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# Presumptive role of *Bhagottar Gutika* in the management of *Tamaka Shwasa* (Bronchial Asthma) : A Hypothetical Study

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## ABSTRACT

Bronchial asthma is one of the commonest respiratory disorders prevalent all over the world. It is more common in industrialised countries and affects 5% of the population. It affects all age groups and mortality rate is increasing rapidly in past few years. The word *asthma* derived from a Greek word meaning 'gasp for breath'. Since 20<sup>th</sup> century it was seen as a unique illness characterized by 'spasmodic affections of the bronchial tubes'. Its heterogenous pathophysiology shows transient increase in resistance of airways, reduction in forced expiratory capacities, Hyperinflation of lungs and increased load of breathing. In *Ayurveda* bronchial asthma shows resemblance with *Tamaka Shwasa* a type of *Shwasaroga*. Today asthma is introducing as a chronic inflammatory disease of airways and pathophysiology of this disease is unclarified yet. In spite of unmatched growth and developments in contemporary world, there is still no such ideal drug which can control asthma and its complications completely. Hence to develop safer and more effective drug, a hypothetical study has been planned using a herbomineral formulation prepared in the form of *Gutika* i.e. *Bhagottar Gutika*. The article reviews each ingredient of the formulation parallelly with symptomology of asthma and also assesses the effects of this formulation in encountering basic pathology of the disease.

**Key words:** *Bronchial Asthma, Bhagottar Gutika, Tamaka Shwasa.*

## INTRODUCTION

The increasing prevalence of allergy, asthma and COPD contributes to the overall burden of chronic disease in the community.<sup>[1]</sup> In *Ayurveda* respiratory illness may be regarded as *Shwasaroga* and results

due to vitiated *Kapha* and *Vata Dosha*, which produce obstruction in *Pranavahasrotas*.<sup>[2]</sup> Now days *Shwasaroga* is one of the major diseases that causes more medical emergencies. There are mainly five types of *Shwasaroga* which are *Mahashwasa*, *Urdhashwasa*, *Chhinashwasa*, *Kshudrashwasa* and *Tamakshwasa*. As stated by *Acharya Charak*, there are many diseases which are fatal, but *Shwasa* and *Hikka* acquire the top position while concerning *Sadyapranahara* or *Ashukaripranaharavyadhi*.<sup>[3]</sup> This disease can occur at any stage of life right from pediatric group to geriatric group. *Tamaka Shwasa* as a disease entity in its sign and symptoms, prognosis and treatment can be correlated with bronchial asthma in modern parlance. Bronchial asthma as defined by WHO "It is characterised by recurrent attacks of breathlessness and wheezing usually of allergic origin, which vary in severity from person to

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person. Asthmatic attack manifests with airway constriction, periodic episodes of gasping, wheezing, chest tightness and coughing".<sup>[4]</sup> Bronchial asthma is one of the commonest respiratory disorders. WHO estimates that 300 million people currently are suffering from bronchial asthma. In India prevalence of asthma has been found to be 15-20 million people. Prevalence of asthma is more in urban areas than rural areas due to smoke, pollution and environmental factors.<sup>[5]</sup> The current GINA guidelines<sup>[6]</sup> reported that the prevalence of bronchial asthma is estimated to be 1% to 18%. Management of Bronchial asthma as per contemporary treatment modalities include use of bronchodilators, corticosteroid, anticholinergics and several others having long term side effects and dose dependency. This shows that need of search of some alternative medicine is highly desirable. *Tamaka Shwasa* has an important place in relation to treatment and management as it is termed as *Yapya*<sup>[7]</sup> i.e., Palliative. Thus, the present Hypothetical study has been planned to explore the probable mode of action and aware about medicinal properties of *Bhagottar Gutika* in the management of *Tamaka Shwasa* (Bronchial Asthma).

### AIM AND OBJECTIVES

1. To describe hypothetical role of *Bhagottar Gutika* in the management of *Tamaka Shwasa* (Bronchial Asthma).
2. To aware about medicinal properties of *Bhagottar Gutika*.
3. To encourage the use of *Bhagottar Gutika* in the management of *Tamaka Shwasa* (Bronchial Asthma).

