

TAMAKA SHWASA: CREATING "TAMA" IN CHILDHOOD**Dr. Komal S. Chavan***

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ABSTRACT

Tamaka Shwasa is a disease of Respiratory system. *Tamaka Shwasa* is derived from the word "*Tama*" which means darkness. It's a disease which most frequently occurs at night time i.e. in darkness, the symptoms of the disease increases in darkness. It is a disease having predominance of *Vata* and *Kapha dosha*. In *Ayurved Samhitas* it has been explained that *Balyawastha* has predominance of *Kapha- dosha*, So that *Kapha-vikaras* are common in childhood. Out of those *Tamaka shwasa* is most common in childhood and its creating darkness in childhood in all aspects. In Allopathy medicine science, the medicines on Bronchial Asthma acts temporarily. As in Ayurveda Science most

of preventive and curative measures were explained in *Samhitas* which helps to remove that "*Tama*" from childhood.

KEYWORDS: *Tamaka shwasa, Balyawastha, Vata-Kapha dosha, Kapha-vikaras, Tama.*

INTRODUCTION

Tamaka Shwasa is a disease occurs due to *Strotodushti* of *Pranavaha, Udakvaha* and *Annavaaha strotas*. *Tamaka Shwasa* is derived from the word "*Tama*" which means darkness. It's a disease which most frequently occurs at night time i.e. in darkness, the symptoms of the disease increases in darkness. It is a disease having predominance of *Vata* and *Kapha dosha*. In *Ayurved Samhitas* it has been explained that *Balyawastha* has predominance of *Kapha-dosha*, So that *Kapha-vikaras* are common in childhood. Out of those *Tamaka shwasa* is most common in childhood. In *Charak Samhita* management of this disease has been explained in brief which includes *shaman* and *shodhana chikitsa*.

Shamana chikitsa includes various *kalpas* and *Snehan* over *urah pradesh* and *Shodhana chikitsa* includes *Panchkarma* procedures explained in *Samhitas*. These *Shamana* and

Shodhana chikitsa plays major role in removing the "*Tama*" i.e darkness from childhood.

MATERIALS AND METHODS

Tamaka Shwasa is a very broad term which includes many more symptoms where dyspnoea is predominant symptom. But still we can correlate Bronchial Asthma to *Tamaka Shwasa*. There were 5 types of Shwasa explained in *Charak Samhita*.

Ayurveda has classified this disease into 5 types.

1. *Tamaka Shwasa*
2. *Urdhwa Shwasa*
3. *Chhinna Shwasa*
4. *Maha Shwasa*
5. *Kshudra Shwasa*

Of these types *Tamaka* can be labelled as bronchial asthma, while *Maha*, *Chhinna* and *Urdhwa* are different types of dyspnoea that are complications of other diseases. *Kshudra* is a minor type due to over eating and drinking.

Types of shwasa with Dosha Dominance^[34]

Type	Dosha dominance
<i>Maha Shwasa</i>	<i>Vata Dosha</i>
<i>Chhinna Shwasa</i>	<i>Pitta Dosha</i>
<i>Kshudra Shwasa</i>	<i>Vata Dosha</i>
<i>Urdhwa Shwasa</i>	<i>Vata Dosha</i>
<i>Tamaka Shwasa</i>	<i>Kapha Dosha</i>

Symptoms

Tamaka Shwasa

1. Stage of attack (*Vegavastha*)

When the attack starts the person gasps for breath, accompanied by a wheezing sound with cough, as the expiration becomes longer than the inspiration. During the attack, the respiratory rate increases from normal 18 to 20 per minute to 40 to 50 per minute. The respiration is very difficult and there is sensation of suffocation in the chest. The patient due to severe paroxysm faints, coughs and brings out small sputum with difficulty. He suffers from hoarseness of voice and cannot speak easily. He feels comfortable while sitting and in leaning front posture. There is perspiration on the forehead with dry mouth and severe pain in the chest and throat.

2. *Avegavastha*

When the attack subsides, there is slight cough and pain in the chest and abdomen. Weakness and breathlessness also remain after the acute attack. If this condition is associated with fever and unconsciousness it is known as *Pratamaka*, while if it is associated with darkness in front of the eyes and subsides quickly by cold things, is calledas *Santamaka*.

Treatment

1. *Nidana Parivarjana*
2. *Snehana and Swedana*
3. *Vamana Karma*
4. *Dhoomapana*
5. *Nasya Prayoga*

- Patient suffering from *Shwasa* (dyspnoea) should be treated with *Snehan Karma* (oleation) and *Swedan* (sudation) therapies and massaged with oils mixed with *Lavana* (*Saindhava*). By these measures the solidified *Kapha* becomes liquefied and the *Vata* also becomes pacified.
- After proper *Sneha*, *Sweda*– patient should be given rice mixed with ghee, followed by the *Dadhi Sara* i.e, cream of curd to eat. This causes aggravation of *Kapha*.
- Then *Vamana* (emesis) should be done with the mixture of *Pippali*, *Saindhava* and honey (care should be taken to ensure that no *Vata-Prakopak* ingredients are added to the recipe).
- The patient becomes comfortable, after the vitiated *Kapha* is eliminated, the channels become clear, *Vayu* moves (in channels) at ease without any obstruction.
- *Dhuma* (medicated smoking): A *Varti* (cigarette) made from the paste of *Haridra*, *Patra*, *Erandamula*, *Laksha*, *Manhashila*, *Devdaru*, *Haritala*, and *Jatamansi* should be smoked.
- Other prophylactic measures: *Kaphavatanashak Aahar Ushna Bheshaj*.

Vatanuloman Bhesha

Rasayana treatment (Apunarbhava Chikitsa)

To avoid recurrence of the disease, and to give strength to the respiratory channel, proper rejuvenative treatment is useful.

Vata Type

A special type of rejuvenating method called unit increase and unit decrease should be used.

This is known as *Vardhamana Rasayana*.

Kapha Type

Use of black pepper unit increase and unit decrease method. Use of mixture of *Talisadi* powder 1 gm + mica oxide 10 mg with deer horn oxide 10 mg twice a day for one month to prevent recurrence.

DISCUSSION

As children are more prone to any kind of illness having predominance of kapha dosha, therefore children have to be protected from substances or environment which increases kapha dosha so that they can be protected from a serious illness like *Tamaka Shwasa* which can be correlated to the disease bronchial asthma. In Ayurveda some *rasayana kalpas* were explained which helps to protect children from various illness like *Tamaka Shwasa*. In Allopathy medicine science, the medicines on Bronchial Asthma acts temporarily, but in Ayurveda the *Shamana* and *Shodhana* chikitsa may treat the asthmatic symptoms permanently in preventive as well as curative way.

CONCLUSION

Tamaka Shwasa is a serious illness found mostly in childhood. Because of this disease children could be disturbed physically as well as mentally. In the age of playing outside in rains, playgrounds, they become restricted to their house. In this way *Tamaka Shwasa* creating "Tama" in childhood, so for removing this Tama i.e darkness from their life Ayurveda plays major role. With help of *rasayana kalpas* it helps to prevent the illness and with the help *Shamana* and *Shodhana chikitsa*, it helps to eliminate this disease from their lives permanently.

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