

## CONCEPTUAL STUDY OF *TAMAKA SHWASA* IN *AYURVEDA* W.S.R. TO BRONCHIAL ASTHMA

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### ABSTRACT

*Ayurveda* is the science of life; which mentioned various principles for prevention and treatment of the disease.<sup>[1]</sup> *Shwasa* is one of the important disease in *Ayurveda*. In *Ayurveda Shwasa Vyadhi* is divided into 5 types in which the *Tamaka Shwasa* is commonly found.<sup>[2]</sup> In modern science it can be correlated with the disease Bronchial asthma. It is the respiratory disease characterized by difficulty in breathing with wheezing. It is due to bronchiolar construction, caused by spastic contraction of smooth muscles in bronchioles, leading to obstruction of air passage.<sup>[3]</sup> Various causative factors are mentioned for *Tamaka Shwasa* like *Aaharaj*, *Viharaj*, *Manasika* & *Nidanarthakara Roga / Vyadhi*, etc. According to *Ayurveda*, *Shwasa vyadhi* is formed due to the vitiation of *Vata* and *Kapha doshas* in the body.<sup>[4]</sup> In *Tamakshwasa*

*Nidana panchaka* has important role while doing treatment. *Nidanapanchaka* plays important role in diagnosis of *Tamakshwasa Vyadhi*. *Snehana*, *Swedana*, *Shodhana* and *Shamana Chikitsa* is indicated in the management of *Tamaka Shwasa*.

**KEYWORDS:** *Tamaka shwasa*, Bronchial Asthma, *Ayurveda*.

### INTRODUCTION

*Tamaka shwasa* is one of the important and commonly found disease in today's era. It is seasonal disorder. Obstruction to the *Vayu* is called '*Shwasa*'. It can be correlated with Bronchial Asthma in modern science. It is the respiratory disease characterized by difficulty in breathing with wheezing. It is due to bronchiolar construction, caused by spastic

contraction of smooth muscles in bronchioles, leading to obstruction of air passage. According to *Ayurveda*, *Shwasa vyadhi* is formed due to the vitiation of *Vata* and *Kapha doshas* in the body.<sup>[4]</sup>

Due to excessive consumption of *Kapha* aggravating *Aahara – Vihara*, *Kapha dosha* along with the *Vata dosha* goes to *Pittasthana* and develops *Shwasa* disease.<sup>[5]</sup>

### **Hetu (Etiological factors) of Tamaka Shwasa<sup>[6]</sup>**

In *Ayurveda* the causative factors for the development of *Tamaka Shwasa* is described as follows.

<b>Aaharaja Hetu</b>	<b>Viharaja Hetu</b>	<b>Manasika Hetu</b>	<b>Nidanarthakara Roga</b>
<ul style="list-style-type: none"> <li>Excessive consumption of cold water</li> <li>Consumption of dry, cold, heavy, irregular food</li> <li>Consumption of <i>Tila taila</i>, <i>Nishpava</i>, <i>Masha</i>, <i>Pinyaka</i></li> <li>Meat of the aquatic and marshy animals &amp; birds</li> <li>Consumption of <i>Abhishyandi Aahara</i></li> </ul>	<ul style="list-style-type: none"> <li>Exposure to cold climate</li> <li>Suppression of natural urges</li> <li>Excessive exercise, sexual activity</li> <li>Trauma to the Throat, Chest region, etc.</li> <li>Trauma over <i>Marma</i> region</li> </ul>	<ul style="list-style-type: none"> <li>Stress</li> <li>Anxiety</li> </ul>	<ul style="list-style-type: none"> <li><i>Atisara</i></li> <li><i>Jwara</i></li> <li><i>Chardi</i></li> <li><i>Kshatakshya</i></li> <li><i>Pandu</i></li> <li><i>Visuchika</i></li> <li><i>Udavarta</i></li> <li><i>Visha</i> (poisoning)</li> </ul>

### **Precipitating Factors**

The factors which aggravates the symptoms of *Tamaka Shwasa* (Bronchial Asthma) in patient, which are.

