

## MANAGEMENT OF TAMAKA SHWASA WITH GHRITA BHRISHTA HARIDRA

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**ABSTRACT**

*Shwasa* is a chronic condition that developed as a result of *Pranavaha sroto dushti*, here the *shwasa roga* is developed due to two types of *srodo dushti* i.e. *sangha* (Due to *kapha avarodha*) and *vimarga gamana* (of the *udana vata*). Asthma is a condition that affects the quality of life of an individual. Especially this condition aggravates and worsens in the cold season. Depending on the sign and symptoms *Shwasa roga* can be compared with Asthma. Asthma is a chronic inflammatory disease that affects the airway of lungs and leads to narrowing of air passage, it is an episodic disease manifested clinically by paroxysms of dyspnoea, tightness of chest along with wheezing sound and coughing usually more at night or early morning. Asthma rapidly increasing in India due to pollution, Among India's 1.31 billion people, about 6% of children and 2% of adults are suffering from asthma.<sup>[1]</sup> *Tamaka shwasa* is one among the *Shwasaroga* and it is predominantly *Vatakaphajavyadhi*. This disease is maintainable by giving proper medication like *shodhana* (*Vmana*, *Virechana*, etc...) and *shamana chikitsa* (*Swasa kutara rasa*, *swasamrita* etc...), if the proper treatment is not given to the patient is proper time, then this condition gets worse and become life-threatening. So, the following case study is explaining about the management of *Swasa roga* of 8 years history with *Ayurvedic* medications.

**Keywords:** *Tamaka Shwasa*, *Deppana*, *Paachana*, *Shodhana*, *Shamana*.

## INTRODUCTION

Madhava nidana explained swasa as '*shvasatvam vegavadurdhvavaatatvam*'<sup>[2]</sup> – it means swasa is the disease which is *vegavan* and *urdhva swasa* (fast and upward moment of the breath). It is the most important disease among the *pranavaha sroto dushti vikara* because it is a life-threatening disease.<sup>[3]</sup> Asthma is affecting the most of population in India due to air pollution, dust, and food habits. The study conducted by the Barcelona Institute for global health (ISGlobal) revealed that air pollution could not only aggravate asthma but also cause asthma cases among children. In the last 10 years, there has been at least a 10-15 % increase in asthma cases among the children in the city due to an increase in air pollution.<sup>[4]</sup>

In Ayurveda Science, we get many causes of *shwasa*, among those exposed to dust, smoke, cold breeze etc... causes have been told<sup>[5]</sup>. As *ayurveda* science, *shwasa* is of 5 type's *maha swasa*, *urdhva swasa*, *china swasa*, *tamaka swasa* and *kshudra swasa*<sup>[6][7][8]</sup>. Among these 5 types *tamaka swasa* is having all similar symptoms of asthma-like *peenasa* (Rhinitis), *gurghuraka* (wheezing sound), *teevra vega* (fast breath), *moha* (unconscious), *aruchi*(anorexia), *trushna* (thirsty)<sup>[9][10]</sup>. Due to the fast and upward movement of the breath, the patient's body bends and leads to *kasa* (cough) with sputum<sup>[11]</sup>. On spitting sputum, he feels better, on sitting position patients feels comfortable and lying down makes the condition worsen<sup>[12]</sup>. Voice of the patient becomes weak, and he speaks slowly with difficulty<sup>[13]</sup>. Aggravating factors have been explained in the *Ayurveda* i.e. *Megha* (cloudy season), *ambu* (Rainy season), *sheetapragvata* (Cold breeze), *kapha vardhaka ahara vihaara*, *pragvata* (wind from east)<sup>[14]</sup> it is *kashta sadya vyadhi*. General line of treatment of *Tamaka Shwasa* as per classic is *Abhyanga* with *Taila + Lavana*, *Swedana* with *Naadi*, *Prastara & Shankara Sweda* with *Snigdha Dravya*<sup>[15]</sup>. After *Snehana* and *Svedana Kapha Utkleshakara Ahara* should be given to the patient and then *Vamana* is done, then as per *Dosha* and *Rogi Bala Virechana* can also be advised, then *Dhumapana* is done to eliminate the remaining *Dosha*<sup>[16][17]</sup>. Once

the *Shodhana* is done then it is further treated with the *Shaman Aushadhi*. Here below case presentation explains the management of the *Tamaka Shwasa* with *Nitya Virechana* for *Shodhana* and *Ghrita Bhrishta Haridra* as *Shaman Oushadhi*.

### CASE REPORT:

A 55-year female patient visited *Kayachikitsa* OPD of RPK *Ayurvedic* hospital Ilkal on date: 12/02/2021 with chief complaints as a cough for 15 days, Audible breathing sound & Difficulty in breathing on and off for 8 years. With associated complaints as Disturbed sleep for 1 month and Aruchi for 15 days.

**H/O PRESENT ILLNESS:** The patient was normal 8 years back, one day she had a fever, difficulty in breathing, a cough along with wheezing sound. She consulted a local doctor and took treatment for fever and cough and got relief. But after few days she noticed that the wheezing sound persist during her work and sleeping time. Then she consulted the same doctor and took some treatment (history not available) but she noticed there was no improvement in her condition. So, she further consulted some higher center for treatment, and she was diagnosed with Asthma and was given some inhalers. After that, her symptoms got reduced but a reoccurrence of the attack was present in the patient. So, she consulted our hospital for further management with above said complaints.

