



**PATHOLOGICAL ASPECT OF ANURJATAJANYA KASA (ALLERGIC BRONCHITIS)
AND ITS MANAGEMENT THROUGH AYURVEDA W.S.R. TO USE OF
SHIRISHARISHTA**

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ABSTRACT

The current scenario of health status witnessed many health ailments due to the ignorance of dietary rules. The awful conduction of daily regimen imparts many adverse effects on human body including allergic disorders like allergic rhinitis & allergic asthma. Allergic conditions are mainly considered as immunologically mediated adverse reaction against foreign substance. Ayurveda considered allergic conditions as Anurjatajanya and allergic reactions related to the respiratory system like allergic bronchitis termed as Anurjatajanya Kasa in Ayurveda. There are many natural drugs which help in allergic bronchitis and Shirisharishta is one such natural drug which can provides health benefits in case of Anurjatajanya Kasa. The anti-inflammatory effect of Shirisharishta relief symptoms of disease while Tridosha hara & Vishagna effects of Shirisharishta reduces pathological severity of allergic bronchitis. Considering these all aspect present article explored role of Shirisharishta in the management of Anurjatajanya Kasa.

KEYWORDS: Ayurveda, Anurjatajanya Kasa, Shirisharishta, Allergic Bronchitis.

INTRODUCTION

Ayurveda medicines are mainly obtained from plants animal and marine sources. These natural drugs obtained from plant sources utilizes for many pathological conditions including allergic bronchitis. As like other allergic condition, allergic bronchitis also occurs due to the hypersensitivity of immune system as anticipated responses of foreign matter inside the body. *Acharya Charaka* mentioned that such types of disease mainly arise due to the effects of *Vishaushadhi*, *Vishavriksha* and *Vishaanilasparsa*, etc.^[1-3] Etiological factors like

Raja and *Dhuma*, etc. can also initiate pathogenesis of allergy.

There are many allergic conditions which occur commonly and allergic bronchitis is one of them which mainly associated with elderly and pediatric age group. In ayurveda this condition termed as *Anurjatajanya Kasa* possessing symptoms of *Ghurghurukam*, *Ativativravega shvasa*, *Kasa*, *Pratamyatyati*, *Trit* and *Vishushk asyam*, etc. Modern medical science also described some features of allergic bronchitis as depicted in **Figure 1**.

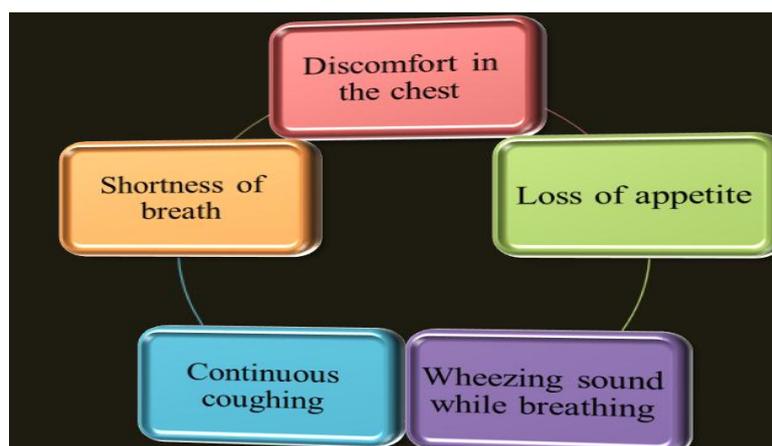


Figure 1: Common symptoms of allergic bronchitis.

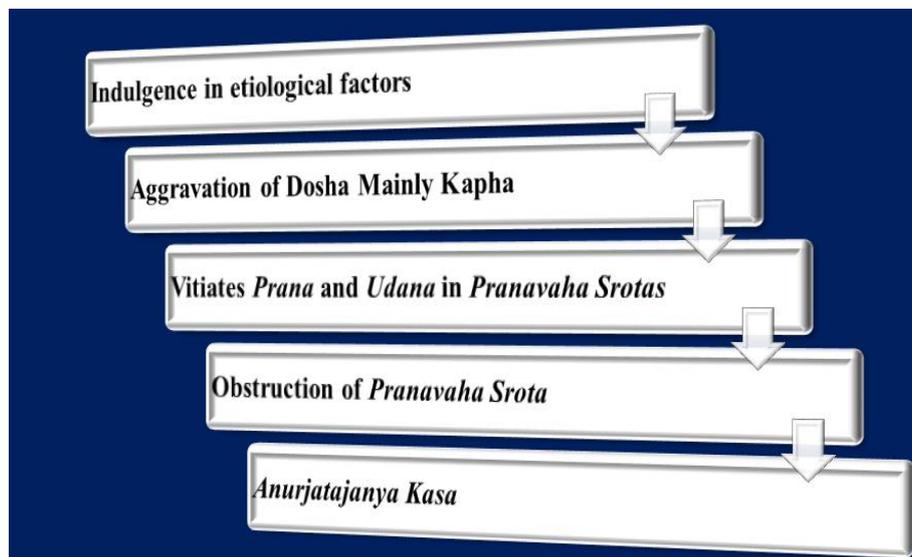
Pathologically *Anurjatajanya Kasa* involves disturbed functioning of respiratory passage due to the vitiation of *Vata* and *Kapha*. Consumption of incompatible foods, exposure to toxic substances, effects of allergens, genetic predisposition, and effects of diversified climatic conditions, smoking and others factors leads pathogenesis of disease.^[3-5]

Samprapti Vighatana

- ❖ *Dosha* *Kaphaja & Vataja*
- ❖ *Dushya* *Rasa*

- ❖ *Srotas* *Pranavaha*
- ❖ *Adhithana* *Uraha*

In allergic condition vitiated *Kapha Dosha* accumulates in air passages and obstructs flow of air in the lungs leading to the shortness of breath. Consumption of cold, heavy and oily foods can trigger vitiation of *Kapha Dosha* in which mucus becomes cloudy in consistency and prolong persistence of such condition can lead chronic stage of allergic bronchitis. The overall sequence of disease pathogenesis depicted in **Figure 2**.