- Inhalation of Allergens: Dust, pollen, mites, etc.
- Environment: Cigarette smoking, Cooking gas fumes, Cold & dry climate, paints, etc.
- Infections: Viral infections, Upper respiratory tract infections.
- Common occupation associated with Asthma: Veterinary medicines & animals handling, bakery, laundry work.
- Drugs: NSAIDS, Aspirine, Beta blockers, etc.
- Psychological factors like Stress, Anxiety.

### **Types**

*Tamaka Shwasa* is of two types<sup>[7]</sup>

- *Pratamaka Shwasa* – it is associated with Fever, Distention in abdomen, Fainting.
- *Samtamaka Shwasa* – it is formed due to the Indigestion, Dust and suppressing the natural

urges.

### **Poorvaroopa (Prodromal factors2)<sup>[8]</sup>**

It is the earliest symptoms of the disease, which helps to diagnosing disease. This is the best time to intervene in the process of disease by the administration of medicines or treatment. In *Tamaka Shwasa* the *Poorvaroopa* are explained by *Acharya Sushruta*, which are;

- *Hrutapida*
- *Shoola*
- *Adhmana*
- *Atopa*
- *Asyavairasya*
- *Shankha nistoda*

### **Lakshanas (Signs & Symptoms)<sup>[9]</sup>**

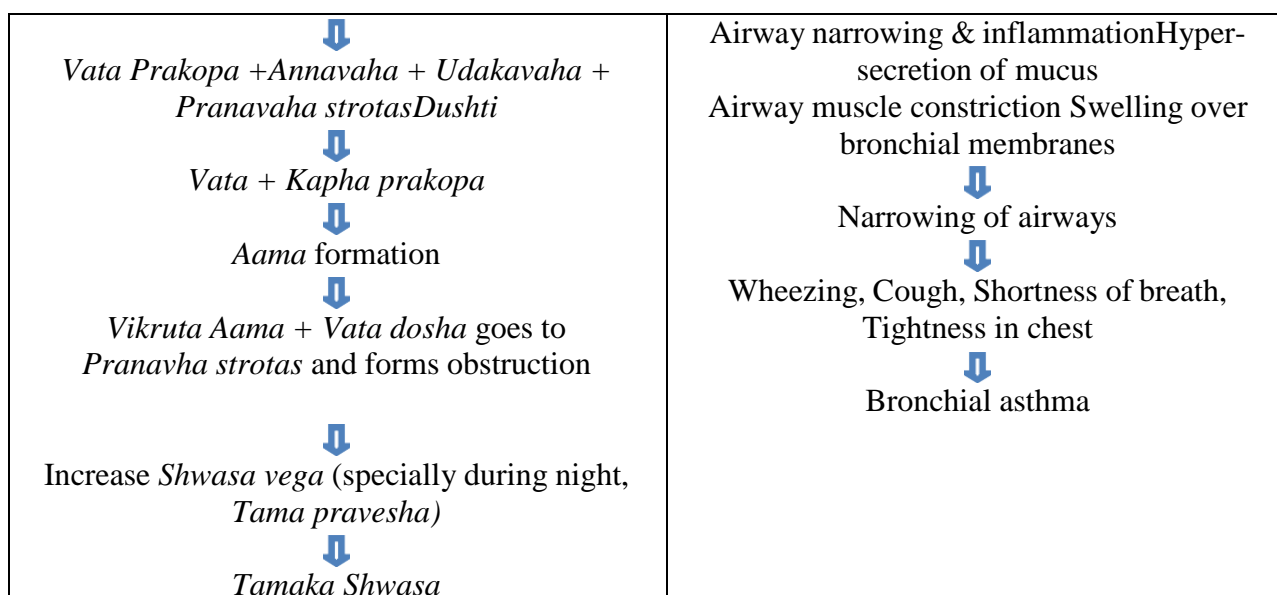
*Lakshanas* or *Roopa* or Sign & Symptoms are important for diagnosis of *Tamaka Shwasa*.

