

ROLE OF SHWASAHARA MAHAKASHAYA IN THE MANAGEMENT OF TAMAKA SHWASA WITH RESPECT TO BRONCHIAL ASTHMA- A REVIEW ARTICLE

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ABSTRACT

Respiration is the important event of life which is carried out by *prana vayu*. *Ayurvedic* texts have mentioned *tamaka shwasa* under the various types of *shwasa roga*. *Tamaka shwasa* is considered as *yapya* because this is not only difficult to treat but also has a repetitive nature. We can correlate bronchial asthma to *tamaka shwasa*, because out of five, three are incurable and fourth one is *kshudra shwasa* due to excessive exercise or consumption of *ruksha Ahara* and which is easily curable by taking rest. Bronchial asthma is a heterogenous group of condition which affect people worldwide, from infancy to old age. It is clinical syndrome characterised by recurrent cough/ paroxysmal

dyspnoea, chest tightness and wheeze due to increased resistance to air flow through the narrowed bronchi. *Ayurveda* considered *shwasaroga* as a disease of *pranavaha*, *udakavaha*, *annavaha srotasa* and therefore *chikitsa* explained as *shodhana & shamana yoga*. *Shwashara dashemani* is one of such combination used as *shamana yoga* for *tamaka shwasa*. This study explained the *shwasahara* properties of the combination and individual drugs.

KEYWORDS: *Tamaka shwasa*, Bronchial asthma, *Shamana chikitsa*, *Shwasahara dashemani*.

INTRODUCTION

According to *Ayurveda shwasa vyadhi* is due to *pranavaha*, *annavaha* and *udakavaha srotas dushti*. *Tamak shwasa* is type of *shwasa* in which patient experienced excessive difficulty and drowing in dark is known as *tamaka shwasa*. *Vata* and *kapha doshas* are

responsible in the pathogenesis of *tamaka shwasa*.^[1] When *vata* is obstructed by vitiated *kapha*, it get reverses and affect the *pranavaha srotas* and producing symptoms like *Asinolabhate Soukhyam*(comfortable in sitting posture), *Pratamyati Vegataha*(tachypnea), *Kasa*(cough), *Kanthodhwansa* (hoariness of voice), *Parshwa Graham*(stiffness in flanks),etc.^[2] Due to persistant coughing patient become unconscious, distressed and feels comfort for a while when the sputum being expectorated. Patient feels comfort in sitting or in propped up posture.^[3] *Tamaka shwasa* explained in *Ayurveda* goes hand in hand with today's bronchial asthma. The sign and symptoms of *Tamaka shwasa* are very much similar to that of bronchial asthma. The word 'asthma' is originated from greek meaning 'panting' or labored breathing'. According to modern science bronchial asthma is mainly a chronic inflammatory disease, affecting the air passage leading to difficulty in breathing, cough, and chest tightness and wheezing.^[4] The prevalence of brochial asthma is increasing now days due to pollution, occupational conditions, overcrowding and stress. Both *Ayurveda* and modern science agree regarding the *nidana* of the disease as host factors (*Nija-Dosha Dushti* and *Ama*) and environmental factors (*Agantuj Hetus –Raja, Dhuma, Pragvata* etc). It can correlate with allergic condition. *Nidana parivarjan* plays a key role in the management strategy in both sciences.^[5]

AIM AND OBJECTIVES

1. To study the properties of *shwasahara mahakashyaya* in the management of *tamaka shwasa*.
2. To assess the mode of actions of drugs given in *shwasahara mahakashaya*.

MATERIALS AND METHODS

This review was done by compiling the classical ayurvedic literature, modern literature, pharmacology (dravyaguna) book, research journals as well as medicine database.

Epidemiology^[6]

Prevalence of asthma varies considerably within countries & between countries. It is more common in developed countries than developing ones, more in children 15% to 12% more in urban than rural areas. Nearly 8% to 10% of the total population suffers due to it. In India the prevalence of asthma has been found to be around 7% in the majority of survey done.

