



**ROLE OF AYURVEDA LAVAN KALPANA (KANTAKARI LAVANA) IN THE
MANAGEMENT OF RESPIRATORY DISEASE; TAMAKA SHWASA (BRONCHIAL
ASTHMA)**

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ABSTRACT

Kalpanas are specific Ayurveda preparation meant for maximum therapeutic benefits, *Kalpanas* enhances acceptability of medicines and '*Lavana Kalpana*' is one such formulation. *Lavana Kalpnas* contains *Saindhava lavana* & ash of other herbs. Ayurveda texts described many *Lavana Kalpas* and their various methods of preparation. *Lavana Kalpana* improves efficacy, palatibility and shelf life of drug & reduces dosing frequency. This type of formulation offers many advantages in various diseases including *Tamaka Shwasa*, considering this fact it was planned to perform a clinical study for evaluating role of *Kantakari Lavana - Lavan Kalpana* in the Management of *Tamaka Shwasa*. Study observed that *Kantakari Lavana - Lavan Kalpana* provided appreciable relief in disease symptoms and patients treated with *Kantakari Lavana - Lavan Kalpana* acquired health benefits against the symptoms of *Tamaka Shwasa*.

KEYWORDS: Vaidyaratnam Ayurveda, Lavana Kalpana, Tamaka Shwasa, Asthma, Bronchial Asthma, Lungs.

INTRODUCTION

Lavana Kalpnas is an Ayurveda formulation which contains *Lavana*, especially *Saindhav Lavana*, the *Saidhav Lavana* itself offers *Tridoshahara* effect. Ayurveda described two different methods of preparation of *Lavana Kalpnas* namely; *Lehapaka Vidhi* and *Putapaka Vidhi*. *Lavana kalpas* is used for the treatment of *Udararogas*, *Gulma*, *Shula*, *Vatarogas*, *Yakrut-Pliha Vikaras*, Respiratory Disorders and Digestive Disorders, etc. There are many *Lavanakalpana* such as *Narikela Lavana* and *Arka Lavana* which are in practice for clinical purpose. Ayurveda described different methods for the preparation of *Lavanakalpanas* mainly *Putapak* method employed for the preparation of *Lavanakalpanas*. It offer advantage of low dosing and reduction in particle size make *Lavana Kalpas* lighter for digestion.^[1-3]

Tamaka Shwasa (Bronchial Asthma) is pathological condition characterized by chronic inflammation in respiratory tract, symptoms of wheezing, coughing and congestion. The bronchodilators, steroids, inhalers, anti-inflammatory and anti-allergic medicines, etc. were prescribed in modern approach for the management of Bronchial Asthma.

Ayurveda described Bronchial Asthma as *Tamaka Shwasa* and mentioned many approaches for treating this

including herbal and Herbo-Mineral preparations. *Tribhuvan Kirti Ras*, *Laxmivilasa Rasa*, *Tankan Bhasma*, *Yastimadhu*, *Kantakari* & *Pushkarmuladi Churan* etc. are Ayurveda formulations can be used for *Tamaka Shwasa*. *Shodhana Chikitsa* like *Snehana*, *Swedana*, *Basti Vamana* and *Virechana* also advocated for clinical management of *Tamaka Shwasa*.

Ayurveda described two types of *Tamaka Shwasa* namely *Pratamaka* and *Santamaka*. *Pratamaka Tamaka Shwasa* possesses symptoms of *Jwara* and *Murchha*. Here it is suggested to take cold things for acquiring relief in signs and symptoms of disease. While intake of hot edibles and medicines suggested in *Santamaka*.^[4-7]

AIM AND OBJECTIVES

To Evaluate Role of *Kantakari Lavana - Lavan Kalpana* in the Management of *Tamaka Shwasa*.

MATERIAL AND METHODS

Total 30 patients of either sex of *Tamak Swas - Bronchial Asthma* were selected on the basis of inclusion and exclusion criteria. The patients were selected randomly from the OPD/IPD of Niramay Ayurvedic Hospital, Nanpura, Surat.

Inclusion criteria

- ❖ The patients belongs from age group 18 to 60 years of either sex
- ❖ The patients possessing cardinal symptoms of bronchial asthma
- ❖ The patients having history of disease at least one year or more than one year
- ❖ Non smokers, those were willing to participate in study.

Exclusion criteria

- ❖ Patients of pulmonary tuberculosis, cardiac asthma, pleural effusion and bronchial carcinoma.
- ❖ Patients not belongs from 18-60 of age groups
- ❖ Patients with drinking and smoking habits
- ❖ Presence of other disease like diabetes or chronic illness other than asthma.

Study Protocol

The study was aimed to evaluate effect of *Kantakari Lavana - Lavan Kalpana* in Tamak Swas - Bronchial Asthma. The 30 registered patients were treated with *Kantakari Lavana*, Daa Tablet and Respid Syrup. The duration of treatment was three months with regular follow up period of 15 days. The drug was given to the patient in *Prabhat pragbhakta* and *Sandhya pragbhakta* before meals. Diet and restrictions were suggested including avoidance of curd, tobacco, smoking, alcohol, cold drinks, and exposure to dust and exposure to

extreme cold climatic condition. Patients were advised to take lukewarm water after meal at night.