1. Dysnoea along with forcible expiration
2. Cough
3. Wheezing attacks
4. Chest tightness
5. Symptoms tends to be intermittent worst at night & in the early morning
6. Dryness of mouth
7. Sleeplessness
8. Discomfort increases when lied down on bed
9. Patient gets Comfort when in sitting position
10. Thick mucus sputum
11. Fainting during cough attacks
12. Sweating over forehead

### **Samprapti (Pathogenesis)**

The pathogenesis of *Tamaka Shwasa* is developed due to the vitiation of *Vata* and *Kapha dosha*. Further they causes *Strotas dushti* and *Aama* formation. Vitiating *Aama* and *Kapha dosha* forms obstruction in the pathway of *Pranavaha Strotas* and produces wheezing sound, cough etc.

According to Ayurveda <sup>[10]</sup>	According to Modern science <sup>[11]</sup>
Hetu sevana	Trigger factors



## Management

The treatment for *Shwasa Vyadhi* is described according to its etiology, location, & *doshas* involved in their pathogenesis of the disease. *Tamaka Shwasa* is having two *avastha*; one is *Vegavastha* and *Avegavastha*. While management this two *Vegavastha* of the patient should know the physician.

### A) *Nidanaparivarjana*<sup>[12]</sup>

It is the first line of treatment for any disease. It includes avoidance of the causative factors or *Hetu* that aggravates the disease formation.

### B) *Snehana, Swedana*<sup>[13]</sup>

In *Tamaka Shwasa* patient *Snehana* is done with the help of *Saindhava* and *Tila taila* over the chest region. After the *Snehana*, with the help of *Snigdha dravya Nadi wedana*, *Prastara Swedana* should be given.

It helps to remove the obstructed *Kapha* from the chest region. Which helps in breathing properly.

### C) *Vamana, Virechana*<sup>[14]</sup>

Due to the *Kapha dosha vruddhi*, *Vamana* is given after the consumption of *Snigdha Aahara*. *Virechana* & *Vamana* helps to remove the obstructed *Kapha* from the *Strotas*.

### D) *Dhoomapana*<sup>[14]</sup>

After that *Vamana karma*, for proper *leena dosha nirhana* or removal *Dhoomapana* is useful.

**E) Aahara – Vihara**

*Kapha – Vataghna Aahara – Vihara, Ushna & Vatanulomana Aahara – Vihara* should be given in the patient of *Tamaka Shwasa*.

**F) Samshamana Chikitsa**

Various *Kalpas* or *Rasa Aushadhis* are used for the *Tamaka Shwasa* are as follows.

- *Shwasa Kuthara Rasa*
- *Abhraka Bhasma*
- *Shwaskasa Chintamani Rasa*
- *Lavangadi Vati*
- *Shrungyadi Churna*
- *Dashamoola Kwatha*
- *Manashiladi Ghrita*
- *Vyaghri Haritaki*
- *Chyavanprasha*

This are the various *kalpas* which are used for the management of *Tamaka Shwasa*. The *dravya* having *Vata Kaphaghna* property, *Ushna*, etc *gunas* are helps to remove *Kapha* and *Vatanulomana*.

**CONCLUSION**

*Tamaka Shwasa* is the disease which is developed due to the vitiation of *Vata* and *Kapha dosha* in the body. Therefore the treatment for the *Tamaka Shwasa* is *Vataghna, Kaphaghna, Anulomaka, Ushna gunatmaka dravyas* can be used. The first line of treatment for every disease is *Nidana parivarjana*. It helps to avoid the use or consumption of causative or precipitating factors for the *Tamaka Shwasa*. Also various formulations can be used according to the *Rogi* and *Roga bala & Vegavastha* of *Tamaka Shwasa*. The prevalence of Bronchial asthma is increases due to the exposure of cold climates, dust, pollution etc. Therefore for the prevention of *Tamaka Shwasa Nidana parivarjana* is important line of treatment.

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