Tamaka shwasa

Tamaka shwasa is an *Amashayasamudhbhava vyadhi*.

1. *Pratamak shwasa*
2. *Santamak shwasa*.

Etiological factor in *Tamaka Shwasa*

1. *Vidahi, Guru and Vishtmbhi Ahar*
2. *Ruksha and Shit Ahar- Vihar*
3. *Atimargagman*
4. *Ativyayama*
5. *Vishamahar*
6. *Pragvat and varsha – Shishir Ritu*

Samprapti-^[7]

यदा स्रोतांसि संरुध्य मारुतः कफपूर्वकः ।

विष्वग्ब्रजति संरुद्धस्तदा श्वासान्करोति सः ॥

(च.चि१७/४२)

Due to *hetu sevan* when natural movement of *prana vayu* is disturbed and it is associated with *kapha* then it leads to the origin of *Shwasa roga* in which the upward movement of *vaat* is enhanced. In the formation of *shwasa roga* there is only vitiation of *vata dosha* all over the body. This vitiated *vata* creates *Rukshta, Sankocha*, and *Kharata* in *pranavaha srotas*. Vitiated *vata* also affects the *kapha* in *urasthana* which turns into *vilomata* of *pranavayu* through obstruction to its natural *gati* by *kapha*.

Signs and Symptoms^[8]

1. Patients develops liking for hot things.
2. Patient becomes restless and excessive sweating on forehead.
3. The attack gets aggravated in cloudy environment, when he is exposed to water & cold.
4. The patient faint again and again while coughing.
5. Patient feels more comfortable in sitting posture rather than lying down position.
6. Ghurghuraka (Wheezing or murmuring sound)
7. The patient gets frequent paroxysms of dysnoea.
8. The patient is relieved for some time soon after the phlegm comes out.

SHWASAHARA DASHEMANI^[9]

Acharya charaka given the combination of ten drugs known as *shwasahara mahakashaya* in the treatment of shwasaroga. The combination of these 10 drugs possess Antiasthmatic, Antimicrobial, Anti-inflammatory, Analgesic, Mast cell stabilizing, Antihistaminic, Carminative, Antispasmodic, Expectorant, Antioxidant.

Shwasahara Mahakashaya^[10]

Dravya	Latin Name	Family	Morphology
शटी (Rhizome)	<i>Hedychium spicatum</i>	Zingiberaceae	Perennial rhizomatous herb
पुष्करमुल (Root)	<i>Inula racemosa</i>	Compositae	A tall stout herb
अम्लवेतस (fruit)	<i>Garcinia pedunculata</i>	Guttiferae	Tree
एला (fruit)	<i>Elettaria cardamomum</i>	Zingiberaceae	Shrub
हिंगु (Resin)	<i>Ferula narthex</i>	Umbelliferae	Shrub
अगुरु (Aromatic resinous wood,oil)	<i>Aquilaria agallocha</i>	Thymelaeaceae	Tree
सुरसा (Whole plant)	<i>Ocimum sanctum</i>	Labiatae	Shrub
तामलकी (Whole plant)	<i>Phyllanthus urinaria</i>	Euphorbiaceae	Shrub
जीवन्ती (Root)	<i>Leptadenia reticulate</i>	Asclepiadaceae	Climber
चन्डा(चोरक) (Root)	<i>Angelica archangelia</i>	Umbelliferae	Shrub

Rasapanchaka of Shwasahara Mahakashaya^[11,12]

Name	Rasa	Guna	Virya	Vipaka	Karma
शटीटी	Katu Tikta Kashaya	Lagu Tikshna	Ushna	Katu	Shwasahara Shothahara Vednasthapak
पुष्करमुल	Katu Tikta	Laghu Tikshna	Ushna	Katu	Jantughna Kaphavatashamak Shothahara
अम्लवेतस	Amla	Lagu Tikshna Ruksha	Ushna	Amla	Shwasahara Kasahara Anulomana
एला	Katu	Laghu	Sheeta	Madhura	Tridosahara

