

KAPHAKETU RASA IN TAMAKA SHWASA W.S.R. TO BRONCHIAL ASTHMA

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ABSTRACT

Many chronic recurring airway problems are now becoming more common among the world's population. One such condition is known as "*Tamaka shwasa*" in Ayurveda. It is analogous to "Bronchial Asthma" due to similarity in symptoms, pathogenesis, onset, cause and precipitating factors. *Ras Shastra* is a branch of *Ayurveda* which deals with formation of herbo-mineral drugs. In Ayurveda *Kaphaketu Rasa* is mentioned especially in the management of *Tamaka shwasa*. It consists of *Shankha bhasma*, *Shodhita Tankana*, *Shodhita Vatsanabha*, *Pippali*, *Ardraka swarasa*. Present article reveals the pharmacodynamics and pharmacokinetics of *Kaphaketu Rasa* with special reference to *Tamaka Shwasa*.

KEYWORDS: *Ras shastra*, *Tamaka Shwasa*, *Kaphaketu Rasa*, Pharmacodynamics, Pharmacokinetics.

INTRODUCTION

According to the World Health Organization, India has around 15-20 million asthmatic. In India, at least one out of every ten asthma patients lives. Incidence increasing but mortality does not change due to better diagnosis and treatment. In India more prevalence of Bronchial Asthma is due to poor socio-economic and unhygienic conditions ignorance on seriousness of the diseases and improper medication.^[1]

Tamaka Shwasa - The *Shwasa roga* in which attacks of breathlessness worsen at '*Tamakala*' i.e. night and the patient experiences darkness in front of his or her eyes during the attack.

Types^[2]

1. *Pratamaka* - *Pittanubandhata* in *Tmaka Shwasa*.
- Bronchial Asthma with super imposed infection.
2. *Santamaka* - Tropical eosinophilia

***Samprapti*^[3]**

In *Tamaka Shwasa*, the vitiated *Vata* is travelling with *Pratilomagati*. The obstructed *Vayu* in the *Pranavaha Srotasa* reaches *Pratiloma gati*, aggravating the *Kapha Dosha*, and then enters the *Greeva* and *Shirasa*, creating obstruction in the *Greeva* and *Shirasa*, as well as *Peenasa*. As a result of the obstruction in air way, *Vayu* generates *Ghurghura dhwani* and transforms into *Teevra vega Shwasa*.

Based on theoretical and clinical symptomatology *Tamaka Shwasa* can be correlated with the Bronchial Asthma.

Bronchial Asthma^[4]

Bronchial asthma is a medical condition which causes the airway path of the lungs to swell and narrow. Due to this swelling, the air path produces excess mucus making it hard to breathe, which results in coughing, short breath, and wheezing. The disease is chronic and interferes with daily working. Bronchial Asthma can affect any age or gender and depends upon environmental and hereditary factors at large. When ignored, disease proves fatal claiming lives in many cases.

Kaphaketu Rasa**Enemy for *Kapha* OR *Kaphaja vyadhi*^[5]**

It is a compound formulation and comes under the *Khalviya rasayana*. The specialty of *Khalviya rasayanas* lies in binding in different varieties of drugs into a single molecular form and more efficacious in their action.

It is describe namely in many *Rasa Shastra* texts like *Rasa chintamani*, *Rasendra Sara Sangraha*, *Brihat-Rasaraj sunder*, *Bhaishajya Ratnawali*, *Rasa Chandanshu* and *Rasa Trangani*.

According to *Rasa Tarangini*, *Kaphaketu Rasa* provide quick relief in *Prtamaka Shwasa Roga*.^[6]

Rasendrasara Sangrha mentioned the *Kaphaketu Rasa* in *Kapharoga Chikitsa* and denoted best for *Pinasa, Shwasa, Kasa* etc.^[7]

There are six varieties of *Kaphaketu rasa* mentioned in *Rasa Yoga Sagar* among which most familiar one which is described in *Rasa Tarangini* has been narrated in this article.

MATERIAL AND METHODS^[8]

Table 1: List of ingredients of *Kaphaketu rasa*.

S.No.	Ingredients	Scientific Name	Proportion
1	<i>Shankha bhasma</i>	<i>Lobatus gigas</i> (Conch shell)	1part
2	<i>Shodhita Tankana</i>	Sodium tetraborate decahydrate (Borax)	1part
3	<i>Shodhita Vatsanabha</i>	<i>Aconitum ferox</i>	1part
4	<i>Pippali</i>	<i>Piper longum</i>	1part
5	<i>Ardraka swarasa</i>	<i>Zinziber officinale</i>	Quantity sufficient

Method of preparation

Vastragalita churna of *Shankha bhasma*, *Shodhita tankana*, *Shodhita vatsanabha*, *Pippali* are taken in equal quantity and mixed well to get a homogeneous mixture (almost particle size is 45 microns). Then quantity sufficient *Ardraka swarasa* should be added and *Bhavana* should be done. The same procedure should be repeated for three times. Then vati should be prepared of 1/2 *Gunja pramana* (62.5 mg).