### MATERIALS AND METHODS

For this hypothetical study *Ayurveda Samhitas* like *Charaka Samhita*, *Sushruta Samhita*, *Bhaishajyaratnavali* etc, authentic publications, internet and modern medical literature have been reviewed.

### Drug Review

Classical reference of *BhagottarGutika* is mentioned in *Kasa Chikitsa Prakaran* of *Bhaishajyaratnavali*.<sup>[8]</sup>

**Table 1: Showing the ingredients of *Bhagottar Gutika* (B.R. 15/127-129)**

SN	Drug	English/Botanical Name	Quantity	Parts used
1.	<i>Shuddha Parada</i>	Purified Mercury	2g	-
2.	<i>Shuddha Gandhaka</i>	Purified Sulphur	4g	-
3.	<i>Pippapli Churna</i>	<i>Piper longum</i>	6g	<i>Phala</i> (fruit)
4.	<i>Haritaki Churna</i>	<i>Terminalia chebula</i>	8g	<i>Phala</i> (fruit)
5.	<i>Bhibitaki Churna</i>	<i>Terminalia bellirica</i>	10g	<i>Phala</i> (fruit)
6.	<i>Vasa Churna</i>	<i>Adhatoda vasica</i>	12g	<i>Moola</i> (root)
7.	<i>BharangiChurna</i>	<i>Clerodendrum serratum</i>	14g	<i>Moola</i> (root)
8.	<i>Babbula</i>	<i>Acacia Arabica</i>	QS	<i>Twak</i> (bark)
9.	<i>Madhu</i>	Honey	QS	-

### Method of Preparation

Get the materials in the quantity which is given in table no. 1. First of all prepare *Kajjali* out of purified *Parada* and *Gandhaka* and mix rest of the materials into it. Triturate the recipe properly. Take decoction of *Babbula* bark. Process the recipe through the *Bhavana* method along with decoction for 21 consecutive times and finally mortar the same by adding honey to it. Prepare pills in doses of 1gm each.

### Indications

In *Kasa* (bronchitis) and *Shwasa Roga* (Bronchial Asthma).

### Method of Administration

Consume one pill (1gm) with 250 mg of powder of *Pippali* and same quantity of decoction of smaller *Kantakari* (*Solanum Surattense*).

**Table 2: Showing the Rasapanchaka of Bhagottar Gutika<sup>[9]</sup>**

S N	Drug	Guna	Rasa	Vipak a	Virya	Dosha Karma
1.	Pippali	Laghu, Snigdha, Teekshna	Katu	Madhura	Anushna Sheet a	Kaphavatasha maka
2.	Haritaki	Laghu, Ruksha	Panchrasa	Madhura	Ushna	Tridosahara
3.	Bhibhaki	Laghu, Ruksha	Kashaya	Madhura	Ushna	Tridosahara
4.	Vasa	Laghu, Ruksha	Tikta, Kashaya	Katu	Sheet a	Kaphapittasha maka
5.	Bharangi	Laghu, Ruksha	Tikta, Katu	Katu	Ushna	Kaphavatasha maka
6.	Babula	Guru, Ruksha	Kashaya	Katu	Sheet a	Kaphavatasha maka

**Discussion on Samprapti (Pathogenesis) of Tamaka Shwasa (Bronchial Asthma)**

The clinical presentation of Bronchial Asthma shows resemblance with Tamaka Shwasa. The Samprapti (Pathogenesis) of Tamaka Shwasa (Bronchial Asthma) has described in given illustration no. 1.

**Illustration 1: Showing the schematic representation of Samprati<sup>[10]</sup>**

**Nidana Sevana:** Raja, Dhuma, Prag-Vatasevana, Marmaghata, Vata-Kapha Prakopaka Ahara Vihara etc.



**Sanchayavastha:** Sanchaya of Vata occurs in Pranavaha Srotas and that of Kapha in Uras



**Prakopavastha:** Sheeta Kaala and Durdina etc. will provoke the Sanchita Doshas. As a result, the Vata Dosha in Pranavaha Srotas and Kapha in Uras tries to move to other places



**Prasaravastha:** vitiated Doshas hampers the Agni and causes Agnimandya and in turn produces Ama. Both Vata and Kapha begins to move all over their Aashaya