	<i>Madhura</i>	<i>Ruksha</i>			<i>Shwasahara</i> <i>Kasahara</i>
हिंगु	<i>Katu</i>	<i>Laghu</i> <i>Tikshna</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphahara</i> <i>Deepana</i> <i>Anulomana</i>

Name	Rasa	Guna	Virya	Vipaka	Karma
अंगुरु	<i>Katu</i> <i>Tikta</i>	<i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavataashamak</i> <i>Shitaprashamana</i> <i>Shwasahara</i>
सुरसा	<i>Katu</i> <i>Tikta</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Jantughna</i> <i>Shothahara</i> <i>Twagadoshahara</i>
तामलकी	<i>Tikta</i> <i>Kashaya</i> <i>Madhura</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kasahara</i> <i>Shwasahara</i> <i>Yonidoshahara</i>
जीवन्ती	<i>Madhura</i>	<i>Laghu</i> <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittashamak</i> <i>Kasahara</i>
चन्डा(चोरक)	<i>Katu</i> <i>Tikta</i>	<i>Laghu</i> <i>Tiksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kasahara</i> <i>Shwasahara</i> <i>Vishghna</i>

Shwasahara mahakashaya having *Katu*, *Tikta Rasa*, *Ushna Virya*, *Katu Vipaka* and *Kapha Vataghna* properties. With the help of these properties *shwasahara gana* antagonize the *Shwasa Roga* which is *Kapha-Vata Pradhana* disease. Almost all the classics have mentioned that the use of *shati* & *pushkaramoola* in treating the disease *shwasa*, and therapeutic indication of these drugs in *shwasa roga*. Acharya *sushruta* described *Vidarigandhadi*, *Sursadi*, *Dashmoola gana* for the *shwasa roga*.

MODE OF ACTION

Panchabautik sanghatana^[13]

<i>Katu rasa</i>	<i>Vayu + Tej</i>
<i>Tikta rasa</i>	<i>Vayu+ Akash</i>
<i>Katu vipaka</i>	<i>Vayu+ Tej</i>
<i>Amla rasa</i>	<i>Prithvi+ Agni</i>
<i>Ushna virya</i>	<i>Tej</i>

Shwasa & kasa are *kapha* and *vata* predominant. The drugs used in these conditions pacify the *kapha* and *vata doshas*. Due to *katu tikta rasa*, *katu vipaka* it act on vitiated *kapha*, and due to *Ushna virya* it act on vitiated *vata*. *Ruksha*, *tiksha*, *Lagu guna* also help to relieve the obstruction of *kapha dosha* in *pranavaha srotas* and correct the normal *gati* of *vayu*. *Vatanulomana* plays an important role in the management of *shwasa roga*. All these drugs present in *Shwasahara mahakashaya* are mainly *Vayu* and *Tej mahabhuta pradhan* which

balances the Pruthvi and Jala mahabhuta pradhan kapha dosha. Because of this breathing process is again normalised.

Shwasahara Mahakashaya- Pharmacological Properties^[14]

