

**AYURVEDIC CONCEPT OF TAMAKA SWASA AND ITS MANAGEMENT**

**Dr. Seema Patley\*<sup>1</sup>, Dr. Aradhana Kande<sup>2</sup> and Dr. Rashmi Diwan<sup>3</sup>**

<sup>1</sup>MD Scholar, PG Department of Roga Nidan Evum Vikriti Vigyan, Govt. Ayurved College, Raipur(C.G).

<sup>2</sup>Lecturer, PG Department of Roga Nidan Evum Vikriti Vigyan, Govt. Ayurved College, Raipur(C.G).

<sup>3</sup>Lecturer, PG Department of Kaya Chikitsa, Govt. Ayurved College, Raipur(C.G).

**\*Corresponding Author: Dr. Seema Patley**

MD Scholar, PG Department of Roga Nidan Evum Vikriti Vigyan, Govt. Ayurved College, Raipur(C.G).

Article Received on 20/05/2018

Article Revised on 10/06/2018

Article Accepted on 30/06/2018

**ABSTRACT**

Respiration is the process from the first breath of newborn till the last breath is sign of life. Any disturbance in this process leads to Swasa Roga. Tamaka Swasa is one of the important disease of such disturbance of Pranavaha Srotasa. The prevalence of respiratory disorders like Tamaka Swasa is increasing due to excessive pollution, overcrowding and poor hygiene. Due to this type of nidana sevana, Vata & Kapha Dosha get vitiated & obstruct the Pranavaha Srotas and symptoms like Kasa, Peenasa, Ghurghuratwa, Swasa kricchata are produced. India has an estimated 15-20 million patients of Tamaka Swasa(i.e. Bronchial Asthama). In Ayurveda texts, different Acharyas describe the Nidan Panchak (i.e. Etiopathogenesis), pathya-apathya and many more formulations of Tamaka Swasa. Knowledge of this concept is important to prevent and to cure the disease.

**KEYWORDS:** Tamaka Swasa, Management, Pathya-Apathya.

**INTRODUCTION**

Now a day respiratory diseases are still a challenge in front of healthcare workers and are extending their violent area with every momentary. Unlike many diseases, which can be attributed to the life style of modern man. Tamaka swasa(Bronchial Asthama) is one such condition which is life threatening. Ayurveda is a system that prevailed since 5000 years. It was considered the most superior and logically proven in those days and continues to shine in present generation.<sup>[1]</sup> The term Tamaka Swasa is composed of two words 'Tamaka' is derived from Tamas, which means Andhakara i.e. darkness and second word 'Swasa' is derived from Swasa Jivane Dhatu', which means living or life. In Tamaka Swasa, Vayu moving in the pratiloma i.e. reverse order pervades the channels of Pranavaha, afflicts the neck and head, and stimulates phlegm to cause Pinasa. This Vayu, thus obstructed, produces the signs and symptoms of Tamaka Swasa.<sup>[2]</sup>

**Nidana**

**1. Aharaja Nidan**

Abhishyandi bhojana, Adyashana, Amaksheera, Anupa mamsa, Dadhi, Guru bhojana, Jalaja mamsa, Masha, Nishpawa, Pinyaka, Pistapadārtha, Rooksha, Vidahi ahara, Vishamashana, Vistambhi ahara.

**2. Viharaja Nidan**

Dhooma sevana, Sheeta sthana, Sheeta vatasevana, Vega dharana, Vyayama.

**3. Vyadhi sambandhi nidana**

Amaprodosha, Anaha, Apatarpana, Atisar, Chhardi, Dourbalya, Jwara, Kshatakshaya, Pandu, Pratishtaya, Raktapitta, Rookshana, Shuddhi atiyoga, Udavarta, Vibandha, Vishoochika.

Agantuja nidana-Kanthorasa pratighata, marmaghata, Visha, Durdina, Megha-acchadit dina.<sup>[3]</sup>