**Sthanasanshrayavastha:** the aggravated Dosha i.e. Vata and Kapha are moving all over the body, as well in Pranavaha Srotas, will lead to the Kha-Vaigunyatha. There will be obstruction to the movement of Vata and as a result of this, prodromal features of the disease are manifested



**Vyaktavastha:** Prakupita Vata which is obstructed by Kapha will attain Pratiloma Gati, results in Vimarga Gamana of Kapha from Annavaha and Udakavaha Srotas. Peenasa and Ghurghuraka etc. symptoms manifests



**Bhedavastha:** in the absence of proper treatment there will be permanent changes in the Srotas resulting in complications (Deerghakaala Anubhandhatwa).

**Discussion on probable mode of action of Bhagottar Gutika**

To counteract symptoms of Tamaka Shwasa, Bhagottar Gutika has specific role through its Rasapanchaka and pharmacological properties and also has been recommended in Kasa and Shwasa Roga. Different research articles have proved the anti-bacterial, anti-inflammatory and immunomodulatory effects of Bhagottar Gutika.<sup>[11,12]</sup> The probable mode of action of Bhagottar Gutika has described in given illustration no. 2.

**Illustration 2: Showing the schematic representation of Samprapti Vighatana****Nidana Sevana:** Nidana Parivarjana**Sanchayavastha:** Bhagottar Gutika contents have *Katu-Tikta-Kashaya Rasa* and *Laghu-Ushna-Ruksha Guna*. All these are having opposite to that of *Kapha Dosha* so helps in alleviation of *Kapha*. Once this *Kapha* is alleviated then *Avarana* of *Vayu* gets removed. *Vayu* travels through its own path leading to relief in *Shwasakashtata* (dyspnoea).**Prakopavastha:** *Gandhaka*, *Haritaki* and *Bhibitaki* have *Virechaka*<sup>[13,14]</sup> (purgative) effect thus it helps in *Vatanulomana* & also eliminates the *Kapha Dosha* from the body.**Prasaravastha:** *Pippali* has *Deepana-Pachana* properties which improves the status of *Agni*, subsequently prevents *Ama* formation and vitiation of *Doshas*. It also prevents further vitiation of *Kapha* by preventing the formation of *Rasamala Kapha*.**Sthanasanshrayavastha:** *Ushna Veerya* counteracts on *Sheeta Guna* of *Vata* & *Kapha Doshas*. It also has *Kaphavatahara* property which is most essential in treating this disease. *Ushna Veerya* and *Ruksha Guna* remove the obstruction of *Vata* and *Kapha*, by this relief in prodromal symptoms of *Tamaka Shwasa*.**Vyaktavastha:** The *Vata-Kaphahara* properties of *Vasa* and *Bharangi* relieve the *Margavarodha* & helps in *Vatanulomana*, leading to *Prakruta Shwasa Gati* and *Ushna Veerya* liquefies *Malaroopi Kapha* & relieves *Kasa*. When the *Margavarodha* gets cleared by drugs it leads to *Prakruta Shwasa Karma*. When *Shwasakashtata* and *Kasa* get relieved by the drugs it leads to gradual relief from *Parshwashoola*.**Bhedavastha:** By *Snigdha Guna* of *Pippali*, *Madhura Vipaka* of *Pippali*, *Haritaki* & *Bhibitaki* and *Rasayana*<sup>[15]</sup> effect of *Pippali*, *Haritaki*, *Bhibitaki* & *Vasa* help to increase *Bala* of patients (*Brinhana Karma*).**CONCLUSION**

On the basis of above discussion it can be concluded that *Bhagottar Gutika* has potential to counteracts the symptoms of *Tamaka Shwasa* (Bronchial Asthma) such as *Shwasakashtata* (dyspnoea), *Kasa* (cough), *Kaphashtivana* (expectoration), *Ghurghurak* (wheezing), *Bhrama* (dizziness), *Anidra* (sleeplessness) and weakness due to periodicity of asthmatic attacks by *Katu-Tikta Rasa*, *Katu-Madhura Vipaka*, *Ushna Virya*, *Virechaka* & *Rasayan Prabhava*, anti-bacterial, anti-inflammatory and immunomodulatory effects.

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