griva Sira sangraha (visible action of the accessory muscles of respiration in head - neck)	+	-	-	-
2	Peenas - Running nose, sneezing, stuffiness of the nose	+	-	+	+
3	Kanthe ghurghur (wheezing)	+	+	+	+
4	Prana pidakam - Tivravega Swasa (severe dyspnoea and tachycardia)	+	-	+	+
5	Trishna (Excessive thirst)	-	+	+	+
6	Pramoha (Fainting)	+	-	+	+

7	Shleshmane amuchyamane tu bhrisam dukhitah - severe breathlessness if sputum is not expectorated out	+	-	-	-
8	Vimokshante Sukham - Slight relief in breathlessness on spitting out the sputum	+	-	+	+
9	Kanthodhwansa (Throat is choked)	+	-	-	-
10	Krichatsankoti bhasitam (unable to speak)	+	-	-	-
11	Parsha Shula (pain in the side of the chest)	-	-	+	+
12	Na Chapi labhate Nidra (does not get sleep)	+	-	-	-
13	Sayane swasa pidita (discomfort on lying down)	+	+	+	+
14	Asino labhate soukhya (feels easy to breath in sitting position)	+	-	+	+
15	Lalat sweda (sweating on the forehead)	+	+	+	+
16	Bhrisamatimana(restlessness)	+	-	+	+
17	Meghaihi Abhivardhane (precipitated by rains)	+	+	+	+
18	Aruchi (Anorexia)	-	+	+	+
19	Vepathu(Tremors)	-	-	+	+
20	Vamathu (Expectoration)	-	+	-	-

### UPASHAYA AND<sup>[17]</sup>

UPASHAYA	ANUPASHAYA
Ushna Ahar Vihar - comfortable with warm food and in warm environment	Sheeta Ahar Vihar, SheetA Ambu - aversion for cold foods, cold atmosphere and cold water, kapha aggravating factors add to the disease
Aseeno labhate Soukham - breathing in sitting position is comfortable	Shyanath Shwas piditah - Discomfort worsens in supine position
Vimoshante Sukham - relief in breathlessness on expulsion of sputum	Clogging of bronchioles by kapha in the worsens the breathing
Dry sunny weather relives the symptoms, Quit atmosphere is favourable.	Meghaihi Abhivartane - Cloudy weather precipitates the attack.

### SADHYA - ASADHYATA

**Table: Sadhyaasathyata of Tamak swasa as per different Acharyas.**

Sl No	Tamaka swasa	Ca. Sa <sup>[18]</sup>	Su.Sa <sup>[19]</sup>	As. Hr <sup>[20]</sup>
1	Sadhya	+	-	+
2	Krichasadhya	-	+	-
3	Yapya	+	-	+
4	Asadhya	-	+	-

## DISCUSSION AND CONCLUSION

Tamaka Shwasa is recognized as one of the most troublesome disorders in Ayurveda, primarily attributed to the vitiation of the Kapha dosha and an increase in the Vata dosha. Understanding the etiopathogenesis or Nidana Panchaka of Tamaka Shwasa is crucial for its prevention and treatment.

Tamaka Shwasa is a complex respiratory disorder that demands a comprehensive understanding of its etiopathogenesis for effective prevention and treatment. By addressing the vitiated Kapha and managing the increased Vata dosha through appropriate lifestyle modifications and therapeutic interventions, it is possible to mitigate the symptoms and improve the quality of life for affected individuals.

## REFERENCES

1. Susruta samhita, uttartantra 51/4.
2. Charak Samhita, chapter 17.
3. Charak Samhita chapter 17/52-54.
4. Charak Samhita, chitsasthan 17/10-16.
5. Susruta Samhita, Uttartantra, 50/3-5.
6. Astanga Sangraha, Nidansthana, 4/2-3.
7. Astanga Hridaya, Nidansthana, 4/1.
8. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishthan, Delhi, Reprint edition, 2010; Part II, page no. 424.
9. Ayurvediya Vikriti- Vijnana & roga Vijnana, Vol 2, chapter 3, p -16.
10. Charak Samhita, Chikitsasthana, 17/20.
11. Susruta Samhita, Uttartantra, 51/6.
12. Astanga Sangraha, Nidansthana, 4/6.
13. Astanga Hridaya, Nidansthan, 4/4.
14. Susruta Samhita, Uttartantra, 51/8-10.
15. Astanga Samgraha, Nidansthana, 4/8-13.
16. Astanga Hridaya, Chikitsa Sthana, 4/9.
17. Gadanigraha of Sri Vaidya Sodhala, Part-2, Ch-11, 357-374.
18. Charak Samhita, Chikitsasthana, 17/62.
19. Susruta Samhita, Uttartantra, 51/14.
20. Astanga Hridaya, Nidansthana, 4/10.