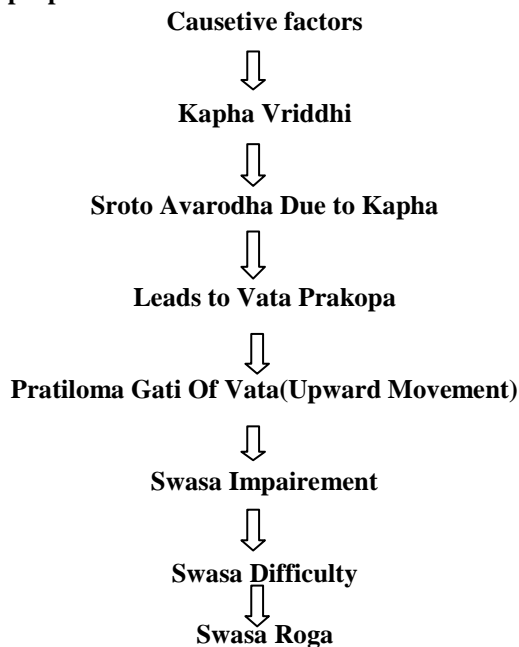
**Poorva roopa**

S.No	Poorva roopa	Charaka Samhita <sup>[4]</sup>	Sushruta Samhita <sup>[5]</sup>	Ashtang Samgraha <sup>[6]</sup>
1	Anaha	+	+	+
2	Arati	-	+	-
3	Bhaktadweshha	-	+	-
4	Hridpeeda	+	+	+
5	Kantha gurutwa	+	-	-
6	Kashaya vadanta	+	-	-
7	Parshwa shoola	+	-	+
8	Prana vilomta	+	-	+
9	Shankha toda	-	-	+
10	Uro Guruta	+	-	-
11	Vakra vairasya	-	+	-

**Roopa**

	<b>Roopa</b>	<b>Charak Samhita<sup>[7]</sup></b>	<b>Sushruta Samhita<sup>[8]</sup></b>	<b>Astanga Samgraha<sup>[9]</sup></b>
1	Aruchi	-	+	+
2	Ghoshena Mahate	-	+	-
3	Ghurghuraka	+	+	+
4	Kanthodwansa	+	-	-
5	Kasa	+	+	+
6	Krichhena Bhashitam	+	-	-
7	Lalaat Sweda	+	+	+
8	Megha, Ambu, Sheeta, Pragvata	+	-	+
9	Muhu Swasa Muhuschaiava Avadhmyati	+	+	+
10	Na Labhate Nidra	+	-	-
11	Parshwa Shoola	+	-	+
12	Pramoha Kasa-Manasa	+	+	+
13	Prana Prapedana	+	+	+
14	Pratamyati	+/-	+	+
15	Pratishyaya	+	-	+
16	Sannirudhyati	+	-	-
17	Shayanasya Swasa Peedita	+	+	+
18	Sleshma Vimokshante Labhte Sukham	+	+	+
19	Uchritaksha	+	+	+
20	Ushna Abhinanda	+	-	+

**Samprapti-** Due to consumption of etiological factors pranavayu combining with kapha and leaves its own path and begins to move in the upward direction, giving rise to more of respirations is known as swasa roga.<sup>[10]</sup>

**Samprapti Chakra<sup>[11]</sup>****Samprapti Ghatakas****Dosha-** Vata Kapha**Dushya-** Dhatu-Rasa dhatu

Sharirika Mala-Mutra, Purisha

Dhatumala-Kapha, Pitta, Sveda

**Agni-** Jatharagni, Dhatvagni**Agnidushti-** Mandagni**Ama-** Agnijanya**Srotas-** Pranavaha, Udakavaha, Annavaha & Rasavaha**Srotodushti-** Sanga & vimargamana**Udhavasthana-** Amashatotta(Pittasthana)**Vyaktasthana-** Asya, Griva, Pristha, Parshva**Sanchar Sthana-** Pranavaha Sroto Avayava**Adhithana-** Pitta sthana**Prabhava-** Kriccha Sadhya**Svabhava-** Ashukari**Rogamarga-** Madhyama Roga Marga<sup>[12]</sup>**Management**

Tamaka swasa is generally Yasya i.e. palliable, but it is curable in its primary stage.

1. The patient should be treated with Sneha Karma(Oleation) and Sveda(Sudation) therapies and massaged with oil mixed with Lavana(Saindhava).

By these measures-the solidified Kapha become-liquified and Vata also becomes pacified.

2. After proper Sneha, sveda-patient should be given rice mixed with Ghee, followed by the Dadhi-Sara i.e. cream of curd to eat. This causes aggravation of Kapha. Then Vamana(Emesis) should be done with mixture of Pippali, saindhava and Honey.

3. The Patient becomes comfortable, after the vitiated Kapha is eliminated, The channels become clear, Vayu moves(in channels) at ease without any obstruction.

**Dhooma (Medicated Smoking)**

A varti (cigarette) made from the paste of Haridra, Patra, Erandmoola, Laksha, Manahshila, Devadaru, Haritala and Jatamamsi- should be smoked.

**Other measures are**

1. Kapha Vatahara, ushna and Vatanulomana measures.
2. Mridusvedana

3. Sneha Basti
4. Vamana/Virechana according to condition of Doshas.

### Shamana Aushadhi

Shamana Chikitsa-Shamana drugs having the qualities of Kapha nissaraka(Expectorants) and Bronchodilators should be administered in Tamaka swasa.<sup>[13]</sup>

Different forms of commonly used preparations, given in different Ayurvedic samhitas can be summarised as follows:

**Churna:** Sitopaladi Churna, Talisadi Churna, Muktyadya Churna, Sauvarchaladi churna, Shatyadi Churna, Krishnadi Churna, Paushkaradi Churna, Shunthyadi Churna etc.