**Figure 2: Pathogenesis of Allergic Bronchitis.**

Ayurveda described various therapeutic options for the management of *Anurjatajanya Kasa*. The primary *Dosha* involve in such types of allergic condition is *Kapha*, therefore ayurveda approaches focuses towards the pacification of *Kapha Dosha*. In this regards uses of Turmeric, Ginger, Honey, Holy basil and Black pepper, etc. are suggested.^[2-4] *Shirisharishta* is one such formulation which used under *Shaman Chikitsa* for the management of various disease including allergic respiratory problems.

This is formulation of the *Shirisha* along with other drugs mainly employed for the management of *Shwasa & Kasa*, etc. it is believed that *Shirisha* relieves health issues related to the respiratory system especially allergic conditions. *Shirisharishta* is fermented formulation, contains combination of 12 ingredients along with *Shirisha* and mainly indicated for inflammatory, allergic and skin disorders.

Shirisharishta

The ingredients of *Shirisharishta* are *Shirisha*, *Pippali*, *Priyangu*, *Kushta*, *Ela*, *Nilini*, *Haridra*, *Daruharidra*, *Shunti*, *Nagakeshara*, *Guda* and *Jala*. It is prepared by making coarse powder of *Shirisha*, water added and boiled up to 1/4th consistency for preparing *Kashaya* and finally filtered out. Further addition of *Guda* along with

powder of *Priyangu*, *Ela*, *Pippali*, *Nilini*, *Daruharidra*, *Shunti*, *Haridra*, *Nagakeshara* and *Kushta*. Pitcher treated with *Dhooma* and coated with *Griha* used to seal this preparation; that after subjected for fermentation process after keeping in *Dhanyarashi*, finally filtered out and stored in closed container.^[6-8]

Role of Shirisharishta in Anurjatajanya Kasa

- ✚ *Shirisharishta* possess *Tridosha hara & Vishagna* effects therefore reduce pathological severity of allergic conditions.
- ✚ *Vedanasthapana & Shothahara* effects help in disease symptoms like chest pain.
- ✚ *Kapha-Vatashamaka* effect of formulation mainly considered beneficial in case of allergic bronchitis and other respiratory problems.
- ✚ *Balya & Rasayana* effects improve strength of immune system thus prevent prevalence of common infectious diseases which can further cause allergic responses.
- ✚ *Dipana & Rochana* effect helps in symptoms like loss of appetite.
- ✚ *Jwaragna* effect helps to reduce fever associated with allergic conditions like allergic bronchitis.
- ✚ *Visha* (allergen) can induce allergic response inside the body and *Vishahara* effect of reduces effect of

Shirisharishta prevent such allergic consequences by suppressing effect of allergens.

Ayurveda Properties of *Shirisharishta*

- ❖ *Karma* *Tridosha hara*
- ❖ *Guna* *Laghu & Ruksha*
- ❖ *Vipaka* *Katu*
- ❖ *Virya* *Ushna*

Shirisharishta by virtue of its above mentioned properties exerts *Tridosha hara*, *Srotoshodana*, *Vishahara*, *Swasahara*, *Shula hara* and *Vedanasthapana* actions therefore can be indicated for *Sarva Visha Vyadhi Nashana*. It gives excellent results in respiratory diseases and asthma.

Shirisharishta is suggested for *Vishaja Vyadhis*, *Shwasa* and *Kasa*, allergen or *Ama* acts as *Visha* therefore *Shirisharishta* prevents pathogenesis of such types of conditions. The ingredients of formulation offer *Kashaya Rasas*, *Laghu & Ruksha Guna*, *Ushna Veerya* and *Katu Vipaka* therefore not only prevent disease progression but also relieves symptomatic manifestations.

Pippali, *Nilini*, *Shunti* and *Haridra* are helpful in acute toxic conditions since these drugs impart quick biological response due to their *Laghu Guna* and *Ushna Virya*. Moreover *Shirisha* offer *Vishahara* property thus acts on allergen directly, *Dipana* and *Pachana* effects helps in nourishment and relieves condition of anorexia.^[7-9]

Dose

The recommended dose is similar as like dosage of other *Arishta* formulations, generally 12-25 ml (2-3 times / day) is suggested, however it may vary depending upon age of patients. *Jala* as *Anupana* can be used sometimes if required for oral administration purpose, however specific *Anupana* for such types of formulations not recommended.

CONCLUSION

Shirisharishta is ayurveda formulation comprises of many herbal drugs and mainly indicated for *Sarva Visha Vyadhi* in *Shaman chikitsa*. The formulations give anti-toxic (anti-allergen), anti-inflammatory and *Kapha-Vatashamaka* effect therefore helps in allergic condition in both ways; first by suppressing pathogenesis of disease, secondly by relieving symptomatic severity of allergic bronchitis. Various studies conducted recently confirmed effectiveness of this formulation in respiratory ailments especially allergic conditions.

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