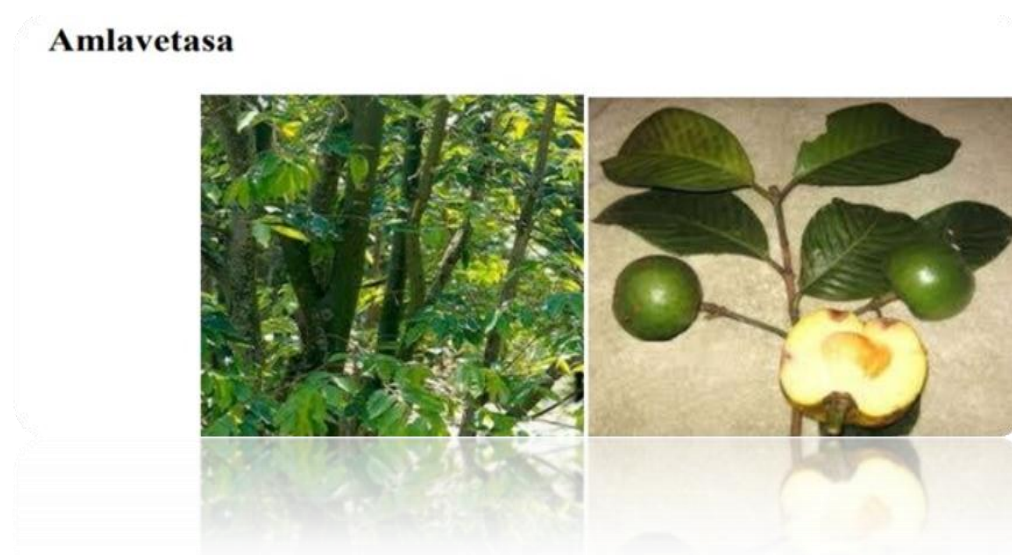
Dravya	Pharmacological Properties
Shati	Expectorant, Antiasthmatic, Antihistaminic, Anti-inflammatory, Anti- microbial, Mast cell stabilizer
Pushkaramoola	Bronchodilator-relaxation of bronchioles, Antihistaminic, Expectorant, Mast cell stabilizer Antibacterial, Immuno- stimulant, Anti spasmodic
Amlavetasa	Antimicrobial, Cardiotonic, Astringent, Antioxidant, Anti-inflammatory
Ela	Antiasthmatic, Antimicrobial Anti-septic, Antispasmodic-relaxationrespiratory muscles
Hingu	Antiasthmatic, Expectorant, Antioxidant Anti- spasmodic, Laxative
Agaru	Antiasthmatic, Antimicrobial, Antioxidant, Astringent, Carminative, Anti-inflammatory
Surasa	Bronchodilator, Antiasthmatic, Antiinflammatory, Bacteriostatic, Antiviral
Tamalaki	Antimicrobial, Antipyretic, Diuretic, Bactericidal, Antiviral, Hepatoprotective
Jivanti	Antimicrobial, Antihistaminic, Mast cell stabilizer
Chanda (Choraka)	Bronchodilator, Antiasthmatic, Antimicrobial, Anti- inflammatory Antioxidant

Other Formulations In Shwasa Vyadhi^[15]

Churna	Sitopaladi churna, Talisadi churna, Shatyadi churna, Pushkaradi churna.
Kwatha	Dashmuladi kwatha, Vasadi kwatha
Vati	Vyoshadi vati, Lavangadi vati
Awaleha & Leha	Kantakari avaleha, Chyavanprasha, Chitraka- haritaki avaleha.
Ghrita	Manashiladi ghrita, Dashmuladi ghrita.
Dhumpana	- Guggula dhumpana, Haridradi dhumpana.

Shati



Pushkaramoola**Amlavetasa****Ela**

Hingu*Agaru**Sursa**Tamalaki*

Jeevanti*Chanda***DISCUSSION**

The properties of shwasahara mahakashaya are *katu - tikta rasa, Laghu & Teekshna guna, Ushna veerya and Vata- Kaphaghna*. The gunas of the drug i.e *Laghu, Teekshna* which antagonistic to the gunas of Kapha dosha. The veerya of the drugs of this group antagonizes the Sheeta Guna of vata dosha. Due to these properties it acts on pranavaha srotasa decreases the vikrut kapha and normalize the vata dosha. *Vatanulomana* is also prime goal of the treatment. *Hingu* by its *Ushna veerya & Amlavetasa by its amla rasa causes vatanulomana*. Amashaya has been referred as an udbhavasthan of swasa by vagbhata and charaka. Drugs given in this group also act on vikrut ama by amapachana, on agnimandya by agnideepana and do the annavaha srotasa shodhana.

CONCLUSION

Shwasahara gana is effective in reducing the severity of shwasa roga. The drugs are useful in correcting the site of origin (Amashaya) of disease manifestation. The drugs of shwasahara gana are proved by research and clinically to be effective in controlling the disease. It is

collectively effective on airflow obstruction & airway hyperresponsiveness by bronchodilator, anti-inflammatory, antihistaminic properties.

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