**Kwatha:** Dashmuladi Kwatha, Bharangyadi Kwatha, Vasadi Kwatha, Sheerishadi Kwatha, Amritadi Kwatha etc.

**Vati:** Vyoshadi Vati, Marichyadi Vati, Khadiradi Vati, Lavangadi Vati etc.

**Awaleha & Leha:** Kantakari avaleha, Chyavanprasha, Vasa haritakya leha, Chitraka –haritaki avaleha, Haridradi leha etc.

**Ghrita:** Manahshiladi Ghrita, Vasa Ghrita, Shatpala Ghrita, Tejovatyadi Ghrita, Dashmuladi Ghrita.

**Kshara:** Arka Kshara, Apamarga Kshara, Ashvagandha Kshara etc.

**Aasava-Arishta:** Kanakasava, Pathadyasava, Somasava etc.

**Bhasma-Rasa:** Abhraka bhasma, Shringa bhasma, Shwasa kuthar rasa, Shwasa-kasa-chintamadi rasa, nLaxmivilas rasa etc.

**Yavagu & Yusha:** Dashmuladi Yavagu, Hingvadi Yavagu, Pushkaradi Yavagu, Rasnadi Yusha, Kasmarda Yusha.

**Dhumpana & Nasya:** Chandana dhumpana, Guggulu dhumpana, Haridradi dhumpana, Lashunadi nasya.<sup>[14]</sup>

Acharya Charaka has given 10-10 drugs under Swasahara Mahakashaya & Kasahara Mahakashaya.

### Swasahara Mahakashaya

Kachur, Pushkarmoola, Amlavetas, Choti-ela, Hingu, Agaru, Tulsi, Bhumyalaki, Chanda (Chorpushpi) and Jeevanti.

### Kasahara Mahakashaya

Pippali, Kasamarda, Kantakari, Brihati, Agastya, Karkatshringi, Tulsi, Vasa, Vanshlochana, Dalchini, Talispatra.<sup>[15]</sup>

Acharya Sushruta has described Vidarigandhadi varga, Sursadi gana and Dashmula gana which are beneficial in Swasa Roga.

### Vidarigandadi Gana

Vidarigandha, Vidari, Nagbala, Sahdeva, Gokshura, Prithak parni, Shatavari, Sariva, Krishnasariva, Jeevaka, Rhishbhaka, Mahasaha, Kshudrasaha, Brihati, Punarnava, Eranda, Hanspadi, Rhishbhi.

### Surasadi Gana

Sursa, Sweta Sursa, Phanihaka, Arjaka Bistrina, Sugandhaka, Sumukha, Kalmulika, Kasmarda, Kshawaka, Ksharpushpa, Vidanga, Katphala, Sursi, Nirgundi, Kulatha, Unduru Karnika, Bharangi, Kaakjangha, Kakmachi, Vishmustika.

**Dashmula Gana-** Gokshura, Brihti, Kantakari, Prishnaparni, Shalaparni, Bilwa, Agnimantha, Shyonaka, Patla, Kashmiri.<sup>[16]</sup>

### Pathya –Apathya

#### Pathya

Annava: Mudaga, Yava, Kullatha, Purana Shashtik, Rakta shalidhanya, Wheat.

Shakavarga: Paraval, Jivanti, Chaulai

Phalavarga: Bimbiphala, Jamberiphala, Nimbu, Draksha,

Amalaki, Amlavetas, Bilva, Amlarasa, Pakvakushmanda.

Dugdhvarga: Ajadugdha, Ghrita, Puranghrita.

Mamsavarga: Jangala maans rasa, maans of tittar, lava, deer, shooka, rabbit.

Peya: Ushna jal, madhu, arishta, go mutra, sauviraka.

Vihara: Diwaswapna, Pranayama, Ushnajala Snana, Avagha- swedana, Abhyanga, medicated dhoompana.

**Apathya:** Annava: Rukshanna, Guru and vishtambhi Aahara, nishpava, masha, kaphavata vardhak aahara.

Phalavarga: kela, Apakvakushmanda.

Dugdhvarga: Dadhi, Unboiled milk.

Maansavarga: Matsya, Anuo maans.