OBSERVATIONS^[9]

1. After *Mardana* procedure obtained slimy, dark gray paste.
2. Colour (Varna) of Vaties - grayish
3. Odour (Gandha) of Vaties – *Gomutragandhi* (due to *vatsanabha*).

INDICATIONS^[10]- *Prtishayay, Kasa, Kantha roga, Galgraha, Krna roga, Prtamaka shwasa*.

CONTRA-INDICATIONS

- 1) As it is a herbo-mineral drug, it should be taken from reliable source.
- 2) It should be prescribed from registered Ayurveda medical practitioner.
- 3) Do not consume overdose because it may cause severe poisonous effect (symptoms like bradycardia, hypotension, palpitation, perspiration).
- 4) It should be avoided in pregnancy and lactation, since it contains Aconite as ingredient.

RESULT

The pilot observational clinical study of *Kapha Ketu Rasa* on *Tamaka Swasa* was encouraging and result showed that relief in *Kasa* (95.2%), *Ghurghurata* (86.9%) and *Swasakruchrata* (86.2%).^[11]

DISCUSSION

In the *Tamaka Shwasa* the *Dosha* is "*Kaphanugata Vata*", *Dushya* is "*Rasa Dhatu*" and "*Prana Vayu*", *Adhishthana* is "*Aamashaya* and *Pranavaha Shrotasa*", *Lakshana* of *Shrotodushti* is "*Sanga* or *Vimarga Gamana*" and effect on *Agni* is "*Agnimandhya*".

Ingredient of *Kaphaketu Rasa* is in unique combination for *Samprapti Vighatana* of *Tamaka Shwasa*.

Shankha bhasma has the properties like *Kshara*, *Madhura Rasa*, *Lagu - ruksha guna*, *Katu Vipaka*. It acts as *Deepana*, *Lekhana*, *Pitta-Kaphahara*.

Tankana has the properties like *Teekshna*, *Lagu ruksha guna*, *Katu Rasa*, *Katu Vipaka*, *Ushna veerya*, *Kaphavatashamaka*. It acts as *Deepana*, *Lekhana*, *kasa Shwasahara*. Chemically it is Borax. It acts as Germicide and bacteriostatic in action.

Pippali has the property of *Ushna Guna*, *Katu Rasa*, *Anushna Veerya*, *Katu Vipaka*, *Kaphavata Shamaka*. It is *Deepaka*, *Pachaka*, *Kasa*, *Shwasahara*, *Jwarahara Rasayana*. It contains, active principle Piperine, it acts as anti-inflammatory and immuno-modulator. By these properties it reduces *Kapha*, inflammation of respiratory tract and clears the air passage.

Vatsanabha has the property of *Ushna Guna*. *Yogavahi*, *Katu Tikta Kashaya Rasa*, *Katu Vipaka*, *Ushna Veerya*, *Kaphavata Shamaka*. It is act as *Deepana*, *Pachana*. *Shoolahara*, *Jwarahara*, *Kasa*, *Shwasahara*, *Rasayana*. *Vatsanabha* contain have active principles like aconitin, pseudoaconitine (purified *Vatsanabha* contains less poisonous vitriol etc.) these acts as diaphoretic, anti-inflammatory, analgesic. By these properties it reduces *Kapha*, inflammation and fever. It has *Vyavayi* and *Vikasi guna* hence it increase the absorption and easy transportation of the *Aushadhi* into cell membrane. According to *Rasatarangini* *Vatsanabha* destroyed to *Shwasakasa* disease.

Ardraka has the properties like *Katu Rasa*, *Rooksha Guna*, *Ushana Virya*, *Vatakaphahara Doshaghanata*, these properties subside or reduced to vitiated *Kapha Dosha*, Due to *Deepana Pachana*. It removes the *Aamadosha*.

Almost all the ingredients are possesses *Katu rasa*, *Laghu*, *Ruksha Guna*, *Ushna veerya kapha-pittahara helps in Kapha nissaraka* and acts as Anti-inflammatory, Bronchodilator, eradicates excessive respiratory secretions (expectorant).

CONCLUSION

Kaphaketu Rasa is a combination of four *Aushadhi* and *Bhawana* of *Ardraka Swarasa* whose properties are more significant in reducing the *Tamaka Shwasa* symptoms. Most of *Aushadhi* properties are excellently balancing each other in *Rasa Panchaka* and enhancing the "*Vatakaphahara, Deepana, Pachaka, Swedana, Vatanulomana*" properties.

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