Subjective Criteria

- ✓ *Pratiloma Vayu* (prolonged expiration)
- ✓ Ghurghuraka (wheeze)
- ✓ Ativa Tivra Vega
- ✓ Shwasam Pranaprapidakam
- ✓ Uddhvamsate Kantha (choked throat)
- ✓ Shyanah Shwasapiditah
- ✓ Ruksa Bhasana

Objective Parameters

- ✓ FEV (Forced expiratory volume)
- ✓ FVC (Forced vital capacity)
- ✓ Hb% (Hemoglobin)
- ✓ TLC (Total leucocytes count)
- ✓ ESR (Erythrocyte Sedimentation Rate)

Assessment Criteria: The assessment was done on the basis of sign and symptoms of *Tamak Shwasa*, the symptoms like *Shawasakrichata*, *Ghurghuraka Dhwani* and *Kasa*, etc. were graded as follows:

Nil	00%	-
Mild	25%	+
Moderate	50%	++
Severe	100%	+++

Criteria for evaluating effect of therapy

The relief in symptoms assessed after therapy and percentage relief categorizes as follows:

Marked improvement	70 to 100% relief
Moderate improvement	50 to 70 % relief
Mild Improvement	20 to 50 % relief
No Improvement	Below 20 % or no relief

OBSERVATIONS AND RESULTS

The patients were treated with *Kantakari Lavana - Lavan Kalpana*; *Kantakari Lavana*, Daa Tablet and Respid Syrup. The study observed improvement in symptoms like *Vishushkasya*, *Prana pidaka tivra*, *Pinasa*, *Ghurghuraka dhwani*, *Shyanah Shwasa*, *Kasa*, *Shwasakrichata*.

Ghurghuraka dhwani, *Shyanah Shwasa peeditah*, *Anidra*, *Kasa* and *Shwasakrichata*, etc. The overall percentage relief in symptoms is depicted in **Figure 1**. The overall improvement in the patient was found to be appreciable.

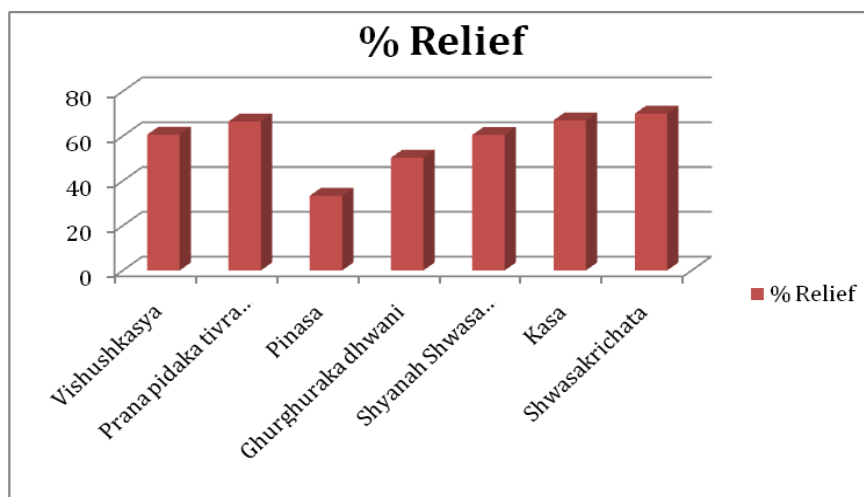


Figure 1: % Relief in disease symptoms after therapy.

The improvement in laboratory parameters was also observed, it was observed that there was increase in Hb% and 10.1% relief in TLC parameter. The 36.66% and 44.25% relief was observed in ESR and TEC parameters respectively. Respiratory rate was improved by 12.22% and 33.33% relief was observed in FVC.

The trial drug having antihistaminic, bronchodilator, immune modulator, anti-tussive, mucolytic and expectorant, etc. properties thus provided relief in most of symptoms of *Tamaka Shwasa*.

DISCUSSION

The *Katu* and *Tikta rasa* and *Laghu guna* of formulation offers *Vatashamaka karma*, drugs act on *Pranavaha Srotas* and pacify localized *Doshas* thus relieves symptoms of *Tamaka Shwasa - Bronchial Asthma* The *Deepan-pachana* effect helps at the level of *Agni* thus participate in *Samprapti Vighatana* of disease. The *Srotoshodhaka* effect of drugs cleans various channels of *Pranavaha Srotas*. *Aamanashaka* effect of formulation prevent accumulation of *Ama* thus reduces pathological progression of disease. *Vata kapha Nashaka* effects relieves symptoms of disease like; *Vishushkasya*, *Pinasa*, *Ghurghuraka dhvani*, *Anidra*, *Kasa* and *Shwasakrichata*, etc. *Kapha shamaka* effect helps to pacify vitiated *Kapha* thus prevent congestions and improves breathing capacity.^[7-10]

CONCLUSION

Kalpanas are Ayurveda preparation that imparts many therapeutic benefits, and '*Kantakari Lavana - Lavan Kalpana*' is one such formulation mainly contains *Saindhava lavana* along with other drugs. Present study was aimed to evaluate role of *Kantakari Lavana - Lavan Kalpana* in the management of *Tamaka Shwasa*. Study observed that *Kantakari Lavana - Lavan Kalpana* provided appreciable relief in disease symptoms and patients treated with *Kantakari Lavana - Lavan Kalpana* acquired health benefits against the symptoms of *Tamaka Shwasa*. The patients were treated with *Kantakari Lavana - Lavan Kalpana*; *Kantakari Lavana*, *Daa Tablet* and *Respid Syrup* acquired appreciable improvement in symptoms like *Vishushkasya*, *Pinasa*, *Shyanah Shwasa peeditah*, *Anidra*, *Kasa*, *Shwasakrichata* and *Ghurghuraka dhvani*, etc. The trial drug having antihistaminic, bronchodilator, immune modulator and expectorant, etc. properties thus provided relief in most of the symptoms of *Tamaka Shwasa*. Study concluded that trial formulation can be used for the management of *Tamaka Shwasa*, however study on large population is suggested to validate effect of therapy.

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