Peya: Sheetjal, Dushita jal

Shakavarga: Kadwa Shaka, Surasava<sup>[17]</sup>

### CONCLUSION

In this modern era, the nidana of Tamaka shwas(like Raja, Dhuma, Vata, Atapa) which are mentioned in classics are most common. Due to modernization pollution increases day by day which affect the well being of human. In Ayurveda Ahara, Vihara, Dincharya, Rituchrya, Yoga, Rasayana, Pathya Apathya are described which have very good role in prevention & cure of the Tamaka Shwasa. The prevention and management of Tamaka Swasa can be done successfully in Ayurveda. Moreover Ayurvedic treatments are safe & affordable by everyone.

## REFERENCES

1. Santosh Kumar Maurya, Single herbal drug therapy for Tamaka Swasa(Bronchial Asthma):A Review [www.irjp.online.com](http://www.irjp.online.com), 2014; 5(5): ISSN 2230-8407, Page no-360.
2. Dr.S.Suresh Babu, The Principles and Practice of Kayachikitsa (Ayurveda Internal Medicine)Volume II, Reprint edition 2013, Chaukhambha Orientalia, Varanasi, P.N-218.
3. Yadavji Trikamji Acharya Edited, Charaka Samhita Chikitsa Sthana 17/10-16, Chakrapani ayurveda deepika, Chaukhambha Ayurvijnanama Granthmala-34, Reprint 1992, Chaukhambha Sura Bharthi Prakashan, Varanasi, Page no.-533.
4. Yadavji Trikamji Acharya Edited, Charaka Samhita Chikitsa Sthana 17/17, Chakrapani ayurveda deepika, Chaukhambha Ayurvijnanama Granthmala-34, Reprint 1992, Chaukhambha Sura Bharthi Prakashan, Varanasi, Page no.-533.
5. Yadavji Trikamji Acharya Edited, Sushruta Samhita Uttara 51/6, Dalhana Commentary, Dalhana Nibandha Samgraha, Chaukhambha Ayurvijnana Granthmala-42, 1<sup>st</sup> edition, Reprint 1994, Published by Chaukhambha Sura Bharthi Prakashan, Varanasi, Page no.-761.
6. K.R.Srikantha Murthy Edited, Astanga Samgraha Nidan 4/6 2<sup>nd</sup> Edition, 1998, Chaukhambha Orientalia, Varanasi, Page no-168.
7. Yadavji Trikamji Acharya Edited, Charaka Samhita Chikitsa Sthana 17/55-62, Chakrapani ayurveda deepika, Chaukhambha Ayurvijnanama Granthmala-34, Reprint 1992, Chaukhambha Sura Bharthi Prakashan, Varanasi, Page no.-535.
8. Yadavji Trikamji Acharya Edited, Sushruta Samhita Uttara 51/8-10, Dalhana Commentary, Dalhana Nibandha Samgraha, Chaukhambha Ayurvijnana Granthmala-42, 1<sup>st</sup> edition, Reprint 1994, Published by Chaukhambha Sura Bharthi Prakashan, Varanasi, Page no.-762.
9. K.R.Srikantha Murthy Edited, Astanga Samgraha Nidan 4/8-13, 2<sup>nd</sup> Edition, 1998, Chaukhambha Orientalia, Varanasi, Page no-169.
10. Dr.P.S.Byadgi, Parameswaraappas ayurvediya vikriti Vijnana & Roga Vijnana, Volume II, Chaukhambha Publications, New Delhi, Reprint 2017, Page no-16.
11. Dr.S.Suresh Babu, The Principles and Practice of Kayachikitsa (Ayurveda Internal Medicine) Volume II, Reprint edition 2013, Chaukhambha Orientalia, Varanasi, P.N-216.
12. Dr.P.S.Byadgi, Parameswaraappas ayurvediya Vikriti Vijnana & Roga Vijnana, Volume II, Chaukhambha Publications, New Delhi, Reprint 2017, Page no-16.
13. Dr.S.Suresh Babu, The Principles and Practice of Kayachikitsa (Ayurveda Internal Medicine)Volume II, Reprint edition 2013, Chaukhambha Orientalia, Varanasi, P.N-220-221.
14. Kimmi Seth, Nitesh Anand, An Ayurvedic review On Management Of Tamaka Swasa, IJPSR, ISSN:0975-9492, jun 2016; 7(6): 276.
15. P.V.Sharma, Caraka Samhita sutra sthana 4/36-37 pat-1Chaukhambha orientalia, Varanasi, 9<sup>th</sup> edition, page no-28.
16. Kaviraja Ambika Dutta Shastri, Sushruta Samhitaharya Part 1, Sutra Sthana 38/4,18,67,69,71 Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2012, page no-183,184,188,189.
17. Kimmi Seth, Nitesh Anand, An Ayurvedic review On Management Of Tamaka Swasa, IJPSR, ISSN:0975-9492, jun 2016; 7(6): 276.