**CHIKITSA VRITTANTA:** She took some allopathic medication like inhalers, also she tried all other contemporary science medication, but she was not satisfied by all those treatments. Also, she underwent *Vamana* therapy once in our hospital itself. She partially got relief after the *Vamana* therapy, but she was unable to continue the treatment further due to her family problems.

**KOUTUMBIKA VRITTANTA:** Her father and her sister's grandson had the same complaint, but the rests of the family members are healthy

**SAMANYA PAREEKSHA:** On general examination, we found that BP - 120/80mm/hg, Body temp - 97.3°F, RR - 26/min, Pulse - 89/min, Weight - 63 Kg and Height - 159 cm.

### ASTAVIDHA PARIKSHA

SN	Pariksha	Findings
1	Naadi	Pitta – Kapha
2	Mutra	3 to 4 times a day and once at night
3	Mala	2 times a day and feels unsatisfied.
4	Jivha	Aliptata (Non coated)
5	Shabda	Gurgurata (Wheezing)
6	Sparsha	Anushnasheeta (Normal body temperature)
7	Drik	Prominent Eyeball
8	Akruti	Madyama

### SYSTEMIC EXAMINATION

- CVS: S1 S2 heard, and no murmur sound was present
- Respiratory System: The shape of chest was bilaterally symmetrical but Suprascapular and bilateral Wheezing was present +++
- Per Abdomen: No organomegaly was present and the abdomen was soft.

### LAB INVESTIGATION

SN	Investigation	Result
1	CBC	As explained in the result
2	ESR	40 mm/hr
3	AEC	650 cells/cumm
4	USG abdomen	No abnormality found
5	Chest X-ray	No abnormality found
6	RBS	140mg/dl
7	Urine routine	No abnormality found

### PANCHAKARMA CHIKITSA

#### Nitya Virechana

#### Procedure:

- Deepana Pachana was done with Hinguvachadi Churna 3gm with Ushna jala (warm water) for 5 days.

- For Nitya Virechana was given Manibadra Guda 1tsf OD with Ushna jala (warm water) for one month.

#### SHAMANA AUSHADHI

- **Ghrita Bhrishta Haridra** – (Haridra 100gm + Talisadi Churna 200gm + Abhraka Bhasma 2gm + Ghrita QS) 1 tsf BD with Ushna jala (warm water) BF for 1 month.

### OBSERVATION AND RESULT

INVESTIGATION	BEFORE TREATMENT	AFTER TREATMENT
<b>Hb</b>	10.6gms%	11.80gms%
<b>Total WBC</b>	6500 (cells/cumm)	5900 (cells/cumm)
<b>DC</b> Neutrophil	80%	60 %
Lymphocytes	14%	33 %
Eosinophils	04%	7 %
Monocytes	02%	00%
Basophil	00%	00%
<b>ESR</b>	40 mm/hr	20 mm/hr
<b>AEC</b>	650 cells/cumm	370 cells/cumm

COMPLAINTS	BEFORE	AFTER 30 DAYS OF TREATMENT
Audible wheezing Sound	+++	+
Cough	Present	Absent
Difficulty in breathing	Severe	Reduced
Disturbed sleep	Present	Absent
Aruchi	Present	Mild improvement

## DISCUSSION

The treatment was done in two 2 ways, *Panchakarma Chikitsa* and *Shamana Chikitsa* considering the complaints of the patient along the *Samprapti Ghataka* involved in the patient.

In *Panchakarma, Chikitsa Nityavirechana* was done for 15 days because the disease originates from the *Pittasthana (Amashaya)* and a *Vatanulomana effect* is needed.

For *Nityavirehana* purpose *Manibadra Guda* 1tsf OD with *Ushna jala* is used because it is indicating the *Kushta, Shwasa, Kasa, Udara Roga* and *Arsha Roga*, also it does *Vata Kapha Shaman* and *Vatanulomana* [18]

Before going for *Nitya Virechana* patient was underwent with *Deepana* and *Paachana*, for this purpose *Hinguvachadi Churna* is used as it is having the properties like *Vata Kapha Shamaka, Vatanulomana, Deepana, Shroto Shodhana*, having *Rasa* like *Katu, Tikta, Kashaya, Lavana, Amla Rasa* and *Ushna Virya* also it is having *Rogagnata* like *Shvasagna, Kasagna, Hikka Nashaka* etc... [19]

Along with the *Nitya Virechana, Shamana Chikitsa* was done with *Ghrita Bhrishta Haridra*, it is prepared with a drug combination contains the *Haridra, talisadhi churna*, and *abhraka bhasma*.

1. *Haridra* – It is having the anti allergic property, *tikta, katu rasa, ruksha* and *laghu guna, katu vipaka, ushna virya, vata- kapha nashaka* due to *katu* and *ruksha guna* and due to *tikta* it *blances pitta* [20]
2. *Talisadi churna* – It is indicated in the *kaasa, shwasa, Jerna jwara, agnimandya, sangrahani, aruchi*. It is also *Kapha vata shamaka, Mrudu vatanulomana, deepana, and ushna virya*. [21]

3. *Abhraka bhasma* – It is *tridosha Hara kaphasthana balya, deepana*, and indicated in the *kaasa, shwasa, yakshma, madhumeha* etc.... [22]

## CONCLUSION

In this case study, the patient was suffering from *Tamaka Shwasa* for 8 years and she tried all systems of medication. In such a patient *Ghrita bhrishta Haridra* has provided good improvement in the symptoms of *Tamaka shwasa*. Now she leads a good and quality life by getting free of inhalers and she is advised to take *Kanakasava* in aggravating times and seasons.

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